

HOUSE RULES

ADULT - FLAG-FOOTBALL

LEAGUE DETAILS & FACILITY POLICIES

- Payments:
 - Down-payments are **MANDATORY** in order for any team to be considered "Registered" for that league.
 - Entire league fee's must be paid in full by week 4.
 - Teams with outstanding league fees by week 4 will be removed the league schedule.
- Basic rules & Game layout:
 - Adult leagues are for participants 18+.
 - 8v8
 - 5-minute warm-up.
 - 2 halves of 25-minutes each (The game clock will start following the warm up time, even if teams are not ready)
 - 25-second game clock.
 - Review remaining "Indoor Flag Football Rules" for the entire list of rules & regulations.

ROSTERS & PLAYERS PASSES

- Players Pass - Epic Center lifetime membership is required to participate in any of our sports leagues.
 - Come to the front desk with an ID and pay a one-time fee of \$20 to be assigned to your team.
 - After week 4, anyone **WITHOUT** a Player's Pass will **NOT** be permitted to play.
- Players can play on **ONLY ONE** team per division:
 - For example, players cannot play on two teams in the upper division but can play on **ONE** team in upper/comp. and **ONE** team in lower/rec.
- Teams are NOT allowed to "pick up" players that are on other rosters.
 - Teams need to be able to field a team of individuals on that teams roster.
 - Teams unable to field players listed on that teams roster, will result in a forfeit.

EQUIPMENT

- **NO CLEATS!** (Sneakers only)
- Teams provide their own flags. (Epic has some that can be borrowed)
- Epic strongly recommends that players do NOT wear any type of jewelry or piercings.

If you have any questions or concerns, you can contact us via the information listed below:

Epic Sports Center

Address: 2793 Wehrle Drive Williamsville, NY 14221

Website: www.epic-center.com

Phone: 716-565-3742

Email: Epicctr@epic-center.com

INDOOR FLAG FOOTBALL RULES

Game time

- 2 halves of 25 minutes each
- Running time throughout
- Play clock is 25 second from the time the official whistles ready for play. Warning will be given at ten second left only.
 - Delay of game = 5 yard penalty

Field Sideline Decorum

The Epic-Center's field rules require that all spectators remain on the north side of the field (opposite the player's benches). In deference to the building regulations...

- Only rostered members of the team playing may be in the team area on the sidelines.
- All rostered team members must be at least 7 feet back from the side line (basically off the turf).

First sideline violation will result in an official warning

Second sideline violation will result in a five yard penalty

Subsequent violations will result in additional yardage and/or disqualification penalties.

Jewelry

THE EPIC-CENTER STRONGLY RECOMMENDS THAT PLAYERS DO NOT WEAR JEWELRY OF ANY TYPE. IF PLAYERS WEAR JEWELRY, THAT PLAYER IS RESPONSIBLE FOR ANY AND ALL REPERCUSSIONS AS A RESULT OF THE JEWELRY TO THEMSELVES, OTHER PLAYERS AND THE FIELD.

Ear Buds

THE EPIC-CENTER DOES NOT ALLOW EAR BUDS OR ANY OTHER TYPE OF COMMUNICATION DEVICE DURING GAME TIME.

Time outs

- Each team will be allowed 2 times out per **game**.

Scoring

- Touchdown 6 points
- Point after touchdown
 - From the 8 yard line 2 points
 - From the 3 yard line 1 point
- Safety 2 points
- Interception of the Point after TD - defense receives the number of points that the offense attempted. Ball is dead after the interception.

Line of Scrimmage

- Offense must have 4 players on the line of scrimmage
 - Failure to have 4 players on the line = 5 yard penalty (live ball foul)
- Defense has no minimum players on the line of scrimmage.
- All interior linemen (offense and defense) must be in a standing position with their hands no lower than their knees.
 - Failure to start a play in a standing position will result in a “dead ball” foul for illegal formation = 5 yard penalty.
- Defensive players must be within 5 yards of the line of scrimmage to rush passer
 - Failure to be within 5 yards and rush = 5 yard penalty (live ball foul)
- One offensive player is allowed in motion at the snap
 - Two men in motion (illegal shift) = 5 yard penalty (live ball foul)
- No bumping of receivers by defensive players
 - “Chucking” or illegal contact = 5 yard penalty
- Defensive players may not cross line of scrimmage
 - Offsides = 5 yard penalty (dead ball foul)

Running the Ball

- Running plays cannot occur within 5 yards of the first down line (center field) or the goal line (including all points after touchdown). Officials will be responsible to announce when offense is in the “no-run zone”.
- A pass, in the no run zone, that does not cross the line of scrimmage is a run play and is an illegal run.
 - Running in the no-run zone = 5 yard penalty from original line of scrimmage AND loss of down, or the loss of the ability to replay a point after touchdown.
- Runner must make every effort to avoid contact with a defender. The defender has the right to maintain his position.
 - Failure to avoid defender (Charging) = 10 yard penalty from point of foul AND a loss of down
- Runner may not use his hands, feet or arms in any way to avoid having his flags pulled – this includes stiff-arming. Runner may never leave his feet (jumping or diving) to prevent from being deflagged or to advance the football (including into the end zone). Runner may leave his feet to avoid a fallen player.
- Runner is not permitted to put a hand on a teammate while the play is in progress.
 - Flag guarding = 10 yard penalty from the spot of foul and loss of down.
- Any member of the team may run the ball.
- Fumbles will result in a dead ball. The team in possession of the ball at the time the ball hits the ground will retain possession.
- Defenders must make an attempt to deflag the runner and not merely push the runner out of bounds.
 - Unnecessary roughness = 10 yard penalty
- Defenders may not tackle a runner in an attempt to deflag him.
 - Unnecessary roughness = 10 yard penalty
- Defenders may not hold a runner with one arm or hand and try to deflag him with his other hand. If the defender grabs at the flag and gets a hand full of jersey or shorts, play is legal so long as second hand is not used to deflag.
 - Defensive holding = 10 yard penalty

- If a runner's flags have fallen off inadvertently (after the snap and before the player becomes a runner). The play will revert to one-hand touch.

