

FLIGHT ZONE FOOTBALL RULES

Version 3.4

FLIGHT ZONE FOOTBALL

A DIVISION OF THE DETROIT SPORTS CLUB



OFFICIAL RULE BOOK

FLIGHT ZONE FOOTBALL RULES

Version 3.4

TABLE OF CONTENTS

TABLE OF CONTENTS	2
THE OVERVIEW	3
THE ROSTER	3
THE ATTIRE	3
THE EQUIPMENT	3
THE POSSESSIONS	4
ONE WAY FIELD SET UP	4
TWO WAY FIELD SET UP	5
GENERAL OFFENSE	5
THE PASSING GAME	6
THE RECEIVING GAME	6
THE RUNNING GAME	6
GENERAL DEFENSE	6
FLAG PULLING	7
INTERCEPTIONS	7
NO RUN ZONES	7
RUSHING OF THE QUARTERBACK	7
DEAD BALLS	7
SCORING	8
EXTRA POINTS	8
SAFETIES	8
TIME SITUATIONS	8
OVERTIME	8
FORFEITS	9
PROTEST RULE	9
GENERAL PENALTY INFORMATION	9
WARNINGS	9
OFFENSIVE PENALTIES	9
DEFENSIVE PENALTIES	10
EJECTIONS	10
SPORTSMANSHIP	10

FLIGHT ZONE FOOTBALL RULES

Version 3.4

THE OVERVIEW OF THE GAME OF 4 MAN FLAG FOOTBALL

- No Contact or Blocking is allowed.
- The Quarterback cannot run the ball unless he or she has received a direct handoff behind the line of scrimmage.
- The player who rushes the QB must start 7 yards off the line of scrimmage.
- All players are eligible to receive a pass.
- The offense has 3 downs pass midfield and then 3 downs to score. A turnover on downs will occur if the offense is short of the first down or end zone resulting in an immediate possession change spotting the ball at the opponent's 5-yard line.
- No kicking or punting.
- All possessions, except interceptions, will start at the 5-yard line.
- Interceptions will be spotted at the point the interceptor's flag belt is pulled.
- Games are divided into 14-minute halves with no half time.
- The clock will only stop at the one-minute warning of the second half for an incompleteness, extra points, or out of bounds play, only if the game score is within an 8-point differential. The clock will stop to set the punts if a first down is obtained.
- Interceptions and extra point attempts can be returned.
- All penalties are 10 yards and assessed from the line of scrimmage. Offensive penalties will result in a loss of down. Defensive penalties will result in an automatic first down.
- The offensive team is responsible for collecting and setting both the line of scrimmage puck and the 7-yard puck based off of the referee's positioning.
- If a team is more than 5 minutes late for their scheduled game it will be forfeited. Forfeits are worth 28 points.
- Team forfeits will be reviewed by management and are subject to expulsion without a refund.

THE ROSTER

- The game is played with four (4) players. However, a minimum of four (3) players must be on the field at all times.
- Rosters may consist of up to 8 players.
- Minimum age to participate in Flight Zone Football Events is 16 years of age.
- A player may only appear on one roster.
- It is not permitted for players to change rosters after the midpoint of a season, during the playoffs, or in tournament play. A player may only appear on one roster. NO EXCEPTIONS, even if the other team approves it.
- If a player is found playing on a team illegally, the illegal player may be removed from the league.

THE ATTIRE

- All players must bring with them, both light and dark shirts or jerseys.
- Players are designated as home or away based on the schedule. The away team will wear their whites. The home team will wear their darks.
- Players are recommended to wear protective mouthpieces at all times during a game.
- The belts that hold the flags (not the flags themselves) must be secured to ensure they do not hang appearing to be a flag. If the belt is hanging, flag guarding may be called.
- Shirts or jerseys must be tucked in at all times. If a shirt or jersey is hanging out, flag guarding may be called.
- Molded and screw-in cleats are permitted. No metal cleats are allowed.
- No jewelry is permitted during the games.
- Shorts and pants cannot have open pockets.

THE EQUIPMENT

- Teams must provide their own footballs. They must be men's regulation college or professional weight and size.

