

# *Extreme Team Sports*

## SEMI - PRO



# FLAGS

*!!! Everyone Plays !!!*

*For many players... This will be their first time playing team sports.  
Make it a wonderful experience for them!*

*For many players... This will be their only experience playing football.  
Make it a wonderful experience for them!*

*For many players... You will be their first, and possibly last football coach.  
Make it a wonderful experience for them!*

*Coaches, Parents and Players want to Win...  
Winning should not come at the expense of your players' enjoyment.*

*None of your players signed up to watch...  
They Want In The GAME!!!*

**EXTREME**  
TEAM SPORTS  
**League Rules**

## Coaches / Parents / Spectators

1. The rules governing ETS / NFL Flag Football, states that both teams will honor and respect all calls made by the referees.
2. Once an issue or disagreement has been settled and play resumes, the situation is finished and should not be revisited. If a dispute occurs at the end of the game, the issue should be settled prior to leaving the field.
3. Fighting will Not be tolerated. The league staff and /or referees reserve the right to interrupt any game which they deem is not within the bounds of fair play or sportsmanship.
4. Physical / verbal abuse towards referees, coaches, spectators or league staff will result in dismissal from the league.
5. Crowd support and encouragement during games is welcome and encouraged. However inappropriate, rude or confrontational behavior by spectators may be led to "Unsportsmanlike conduct penalty" called by the referee that will penalize the associated team.
6. The league staff will remove anyone who does not abide by by the Competition Principles.

**Note: Although very similar in most, some rules of ETS / NFL Flag differ from that of the NFL Flag rules. The rules have been modified to accommodate the difference in age and style of play of the ETS league. Certain rules may differ according to age - grade division.**

## League Info

- League Website: [www.extremeteamsports.com](http://www.extremeteamsports.com)
- Facebook: <https://www.facebook.com/ExtremeTeamSports>

### Contact:

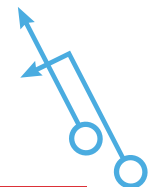
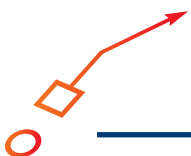
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# NFL FLAG RULES

## Game

### GAME START:

- Both teams will bring "ALL" players to the center of the field for the "Coin Toss"
  - ~ Officials will check players Uniforms, Flags, other.
- ~ The HOME (Dark Jersey) will call the coin toss. **Note:** *The AWAY team will call the coin toss if "over-time" is needed.*
- The winner of the coin toss will elect to "Defend" or "Receive". **There is NO Deferring.**
- The loser of the coin toss will select starting direction.
- Teams will change field direction starting the second half.

### TIME:

Games are played 40 minute running clock: Two (2) 20-minute halves.

Last (2 minutes) of each half:

~ The clock will stop on all scores and will resume on the 1st down snap.

~ The clock will stop on time-outs, change of possession, scores and on the discretion of the referee.

The clock will start on the "ready to play" whistle.

### TMEOUTS:

~ Each team shall have (2) 60 second time-outs per half.

~ If a team exceeds its time-out limit in either half, they will receive a penalty (Delay of Game).

### COACH ON THE FIELD:

The offense is allowed to have one (1) coach on the field to call plays while the team is in a huddle.

Once the team breaks the huddle, the on-field coach is no long allowed to communicate with the team while he/she remains on the field.

~ Communicate: Verbal or by any form of hand motion... other.

Note: Coaches on the sideline are allowed to communicate in any form they choose.

*There will be NO defensive coach on the field.*

### PLAYER ATTIRE:

- HOME - Dark Color ... AWAY / VISITOR - Light Color
- Players must wear jerseys and flags from current season. *Unless the unavailability of the jersey was due to the league.*
- Jerseys must be tucked in at all times. If jersey is hanging out... *Flag Guarding may be called.*
- Pants / Shorts must NOT have open pockets.
- Rubber cleats (football / soccer) cleats are allowed. *No metal cleats.*
- No jewelry is permitted during the game.
- No hats / caps, do-rags or visors... Winter beanies are allowed.