Passing the Ball

- Receivers need only one foot in bounds (sideline or end line) for a valid reception.
- Quarterback is afforded ultimate protection. No defender may hit the arm of a quarterback or be close enough to the arm after the ball is thrown to hit the arm. Protection continues even if the defensive player deflects the football.
 - Penalty Roughing the quarterback = 10 yards from the end of the play
- No player may be allowed to interfere with the right of another player to make a catch of a passed ball.
- No offensive player can block downfield prior to the pass being caught by the receiver. The rule applies whether the pass is behind or beyond the line of scrimmage.
 - Penalty: Defensive pass interference = 1st down at the spot of the foul
 - Penalty: Offensive pass interference = 10 yards and loss of down
- All players may throw a pass or catch a pass.
- Only one forward pass attempt is permitted for each down.
- Illegal forward pass = 5 yard penalty from the spot of the pass and loss of down.
- Defenders must make an attempt to deflag the runner and not merely push the runner out of bounds
 - Unnecessary roughness = 10 yard penalty

Blocking

- 2 on 1 blocking is legal provided that both blocks are above the waist.
- No player can start a play from a 3 point or 4 point stance
 - Delay of game = 5 yard penalty
- Blocks must be with straight arms, without using elbows and blockers may not leave their feet to make a block.

- Unnecessary roughness = 10 yard penalty
- No player may hold another player in an attempt to hinder that player's progress.
 - Holding = 10 yard penalty from spot of the foul.
- No player may block another below the waist.
 - Unnecessary roughness = 10 yard penalty

Flags

- When flags fall off inadvertently, the play reverts to one-hand touch.
- All players must start a play with their flags properly attached.
 - Delay of game = 5 yard penalty
- Flags cannot be the same color as the players shorts.
- **Shirts must be tucked in at all times when a player is on the field.**
- Flags cannot be tied or altered in a way that deflagging is made more difficult.
 - Illegally tied flags offense = 10 yard penalty and loss of down.
- When defender deflags the runner the defender should hold the flag in the air to help mark the spot of deflagging. Defender should NOT throw the flag away from the runner.

Uniforms

- Players should not wear baggy clothing.
- Shirts must be tucked in at all times when a player is on the field.
- ⊖ Players cannot wear pants of any type.
- ⊖ Players are NOT allowed to wear shorts with pockets. First game a player wears shorts with pockets will be given a warning and be recorded by the timekeeper. A second offense **may** result in that player not being allowed to participate.
- Teams MUST wear then same colored shirts. Players without similar colored shirts will be required to wear an EPIC Center provided Pinnie. It is highly recommended the players bring a light colored shirt and a dark colored shirt.

- Players will not be allowed to wear hats with brims. Soft brimless hats are allowed for warmth.
- Players cannot wear any jewelry. This includes rings, bracelets (including “LIVESTRONG” varieties), necklaces and piercings (ear, nose, lip, eyelid, or any other exposed), Exceptions are made for medical alerts (taped to the body to avoid getting snagged) and wedding bands. These types of jewelry are permitted provided the player understands the risks associated.
 - Penalty for wearing jewelry will be Delay of game = 5 yards penalty and player is excused until the jewelry is removed

General Rules

- Teams should be ready 10 minutes prior to the stated starting time – games can start up to 10 minutes before the hour.
- Center must be afforded time to protect himself (stand up and face the defender).
 - Unnecessary roughness = 10 yard penalty
- Halfs cannot end on a defensive penalty.
- Games can end in a tie – no overtime, except for playoff games.
- Fumble in the end zone will be ruled a safety and the defensive team will be awarded 2 points and the ball
- Any penalty on the offense in the end zone will result in a safety.
- NO punting. All drives will commence at the drive start point
- End of games – games cannot end on an accepted penalty and games will not be continued for a point after touchdown, if that PAT will not affect the outcome of the game.
- There will be no unsportsmanlike acts tolerated before, during or after a game. Unsportsmanlike acts (including but not limited to: taunting, baiting, profanity, threatening) will be dealt with by way of unsportsmanlike penalties. At the sole discretion of the officials, unsportsmanlike acts can be penalized in yardage, time off the field, and/or ejection.

- All unnecessary roughness and unsportsmanlike penalties can result in ejection from the game if the circumstances warrant such course of action. Ejection may be for part of the game (a number of plays or an amount of time) similar to a stint in the “penalty box” or the entire game based on the judgement and experience of the officials.

Circumstances include, but are not limited to: Players intent to injure another player; severity of the infraction; repeated unnecessary roughness penalties by the same player. IN ALL CASES, ruling by the officials will stand.