­­­SPORTSHOUSE

ADULT FLAG FOOTBALL RULES

**ALL FEES ARE NON-REFUNDABLE**

**Team Registration**

* A $100.00 non-refundable deposit is required at the time of registration.
  + Team deposit must be made 2-3 weeks before the start of each season.
* The remainder of the team fee is due by the third game of the season. Failure to pay the full amount by the third game will result in a late payment fee of$50 fee. Late payment fees will be added consecutively until the team is paid off.
  + Payments will be broken up evenly between the first 3 games
  + Teams may not play after the third game if the team balance is not $0. NO EXCEPTIONS

**Team Drop Out**

* All players from a team that has dropped out of a league will be suspended.
  + Each player must pay a fine of $25 to compensate for any unpaid team fees and/or the remainder of the games not being played.

**Game Schedules**

* Schedules are released before the first game of the season.
* Schedule is finalized by the second week of the season due to only having one field and not having space to move games around.

"Game is too late/early" will not be a reason to move a game.

DO NOT TAKE SCREENSHOTS OF THE SCHEDULE FOR IT IS SUBJECT TO CHANGE

* Any requests to reschedule a game must be submitted at least two days before the date of the scheduled game.
  + Requests are subject to the opposing team’s decision on accepting the reschedule or to win by forfeit.

**FORFEITS**

* Teams MUST provide a 24hr notice if they are going to forfeit.
  + Call the SportsHouse front desk at (650)362-4100 or email [erick@sportshouse.us](mailto:erick@sportshouse.us)
  + Failure to notify within 24hrs will result in a $50 fee which must be paid before the next game
* If a team has two or more forfeits in a season, they are subject to being dropped from the current and future seasons.
* If a player plays on a team without being on the roster, the team is subject to forfeiting the game.

**Team Rosters**

* ­Rosters will be closed after t­­­­­­­he first game.
* Each team is required to have a minimum of 7 players on their roster and may not exceed 12 players.
* Each team is required to have two Team Managers.

**WAIVER/RELEASE LIABILITY FORM**

Anyone that enters the field or player’s box must be a SportsHouse member and sign the waiver form prior to any league participation.

**Player Rules**

* Players must be at least 17 years of age to play.
  + Parent/guardian signature is required if player is 17 years of age.
* A player may only play with one team per division.
* A player is required to have a membership in order to play in the league.
  + Players with an expired membership must renew their membership before they play.

**Identification**

* Documents for verification of age and identity can be one or more of the following:
  + Driver’s License, D.M.V. Identification, Passport, or a Birth Certificate.

**Guest Players**

* Guest players must pay a Guest Player fee of $10.
* A team may only have one guest player per game.
* A guest player may only play once per season per team.

**Suspected or Confirmed Concussion**

* A participant who is suspected of sustaining a concussion in a practice, game, or competition shall be removed from the field at that time.
  + If a qualified medical professional is available on-site to render an evaluation, that person shall have final authority as to whether or not a concussion is suspected. If applicable, the participant’s parent or guardian should be made aware that the participant is suspected of sustaining a concussion.

**Misconduct will not be tolerated.**

**Player and Team Conduct**

* All people inside of SportsHouse must follow all of the facility’s rules.
* Teams are required to inform spectators that they must remain in the seating area during the game.

Anyone not wishing to abide by the rules will be asked to leave the facility.

* Team managers will accept full responsibility for the team’s actions.
* Two red flag violations, per team, of any nature during a game will result in a forfeit.

A red flag to a player or spectator will result in immediate ejection from the facility.

**Referees**

* Each game will have at least one referee.
* The referee will use their best judgement to make sure the games are played smoothly and on time.

**General Game Rules**

**Field Rules**

* 5v5
* Play starts after coin toss determines first possession.
* **NO Bump and run allowed first 5 yards from scrimmage.**
* NO BLOCKING/SCREENING anytime or anywhere on the field. Offensive players not involved with a play down field must attempt to get out of the way or stand still.
* The 5-yard line starts the game at the beginning and after halftime.
* The offensive team has three plays to cross mid-field. Once the Offensive team crosses mid-field, they will have three plays to score a touchdown.
  + If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team starts their drive from their 5-yard line.
* Spot of ball is location of the ball when play is ruled dead.
* Rushing the QB
  + Players must be a minimum of 7 yards behind the line of scrimmage when the ball is snapped.
  + It is up to the OFFENSIVE PLAYERS to not impede the rusher. If the rusher is impeded on his direct path, the offense will receive a penalty of 5 yards and loss of down. No Blocking.
* Defense is allowed to crowd the Line of Scrimmage (LOS) in possible Run situations.
* Once the ball has been handed off, all defenders are eligible to rush.
* All center snaps must be made between the center’s legs.
* The Quarterback can run the ball, ONLY if opposing team rushes.
  + No blocking by center. Defending team, NO Contact with Center and the center cannot initiate contact.
* In a hand-off, the player who takes the hand-off can throw the ball as long as he does not pass the line of scrimmage.
* “No Running Zones” are located 5 yards before the end zone and 5 yards before mid-field in each offensive direction.
* All forward passes must be received beyond the line of scrimmage.
  + Shovel passes are allowed but must be received beyond the LOS.
* QB has a 7-second “pass clock”.
  + If a pass is not thrown within the 7 seconds, play is dead, loss of down, and a 5 yd. loss.
  + Once the ball is handed off the 7-second rule is no longer in effect.
* Interceptions may be returned.
* All players are eligible to receive passes.
* Only one player is allowed in motion at a time.
  + You can start toward the line of scrimmage as long as you do not cross the line of scrimmage before the ball is hiked.
* No foot may be out of bounds when making a catch.
* Pass interference is when a receiver is impeded, or his flag pulled prior to catching the ball.
* Play is ruled “DEAD” when:
  + Offensive player’s flag is pulled.
    - If an Offensive Players flag falls out during a play, a defensive player must touch him for the ball to become dead.
  + Ball carrier steps out of bounds.
  + Touchdown is scored.
  + Knee or elbow touches ground.
* KNOTTING/GUARDING OF THE FLAGS IS NOT ALLOWED
* Free substitutions are allowed throughout the game.
  + The player leaving the field must have at least one foot within 3 feet of the player’s box door before another is allowed to enter the field.