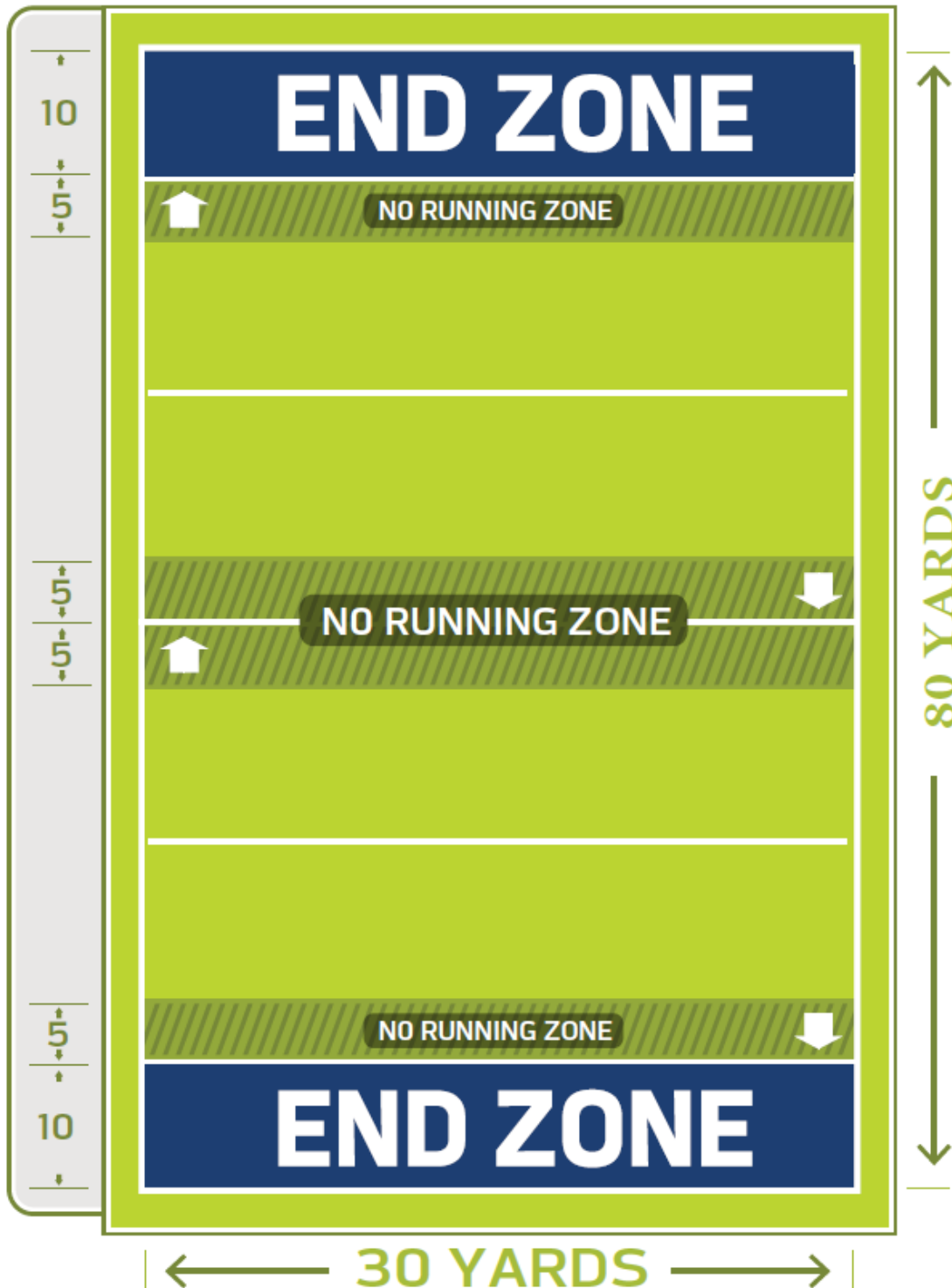
### EQUIPMENT:

- **Flags** will be provided by the league... And must be worn secure around the waist.
- The belt that holds the flag (Not the flags) must be secure to ensure they do not hang appearing to be a flag. (Down at contact may be called)
- No Modifying or Altering the belt and/or flags in any way.
- **Any modifications must be approved a league director.**
- **Mouth & Tooth Protection:** Is strongly recommended that a mouth piece be worn by all players. (Parents Discretion)
- **Practice & Game Ball:** provided by the league.

# THE FIELD

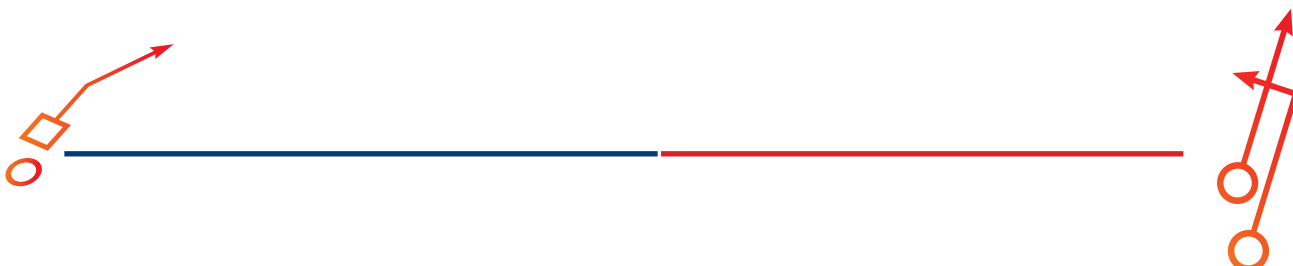
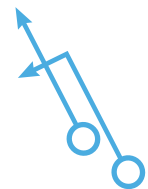
## FIELD:

- The field dimensions are 30 yards by 80 yards with two 10-yard end zones, 3 line-to-gain (2 per side). No-run zones precede mid-field and the goal line by 5 yards. Each offensive team approaches only two (2) No-Run Zones on each drive (one zone 5 yards prior to mid-field, and one zone 5 yards prior to the goal line).



# General Offense

1. The offensive team takes possession of the ball at its 15-yard line and has four (4) downs to cross midfield for a 1st down. Once a team crosses midfield, it has four (4) downs to cross the next "Line-to Gain" (15 yd line) for another 1st down. The offense then has four downs to score a touchdown.
2. If the offense fails to gain a 1st down or score in 4 downs, the ball changes possession and the new offensive team starts its drive on its own 15-yard line.
3. **Punt** - If the offense elects to punt on its 4th down... Possession will change, and the opposing team will start from their ( 5 ) yard line instead of the ( 15 ) yd line. Team must now move ( 25 ) yards for the 1st down.  
**Note: Mid-field is always the first 1st down in any game.**
4. **Quarterback** has 7 seconds to pass or hand-off the ball. After 7 seconds, the play will be whistled dead (loss of down).
5. The Quarterback is NOT allowed to run the ball unless:
  - a. The QB receives the ball back after first handing the ball to another player behind the line of scrimmage.
  - b. The defense rushes, at which time the QB is allowed to run without first handing the ball off.
6. All players are eligible to receive the ball from the Quarterback... Including the Center.  
Note: The Center cannot be the first player to receive a "Hand-off" from the QB.
7. **Center:** The ball must be snapped between the Center's legs to start the play. Both "Shotgun" and "Direct" snaps are allowed.
8. **Formation:** Variety of formations may be used. Players may line up anywhere on their side of the LOS.
9. **Motion:** Two players may be in motion prior to the snap, although, one player must be set for at least one (1) second before the ball is snapped. *Only one player is allowed in motion at the snap.* All motion must be parallel to the LOS.
10. Note: If a player's flag falls off during a play inadvertently, the defenders must **touch** the ball carrier to make the play dead.
11. **NO INTENTIONAL CONTACT** of any kind is permitted!

