



Adirondack Sports Complex

326 Sherman Ave.
Queensbury, NY 12804
(518)743-1086, (518)743-1247 fax
thedome@adksc.com
www.adirondacksportscomplex.com

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Flag Football

Dome Rules:

All players need a current ADKSC Photo ID card.
NO Spikes or Cleats. Turf shoes or sneakers only.
NO Spitting on the turf.
NO Gum, Sunflower Seeds, Food or Alcohol allowed on the turf.

Team/Player Requirements/Procedures

- All players must have a current ADKSC Photo ID Card.
- All player must be on the completed and signed Team Roster-Waiver form before play.
- Teams must have complete rosters.
- Players may be added to a roster, but before the game begins.
- Players may only be rostered on one (1) team per league.
- Using a non-rostered and/or non-Photo ID^d player will result in a FORFEIT. Forfeits' are a 21-0 loss.
- If a roster is challenged, it must be brought to the referee's attention during the game.
- **Early game:** Check in at the Dome office to pick up flags.
Flags must be left on the game field.
- **Late game:** Additional flags can be picked up at the Dome office.
Flags must be returned to the Dome office at the completion of the game.

The Game: 7 on 7 Rules

7 on 7 - Minimum of 5 players to avoid a forfeit.

Co-Ed Division must have minimum of 3 female players on the field at all times and each series of downs must have one male to female play. There is no limit on number of female to male plays.

The game begins with a coin toss: Choice of Ball, Field Position, and Defer to Second Half

Playing Field

The field is divided into 2 zones and the end zones.

Game Balls

Teams may provide their own football.

Flags

Triple Threat Flags – ADKSC will furnish flag belts.

Game Clock Format

1. Each game is played in two 25-minute halves. A running clock format is used.
2. Each team receives two 30-second time-outs per half. The offense must snap the ball immediately following the conclusion of the timeout.
3. No timeouts are allowed in the last minute of each half.
4. There will be a five-minute break at halftime and between each game for warm-ups.
5. Offense has 30 seconds from the time the ball is set by the official to snap the ball. A 10 second warning will be declared by the official.

Line Formation

There must be at least 5 players on the line of scrimmage, with at least one player on each side of the center.

Scoring



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Touchdowns: 6 points Safety: 2 points

Extra Points: 2 points - running play is allowed

General Notes

1. All drives begin on the five-yard line with the exception of interceptions.
2. Drives consist of four plays to either make a first down or a touchdown.
3. Interceptions may be run back and the drive will begin where the player's flag was pulled.
4. Interceptions on an extra point attempt that are not returned for two points will begin on the offensive team's 5 yard line.
5. The flag belt - waist marks the advancement of the play.
6. Ball Responsibility: Offensive Team's Players are responsible for retrieving their ball.
7. Stances: Players may use a 2, 3 or 4 point stance.
8. There are no sleeper plays. UNSPORTSMAN LIKE CONDUCT: 10 Yard Penalty
9. Players must remain in the "Players Box" while on the sidelines. That is the area defined as 10 yards to each side of mid field and 5 yards off the field. UNSPORTSMAN LIKE CONDUCT: 10 Yard Penalty
10. For all rules not covered here, the USFTL RULE book will prevail.

First Downs

The offense has four plays to advance the ball beyond mid-field for a first down. After the offense crosses mid-field they have four plays to score.

Centering the Ball

1. The ball must be snapped between the legs, not off to one side, to start each play.
2. Each time the ball is spotted a team has 25 seconds to snap the ball. A five-yard penalty will be assessed for delay of game. Officials will warn teams when there are 10 seconds left.
3. The official will center the ball at mid field after each play. Note: Officials will use ball spotters to center ball.

Substitutions

Substitutions may occur during a dead ball period between the conclusion of the previous play and the declaration of 10 seconds by the official. All substituted players must be off the field or leaving the field when 10 seconds is declared. Players may not jump on - jump off prior to the snap in an effort to confuse the defense.

Running Plays

1. The Quarterback may run the ball at anytime except when the NO RUN, 3-yard zone rule applies.
2. The Quarterback must line up behind the center.
3. Handoffs are allowed.
4. Laterals and pitches are allowed anywhere on the field.
5. The player who takes the handoff or lateral can throw the ball as long as the does not pass the line of scrimmage.
6. There are no trick plays allowed where players place the ball on a receivers back; or place the ball underneath the jersey in an attempt to confuse the defense. Personal Foul - Un-sportsman Like Conduct - 10-Yards from Previous Spot.