FLIGHT ZONE FOOTBALL RULES

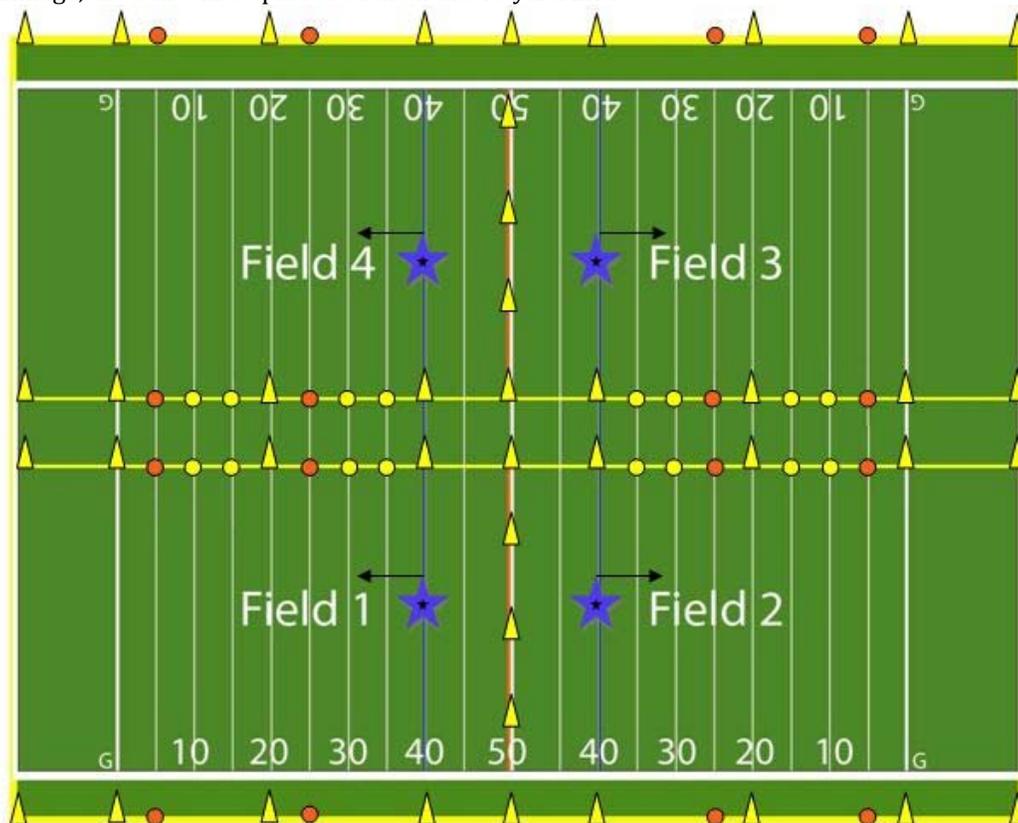
Version 3.4

THE POSSESSIONS

- A coin toss determines which team takes first possession of the ball. The designated away team for the game will call the coin toss. The winner of the toss has the option to begin on offense or defense. The team that begins on offense in the first half will begin on defense in the second half.
- The team that begins on defense is allowed to choose which goal to defend (two way field only).
- Teams switch directions at the beginning of the second half (two way field only).
- All possession changes will start at the offensive team's 5-yard line. Exception: On interceptions the team will take possession of the ball where the interceptor's flag belt is pulled.
- For each possession the offense has **three downs** to obtain a first down at midfield, if midfield is obtained, the offense then has three more downs to reach the end zone.
- A first down is only obtained one of two ways; the offense reaches midfield within three downs or a defensive penalty occurs with the result being an automatic first down.
- If the offense fails to reach midfield (first down line) or fails to reach the end zone within three downs, the result is a turnover.
- There are NO fourth downs.
- Penalties on interception returns will be assessed where the interception occurred. Exception: If the game referee judges that a player intentionally or flagrantly commits a penalty then the penalty will be at the point of the foul, no less than the point of interception.

ONE WAY FIELD SET UP

- The playing field is 60 yards in total length by 25 yards in total width.
- All possessions (including interceptions) will begin on the 40 yard line.
- There are NO safeties on One Way fields. The ball will be spotted at the 40 yard line.
- At no time will field position begin further back then the 40 yard line. If there is a sack or fumble, behind the 40 yard line of scrimmage, the ball will be placed back on the 40 yard line.

