



## Soccerhaus 7 v 7 Arena Flag Football Rules (updated 11/17/16)

These rules are developed by the Soccerhaus league and based on current NIRSA Flag Football Rules.

### The field and field markings will be designated by the league.

- **There are 4 zones** between two goal lines. These are Zones to Gain. Four Downs to advance.
- **The Arch** near each goal line will be used to spot the ball after a touchback and for a kick-off.
- **The 20 yard** (approximately 20 yds.) will be used as the kicking team's free kick line.
- **The center line** (approximately 40 yds,) will be used as the receiving team's free kick line.
- **End zones** are enclosed by fiber glass walls and netting. **The netting is out of bounds.**
- **Passing plays** into the end zone allow play to continue if the ball contact the wall (but not the netting) and then is possessed by a player before touching the ground. During a passing play should the ball contact the netting or ground in any manner, the ball becomes dead.
- ~~**Two "goal post"** (The uprights of a goal) are marked on the wall above the goals and will extend indefinitely upward to the ceiling. All scoring kicks must pass **above** and **between** these markings.~~
  - ~~Officials judgment is final.~~
- **The sideline** is clearly marked approximately one yard from the side boards and Plexiglas that are out of bounds. The sidelines end at the goal line and the end zone is enclosed by the wall. The line is considered out of bounds. Possession must be obtained with one foot inbounds.
- **There are two team boxes** located on the West side for substitutes only. Teams consist of 7 players (minimum of 5 to start). Coed Teams will have a minimum of 2 female players in the game. Spectators are to remain in the spectator area or the restaurant located on the east side of the field. Police these areas before and after each game and clear the area as soon as possible to allow the next team to arrive.

### The Game Ball will be provided by the league.

**Game Officials (2 each)** will have authority to rule promptly and in the spirit of good sportsmanship and on any situation not specifically covered by the rules. The official's decision is final in all matters pertaining to the game. Game officials shall make every effort to assure the game is safe, fair and fun.

**Spotting the ball.** *Following a down the ball must be retrieved by the offense and returned to the line of scrimmage.*

**The Wing Referee** shall designate the next spot. **The Wing Referee** shall then assist the defense to remain one yard off the ball. **The line to gain box will not be used** but will be communicated by the game officials.

### Game Time

- Teams shall be ready to play 10 minutes prior to the starting time. Games may be started up to 10 minutes before the published start time.
- 2 halves – 22 minutes. Running clock.
- 25 second play clock will start with a Ready For Play Signal. Penalty = 5 yard - delay of game
- 4 Time outs start the game. Each team is allowed one – full 60 second time out and three "short" – "stop the clock" time outs (a short time out means the clock will start on the snap with a 25 second play clock). **Only three time outs** will carry over to second half.

### Overtime

Game can end in tie except playoffs. To resolve a tied game (SoccerHaus Penetration)



### Scoring - Regular Season Games may end in a tie.

Touch Down	6 points
PAT	1 points from 10 / 2 points from 20. <del>1 point Kick try</del>
Field Goal	<del>3 points K behind line of scrimmage</del> Defense may return PAT = 3 points.
Safety	2 points

**Line of Scrimmage** – **The Wing Referee shall** designate offensive line of scrimmage.

- **Defensive Players shall remain 1 yard off the offensive line of scrimmage** until the snap. Defense pass rushers must be within 5 yards of the Defensive line of scrimmage. No safety blitz.
- Offense must have 4 players on the line of scrimmage at the snap.
- All Players - Two point stance only – except snapper. Illegal formation = 5 yard penalty.
- All Offensive players must remain motionless for one second prior to the snap. One player is allowed in motion at the snap. False start = 5 yards. / Illegal shift = 5 yards.
- No player (offense or defense) shall enter the one yard neutral zone until the ball is legally snapped.
  - Offensive or Defensive Encroachment = 5 yards.

### Passing

- One foot inbounds = valid reception.
- Passer is afforded ultimate protection. No defender may hit the arm of a passer or be close enough to the arm after the ball is thrown to hit the arm. Protection continues even if the defensive player even if the defensive player deflects the football.
  - Roughing the passer = 10 yard penalty and automatic first down.
- No player may be allowed to interfere with the right of another player to make a catch of a passed ball.
  - Defensive Pass Interference – Previous Spot & First Down.
  - Offensive Pass Interference – Previous Spot and Loss of Down.
- All Players may throw a pass or catch a pass.
- Only one forward pass attempt is permitted during the down.
  - Penalty = Illegal forward pass – spot foul & loss of down.