"No Run Zone"

1. The "No Run Zone" is designated to avoid short yardage power running. It is located three-yards from the mid-field first down marking and from the end zone.
2. In the "No Run Zone" the offense may only advance the ball by throwing the ball beyond the line of scrimmage.
3. Handoffs are allowed in the "No Run Zone" however the player receiving the handoff may not run. He must pass the ball.



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Passing

1. Shovel passes are allowed.
2. Only one forward pass per down.
3. Interceptions may be run back.
4. If a lateral, pitch, or backwards pass is batted down by the defensive player, it will be treated like an incomplete pass and the ball will return to the original line of scrimmage. All muffed laterals, backward passes or handoffs are dead at the spot.
5. The Quarterback may play a bad snap as long as it is fielded cleanly. If it hits your hands and then the ground, or goes over your head, it's a muff and dead at the spot.
6. If a passer crosses the line of scrimmage and then retreats back across the line of scrimmage and then passes the ball, it is an illegal forward pass.
7. The passer may not intentionally throw the ball into the ground to avoid a loss of yardage. Exception: During the last minute of each half the passer may immediately take the snap and throw the ball into the ground to stop the clock.

Receiving

1. Only five (5) players are eligible to receive passes or carry the ball, including the quarterback if the ball has been handed off behind the line of scrimmage.
2. The five (5) eligible receivers / ball carriers are the ONLY players that are allowed to wear the flag belts.
3. If a ball carrier inadvertently loses his flag belt, it becomes "one-hand touch," and the defense only needs to touch the ball carrier with one hand to "down" the ball carrier.
4. A player must have control of the ball and one foot in bounds when making a catch. If the receiver has one foot in and one foot out, it is an incomplete pass. If contact by the defender pushes the receiver out of bounds when, in the judgment of the official, he would have come down in bounds, it shall be ruled a completion.

Ball Carrier:

1. Ball carriers cannot run through or over an opponent, hurdle a player (except a down player to avoid an injury), use a stiff arm, or flag guard. Spinning in place is not allowed. The flags mark the spot of the ball.
2. The ball carrier cannot spin in place to avoid a legal tackle - a player may spin while making forward progress.
3. If a ball carrier inadvertently loses his flag belt, it becomes "one-hand touch," and the defense only needs to touch the ball carrier with one hand to "down" the ball carrier.
4. Any hanging object on the ball carrier (such as towels or playbook) shall be considered flags if they are pulled during an attempted deflagging.
5. Excessive baggy pants or shirt tails hanging over the flags is not permitted. If a defensive player while pulling a flag grabs a hand full of shirt or pants, it is not holding if those pants are shirt is considered part of the flag.

Defensive Rushing

1. A ball spotter shall be used to mark the line of scrimmage and the restraining line.
2. The quarterback is 'protected' when he is in the pocket, which is between the two tackles. If the quarterback moves outside of either tackle, the defense is free to blitz.
3. Defensive players can not rush until the quarterback has received the ball.
4. The Quarterback must be allowed to complete his / her throwing motion. No rusher can contact the Quarterback's throwing arm / hand in an attempt to block the pass - **the rusher must go for the flags.**
5. The rusher may attempt to block the pass but it is a penalty to make contact with the quarterbacks' body or arm even if the ball is deflected.
6. No rusher will be permitted to dive for the Quarterbacks flags while the Quarterback is in the pocket (between the tackles) or in the act of throwing.



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7. Rushers may leave their feet to pull flags but may not dive into or take down the ball carrier. **NO TACKLING!**

Note: At no time will a player be permitted to dive into another player while attempting to pull a flag. This is a serious penalty. **10 Yards and automatic first down.**

Blocking

1. Blockers must be on their feet before, during, and after contact with their opponent. You may not dive to block. Two on one blocking is not permitted. Blockers may only contact their opponent's body between the waist and shoulders. Open Hand, straight arm blocking within the framework of the player's body is permitted.
1. You may not grab the opponent's jersey. You may not contact the opponents head or shoulders during a block.
2. Blockers in the backfield may body up on the rusher but any use of hands, forearms or elbows above the shoulders shall be a Personal Foul with a player warning. Flagrant fouls may result in player ejection without warning.
3. Blocking downfield is permitted but players may not interlock their arms or hands, or grab onto clothing in order to form a wall around the rusher or otherwise aid the ball carrier.