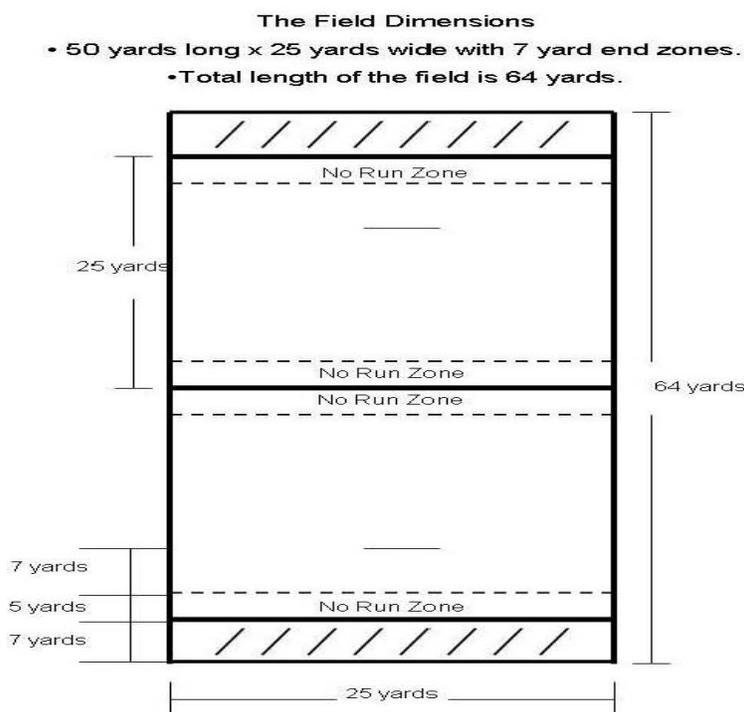


FLIGHT ZONE FOOTBALL RULES

Version 3.4

TWO WAY FIELD SET UP

- Most possession changes will start at the offensive team's 5-yard line. **Exception:** Interceptions will be placed at the spot of the interception. Interceptions cannot be returned.
- A safety occurs when one of the following happens; the QB or ball carrier is downed in his/her end zone, the QB or ball carrier runs out of bounds inside his/her end zone, the quarterback or ball carrier fumbles the ball in his/her end zone, a bad snap resulting in the ball landing in offensive end zone, and a offensive penalty occurring inside the offensive end zone.
- A 5-yard (15 feet) buffer zone is in place during all games. This buffer zone completely surrounds the playing field. This zone assists in maintaining the safety of our players and spectators during game play. Only coaches, players, and league personnel are allowed within this zone during the game.



GENERAL OFFENSE

- **NO INTENTIONAL CONTACT** of any kind is permitted.
- Downfield blocking is illegal. Any offensive player who continues running **AND** impedes the progress of a defensive player who is attempting to pull the ball carrier's flag will be called for illegal blocking.
- All offensive players must start with their mouth pieces in, jerseys tucked in, flag belts on, and flags properly secured at the hips of each player. If a player starts without his flag belt properly secure with all flags attached, his team will be assessed a 10 yard and loss of down penalty.
- The ball must be snapped between the center's legs to start a play. Shotgun snaps are allowed.
- There is a **30-second huddle clock**, which starts once the line of scrimmage is marked and the ball is spotted.
- Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.
- No laterals of any kind, anywhere on the field are legal.
- Spinning is permitted.
- Jumping or diving to **ADVANCE** the ball is illegal. However, an offensive player may jump over a defensive player on the ground to avoid a collision. Jumping or diving to catch a pass is permitted.

FLIGHT ZONE FOOTBALL RULES

Version 3.4

THE PASSING GAME

- QB has a seven (7) second “pass clock.”
- If the pass is not thrown within seven seconds, the play is ruled dead, with a loss of down.
- If the ball is handed off, the seven-second pass rule is no longer in effect.
- All passes must be forward and received beyond the line of scrimmage.
- Only one forward pass per down.
- If a penalty occurs on an interception return by the defensive team, the penalty will be assessed from the end of the run.

