



EPIC SportsLodge Flag Football Rules 5v5
updated 7.1.2022

General:

1. Lack of knowledge of these Rules will not relieve any Coach, Team Official, Parent or Player of a team from the responsibilities and possible penalties herein. ALL CLUBS, TEAM OFFICIALS, PARENTS AND PLAYERS, BY PARTICIPATING IN KC Sports Lodge PLAY, AGREE THAT THEY ARE BOUND BY THESE RULES.

League and Player Information:

1. Manager/Player Responsibilities

- a. It is the responsibility of the team manager/coach to be aware of the rules guidelines, policies, and rules of EPC SportsLodge and to keep his/her team informed.
- b. It is the responsibility of each player and the player's team manager and/or coach to be aware of the total status of their players' infractions.
- C. Failure to comply may result in disciplinary measures, which may include suspension of the player/manager/coach and forfeiture of games sanctioned player played in. (This includes use of illegal players - those not registered properly on the team roster)

2. Spectators Responsibilities:

a. Spectators are considered part of a team and as such, offensive behaviors can result in issuing a penalty or ejection to the team coach.

b. If disruption is considered major EPIC SportsLodge reserves the right to ban the spectator(s), player, coach and/or team from EPIC SportsLodge activities.

Eligible offenses:

- Foul or abusive language directed at any referees, players, coaches, spectators or employees of EPIC SportsLodge.
- Violent conduct including spitting, threatening or attempting to commit battery (see red card section).
- Fighting

Proof of Age:

1. Players MUST be eighteen (18) years of age to participate in an EPIC SportsLodge Adult League

2. If a player's age is questioned via protest, proof of age must be supplied immediately by one of the following:

a. Birth Certificate, Passport, or Driver's License

The Field of Play: (Dimensions):

1. Full Field measures 60yds. X 25yds. (two 7 yard end zones)

Roster Maximums:

1. Adult Divisions - 10 players

Waiver & Release of Liability Forms:

1. Release of liability forms must be completed online or turned in to EPIC SportsLodge prior to the FIRST league game.

2. Any rostered player who has not submitted a waiver of liability form will be considered ineligible for play.

3. The EPIC SportsLodge reserves the right to suspend the player from the league and declare forfeiture of any games the ineligible player participated in.

Player Participation:

1. Players may only be on one roster in a given division and league unless otherwise permitted in writing by EPIC SportsLodge management. Usually only allowed if a team splits their roster to form two teams and this is necessary.
 - a. Approval must be noted on both team rosters.
2. Lower competitive divisions are allowed a maximum of two (2) upper competitive players on their rosters. Any player that is rostered on an upper-level competitive team for that season is considered an upper level player.

Levels of Competition:

1. EPIC SportsLodge reserves the right to make necessary changes within league divisions to ensure an equal level of ability and competition.

Team Fees and Policies:

1. EPIC SportsLodge will place teams into divisions based upon the information provided on team registration form. Any false information can lead to a team forfeiting the season. The EPIC SportsLodge reserves the right to place teams in ANY division they choose. Teams will not be allowed to move out of divisions in which they are placed. There are NO REFUNDS and NO RESCHEDULING of games in the season. (Please read rules regarding rescheduling). EPIC SportsLodge is not responsible for forfeits. Teams that have not paid in full by the third game of the season may be sent to collections, have their credit card charged for remaining fees due, and / or be removed from the league.

Minimum Players to Start the Game:

1. Teams must field a minimum of three (3) players at all times.
2. A FORFEIT WILL BE AWARDED IF A TEAM HAS FAILED TO FIELD THE MINIMUM NUMBER OF PLAYERS WITHIN TEN (10) MINUTES OF GAME START TIME. If minimum # of players is not met at game start time, the game clock will start and a point will be awarded for the opposing team for every minute that passes where the team does not have enough players. When ten (10) minutes/points is reached, the game will be forfeited and the score recorded as 30-0. The on time team will automatically have the right to choose offense or defense and the minutes (late) will be taken off the first half.
 - a. Additional Reasons for Forfeits
 - i. Not enough players to start or continue a game.
 - ii. Misconduct of players, coaches and/or spectators
 - iii. Using non-rostered players (See ROSTER CHECKS]
 - iv. Benches clearing during a fight
 - b. Forfeits are scored as a 30 - 0 win/loss

Player Attire/Equipment:

1. Players must have jerseys of a like color and style.
2. Color conflict - Home team is required to change team colors (HOME TEAM IS FIRST TEAM LISTED ON SCHEDULE)
3. Indoor turf, flat soled shoes or molded rubber cleats are allowed (NO METAL, NO SCREW-IN CLEATS, NO TOE CLEATS).
4. Shirts must be tucked in shorts, pants, etc...
5. Flags will be provided by EPIC SportsLodge.
 - a. Team captain is responsible for checking out flags and returning flags to front desk. A deposit (car keys or driver's license) must be left at the front desk until flags have been returned. Any missing flags will require team to pay \$10 per missing flag kit.
6. Flags must be worn on each side of the players' hips
7. No pockets are allowed on shorts or pants
8. Earrings, jewelry, hair beads, braids, dreadlocks, headbands, bandanas, ponytails, etc...being allowed each game is left up to the discretion of the head referee. If he/she deems it to be dangerous, unnecessary or possibly being used as a weapon, the referee may instruct the item to be removed, taped, or pinned up. Failure to comply will result in that player being removed from the game until the problem is corrected.
- 9.. Cast, knee braces, anything made of rigid material must be covered with at least 72 inch of foam and must be approved by the head referee. All edges must be completely covered so they do not show.
10. No headgear with an extended bill may be worn (ex. Caps, visors, etc...) Exceptions will be made if the bill is backwards.

The Game:

1. No contact allowed
2. A coin toss determines the first possession. Team can elect to have offense, defense. Switch in the 2nd half
3. The offensive team takes possession of the ball at their 5-yard line and has three plays to cross mid-field. Once a team crosses mid-field they have three plays to score. If the offense fails to score, the ball changes possession. 4. If the offensive team fails to cross mid-field, the ball changes possession. All drives start from the 5-yard line except interceptions.

Game Clock Format:

1. Each game is 50 minutes long. Two 24-minute halves and a 2-minute halftime, the clock will not stop unless a time out has been called or the official feels it is necessary.
2. Each time the ball is spotted the offensive team has 25 seconds to snap the ball. (Officials will warn the offense when there are 10 seconds left to snap the ball).
 - a. Teams must wait until the referees are set or a referee acknowledges they are prepared to start the play. Only one official needs to acknowledge prior to start of play.
 - b. Pro clock in effect (in playoffs only) if point difference is within 8 points for the 2nd half only. Clock stops on O/B, Possession change, incomplete pass, leading team loss of yards or no gain, penalty or time outs.

Time Outs:

1. Each team has one time out per half
2. Time outs will only stop the game clock for 30 seconds. Following the thirty second Time Out the 25 second play clock will begin.
3. If a time out is called after a touchdown the clock will not run until the change of possession and the offense snaps the ball

Scoring:

1. TD = 6 points
2. Extra Point - 5 yards out = 1 point, 12 yards out = 2 points
3. Safety = 2 points

Rushing the Quarterback:

1. Players that rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped
2. Players that are not 7 yards from the line of scrimmage when the ball is snapped may not enter into the backfield until there has been a change of possession.
3. The official will designate 7 yards from the line of scrimmage.
4. The rusher is allowed a direct line to the quarterback as long as he rushes from either side of the field and not up the middle. The offense must avoid interfering with the rusher. Rush must start 1 yard outside of the center.

Running:

1. The quarterback may not run unless the ball has been handed off to him.
2. Teams may handoff, pitch, or throw back the football in the backfield only.
3. The player who receives the pitch or handoff may throw the ball as long as he is not beyond the line of scrimmage.
4. Multiple handoffs are allowed behind the line of scrimmage but only one pitch or throwback.
5. If the ball is placed on the "Back" of ANY player on or off of the line of scrimmage, the player MUST run the ball, no give and go to the QB.
6. No run zones are located 5 yards before mid-field and 5-yards before the end zone. 7. All Passes must be completed in front of the Line of Scrimmage
8. The ball is spotted where the flag was pulled.
9. The leading flag must break the plane of the midfield or goal line to be considered a first down or touchdown. The ball does not have to cross.
10. Players may not block at any time. Once a player begins to run all other players must stop.
11. Players are allowed to jump backwards or side to side-to-side to avoid a flag pull. In an effort to avoid hard collisions players may NOT jump, hurdle, or leap forward to advance the ball.

Passing:

1. The QB has 5 seconds to pass the ball if there is no rush. If the ball is not thrown, the play is dead, resulting in a loss of down. The ball returns to the line of scrimmage. (Once the ball has been handed off or pitched there is no 5-second count).
2. Intentional grounding is not a penalty.
3. If the defensive team rushes the QB there is no 5 second count. Interceptions may be returned. The rusher may not hit the QB's arm or knock the ball out of the QB's hand. The rusher must play the flags.

Receiving:

1. All players are eligible to receive a pass, including the QB, if the ball has been pitched back or handed off behind the line of scrimmage.
2. Players must have at least one foot in bounds when making a catch.
3. Players that run out of bounds during a play cannot be the first player to touch a ball when attempting to make a catch.