### Running the Ball

- Runners must make every effort to avoid contact with the defender. The defender has the right to maintain his position. Penalty = Illegal Charging / Bull Rushing – 10 yard penalty.
  - No dive plays (interior line play) – no bull rushing / charging – runner must avoid contact with defender. A defender has the right to his position.
    - Failure to avoid defender (Charging / Bull Rushing) = 10 yard penalty.
- No Flag Guarding & No Diving = 10 yard penalty from spot and loss of down.

### Defending = Go For the Flag

- Defenders must make an attempt to de-flag a runner and not merely push them out of bounds.
  - Unnecessary Roughness = 10 penalty.
- Defenders must make attempt to de-flag a runner on exposed side and avoid reaching across the path of runner.
  - Penalty = Impeding Runner - 10 yard penalty - end of run.
- Fumble (or Muff) touches ground = dead ball team in possession retains possession.
- A runners flags that have inadvertently reverts to one hand touch (below shoulders).
- No bumping (chucking) receivers. Penalty = Illegal contact = 10 yards.



## Blocking

- **Offense** – above the waist, shoulders and below, from the front. Arms out – stay out. Arms in – Stay in. **Open hands** – no grasping opponent that restricts their attempt to separate. Must keep opponent on their feet. Pass blocking- drop step or side step and guide opponent. No pushing, no bull rushing and or throwing motions allowed.
- **Defense** – must make effort to go around opponent – **may spin but may not use swim stroke or slap to defeat the open hands of opponent.** No bull rushing, pushing or throwing motions. Keep opponent on their feet.
- **NEW: "Limited Pushing"**. Either offense/defense. Once an opponent is engaged with open hands the players are given ONE STEP before they **must demonstrate a change of direction** (Rusher - to go around) or Blocker to drop-step reestablish their feet. **Change of direction** = Pass rushers must go around and Pass Blockers must drop step or side step.
- **Down Field Blocking** (Pass and Kick Plays) - Moving Screen allowed by offense (without use of arms) that is positioned between runner and defender. Moving Screen must become Stationary when defender is within reaching distance (one step - as in basketball).

### Blocking Penalties

- Illegal blocking / Illegal use of hands = 10 yards. Unnecessary roughness = 10 yards Holding = 10 yards

**Flags** – triple threat worn with one flag each side and one to rear. No Flags – one hand touch.

All players must start a play with flags properly attached. No Flags – one hand touch.

- Flags must contrast with color of shorts. Shorts with colored side panels are illegal.
- Shirts tails must be tucked in – on shift from huddle all players shall inspect and tuck in shirt tails.
  - Penalty: Illegal Procedure = 5 yards or Delay of Game = 5 yards.
- When Flags fall off inadvertently, play reverts to **one hand touch (shoulders to knees).**
- Flags cannot be tied or altered. = Penalty: Unsportsmanlike = 10 yards and loss of down.
- To properly de-flag, defender must hold the flag into the air **and then** return to the opponents.

## Uniforms

- All Players must wear like or same color shirts (no exceptions) with a unique legal number that will tuck into shorts or pants. No metal cleats allowed. Turf shoes, Gym Shoes and Rubber cleats allowed.
- Shorts or athletic pants with shirts tucked in. Illegal uniforms must be corrected before entering field.
- No Jewelry deemed dangerous. Must be removed to participate.
  - **Penalty:** Delay of Game = 5 Yards.

## The Kicking Game at Soccerhaus

**Kicking plays** (Kick offs and Passing Punts) allow play to continue if the ball passes off the end zone wall ~~or the netting~~ in the end zone. Any kick that contacts the overhead ceiling, lights or structures are dead balls. Spot 40 yards for Team R. Kicks into the netting in the end zone = Touch back.

**Kick off** to begin each half and after a score K may choose to kick or throw (pass) from K's Arch. K remains behind their 20 yard line (restraining line). R remains behind the 40 yard line (restraining line). K or R may advance after the ball is away. Ball must travel past the 40 yard line for K to recover. First touching and recovery rules apply. R may advance the ball and utilize Down Field (screen) blocking rules. K can recover but not advance. A ball that touches a player and then the ground is dead at that spot.

- Penalty enforcement may change the location of ball on Kick Off.

**Ball out of bounds on sideline untouched by R** = R has two choices:

- 1) Out of bounds spot or
- 2) 1<sup>st</sup> down at R's arch.

**Touch Back** = R's Ball and 1<sup>st</sup> down at their arch.



## The Kicking Game (Continued)

**Punting** Team A may punt on any down by "declaring a punt". The punt is "protected" and K will kick or pass. Players may move on the release or kick of ball. Team R may stand and jump upwards. Kicks out of bounds between goal lines = inbound spot. The ball may bounce any number of times but once the ball is touched then hits the ground it is dead. Kicks into the end zone may be advanced off the wall ~~or end zone netting~~. Return rules apply.

