

## Naval Submarine Base Kings Bay

### 7v7 Flag Football League

#### Rules & Regulations

All Standard NIRSA Flag Football rules apply except for the following changes/clarifications

#### I. Game, Field, Players & Equipment:

- a. Shirts must be long enough to be tucked in and remain tucked in or short enough that there is a minimum of 4" from the bottom of the shirt to the player's waistline. Pennies will be provided to distinguished teams.
- b. **Pants or shorts with the belt loops or pockets are prohibited.** This includes use of tape, staples, etc. to close pockets or flipping shorts inside out. Shorts will not be provided by Kings Bay Sports.
- c. Towels may not hang from a player's waistline or otherwise interfere with the possible removal of a flag. Towels may be used and kept on the ground at the puck before the snap.
- d. Each player must wear a flag belt (provided by Kings Bay Sports) – with a flag on each hip and one on the back failure to wear a flag belt will result in a penalty. Tying of the flag belt will result in an immediate ejection and a penalty.
- e. All jewelry must be removed prior to play. Player may only wear soft, pliable pads on legs, knees, or ankles.

#### f. 5-Minute Rule and Forfeits:

- i. If one team has below the minimum number of players at game time, the 5-Minute Rule will come into effect. **MUST HAVE 5 PLAYERS MINIMUM.**
- ii. The team with less than the minimum will have 5 minutes to accrue the minimum number of players to begin the game.
- iii. In this 5 minutes, the other team will accrue seven (7) points for each minute that passes.
- iv. If the 5 minutes expires and the other team does not have the minimum number of players, the game will be forfeited.
- v. If the team gains the minimum number of players within the 5 minutes, the game will begin. The score will stand for the first set and the clock will begin at its current time.
- vi. If NO participants appear from either team, the game will be a double forfeit
- vii. If both teams have below the minimum number of players at game time, the 5-Minute Rule will go into effect for both teams.

- viii. If injuries reduce a team to 4 players or less, the game may continue at the referees' discretion.
- ix. A team reduced to 4 players or less via player ejections will automatically forfeit.

Ex: Team A is on time and checked in prior to game time and Team B gains the minimum number of required players, 3 minutes late. The game will still be played but The starting score will be 21-0 and the game will begin with 17 minutes remaining in the First half.

- g. The field dimensions are 80 yards by 40 yards with 10-yard end zones. The playing field is divided into four 20-yard zones.
  - h. Each team has a designated captain. This person is the only person who is to approach officials throughout the game.
  - i. **Cleats must be rubber- no metal allowed.**
  - j. Game balls will be provided by Kings Bay Sports.
- II. Periods, Time Factors, Substitutions:**
- a. There will be two twenty minute halves for each game, the clock will stop the last two minutes of each half.
    - i. Referee will issue a verbal 2 minute warning. **Two minute clock stoppage:**
    - ii. Incomplete legal or illegal forward pass-starts on the snap.
    - iii. Out-of-bounds-starts on the snap.
    - iv. Safety-starts on the snap.
    - v. Team time-out-starts on the snap.
    - vi. First down-depends on previous play.
    - vii. Touchdown-starts on next offensive snap (Point Tries are untimed)
    - viii. Penalty and administration-dependent on the previous play (except delay of game-starts on snap)
    - ix. Referee's time out-starts at his/her discretion.
    - x. Touchback-starts on the snap.
    - xi. Team attempting to conserve time illegally-starts on whistle.
    - xii. Team attempting to consume time illegally-starts on snap.
  - b. There will be a 5 minute half.
  - c. ***When overtime is used, there will be a three minute intermission***
    - i. ***There will be no overtime granted during regular season.***
  - d. **Coin Toss:**
    - i. The Referee shall toss a coin and offer the winning captain these options:
    - ii. To defer his/her option until the second half.
    - iii. To receive the ball first or play defense first.
    - iv. To defend a specific goal.