Laterals:

1. *GOLD/COMPETITIVE DIVISION ONLY* - Multiple handoffs are allowed behind the line of scrimmage. Backwards laterals and pitches are allowed at any point behind or beyond the Line of Scrimmage after the ball is hiked. If a player performs a backwards lateral they must immediately stop their route until the play proceeds past them. **NO PICK PLAYS OR BLOCKING.** If the ball touches the ground it is considered dead at that spot. Lateral passes may be tipped and/or intercepted and returned for a score.

Last Man Rule:

1. In the event that a Defensive Player intercepts a pass or a 2-Point Conversion attempt and is flagrantly held during the return then the ball will be placed at the 1 yard line and the intercepting team will have one untimed down to convert. If there are no other players between the player that intercepted the ball and the endzone when they are flagrantly held (i.e. the last player of the opposing team) then the points will be automatically awarded to the team that intercepted the ball.
2. Any Offensive Player that is intentionally fouled by the last Defensive Player between themselves and the endzone will be automatically awarded the touchdown

Start of Play:

1. One (1) official must acknowledge the offense prior to the start of the play. Following a change of possession (whether by turnover on downs or scoring) the offensive team must wait until acknowledgment from one (1) official before hiking the ball. Failure to receive acknowledgment from an official will result in a loss of downs.
2. Players may not be moving forward when the ball is snapped
3. The ball must be snapped between the legs with the center facing the line of scrimmage to start the play.

Play is Ruled Dead When:

1. The offensive player's flag is pulled. Note: if a defensive player pulls the offensive player's flag before they receive the ball, the defense must pull the second flag to end the play.
2. Ball carrier steps out of bounds.
3. Touchdown is scored. Ball carriers' knee touches the ground.
4. Incomplete pass.
5. Ball hits the ground.
7. If a player loses a flag unintentionally the defense only needs to touch the ball carrier, not pull the flag.

Defensive Penalties:

1. Offside – illegal rush.
2. Pass interference / face guarding (must play / look at ball)
3. Illegal contact (holding, bump and run, blocking) *Note the officials will determine incidental contact which may result from normal run of play.
4. Roughing the QB - the rusher may not knock the ball out of the QB's hand or bump into them
5. Holding - Spot from infraction.
6. Excessive contact - even if the defender is making a play on the ball. If the official feels it was intentional or with intent to harm the player will be ejected from the game and may be removed from the league/tournament.
7. All defensive penalties are five yards from the line of scrimmage and automatic first down except holding which is added on to the of the play and Defensive Pass Interference which is a spot foul
8. No stripping the ball - in order to keep the league/divisions Minimal Contact any player who attempts to knock the ball out of a player's arms (or hits the arm of the quarterback while in delivery) will receive a 5-yard penalty and the offense will receive a first down

Offensive Penalties:

1. Illegal motion / false start.
2. Pass interference (illegal pick, pushing off defender).
3. Impeding the rush (the offensive players must avoid the rusher).
4. Flag guarding (players must keep their hands above their waist).
5. Charging (the offensive player must avoid the defender if they are set) - defensive player must be at a complete stop when contact is initiated
Delay of game (all delay of game penalties stop the clock).
7. Blocking - All offensive players must be still if a player is running the ball.
8. Excessive contact - if the official feels it was intentional or with intent to harm the player will be ejected from the game.
9. All offensive penalties are five yards from the line of scrimmage and loss of down except flag guarding which is from the point of infraction and a loss of down
10. If a team incurs a foul after crossing midfield for the First Down and that foul brings the ball back behind the midfield the First Down will still be awarded but will proceed as second and goal from the line of scrimmage resulting from the five yard penalty.

Player Cards:

- All Adult league players must purchase a Player's Card that confirms that they have a valid Waiver of Liability form on file
- Player Cards will be collected by an official prior to the start of the game and returned to the player at its conclusion
- A Player that is ejected from the game will forfeit their Player Card and will need to pick it up from the desk staff after serving their suspension
- Player Cards of valid Nov. 1st - Oct. 31st
- If a Player loses their Player Card they can receive one (1) free reprint at the front desk. Additional cards will cost \$5.00 for replacement

Roster Checks:

- Teams are able to call a Roster Check if they believe the opposing team is using a non-rostered Player. Only team captains are allowed to call Roster Checks and they must inform the desk staff of wanting a Roster Check - referee's do not perform Roster Checks [Note: if a team captain is not available then a team can nominate a player to be acting team captain in order to call a Roster Check]
- All players MUST have a form of ID available upon request to confirm they're on the team [Player ID cards are not acceptable]
- A team can Roster Check any player any time from the beginning of the game to the end of Halftime
- After halftime teams can only Roster Check players that joined after halftime ended - players that played the first half of the game are not able to be roster checked after halftime
- If a team is found to be using a non-rostered player then the opposing has the option to:
 - o Accept the game as a forfeit and it will be scored 30 - 0
 - o Continue playing the game without the non-rostered player