Dead Balls

Play is ruled over when:

1. The ball hits the ground
2. The defense has pulled the ball carriers flag.
3. The defense has touched a player who either:
 - a) Started the play without a flag
 - b) Inadvertently had the flag fall off
1. Note: if the defense intentionally pulls the flag prematurely they must pull the other flag to end the play.
4. When the ball carrier's knee touches the ground
5. When the ball carrier steps out of bounds
6. If there was an inadvertent whistle.

Note: If there is an inadvertent whistle the offense has the choice of accepting the ball where it was whistled dead or replaying the down.

Overtime (Elimination Tournaments & Playoffs only):

1. Each team has 4 downs from mid field.
2. A coin flip determines first possession
3. Each team will receive one time out
4. If the score is tied at the end of OT there will be an extra point shootout from the extra point line.

Penalties

- Only the team captain may ask the referee questions about rule clarification and interpretations.
- Players cannot question judgment calls.
- All interactions with captains and referees should be made in a sportsmanlike manner.
- The end of the half or game cannot end on a defensive penalty, unless the offense declines it.
- Officials will use the Advantage Gained Rule on judgment calls.

DEFENSIVE PENALTIES:

Off-sides - After ball is ready for play and until snap, no defensive player may encroach on the neutral zone.

PENALTY: DEAD BALL FOUL, ENCROACHMENT, 5 YARDS FROM PREVIOUS SPOT

NOTE: ON SECOND CONSECUTIVE ENCROACHMENT PENALTY, THE PENALTY IS 10 YARDS



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Defensive Pass interference – After the pass is thrown by the passer, and until it is touched, there shall be no defensive pass interference beyond the line of scrimmage while the ball is in the air. Example: While the defender has an equal right to the ball, he may not go through the receiver; push, or otherwise contact the receiver in such a manner "as to gain an advantage" or face shield while the ball is in the air.

PENALTY: PASS INTERFERENCE, AUTOMATIC FIRST DOWN from the SPOT OF THE FOUL

Illegal contact - Defenders may contact the receivers ONE TIME within 5 yards. Contact by defenders beyond the five yard zone, multiple contacts or continuous contact within the 5 yard zone shall be illegal. There shall be no contact with the center until after the ball has been snapped and the center is upright and assumed a blocking position or has proceeded into a pass route by at least one full step.

PENALTY: ILLEGAL CONTACT, 5 YARDS AND FIRST DOWN

Holding – the defense may not hold on to the rusher or the flag belt to assist in pulling the flag

PENALTY: HOLDING, 5 YARDS AND FIRST DOWN

Illegal rush – Rushing the quarterback from outside the tackles. Once the QB hands the ball off, or travels outside the tackles, any defensive player is eligible to rush.

PENALTY: ILLEGAL RUSH, REPEAT DOWN - OR- RESULT OF THE PLAY

Roughing the quarterback – the rusher may not make contact with the quarterbacks throwing hand or arm, or hit the ball while it is in the quarterbacks' hands.

PENALTY: ROUGHING THE PASSER, 10 YARDS AND AUTOMATIC FIRST DOWN

OFFENSIVE PENALTIES:

Line of Scrimmage: Three players must be on the line of scrimmage at the snap.

PENALTY: ILLEGAL PROCEDURE, 5 YARDS

Illegal motion – more than one player moving after the ball has been set or any player moving forward when the ball is snapped. Motion plays are permitted with one player moving parallel or away from the line of scrimmage - player in motion must be at least one yard off line.

PENALTY: ILLEGAL MOTION, 5 YARDS

False start – All players must be set for one full second before snap.

PENALTY: DEAD BALL FOUL, FALSE START, 5 YARDS

Illegal Snap – Movement by the offense that simulates a snap.

PENALTY: DEAD BALL FOUL, ILLEGAL PROCEDURE, 5 YARDS

Illegal Forward Pass – passing the ball beyond the line of scrimmage, or 2 forward passes.