- v. At the start of the second half, the loser of the first half coin toss shall have his/her option to be on offense or defense, or which goal to defend, unless the first half winner deferred his/her selection
  - vi. Play at the beginning of each half will start on the offense **14<sup>th</sup> yard line**. There will be **NO KICKOFF**.
- e. **Mercy Rule:** When a team is winning by 19+ points within the last two minutes, the game is over.
  - i. When a team is up 40+ points within the last five minutes, the game is over.
- f. **Overtime:** *Play begins on 10- yard line – first & goal line to gain. (Playoffs only.)*
  - i. Begins with a new coin toss.
  - ii. Team A gets four plays for a touchdown (and PAT). Then Team B gets four play for a touchdown and (PAT). The process continues until the tie is broken.
  - iii. When a pass is intercepted, the defense becomes the new offense (play whistle dead).
  - iv. Penalties will be assessed similar to regular pay
- g. Timeouts: Each team is allowed two timeouts per half. Timeouts do not carry over.
  - i. The clock will stop during timeouts.
- h. **SUBSTITUTIONS** - Any number of legal substitutions for either team may enter the game between halves, after a score or try, or during the interval between downs or change of possession. An incoming substitute must enter the field directly from the team area. A replaced player must leave the field immediately at the sideline nearest their team area prior to the ball being snapped. During the interval between downs, no substitute shall become a player and then withdraw, and no player shall withdraw and then re-enter as a substitute unless a penalty is accepted, there is a charged time-out, or a period ends. Players who enter the field must play at least one down.

### III. During Play:

- a. **Kickoffs: NO KICKOFFS.** At the beginning of each half, and after each score, the ball will be placed on the **14<sup>th</sup> yard line**.
- b. The offensive team has twenty-five seconds to put the ball into play after the referee signals “ready to play”.
- c. In a series of four downs, the ball must be advance forward into the next zone in order for a new series of downs to be awarded. Yardage lines are considered part of the forward zone.
  - i. The line to gain is always the twenty yard line, forty yard line, or goal line.

### IV. Definition of Playing Terms:

- a. **Removal of flag belt:** When a belt is clearly taken from the ball carrier, the down shall end and the ball declared dead. A player who removes the flag belt from the ball carrier should immediately hold the flag in the air to assist the official in locating the spot where the deflagging occurred.
- b. The position of the BALL when a player is deflagged determines the spot of the scrimmage.
- c. A defensive player may not push, hold, or knock down the ball carrier in an attempt to remove the opponent's flag, nor shall an offensive player hold, block, or run through a defensive player trying to remove a flag belt.
- d. When a player loses his flag belt accidentally or inadvertently, play continues. The deflagging reverts to one hand touch between the knees and shoulders.
- e. **Scrimmage line:** There will be one yard of neutral area between Team A's scrimmage line and Team B's scrimmage line. Pucks will signify the neutral space on the field.
  - i. Team A must have four people on the line of scrimmage at the snap.

## V. **Explanation of Terms and Rules:**

### a. **Fumbles**

- i. Loss of player possession other than by handing, passing, or kicking the ball.
- ii. Any loose ball that is fumbled into the offensive team's end zone is a safety.

### b. **Inadvertent Whistle**

- i. An official blows the whistle before a play is over.
- ii. Play will stop and the offensive team will have the option of taking the play or replaying the down—unless a penalty has occurred, which will then be assessed accordingly.

### c. **Screen Blocking**

- i. The offensive screen block shall take place without contact.
- ii. Screen blockers shall have their hands and arms at their side or behind their back. Any use of arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal.
- iii. Blockers may use their hands or arms to break a fall or retain their balance, however no contact is to be made during the fall.

### d. **Bull-rushing**

- i. An excessive use of force by rushing defenders to create space.

### e. **Intentional Grounding**

- i. When the quarterback is in the pocket and does not throw the ball within 10 yards of any eligible receiver.
- ii. The players blocking on the offensive line are not considered eligible receivers until they have broken out of their blocking stance or moved past the line of scrimmage.