Sportsmanship / Roughing:

1. No foul or abusive language will be tolerated - unsportsmanlike conduct will be enforced (15 yard penalty - no warnings!)
2. Trash talking will not be tolerated. The official has the right to determine language that is offensive. (Trash talking is language that may be considered offensive to the official, opposing team, or spectators). The official may eject players from the game for trash talking.
3. If the official witnesses any act of tackling, elbowing, cheap shots, or any other unsportsmanlike action the game will be stopped and the player will be ejected from the game.
4. UNSPORTSMAN-LIKE CONDUCT IS A 15-YARD PENALTY
5. SUSPENSIONS/EJECTIONS - Any player ejected from a game will miss the remainder of the game and will be suspended from playing in any other game that day/evening and must leave the Facility immediately. If a player is ejected from two (2) games in the same season

they will not be eligible to play the remainder of that season. If a player receives three (3) ejections within a calendar year they will receive a minimum of a six (6) month suspension. Severe cases will be reviewed by EPIC SportsLodge management. Additional suspension time may be administered.

6. An ejected player has two (2) minutes to leave the field of play and/or sideline area. If an ejected player refuses to leave after two (2) minutes their team will forfeit the game and the score will be recorded 30 - 0 (or the opposing team's score - zero; depending which is higher at the time of the incident.

7. "Bench Clearing" – If any players or spectators enter the field to break up or participate in a fight, the Team(s) will be fined \$100 in addition to the aforementioned individual sanctions. Fines must be paid prior to a team continuing the season schedule. Team(s) will then be put on probationary status or if conduct warrants, team(s) could be suspended from all EPIC SportsLodge activities for 1 year. No refunds will be given to suspended players or teams.

8. Team Probation - Any incidents occurring for a two-month probationary period will be grounds for suspension from EPIC SportsLodge activities for 1 year.

9. No refunds will be given to suspended players or teams.

10. If for any reason an official/referee or employee at EPIC SportsLodge asks that a person leave the complex, the person must leave the property or authorities will be notified.

11. Fighting: "ZERO TOLERANCE POLICY" Anyone fighting will be ejected from said game and suspended for a minimum of two games and up to permanently. Anyone threatening or stalking another player, coach, staff, referee or spectator will also be ejected and reported to the local authorities.

Overtime: - Championship Game ONLY

1. A coin flip determines first possession

2. Both teams will have two plays from the 5 yard line to gain as much yardage as possible. Team with the most yards will win.

3. The winning team in overtime is awarded on additional point

League Standings/Point System:

1. EPIC SportsLodge Indoor Flag leagues will follow the following rules with regards to standings

a. Standings will be determined by points

b. Win = 3 points c.

Tie = 1 points Loss = 0 points

League games that end in a tie score after regulation play shall remain a tie game. (See also duration of play)

Division Standings – Team Ties:

1. Any league divisions ending in a tie at the end of league season shall be governed by the following tie breaking system in order:
 - a. Head to Head results between tied teams
 - b. Most Wins
 - c. Fewest points allowed
 - d. Point differential – max of 20 points per game
 - e. Rock, paper, scissors....best 2 out of 3

Ties in a Playoff/Championship:

1. If teams tie in a league playoff, the game will remain a tie and Division Standings will determine which team advances. (Ex. 1st seed trumps 4th seed)
2. If teams tie in a final between teams not playing for 1st place, the game will end in tie and Division Standings will determine team place.
3. If teams tie in a final between 1st and 2nd place teams, the game winner will be determined by overtime

Game Rescheduling and Make Up Games:

1. The EPIC SportsLodge will allow each team two scheduling requests prior to schedules being released.
2. The team requesting to re-schedule a match must first contact the League Coordinator at EPIC Sports Lodge one week prior to subject game. The request must be in writing and fee of \$25.00 must be presented to EPIC SportsLodge. Game re-schedules less than one week in advance but more than 72 hours in advance will be assessed a \$25 fee in addition to the \$25 re-schedule fee. No games will be rescheduled less than 72 hours prior to game time. Requesting team must then contact the opposing team representative to coordinate a re-schedule date and time; failure to do so will result in the game being forfeited. Both teams must contact EPIC SportsLodge and agree to date and time of game before it will be officially re-scheduled.
3. There will be no re-schedules of an already re-scheduled game.

Protests:

1. Intention to file protest must be supplied in writing immediately following the game. A formal written protest with a \$50 fee (refundable if upheld) must be submitted to EPIC SportsLodge within 48 hours after the end of the game. Only a violation of the Laws of the Game, rules or guidelines of the complex as published is matter for protest. Videotape will not be viewed as evidence in a protest. Protests regarding fielding of illegal players must be brought to attention of the game officials prior to the suspected player(s) leaving the field of play.