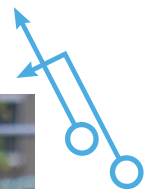
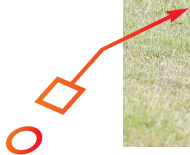


## Offense - Passing Game

- Only one (1) forward pass per down.
- **Half-Back** passes are legal (Except in the No-Run Zone)
- The player who takes the "hand-off" can throw the ball from behind the LOS
- **Intentional Grounding:** Intentional grounding shall constitute an illegal forward pass. This is when a Quarterback throws the ball away to avoid a sack and there is not a receiver in the area. (Results is a 5 yard penalty ~ loss of down.)

## Offense - Receiving

- **All players are eligible** to receive passes, including the QB, but only if the ball has been handed off behind the LOS first.
- The receiver must have at least one foot in bounds when making the catch.
- In the event that a receiver and a 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 tied reception.



## Offense - Running

- Anyone behind the LOS can receive a hand-off. There is no limit to the amount of hand-offs that can be performed by the offense in a single play
- The **Quarterback can run with the ball, ONLY:**
  - a. If he has already handed the ball to another player, and receives it back.
  - b. If he is rushed.
- **Center Hand-off:** The Center is not eligible to receive the first hand-off.
- **Spinning and Jumping:** Is permitted.  
Note: It is the responsibility of the ball carrier to avoid contact with defenders that lie in his/her path. Failure to avoid contact with defenders (Charging) may result in a penalty. (Referee's Discretion)
- **Down Field Blocking:** After the ball has been handed off or, run/passed across the LOS, ALL Offensive players... NOT in possession of the ball must stop running.  
Teammates CANNOT run along side, in front or behind, the "Ball Carrier" in order to interfere or impede the defense having a clear opportunity to pull the ball carriers flag.
- **Flag Guarding:** Is the attempt by the ball carrier to obstruct the defenders access to the flags by: stiff-arming, dropping of the hand, arm or shoulder, intentionally covering flags with football or jersey.
- **DIVING TO ADVANCE THE BALL IS ILLEGAL!**
- **Intentional contact will not be tolerated**, and may result in an unsportsmanlike conduct penalty, and/or player ejection.

## Offense - No-Run Zone

- "No-Run" zones are located 5 yards prior to mid-field and 5 yds prior to the end-zone.
- "No-Run" zones are designated to avoid short yardage run situations, and create forced passing situations.
- When in the "No-Run" zone, the offense must pass until they have crossed through, or advanced out of the zone. (No hand-offs or pitches / laterals)
- ONLY the Quarterback may take the snap from the Center and attempt the pass.  
Note: **Whoever takes the snap from the Center is declared the QB.**
- \* If the Quarterback is rushed by the defense while in the "No-Run" zone, he/she then has the option to run the ball. Although, at this point the QB still can not hand off to another player.
- **NO Down Field Blocking!**





## Defense - General

- NO INTENTIONAL CONTACT of any kind is permitted!
- Defense may set up in any formation: Man - Man, Zone, Other.
- Rush: The defense may rush when:
  - a. At the start of each play (at the snap) the on-field referee will count out loud to seven (7) for the QB's "Play Clock". At the four (4) second count the defense may cross the LOS
  - b. The ball is handed off or no longer in the QB's hands.