THE RECEIVING GAME

- All players must start with their flag belts on. If a player starts without his flag belt properly secure with all flags attached, his team will be assessed a 10 yard and loss of down penalty.
- All players are eligible to receive passes, including the QB, but only if the ball has been handed off behind the line of scrimmage first.
- A receiver must have at least one foot in bounds when making a catch.
- A receiver is down where his or her flag belt is pulled. Exception: In order to achieve a first down, or a touchdown, the ball carrier’s flag belt and ball, must cross the plane of the first down line and/or goal line.
- If a receiver’s flag inadvertently falls off, even without contact from another player, that player is ruled down at the spot the flag fell off.
- If a receiver’s flag inadvertently falls off prior to receiving the ball and later in the same play catches the ball without replacing the flag, the receiver will be down immediately at the point of reception.
- In the event that a receiver and defender both catch the ball at the same time and both retain possession to the ground, then the tie would go to the receiver, with receiver being down at the point of the tied reception.

THE RUNNING GAME

- Only “direct” handoffs (player to player, hand to hand) behind the line of scrimmage are legal. Anyone behind the line of scrimmage can receive a handoff.
- There is no limit to the amount of handoffs that can be performed by the offense in a single play, so long as the ball never crosses the line of scrimmage.
- The QB can run the ball only if he/she has first handed the ball off behind the line of scrimmage and then taken a “direct” handoff back from another player before the ball has ever crossed the line of scrimmage.
- The player who takes the handoff can throw the ball, as long as he or she does not pass the line of scrimmage first.
- It is the responsibility of the ball carrier to avoid colliding with defenders that lie in his/her path. Unintentional contact will not be penalized, provided the ball carrier makes an effort to avoid it. Failure to attempt to avoid contact with a defender (charging) may be penalized. Intentional contact will not be tolerated, and may also result in an unsportsmanlike conduct penalty, and/or player ejection.

GENERAL DEFENSE

- **NO INTENTIONAL CONTACT** of any kind is permitted.
- Defensive players cannot pass the line of scrimmage, until the ball is handed off, unless you are the rusher.
- Defenders must only attempt to grab an offensive players flags when trying to get them down.
- If a defender attempts to pull an offensive player’s flags and inadvertently grabs their jersey, the defender must immediately and completely release the jersey before they can reattempt to pull the flag. Failure to do so will result in a holding penalty.
- All defensive players must give the offense a one yard cushion prior to the snap of the ball.
- Diving after a flag is allowed.

FLIGHT ZONE FOOTBALL RULES

Version 3.4

FLAG PULLING

- A legal flag pull takes place when the ball carrier is in full possession of the ball.
- Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when pulling flags.
- It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
- A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm, or shoulder or covering the flags with the football jersey.

INTERCEPTIONS

- Interceptions can be returned.
- One way fields will play with interceptions which will be spotted at the 40.
- Two way fields will play with interceptions which will be spotted at the point of the interception.
- In the event of an interception, all other defenders on the field must stop and cannot block or impede the offensive players from pursuing the ball carrier.
- The ball will be spotted at the point the ball carrier is ruled down (flag is pulled, flag falls off, any part of the body other than the hand touches the ground, the ball is dropped, running out of bounce, a touchdown is scored, or a penalty is committed).
- If a penalty occurs on an interception return by the return team, the penalty will be assessed from the spot of the interception.

NO RUN ZONES

- "No Run Zones" are designed to avoid short-yardage situations.
- "No Run Zones" come into effect only when the offensive team is approaching a first down or the end zone. Exception: If the offensive team has already achieved a first down, but has been pushed back into a "No Run Zone", then the "No Run Zone" is no longer in effect.
- Whenever within the "No Run Zone" the offense must pass.
- If a run play occurs while inside the "No Run Zone", the play is immediately dead with the consumption of a down.

RUSHING OF THE QUARTERBACK

- The rush marker will be designated by the referee seven yards from the line of scrimmage.
- Any number of players may rush the quarterback as long as they are beyond the rush marker at the time the ball is snapped.
- If the offense draws the rusher(s) to jump the seven-yard marker prior to the snap of the ball, that rusher(s) CANNOT rush during that play. However, any other defender that is seven yards back may rush instead.
- The rusher must take an angled path to the QB. If this path is crossed AND contact is made involving the rusher and any offensive player then an offensive impeding penalty will be assessed.
- Once the rusher angle is set, he/she cannot change their path to the QB. If the path is changed, they will lose right of way privileges. This means that if any contact is made, it will be called against the initiating player.
- The rusher CANNOT run straight into the center. The center has the right away so long as the center remains at the in his/her original spot at the time the ball was snapped.
- If contact is made with the center by the rusher who is has not taken an angle to the quarterback, a defensive impeding penalty will be assessed.
- Players not rushing the quarterback may defend the line of scrimmage.
- The rusher may attempt to block the pass but it is a penalty to make contact with the quarterback's arm.