~~**Field Goal or Kick Trys** The rules of **Scoring Kicks** will require a snapper, holder and kicker and the uprights markings on the end line wall and above the goal. For PAT kicks the ball is spotted on the 20 and kicked with a snapper, holder and kicker. If the ball is muffed or fumbled during a scoring kick the snapper is allowed to recover and set the ball for the kicker. Drop kicks are allowed. Team R may stand and jump straight up to defend and may return unsuccessful attempts. For unsuccessful Field Goals not returned, a Touch Back will be awarded. The ball must pass completely between these lines and above the goal. Field Goal = 3 points. Kick Trys = 1 point. Official's decision is final.~~

**Over Time** will apply during playoffs. SoccerHaus Penetration rules apply.

Following a coin toss, each team will be given **three plays to advance the ball** from the 20 yard line. The forward progress of each team will be tracked. The team who advances the ball the farthest wins. If during a team's three plays a touchdown is scored, the opponent will then be given three plays to advance the ball. No PAT's or Kicks will be attempted. If it is necessary, the OT will be repeated again. The team who did not win the coin toss will be given first choice. Repeat this rotation if needed, until a winner is declared.

### Coed Game Modifications.

- **One play in every 3-set of downs** must significantly involve a female player. To significantly involve a female means:
  - 1) a female is the quarterback and **attempts** to advance the ball past the line of scrimmage, **OR** throws the ball to a receiver who, at the point of reception, is forward of the line of scrimmage;
  - 2) a female is the running back and **attempts** to advance the ball forward of the line of scrimmage;
  - 3) a female is either clearly the **intended** receiver of an incomplete pass, **OR** the resultant receiver.
- If a male on the offense tips a forward pass with any part of his body and a female does **NOT** catch the ball, the play **DOES NOT** significantly involve a female, regardless if she was the intended receiver.
- Failure to involve a female will result in loss of down; the subsequent play must significantly involve a female.
- If the infraction occurs on a third down, the result is a change of possession.
- If a play was required to significantly involve a female and the defense commits a foul resulting in the down having to be replayed, the subsequent play does not need to significantly involve a female.
- If a touchdown is scored after one play, the PAT must significantly involve a female. An infraction of this rule during a PAT attempt will result in 0 points.
- The cycle starts anew with a change of possession.

## **Additional SoccerHaus Rules:**

### **ALL RULES ARE SUBJECT TO AMENDMENTS BY SOCCERHAUS**

Any Amendments will be presented to all teams via email and posted at the facility. Amendments to the rules are reviewed every week and will be implemented starting when the next session begins after the amendments have been posted or for safety of players may be immediately implemented as needed. SoccerHaus Rules of play have been implemented for the safety of all players while participating in sports at SoccerHaus.

#### **Forfeits**

**If your team forfeits a game during the season the following rules apply:**

**First Offense:** game recorded as a loss and warning issued.

**Second Offense:** game recorded as loss and Soccer Haus staff reserves the right to remove team from league and playoffs with no refund for games not played.

**Third Offense:** Automatic removal from the league and playoffs with no refund for games not played.

**If you know in advance** that your team is going to forfeit a game we encourage you to call our office (719) 761-7586 so we can schedule your opponent a game. However, this does not mean that your team will not receive a loss as a forfeit.

### **EXPECTATIONS OF OUR PLAYERS AND PATRONS AT SOCCERHAUS**

All Players and Patrons of SoccerHaus are expected to treat all employees, referees, each other, and employees of the UPPER90 Tavern with the same level of Respect that you will receive from our staff members at all times. Any player or patron violating or disrespecting an employee, referee, each other, or UPPER90 employee will be asked to leave the facility.

Any Player or Patron causing damage to the facility in any way shape or form will be held responsible for fixing or paying to have the damage fixed before they will be allowed to return to SoccerHaus as a player or a patron. If the player or patron is under 18 years of age then the parents will be held responsible.

Any Player attempting to play any Sport after consuming alcohol either at the UPPER90 Tavern or outside of the facility will not be allowed to play their game, this will be at the discretion of the Referee and the assistant Referee (Score Keeper) or any of the employees of SoccerHaus or UPPER90 Tavern. Anyone attempting to play under the influence of alcohol or drugs will be an immediate ejection from the game and a review for further disciplinary action from the disciplinary committee.

**All Players, Parents or Guardians, and Coaches are expected to READ and adhere to all SoccerHaus Soccer Rules. All Decisions made by the Sports Director or Board of Directors at SoccerHaus Management Company are final.**