**VI. Ball in Play, Dead Ball, Out-Of-Bounds:**

- a. The ball is declared dead when it touches the ground on a fumble, on a lateral, on a pass or after touching a player on a punt.
- b. The sidelines and endlines are considered out-of-bounds.
  - i. One foot (the first foot) must touch in bounds for a pass to be complete.
- c. Once an offensive or defensive player steps out-of-bounds, that player is no longer eligible to touch the ball (Penalty: 10 yards, replay the down)

**VII. Kicking the Ball:**

- a. If a punt is to be made, the punting team must declare the punt prior to the start of the down. After the announcement, the punt must be made. The offensive team must adhere to all formation and procedure rules. The kicker must catch the ball in one continuous motion. Quick kicks are illegal (Penalty: delay of game).
- b. The defense may not build a pyramid or support each other in an attempt to block the kick.
- c. If the ball enters the receiving team's end zone after a kick, it's automatically declared dead and ruled a touchback.
- d. No players may enter the neutral zone until the kicker has made contact with the ball.

**VIII. Snapping, Handling, and Passing:**

- a. The ball may be snapped between the legs or to the side of the snapper.
- b. The player who receives the snap must be a minimum of two yards behind the scrimmage line. Direct snaps are always illegal.
- c. It is defensive pass interference if an eligible receiver is deflagged prior to touching the ball on a forward pass attempt.
- d. During the interval between downs, when two or more consecutive encroachments are committed by the same team, the penalty will be ten yards for each second, third, etc... foul.
- e. The offense must have four players set at the line of scrimmage at the time of the snap.
- f. All players are eligible for a forward pass. The passer may pass the ball from anywhere behind the line of scrimmage.
- g. The passer shall not intentionally ground the ball in order to avoid a sack. (Penalty: 5 yards, loss of downs).

**IX. Scoring Plays:**

- a. After a team scores a touchdown (6 points), they are given the choice to go for 1, 2, or 3 points. Once a captain makes the choice, it may only be changed if a timeout is called. **If a team intercepts a pass or aired fumble during the try, they can return it and will receive the point value of the try.**
- b.
  - i. 1 pt. is on the three yard line.
  - ii. 2 pt. is on the ten yard line.
  - iii. 3 pt. is on the twenty yard line.
- c. Players who score a touchdown must run to the nearest official who will then remove the player's flag belt. If the player's flag does not come off after one good pull, and the official determines the flags were secured illegally – the touchdown is disallowed. The player is immediately ejected (Penalty: 10 yards from the previous spot, loss of down).
- d. Safety: Team is awarded two points and will automatically gain possession at their own 14-yard line
- e. **Personal Fouls:**
  - i. No player shall: Strip or attempt to strip the ball from a player in possession by punching, striking, or stealing.
  - ii. Contact an opponent who is on the ground.
  - iii. Throw a runner to the ground.
  - iv. Hurdle any other player.
  - v. Contact an opponent either before or after the ball is dead.
  - vi. Make contact of any nature which is deemed unnecessary.
  - vii. Deliberately dive or run into a defensive player.
  - viii. Tackle the runner by grasping or encircling with the hands or arms.

*Roughing the Passer:* Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown forward legally. No defensive player shall contact the passer who is standing still or fading back as he/she is considered out of the play after the pass. NOTE: The passer remains the passer while the ball is in flight or until they move to participate in the play.

**f. Screen Blocking:**

- i. Screen blocking can only take place during the kick-off and at the line of scrimmage. There is no screen blocking at any point after the ball crosses the line of scrimmage. Players downfield after the ball is caught may stand still or run behind the runner without interfering with defense. *Penalty: Illegal Blocking.*
- ii. The offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind the back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block will lead to *Illegal Blocking*. A blocker must be on his/her feet before, during, and after the screen.

- iii. **A player who screens shall not:** Make contact when assuming a position at the side or in front of a stationary opponent. Take a position close to a moving opponent such that the opponent cannot avoid contact. After assuming the legal screening position, move unless the blocker moves in the same direction as the opponent.