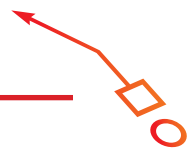
*Note: The hand-off must be complete with the QB no longer having either hand still on the ball.*
- Defender must only attempt to pull an offensive player's flag when trying to get them down.
- If defender attempts to pull an offensive player's flags and inadvertently grabs their jersey, the defender "may" be called for holding... Referee's discretion.
- All defenders must be the offense a one (1) yard cushion prior to the snap of the ball.
- Diving for a flag is allowed, as long as the defender Does Not make contact with the ball carrier... Contact that may be ruled as "Aggressive" or cause the ball carrier to stumble and/or fall.
- \* If holding or illegal contact is called when the defender is the "last man" or "last attempt" between the ball carrier and the end zone... A TOUCHDOWN will be called.

## Defense - Flag Pulling

- A legal flag pull is when the ball carrier is in full possession of the ball.
- If the ball carrier's flag inadvertently falls out during the run of the play, the ball carrier must immediately stop and hold the flag straight up.
- Defender Can Not: Tackle, hold or run through the ball carrier while attempting to pull the flags.
- It is illegal to attempt to "strip" or pull the ball from the ball carrier possession at any time.
- A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
- **When defender pulls flag, he/she needs to immediately stop and hold the flag straight up.**

## Defense - Interceptions

- **Interceptions may be returned** from anywhere on the field of play, including the end zone. (If interception is downed in the end zone... Ball comes out to the 15 yard line.)
- In the event of an interception, all other defenders on the field must stop and cannot block or impede the offense from pursuing the ball carrier.
- In the event the interception is made during an extra point (PAT) and defense returns interception for a score. The defense will receive whatever "point value" the offense was attempting.
- In the event interception is made during a "3-point" play and returned for a score. Defense will be awarded 6 points and may attempt PAT for 1 or 2 points.
- Neither team score - Defense takes possession at the 15 yard line.



## Defense - Rushing

- The rush line will be from the line of scrimmage - LOS
- Players who rush the QB:
  - a. Must wait (4) seconds before the cross the LOS.
  - b. Must wait until ball has been handed off (if prior to 4 seconds).  
*The on-field referee behind the QB will count out loud.*
- Only two (2) players may rush the QB. Players not rushing, may defend from the LOS.
- Once the ball is handed off, the "(4) second count" rule is no longer in affect and all defenders may go behind the LOS.
- \* If a defender crosses the LOS early, they will be penalized... Off-sides.

**Rushing the QB/Passer** ~ Players rushing the passer may attempt to block a pass, however... No Contact can be made with the passer in any way.

- Blocking the pass and then making contact with the passer will result in a "Roughing the QB/Passer" penalty.

**Impeding the Rusher** ~ The offense Cannot impede the rusher in any way. The rusher has the right to a clear path to the Quarterback.

- If the Offense (Center or Lineman) does not move after the snap, then it is the rusher's responsibility to avoid contact with the offensive player.
- A sack occurs if the QB's flags are pulled behind the LOS.



## Scoring

- **Touchdown:** 6 points
- **PAT** (point after touchdown)
  - ~ **1 point** (5-yard line) or
  - ~ **2 points** (10-yard line)
- A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line).  
A decision cannot be changed after a penalty.
- Extra points that are returned equal the "point value "that the offense was attempting.
- **Safety:** 2 points

A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone after it's been touched by the Quarterback.

- After one team is winning by **28 points** (1st half) or **35 points** (2nd half)...**The Game Is Over.**  
Note: It is NOT up to the Coaches to continue playing... Game Over!
- **Forfeits are scored 28-0 for the winning team.**

## Scoring - Overtime

- If the score is tie at the end of regulation, teams move in to overtime.
- There will be **NO CLOCK** in overtime.
- Each team will have (1) timeout... *Timeouts from regulation do not carry over.*
- In overtime... Teams will play for yardage.  
The team that gains the most yards in three (3) possessions, will be declared the winner.
- \* A coin toss will determine first possession. (*Away / Visiting call coin toss*)
- First possession will start on the 15 yard line and has (3) plays to gain yardage Only.
- Points are not given if offense crosses the goal-line, and there will be no PAT... **Yards Gained Only.**
- **Interceptions during overtime** considered as an incomplete pass... No yards gained or lost.
- Final Score will end in a tie... Winner determined by most yards gained and will receive an (\*) which will be used if needed, to determine Win/Loss recorded, if there is a tie in the standings.



# Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the line of scrimmage.
  - a. It is an "off-sides penalty" when either team crosses the LOS prior to the snap of the ball. The sideline official "should" indicate when either side is off side, by holding up his/her hand in the direction towards which team/player(s) is off-sides prior to the snap.
    - \* It is the coaches responsibility to recognize when player(s) are off sides, and have it corrected before the snap of the ball.
3. A player who gains possession in the air is considered inbounds as long as one foot comes down in the field of play.
4. The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.
5. Substitutions may be made on any dead ball.



6. Any official can whistle the play dead.
7. Play is ruled "dead" when:
  - a. The ball hits the ground.
    - \* See QB / Passing...
  - b. The ball-carrier's flag is pulled.
  - c. The ball-carrier steps out of bounds.
  - d. A touchdown, PAT or safety is scored.
  - e. The ball-carrier's knee or arm hits the ground.
  - f. The ball-carrier's flag falls out.
    - \* Must be touched by defense.
  - g. The 7 second pass clock expires.
  - h. Inadvertent whistle.

**NOTE:** *There are no fumbles. The ball becomes a dead ball.*

*If the ball is fumbled forwards then it will be spotted where the carrier lost possession.*

8. If an inadvertent whistle occurs with no time left on the clock at halftime or end of game, the offense will have one untimed down. The offense has two options:
  - a. Take the ball where it was when the whistle blew, and the down is consumed.
  - b. Replay the down from the original line of scrimmage.
9. A team is allowed to use a timeout to question an official's rule interpretation. If the official's ruling is correct, the team will be charged a timeout. If the rule is interpreted incorrectly, the timeout will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call.



## Penalties - General

- If the offense throw 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 LOS.
- A game or half will not end on any accepted "live ball" penalty.
- Any penalty in the offensive teams end zone... results in a "Safety" (2 Points).
- All "Dead Ball" penalties will be assessed from the line of scrimmage.
- All "Live Ball" penalties will be assessed from the "point of infraction" (Spot Foul).  
Live ball penalties must be assessed before play is considered completed.
- All penalties will be assessed half the distance to the goal when the yardage is more than half the distance to the goal.
- Games cannot end on a defensive penalty, unless the offense declines it.
- ONLY HEAD COACH may ask referee questions about clarification and interpretations.
- Coaches CANNOT question "Judgment" calls.

## Penalties - Unsportsmanlike

- If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!
- Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
- Players may not physically or verbally abuse any opponent, coach or official.
- Ball-carriers MUST make an effort to avoid defenders with an established position.
- Defenders are not allowed to run through the ball-carrier when pulling flags.
- Unsportsmanlike conduct penalties:
  - Defense + 15 yards from line of scrimmage and automatic first down.
  - Offense - 15 yards from line of scrimmage and loss of down.
- **ANYONE ejected for any reason will serve a minimum 1 game suspension!**
- **Fighting will result in immediate expulsion from the league!**

### BEGGING A CALL:

- During a play, if a possible infraction occurs and coaches or players from either team, either on the field or on the sideline, begin yelling out (Begging a call), a penalty may be tacked on to the end of the play.
- A "Begging A Call" penalty will be marked as a dead ball foul, even if it occurs while the play was in progress.  
Penalty results in:
  - a. Offense - 15 yds & Loss of down
  - b. Defense - 15 yds & Automatic 1st down.



# Penalties - Reviewing Referee's Calls

The Head Coach has the right to ask the referee to explain a call... **Do Not Debate!**

- If the referee and Head Coach disagree on a call, based on **interpretation** of a rule. Concerns will be heard by a League Director.
- **League Director will not Hear or Overturn a Judgment Call.** (Call based on what the referee "Saw" or "Didn't See").
- All concerns must be heard / discussed before the next play is ran.
- Note: Questioning calls "may" cost you a "Time-Out".

