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Flag Football Rules & Procedures

2015-16 Season

MANDATORY REGISTRATION PROCEDURES

1. PAYMENT: The facility will have specified registration deadlines. It is mandatory to have your team deposit paid on or before these dates. SOCCER SPORTSPLEX **WILL** replace your team, no refund of your deposit, if the remaining balance is not paid by the team's first game.

2. METHOD OF PAYMENT: Your team balance **MUST** be paid in cash, Visa, Mastercard, Discover or **'One Check'** made payable to the **SOCCER SPORTSPLEX**. We will not accept individual player checks.

3. REGISTRATION: By the first game, your team is required to submit a roster of no more than fifteen (15) players. For each player on the roster, a signed waiver form must be submitted. **A PLAYER IS NOT CONSIDERED ROSTERED OR ELIGIBLE UNTIL A SIGNED WAIVER IS SUBMITTED.** Prior to the third game, the original roster may be changed. No additions will be made to the original roster, until a waiver is submitted. **A player must have a separate waiver for each team they play on.**

A. Rosters will not be accepted without complete information (address, phone, birth date, etc). A new roster will be required for each session of play. Coach's copy of the team roster must be submitted to the Soccer Sportsplex Management prior to the start of the first game. **ALL ROSTERS MUST BE TYPED OR PRINTED**

B. The coach is solely responsible for the eligibility of players on the roster. If a player's age is questioned, the coach must provide proof of age within 48 hours of the game. Coaches must inform SOCCER SPORTSPLEX Management of protest prior to finish of the game.

C. Any team found guilty of playing individuals not age eligible (at least 18 years of age) or playing a non-rostered player forfeits the game.

4. SCHEDULING : Any dates that your team cannot play must be made known to the **SOCCER SPORTSPLEX** at the time of registration. We will try to accommodate teams but we cannot guarantee all requests. **NO CHANGES WILL BE MADE ONCE SCHEDULES ARE PRINTED.**

A. RESCHEDULING : After schedules are printed, rescheduling will be the responsibility of the coach wishing to reschedule a game. A procedure form for rescheduling will be enclosed in your team packet or available in the SOCCER SPORTSPLEX office. *Soccer Sportsplex must be notified of any schedule conflicts before registration, we cannot guarantee time slots for makeup games. Soccer Sportsplex will not reschedule games after the third game of play.*

5. DIVISIONING : SOCCER SPORTSPLEX reserves the right to promote or relegate a team from one division to another division, after the completion of each session. A player cannot play on two teams in the same division.

POINT SYSTEM :

Win : 2 points

Tie : 1 point

Loss : 0 points

TIE BREAKER :

A. Winner of head-to-head competition (tie between two teams)

B. Most Wins

C. Point Differential=(Points for-Points Against=Point differential) (Max 21 per game)

D. Least points against (max 21 per game)

MISCELLANEOUS :

A. OVERTIME in Playoffs: 5-Minute period will begin with a coin toss. It is a sudden death period. If the score remains tied at the end of the period, another 5 minute sudden-death period will be played until there is a winner. This period will also begin with a coin toss.

B. Verbal abuse of referees by **COACHES, MANAGERS, PLAYERS, OR SPECTATORS** will not be tolerated. **COACHES ARE RESPONSIBLE, AND MAY BE EJECTED FOR THE CONDUCT OF THEIR SPECTATORS.** SOCCER SPORTSPLEX management will do what they feel necessary to control the situation.

C. NO SMOKING INSIDE THE SOCCER SPORTSPLEX FACILITY

D. NO ALCOHOLIC BEVERAGES ALLOWED IN THE TEAM BENCH AREA. Any player suspected of being intoxicated during the game will immediately be ejected and the team could face a 5-minute time penalty.

E. Gum on the carpeting is a serious problem. Please advise your players to dispose of their gum properly.

F. Spitting on the carpet will result in an automatic 2-minute time penalty.

G. Slamming the team doors will result in a 2-minute bench penalty

H. Jumping on the dasher boards or Plexiglas during warm-up's will result in a 2-minute bench penalty.

I. SOCCER SPORTSPLEX is not responsible for lost or stolen items.

COED LEAGUE RULE:

Teams must have three male players and two female players on the field at all times.

OUTDOOR FIELD RULES/AMENDMENTS:

1. White line outlining field is out-of-bounds.
2. Offense will begin possession of ball at top of small arc in front of end-zone. (At begin of play or after opponent's touchdown).