**Time**

* RUNNING CLOCK
* Each game will consist of two 20-minute halves with 1-minute of halftime.
* The referee will start the clock at the game’s scheduled time.
* Each time the ball is spotted a team has 25 seconds to snap the ball. Official will manage the clock.
* Each team has one: 30-second time out per half, in which the clock stops.
  + Unused timeouts from the first half WILL NOT carry over to the second half.
* A team must have at least three players ready on the field to play.
  + The ON time team will automatically have the right to choose offense or defense.
  + If a team is ready while the other is not, one point will be awarded to the team that is ready.
    - Points will be awarded up until the 15:00 minute mark.
  + A forfeit win will be awarded to a team that is ready at if the opposing team is not ready by minute 10:00.
* No over time during season play.

**Scoring**

* TD = 6 pts
  + Extra Point = 1 (5 yards out)
  + Extra Point = 2 (10 Yards out)
* Safety = 2 points
* Extra point interception return= 2pts

**League Standings**

* Standings are based on the following point system:

**Equipment**

* SportsHouse will provide flags.
  + Teams may use their own flags.
* Uniforms are not required, but all players on a team MUST have matching colored shirts
  + Every team is REQUIREED to bring two different colored uniforms to each game
  + If both teams are wearing the same color, AWAY team changes

PLAYERS MAY NOT CHANGE THEIR CLOTHING IN THE HALLWAY. MUST BE DONE IN THE RESTROOM

PLAYERS THAT ARE SHIRTLESS OFF THE FIELD MAY BE SUBJECT TO BEING SUSPENDED

* Game ball will be NFL or College regulation.
* Footwear can be any of the following:
  + Indoor Turf Shoes, Tennis shoes, Flats.

CLEATS ARE NOT ALLOWED

* No jewelry, watches, anything on or around the wrist.
* Hats may be worn backwards.

Referee has final decision.

**Fouls**

* All fouls will be determined by the referee to the best of their ability.
  + Tackling, elbowing, cheap shots, blocking, unsportsmanlike act, abusive language, etc.
  + 15-yard penalty.
* A player that jumps over the dasher board wall from the player’s box during a substitution may result in a foul.
* False Start: Five yards
* Blocking/Screening Downfield: Five yards (L.O.S.)
* Illegal Pick: Five yards (L.O.S.)
* Flag Guarding: Five yards from the spot of infraction
* Lowering Head/Shoulder: Five yards (L.O.S.)
* Pass Interference
  + Minor: Five yards from L.O.S.
  + Major: 10 yards, automatic first down
* Illegal Hand-off/Pitch: Five yards (L.O.S.)
* Leaping / Diving: Five yards; loss of down
* Illegal Rush: Five Yards (L.O.S.)
* Illegal Contact: Five Yards from end of play
* Holding: Five Yards (L.O.S.)
* Illegal Flag Pull: Five yards from end of play
* Roughing the QB
  + Minor: Five yards, automatic first down
  + Major: 15 yards, automatic first down

**Playoffs**

* Qualifying teams for the playoffs are determined after the 7th game of the season is played.
* Playoff games are played on the 8th game of the season
* Only the top 4 teams in the standings make it to the playoffs which is determined by the amount of points.
  + The following are tiebreakers in case of a tie in points between teams on the stats table:
    - 1st tiebreaker: Head to Head
    - 2nd tiebreaker: Points difference
    - 3rd tiebreaker: Season schedule difficulty
  + The FINAL game, played the same night as the Semifinal, will be played by the 2 winning teams from the Semifinal games.
* In game tiebreakers (TENTATIVE)
  + If a game ends in a tie during a Semifinal game, each team will have 3 downs to reach as far as they can down the field.
  + If a game ends in a tie during a FINAL game, a five-minute overtime will be played with first ball possession being determined be a coin toss. If the FINAL is still tied after the overtime, each team will have 3 downs to reach as far as they can down the field.

NO ONE MAY JOIN ON PLAYOFFS WEEK

**Miscellaneous**

**Players Arriving Late to a Game**

* If a player is late to the game, they must check-in at the front desk and get a wristband.
  + A late player may not play without a wristband.
  + Any player sent to the front desk after the first half has ended and played during the first half, may not enter back onto the field to finish the game.

**Communication**

Healthy communication is good communication!

* 1st Hostile, aggressive, or confrontational communication against staff member.
  + Warning
* 2nd Occasion
  + Suspended for the season

**Alcohol**

* A player may not consume alcohol before their game.

**Discounts**

* Early Bird Discount
  + Teams may receive a $50 discount if the team fee is paid in full.
  + Payment must be made 1 week before playoffs during the current season.
* Referral Discount
  + Teams may receive a $50 if they refer a new team. The discount will be applied once the new team has signed up and paid their deposit for the new season.
  + A new team must have no more than 3 current SportsHouse customers in order to be considered a new team.

**SportsHouse Contact Information**

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