**Unsportsmanlike Conduct WILL NOT BE TOLERATED!**

**When you are caught up in the game, and ask the referee...  
"Don't I get a warning first?"...**

**THIS IS YOUR WARNING!!!**

## Defensive spot fouls

Defensive pass interference	Automatic first down
Holding	+5 yards and automatic first down
Stripping	+5 yards and automatic first down

## Offensive spot fouls

Screening, blocking or running with the ball	-5 yards and loss of down
Charging	-5 yards and loss of down
*Flag guarding - Not A Penalty	Ball is spotted down at point of "Flag Guarding"

## Defensive penalties

Defensive unnecessary roughness	+15 yards and automatic first down
Defensive unsportsmanlike conduct	+15 yards and automatic first down
Offside	+5 yards from line of scrimmage
Illegal rush	+5 yards from line of scrimmage
Illegal flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage
Roughing the passer	+15 yards from line of scrimmage and automatic first down
Taunting - UNSPORTSMANLIKE	+15 yards from line of scrimmage and automatic first down

## Offensive penalties

Offensive unnecessary roughness	-15 yards and loss of down
Offensive unsportsmanlike conduct	-15 yards and loss of down
Offside / false start	-5 yards from line of scrimmage
Illegal forward pass (Throwing a pass after crossing the line of scrimmage)	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving)	-5 yards from line of scrimmage and loss of down
Delay of game	-5 yards from line of scrimmage
Impeding the rusher -	-5 yards from line of scrimmage and loss of down
Illegal Procedure	-5 yards from line of scrimmage

## Terminology

<b>Boundary Lines</b>	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
<b>Line of Scrimmage</b>	( LOS) an imaginary line running through the point of the football and across the width of the field.
<b>Line-to-Gain</b>	The line the offense must pass to get a first down or score.
<b>Rush Line</b>	Rush from the Line of Scrimmage LOS (4 seconds)
<b>Offense</b>	The team with possession of the ball.
<b>Defense</b>	The team opposing the offense to prevent it from advancing the ball.
<b>Passer</b>	The offensive player that throws the ball and may or may not be the quarterback.
<b>Rusher</b>	Players who cross the LOS at the 4 second count in attempt to pull QB or ball carriers flag behind the LOS.
<b>Live Ball</b>	Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
<b>Dead Ball</b>	Refers to the period of time immediately before or after a play.
<b>Whistle</b>	Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime or the end of the game.
<b>Inadvertent Whistle</b>	Official's whistle that is performed in error.
<b>Charging</b>	An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.
<b>Flag Guarding</b>	An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand, arm or ball.
<b>Shovel Pass</b>	A legal forward pass across the LOS underhand, backhand or by pushing the ball forward.
<b>Lateral</b>	A backward or sideways toss of the ball by the ball-carrier.
<b>Unsportsmanlike Conduct</b>	A rude, confrontational or offensive behavior or language.

# Inclement Weather

## **GAME TIME - DO NOT CALL!**

**Check the website and/or Facebook.**

*If the weather warrants cancellation,  
It will be posted on the website and/or Facebook.*

Rain Policy - If it is light rain, show up at your scheduled game time.

The League Director(s) will make the call on site, if conditions warrant postponing games until weather lets up.

It is very important that all coaches communicate with their players / parents, in order to know what has been decided concerning the weather / rain schedule.

## **Practice -**

*Rain & Lightening... Do Not Take A Chance!!!*

**The first sign of lightening... STOP / CANCEL PRACTICE!**

*Temperature & Heat - Do Not Take Chances!!!*

**Hydrate & Breaks...**

- *Do not get your players over-heated.*
- *If your player(s) request a break... Give it!*
- *If your player(s) request water... Give it!*