PENALTIES (Offensive: Defense may decline penalty)

1. **FLAG GUARDING - 5 yards from spot of foul**
2. **DELAY OF GAME - 5 yards**
3. **LINE-UP OFFSIDES - 5 yards**
4. **ILLEGAL BLOCKING - 5 yards**
5. **ILLEGAL PASS & INTENTIONAL GROUNDING - 5 yards /
loss of down**
6. **INTERFERENCE - 5 yards / loss of down**
7. **ILLEGAL MOTION - 5 yards**
8. **FALSE START - 5 yards**
9. **5-SECOND RULE:** Quarterback has 5 seconds to throw ball or make a handoff. Penalty results in dead ball-spot foul, and loss of current down.
10. **UNSPORTSMANLIKE CONDUCT / EXCESSIVE CONTACT, ROUGH PLAY:** Guilty player will be given a 2-minute bench penalty. 10 yard penalty and loss of down. If a player commits 2 of these fouls, second offense will result in ejection plus a 1-game suspension.

BLOCKING: SCREEN BLOCKING ONLY! DEFENDER MUST RUSH AROUND BLOCK, NO USE OF HANDS (i.e. a pick in basketball).

****FIGHTING OF ANY KIND WILL NOT BE TOLERATED! THIS INCLUDES RACIAL/ETHNIC SLURS AND/OR UNNECESSARY PHYSICAL CONTACT. FIGHTING WILL RESULT IN EJECTION FROM GAME AND AT LEAST ONE (1) GAME SUSPENSION.***

REFEREE FEES: Each team is required to pay a \$25 referee fee, in cash, before each game. Payments will be taken at the front counter.

-48 hour notice is required for any game cancellations.

FIELD DIMENSIONS

Indoor: 180' LONG, 75' WIDE

Outdoor: 210' LONG, 130' WIDE

NO OUTSIDE FOOD PERMITTED IN THE FACILITY.

DIVISIONING GUIDELINES:

- A. (Red) Top teams, Competitive level
- B. (Blue) Middle teams
- C. (White) Lowest teams, Recreational

Note: Teams are encouraged to play at the highest level of competition possible.

6. FORFEIT FEES : The opposing team owes nothing at a forfeited game and may use the allotted time for practice. No forfeited game will be rescheduled. *Any team unable to play a game MUST notify Soccer Sportsplex at least 48 hours in advance or be subject to the \$25.00 forfeit fee.*

SOCCER SPORTSPLEX APPRECIATES YOUR PATRONAGE. WE ARE TRYING TO IMPROVE OUR SERVICES, AND WE NEED YOUR COOPERATION. THESE PROCEDURES MUST BE FOLLOWED BY ALL TEAMS. THANK YOU.

FEES & SCHEDULES

All fees must be paid prior to the first game. Teams will not receive a schedule until all team fees are paid in-full. Referee fees (\$25 per team) must be paid in cash, at the front desk, prior to each game.

HOUSE RULES

1. EACH TEAM PLAYS WITH THEIR OWN BALL. All teams must use at least an NCAA regulation size ball. (No junior size balls)

2. COACHES : All teams must have an adult (21 years of age or older) in the team box at every game.

3. PLAYER AREA : Only players on teams playing a game are allowed on the field prior to the start of the game or at half-time. Coaches, ass't coaches, and managers are the only others allowed in player area. Game will be forfeited if spectators are in team/player area.

4. EQUIPMENT : Jerseys must be tucked in. Each team is required to wear the same color jersey. Numbered shirts are mandatory. This will be strictly enforced by the referees. Home team (first on the schedule) will change jerseys in case of same color uniforms. Players must wear indoor shoes, turf shoes, or tennis shoes. NO CLEATS on indoor fields!! Cleats may be worn on the outdoor field.

5. START OF GAME: Facility will be open one-half hour before game. Teams will not be allowed on the field until fifteen minutes before scheduled time, and only if the coach, ass't coach, or manager (21 yrs. of age or older) is present. Teams unable to field five players by five minutes after the start of game will forfeit.

6. LENGTH OF GAME: Two 25-minute halves per game, with a continuous clock. Inside 2 minutes of each half the clock will stop on the following: at 2-minute mark, incomplete pass, out-of-bounds, & defensive penalty. Each team will have two 60-second timeouts per half that will stop the clock. Two minutes will be allowed for warm-up prior to game and two minutes for half-time.