PENALTY: ILLEGAL PASS, 5 YARDS AND LOSS OF DOWN

Offensive pass interference – After ball is snapped, and until it has been touched by a receiver, there shall be no offensive pass interference beyond the line of scrimmage while the ball is in flight. Example: Blocking downfield when the ball is in the air and it does not matter if the ball is behind or beyond the line of scrimmage.

PENALTY: PASS INTERFERENCE, 10 YARDS AND LOSS OF DOWN

Pick Play - receivers may not set a pick to free up other receivers.

PENALTY: PASS INTERFERENCE, LOSS OF DOWN



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Flag guarding – Runners shall not guard flag guard by using their hands, arm, or ball to deny the opponent an opportunity to pull the flag. This includes: swinging the hand or arm over the flag, placing the ball over the flag, lowering the shoulders in such a manner that places the arm over the flag.

Note: If there was no contact and the defender was able to pull the flag, or if a defender was not close enough to pull the flag, do not penalize. FLAG GUARDING is 10 yards from spot and replay down. If flag guarding occurs behind the line of scrimmage, the penalty shall be marked from the previous spot.

PENALTY: FLAG GUARDING, LOSS OF DOWN

Stiff Arm – Using an extended arm or hand to gain an advantage.

PENALTY: STIFF ARM, 10 YARDS FROM SPOT

Illegal block – Open hand blocking between the waist and shoulders is the rule. Blockers may body up in the backfield, but only open hand blocking downfield will be permitted. Blockers must be on their feet when blocking. Blocker's hands may not be locked. Blockers may not swing, throw, or flip the elbow or forearm. Contact above the shoulders or below the waist is not permitted.

PENALTY: ILLEGAL BLOCK, 10 YARDS FROM SPOT

Charging - Running through a defender who has established position

PENALTY: CHARGING, 10 YARDS

Intentional grounding – Throwing the ball away to avoid a sack. The ball must cross the line of scrimmage and be in the direction of a receiver.

PENALTY: INTENTIONAL GROUNDING, 10 YARDS AND LOSS OF DOWN

Hurdling / Diving – Hurdling over a player on the ground except to avoid injury or diving to advance the ball.

PENALTY: HURDLING / DIVING, LOSS OF DOWN

UNSPORTSMAN LIKE CONDUCT: 10 Yard Penalty

1. Excessive contact or rough play: If official decides excessive contact was "with intent to harm" the player will be ejected from game. Depending on the severity of the incident the player may be tossed out of the league. Note: excessive contact may be called even if the contact was unintentional.
2. Excessive arguing with officials
3. Using vulgar language
4. Taunting, trash talking or verbal threats. The official will first issue a warning to both captains.

EQUIPMENT & UNIFORMS:

- No spikes or cleats.
- No pockets or belt loops on pants.
- Teams must have matching jerseys; numbers encouraged.
- No arm pads, hands or wrist pads. Soft kneepads may be worn on knee.
- Baseball, football or golf gloves may be worn.
- No caps with extended bills.
- Tampering with flags or flag belt will result in automatic disqualification.

Protests - a coach has the right to protest an official's interpretation of the rules provided that the protest is made immediately before the next live ball. A coach may also protest a player's eligibility. The protest fee is \$25.00.

No littering on the fields. Excessive littering is grounds for disqualification from future games. Please pick up your team's trash, so we can use the fields in the future. No alcohol is allowed on fields.



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Tournament host reserves the right to suspend any player or team for unsportsmanlike conduct. All money will be forfeited.

If any player/coach bumps or assaults a referee, his team will forfeit all remaining games and all money will be forfeited.

Fighting will not be tolerated.

- 1) If 2 players get into a shoving/wrestling match, they will be ejected from that game and next.
- 2) If punches are thrown, they will be ejected and removed from tournament.
- 3) Any players leaving the sideline will be ejected and team will be removed from the remainder of the session or tournament.

Verbal abuse of the officials will not be tolerated. The player will be ejected from the game and suspended for two additional games. If conduct persists from the same team, official has the right to declare a forfeit. This applies to fans as well.

Head Referee can overturn calls by the other officials.