**g. The Runner:**

- i. *Flag Guarding:* Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt.
- ii. Examples of flag guarding include, but are not limited to: Placing or swinging the hand or arm over the flag belt, Placing the ball in possession over the flag belt, Lowering the shoulders in such a manner which places the arm over the flag belt.
- iii. The defensive player shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt. *Penalty: Illegal Contact, Holding, or USC*
- iv. A runner shall not charge into nor contact an opponent in their path. If a runner in progress has established a straight path, he/she may not be crowded out of that path, but if a defensive player legally established position, the runner must avoid contact by changing direction. *Penalty: Illegal Contact*

- h. **Rushing:** The defense may rush the quarterback after the official's 3 second count has expired, has handed the ball off to another player, and/or has completed a backwards pass to another quarterback. *Penalty: Encroachment*

**i. Penalty Summary: Loss of 5 Yards:**

- i. Delay of Game
- ii. Illegal Substitution
- iii. Illegal Procedure
- iv. Encroachment
- v. False Start
- vi. Illegal Snap
- vii. Illegal Formation
- viii. Illegal Motion
- ix. Illegal Advancement (Co-Rec)
- x. Illegal Forward Pass
- xi. Intentional Grounding
- xii. Illegal Male Reception (Co-Rec)

**j. Loss of 10 Yards or More:**

- i. Unsportsmanlike Conduct
- ii. Offensive Pass Interference
- iii. Defensive Pass Interference (AFD)
- iv. Stripping
- v. Roughing the Passer (AFD)
- vi. Flag Guarding

- vii. Holding
- viii. Illegal Contact
- ix. Illegal Blocking

**Rosters:**

- i. ***Team rosters should be submitted NO LATER THAN the team's first game. Rosters must include head coach and assistant coach contact information, players' names, command, and affiliation. In addition, a command signature is required for participation approval, sportsmanship issues and any other concerns. Any days or dates that your team is NOT available for play, should be noted on the back of the roster form. Eligibility for participation in the SUBASE Intramural Sports Program is outlined in the BUPERSINST 1710.11C and includes active-duty, active-duty family members (18 years and older), retirees and DOD employees. DoD family members are NOT eligible for participation. All participants will be required to show their SUBASE ID card prior to playing. Players can only play for one team. There is no roster limit. Teams are allowed 3 augmented players. Those players not attached to the sponsoring command must fill out a MWR athletic sports waiver. These waivers must be submitted with rosters no later than the team's first game.***

**Safety:** Safety is the responsibility of all coaches, players, and referees. Coaches should conduct a safety briefing to their team prior to the first game. (We recommended 5 minutes of stretching and warming up).

- i. **Factors of athletic mishaps:**
- ii. a. Poor conditioning.
- iii. b. Inadequate ability and skill.
- iv. c. Jewelry cannot be worn, with the exception of wedding bands.
- v. d. Violation of recognized rules.
- vi. e. Clothing with Pockets is not allowed. No taping or folding pockets inside out.
- vii. f. Athletics type glasses or glasses properly secured with a strap should be worn. Polycarbonate type glasses are best for athletic wear.



- viii. g. Fingernails should be trimmed to prevent scratches when contact with other players occurs.

**Miscellaneous:**

- a. In the event of adverse weather, captains will be notified by the sports coordinator when games are cancelled. This notification will be done via email or text message to team captains. The decision to cancel games will be done by 1400 on game day. Please be ready to check email on the day that you have a game scheduled.
- b. **Local lighting will stop play immediately. Players and officials should seek protection quickly.**

**Rules of conduct:**

- a. **Players will refrain from using profanity.**
- b. **Consumption of tobacco products & alcoholic beverages will NOT be permitted at or near the softball fields.**
- c. **Any disruptive behavior by a team or its fans will permit the umpire to forfeit the game. IM officials have full authority in all aspects of the game. NO PROTEST OF ANY KIND WILL BE ALLOWED!**
- d. **Fighting will not be tolerated and may result in suspension from the intramural program.**

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