The referee will stop the clock in event the of a serious injury. There is no overtime period, except in playoffs.

7. PLAY CLOCK: Each team has 25 seconds to snap the ball once the ball is spotted. Penalty for delay is loss of down.

8. SUBSTITUTIONS: Substitutions may be made after a play is ruled dead. The game must not be delayed due to substitutions.

9. DEAD BALLS: Play is over and ball is spotted when the snap from the center to the quarterback hits the ground before the quarterback receives the snap, when the ball carrier's knee touches the ground, when **any body part of the ball carrier touches the sideboard**, when the ball carrier's flag is pulled off, when a thrown ball hits any net (sides or top of field; result is incomplete pass), or on any fumbles.

10. REFEREES: There are NO protests of Referee decisions.

11. COIN FLIP: Coin flip decides possession to start game. Home team will call it in the air. Winning team has 3 options: receive ball, play defense, or defer to second half. Losing team decides goal to defend.

12. BEGIN OF PLAY: Team on offense will begin play from the top of the circle of the goal box furthest from the opponents End Zone.

13. BALL PLACEMENT: Before each play, the referee will place the ball in the middle of the field where the ball is ruled dead.

14. FIRST DOWNS: Will be awarded if the offense crosses midfield within four plays. Once the ball is spotted past midfield, the offense will have 4 plays to score a touchdown. Failure to gain a first down or touchdown will result in change of possession. There is no punting allowed.

15. END ZONES: Begin at top of goal box and end at sideboards. Goal is out of bounds and not part of End Zone.

16. SCORING: Touchdowns = 6 points. PAT = 1 point for a play from 5 yards, 2 points for a play from 10 yards. Safety = 2 points, gain possession at

17. TURNOVERS: Ball is spotted where ball carrier's flag is pulled. Balls may be intercepted. If turnover occurs in the EndZone and the defender's flag is pulled in the End Zone, the defense will take possession at the first yellow line. Defense can't recover any fumble. If a turnover on downs occurs in the offensive team's half of the field then the opposing team will get the ball at mid field. If a turnover on down occurs in the defensive team's half of the field then the opposing team will get the ball at their own 5 yard line

18. SNAPPING THE BALL: The ball must be snapped between the center's legs (not from the side) to the quarterback to start each play. Any ball that hits the ground before the quarterback receives it will be ruled a dead ball and loss of down. If the snap hits the ground in the end zone it results in a safety.

19. BEHIND LINE OF SCRIMMAGE: There is no limit as to how many times a ball may be handed off behind LOS. One (1) lateral pitch/throw back is allowed behind LOS. ONE FORWARD PASS PER DOWN. Laterals or hand off are allowed beyond the line of scrimmage.

20. BLITZING: Defender(s) blitzing must be 5 yards off LOS. One referee will be lined up 5 yards off LOS for defenders to check with. Defense may blitz any amount of defenders per play. QB CANNOT RUN THE BALL UNLESS HE IS BLITZED BY A DEFENDER.

21. RECEIVING: All offensive players are eligible to receive a pass, including QB once ball has been handed off or pitched behind LOS.

22. FLAG BELTS: 3-FLAG BELTS ARE TO BE WORN. Each player on the field must wear a flag-belt at all times. Flag belts are not to be tied. IF a receiver loses his flag belt before he catches the ball, he will be ruled down when the pass is caught. Should the defender prematurely pull the flag belt off, the receiver will be allowed to advance the ball until he is touched between the Shoulders and the knees. Shirts must be tucked in at all times.

PENALTIES (Defensive - Offense may decline penalty)

1. INTERFERENCE: 10 yards & automatic first down

2. ILLEGAL CONTACT: 10 yards & automatic first down

3. DELAY OF GAME: Clock stops. 1st Offense - 5 yds. 2nd Offense -10yds

4. OFFSIDES, ILLEGAL BLITZ, SUBSTITUTION FOUL, ILLEGAL FLAG PULL: 5 yards

5. ROUGHING THE PASSER, UNSPORTSMANLIKE CONDUCT, EXCESSIVE CONTACT, ROUGH PLAY: 10 yards & first down

* Rough Play/Unsportsmanlike Conduct: 1st penalty = 3 minute benching. 2nd penalty = ejection from game with at least one game suspension

*Games cannot end on an accepted defensive penalty.