DEAD BALLS

- A play is ruled dead when the ball carrier's flag is pulled, the ball carrier's flag inadvertently falls off, the ball carrier steps out of bounds, any part of the ball carrier's body other than hands touch the ground, the ball carrier lets the ball hit the ground, a penalty occurs, or after a touchdown or extra point is scored.
- There are no fumbles. The ball is spotted where the player loses control of the ball.

FLIGHT ZONE FOOTBALL RULES

Version 3.4

SCORING

- A touchdown is equivalent to 6 points.

EXTRA POINTS

- Following a touchdown the offensive team is given an opportunity to score an extra point.
- 1 Extra Point is attempted five yards out from the goal line.
- 2 Extra Points is attempted 12 yards out from the goal line.

SAFETIES

- Two way fields will play with the possibility of safeties.
- A safety occurs when one of the following happens; the QB or ball carrier is downed in his/her end zone, the QB or ball carrier runs out of bounds inside his/her end zone, the quarterback or ball carrier fumbles the ball in his/her end zone, a bad snap resulting in the ball landing in offensive end zone, and a offensive penalty occurring inside the offensive end zone.
- If a safety occurs, the team that scored the safety will be awarded 2 points and will receive the ball on their 5 yard line.
- There are NO SAFETIES ON ONE-WAY FIELDS.

TIME SITUATIONS

- The referee may stop the clock at their own discretion.
- Each team is allowed one 60-second timeout per half.
- Timeouts do NOT carry over into the next half.
- Games are played with two 14-minute halves and a two-minute half-time. Indoor leagues may play with a running clock. Times may vary from location to location.
- The clock will automatically stop at the one-minute warning of the second half only if the score of the game is within an 8-point differential.
- The clock will also stop during the second half of an 8 point game, to set the puck(s), for an incompleton, an extra point, when a first down is obtained or if out of bounds.
- A Mercy is declared once a 35-point differential has been obtained. The game is officially declared over.

OVERTIME

- Coin toss determines possession. The team that did not call the opening coin toss will call the overtime coin toss.
- The team that wins the coin toss has the choice to take the ball first, or defend first. Each team will start from the 12-yard line. They will have two plays to attempt to score. If a team scores, they may attempt either an extra point or a two-point conversion. Both teams will drive into the same end zone.
- The game is over when each team has had possession of the ball an equal amount of times, and one team was able to score more points than their opponents.
- If the score is still tied after the first overtime, the team that didn't have the choice in the first overtime will make the call for the beginning of the second overtime.
- If the score is still tied after the second overtime, teams will go into Sudden Death play.
- The ball will be spotted at the five yard line. Each team will be given two downs. The team that goes the furthest in their two downs will be declared the winner.
- The team that was just on defense during the second overtime will start on offense.

FLIGHT ZONE FOOTBALL RULES

Version 3.4

FORFEITS

- In order to keep games on time, teams arriving more than ten minutes later than their originally scheduled start time will forfeit the game. However, when said team does arrive, though the game is officially over, both teams may agree to play a scrimmage with the remaining game time.
- Teams are required to have a minimum of three players to play a game; if a team is unable to field at least three players the game will be forfeited. However, if both teams agree, they may use the remaining game time to scrimmage.
- If a team forfeits a game, it will owe ref fees for BOTH teams before their next game. For example, if ref fees are \$10 per game, and your team doesn't show up. You will owe the refs \$20.
- If you forfeit more than two games in a season, you may be removed from the league without a refund.

PROTEST RULE

- A captain has the right to protest one rule interpretation per game. The captain **MUST** have a **copy of the rules present** and call a "**Protest Time Out**". The protest must take place before the next play is started. The official must stop the clock and read the rule in question. If no agreeable solution is determined, then the league director may arbitrate and will have the final say. If a team protests a rule interpretation and is proven wrong, the team will be charged a timeout. If the team doesn't have a timeout then that team will be penalized for delay of game.