Players are responsible for their own health and accident insurance. The Adirondack Sports Complex, its officers, directors, officials and administrators are not responsible for accidents on the field, or in the field area, or parking lot. Or are they responsible for lost or stolen items.

EQUIPMENT:

1 - UNIFORMS:

- | | |
|--------------------|---|
| Jerseys | - Must be matching; numbers encouraged on front and back. |
| | - Must be full length and tucked in at all times. |
| | - Midriff Jerseys must not obstruct the flags. |
| Pants | - Must be matching. No belt loops or pockets. |
| Hats | - Not allowed on the field at anytime. |
| Jewelry/Sunglasses | - Not allowed at anytime. |
| Shoes | - No cleats or metal spikes allowed. |

2 - EQUIPMENT:

- | | |
|--------------|---|
| Pads | - No pads allowed. EXCEPTION: To protect injury. |
| Mouth guards | - Mandatory for players' safety. |
| Stick-Um | - Spray OK. Paste is illegal. |

GENERAL NOTES & RULES:

1. **Game Voucher Sheets:** When provided, a game voucher sheet must be filled out and returned to head referee or tournament director before game will be considered official.
2. **Insurance:** It is the responsibility of the individual players to carry, and maintain, their own health and accident insurance. The league accepts no responsibility in this matter.
3. **Player/Team Waiver:** Each player, coach, and official must sign a waiver release acknowledging that they are participating in a flag football event and that they are covered by their own medical insurance and agree not to hold the Adirondack Sports Complex, its officers or officials, liable for any injuries or harm that may result from their participation.



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Rules Summary

<p>5 YARD PENALTY:</p> <ul style="list-style-type: none"> 01) Improperly Worn Equipment 02) Illegal Substitution 03) Delay of game 04) Excess time-out illegally used or requested 05) Putting ball in play before declared ready-for-play. 06) Encroachment 07) False start or simulating start of play 08) Illegal snap 09) Infraction of scrimmage formation 10) Player out of bounds at snap 11) Offensive player illegally in motion at the snap 12) Interference with opponents or the ball 13) Player on line of scrimmage receiving snap 14) Illegal shift 15) Interlocked interference 16) Helping the runner 17) Rushing outside Rush Zone 	<p>LOSS OF 10 YDS AND REPLAY DOWN:</p> <ul style="list-style-type: none"> 01) Delaying Start of Either Half 02) Two or more consecutive Encroachments 03) Illegal use of hands or arms by offense 04) Flag guarding 05) Obstructing the ball carrier. 06) Hurdling EXCEPTION: Hurdling a down player to avoid an injury is legal. 07) Tripping or Clipping 08) Pick Play 09) Spiking, Kicking, Throwing Ball during Dead Ball 10) Striking, kicking, kneeing, elbowing, etc. Live Ball 11) Unsportsmanlike conduct 12) Personal fouls 13) Persons illegally on the field 14) Illegal flag removal 15) Improper Equipment (Possible Player Ejection) 16) Stiff-arm 17) Running into opponent (charging) 18) Contact with player on ground 19) Tackle Runner 20) Illegal Block 21) Holding on Pass Play (LOS) 22) Diving to advance the ball
<p>5 YARDS AND LOSS OF DOWN</p> <ul style="list-style-type: none"> 18) Illegal forward pass 19) Illegally handing ball forward 20) Intentionally grounding pass 21) Unfair Tactics 	<p>10 YARDS AND LOSS OF DOWN</p> <ul style="list-style-type: none"> 23) Offensive pass interference 24) Illegally Secured Flag on Touchdown
	<p>10 YARDS AND AUTOMATIC FIRST DOWN</p> <ul style="list-style-type: none"> 25) Roughing the Passer 26) Defensive Pass Interference - from previous spot. 27) Diving into an opponent - from previous spot.
<p>DISQUALIFICATION - 10 YARDS AND EJECTION</p>	
<ul style="list-style-type: none"> 01) Flagrant Unsportsmanlike Conduct 02) Intentionally Kicking at or Swinging an arm or fist at an opponent (Contact does not have to occur). 03) Intentionally Contacting an official 04) Flagrant Personal Fouls 05) Intentionally Tackling a runner. 06) Intentionally Tampering with a flag (Loss of Down and Ejection) 07) Intentionally Diving into a player 	