GENERAL PENALTY INFORMATION

- If the offense throws an interception and commits an infraction after the interception, when the opposing team takes offensive possession they will get an additional 5 yards from the line of scrimmage.
- Only head coaches may approach the referee. Judgment calls cannot be argued.
- A game or half will not end on any accepted live ball defensive penalty.
- Any offensive penalty in your own end zone results in a safety (2 points).
- A second penalty on an extra point, will equate to the number of points the offensive team was attempting and be awarded.

WARNINGS

- At the officials discretion a warning may be given in place of a penalty to a player or coach for any of the stated rules. Coaches and players should not expect to receive more than one warning if any.

OFFENSIVE PENALTIES - 10 Yards from Line of Scrimmage and Loss of Down

- False start
- Off-sides
- Illegal motion
- Offensive impeding
- Delay of game
- Attempting to run from a "No Run Zone"
- Offensive pass interference
- Too many players on the field
- Improper equipment - (equipment tampering, lack of mouth guard, pants or shorts with pockets, jersey un-tucked, illegal cleats, missing or improperly placed flags)
- Unsportsmanlike conduct - (using profanity, taunting, insulting or vulgar gestures, disrespectfully addressing any persons, illegally stripping or attempting to strip the ball, spiking or kicking the ball, spiking or throwing flags, fighting, excessive celebrations.)

OFFENSIVE PENALTIES - 10 Yards from the Spot of Infraction

- Flag guarding
- Illegal ball advancement - (jumping or diving to advance the ball, laterals)
- Intentional contact - (blocking, charging, tackling, tripping, pushing, holding, obstructing, stiff arming)

FLIGHT ZONE FOOTBALL RULES

Version 3.4

DEFENSIVE PENALTIES - 10 Yards from the Line of Scrimmage, Automatic First Down

- Roughing the passer
- Intentionally removing a receiver's flag belt before he/she contacts the ball
- Illegally rushing the quarterback
- Too many players on the field
- Coach interference - (remaining on the field during a play)
- Improper equipment - (equipment tampering, lack of mouth guard, pants or shorts with pockets, jersey un-tucked, illegal cleats, missing or improperly placed flags)
- Unsportsmanlike conduct - (using profanity, taunting, insulting or vulgar gestures, disrespectfully addressing any persons, illegally stripping or attempting to strip the ball, spiking or kicking the ball, spiking or throwing flag, fighting, excessive celebrations.)

DEFENSIVE PENALTIES - 10 Yards from the Spot of Infraction, Automatic First Down

- Defensive Pass Interference
- Intentional contact - (blocking, charging, tackling, tripping, pushing, holding, obstructing, stiff arming)

EJECTIONS

- Flagrant Unsportsmanlike Conduct or Personal Fouls (Tackling, Pass Interference, and Charging)
- Intentionally Tampering with Equipment
- Bad Sportsmanship
- At the official's discretion, a player may be ejected from the field for unsportsmanlike conduct or any flagrant violation of the rules.
- Any player ejected may be put on probation with possible suspension, depending upon the severity of incident. MYFF will have full discretion when imposing penalties.

SPORTSMANSHIP

- Trash talking is NOT allowed. Trash talking is offensive language used against opposing coaches, players, officials, league personnel or fans. Officials may give one and only one warning. However, officials don't have to give any warnings. If this trash talking continues, the offender may be ejected from the game.
- Any player caught cursing at officials or league personal, will be issued a one game suspension.
- If any league personnel or official witness any act of rough housing, including but not limited to, tackling, elbowing, cheap shots, or any other unsportsmanlike act, the game will be stopped and that player may be ejected. Further disciplinary action may follow including league expulsion.
- Any player caught throwing a punch, will be ejected from the league for a period of one year. PERIOD.

FLIGHT ZONE FOOTBALL has and always will provide an atmosphere where players, friends and families can feel comfortable enjoying a day of football. Any players, teams, or family members that jeopardize that environment will be asked to leave. FLIGHT ZONE FOOTBALL operates under a **ZERO TOLERANCE POLICY**.