



ADULT FLAG RULES

Updated 7/13/2025

Our rules were created to promote a fun and safe playing environment. Our league is competitive only in spirit.

We require all participants to adhere to our [League Policies regarding sportsmanship and respect.](#)

Sportsmanship and Conduct:

All players, coaches, and spectators are expected to maintain good sportsmanship and behavior. There will be ZERO tolerance for violence, abusive language, or harassment toward officials, players, and other spectators. This is a family-friendly environment, and even competitive leagues require respect for teammates, opponents, referees, spectators, and staff. No player or spectator may physically or verbally abuse another player, coach, official, spectator, or staff.

If a Field Marshal or official witnesses any act of intentional physical altercations with the perceived intent to harm or injury, the game will be stopped, the player will be ejected from the game, and a game suspension will be determined and communicated. No appeals will be considered at the time of ejection. Physical altercations will not be tolerated.

A player who is ejected from the game must leave the facility for the remainder of the day. That player will be suspended from playing the next game or games, depending on the severity of the incident. They are not allowed to spectate the game(s) during their suspension.

A player who has been ejected from two games in the same session may be suspended for the remainder of the session, and will be reviewed by Hub Staff for participation in future sessions

The Hub Staff reserves the right to suspend a player for post-game issues, either in the building or outside on the grounds of the New England Sports Hub.

.

Games:

- 6v6 teams
- Two 25-minute halves
- 1 min halftime
- 2 x 30-second timeouts per half, per team

Field Layout:

- The field is 60 yards in length and 35 yards in width.
- End zones are 7 yards at each end of the field
- The midfield is 23 yards from each goal line.
- The extra point line is 5 yards from the goal line
- The 2-point conversion line is 10 yards from the goal line.

Rostering:

- Teams must have paid the total team fee to be scheduled for games or the current promotion/membership price.
- Men & Women allowed, no gender minimums required
- All players must be rostered
- Can only be rostered on one team in each division
- No guest players or roster sharing during playoffs
- Must play at least 3 regular season games with your team to be playoff-eligible
 - Teams with sub players must fill out the roster sheet with the ref before the game starts.
- Teams can only have sub players if they are below the number needed to play the game. Teams with enough to field a team can not have subs
- No teams can bring in subs for the playoffs.
 - **PLAYER REGISTRATION MUST BE PAID BY WEEK 3 GAME.**

Captains:

-

Scoring:

- Touchdowns: 6 points
 - Extra Points After TDs:
 - 1 Point conversion- 5 yards (no blitz or QB run) | 6 seconds to score
 - 2 Point conversion- 10 yards (blitz & QB run are allowed) | 6 seconds

- to score
 - Game Clock does not run on extra points
 - All scoring plays are based off of the location of the ball, not the body part
- Safety: 2 points
 - A safety occurs when the ball carrier is declared down in their own end zone.
 - The team that gave up the safety will “Punt” to the other team.

General:

- All Football must be NFL, NCAA, or High School regulation size.
 - Teams' footballs will be checked at the beginning of the game, and if they do not meet the requirements, a ball will be provided.
- Players cannot question judgment calls.
- 35-second play clock (starts after last play, if offence is going on the field for the first play, 45 seconds is allowed)
- 6-second count once play starts
- Once the count hits 6, the play is considered dead and will be considered an incomplete pass. Staying at the same line of scrimmage
- Quarterbacks can only run when blitzed unless in the pass only zone.
- If a quarterback is blitzed at the pass only zone they cannot run
- Ball Carriers are considered down when;
 - Their flag has been pulled.
 - Their belt has been pulled off.
 - Their knee/elbow has touched the ground.
 - Have run out of bounds
 - Or anything on their belt is pulled off(towels etc)
- Safety is worth 2 points
- No pushing, holding, or moving picks

Unsportsmanlike Conduct

- Offence: 15-yard penalty from the line of scrimmage
- Defense: 15-yard penalty, automatic first down
- If the same player gets 2 unsportsmanlike conducts, they will be ejected from the game and suspended for one or more games (all suspensions reviewed by the League Director or Staff)

Extra point:

- (1 point)5-yard attempt, NO QB RUN, NO BLITZ
- (2 point) 10-yard attempt **HANDOFF** AND BLITZ ALLOWED
- If a penalty is called on the offence, no extra point is awarded, and no redo of the

down

- If a penalty is called on the defense half distance to the goal, and a redo (can be declined)

Offensive Rules:

- The ball must be snapped from the ground
- If the ball is snapped from a player taking a knee it must be snapped sideways with a knee on the ground and the player not passing line of scrimmage
- Once the ball is in the player's hands past the line of scrimmage, the player cannot hurdle or high jump. NO forward for ball progression or dive (side-stepping, spinning is determined at the ref's discretion if the player leaves the ground)
- Offensive players with the ball must avoid making direct contact with defensive players.
- Unlimited laterals BEHIND the line of scrimmage
 - Laterals behind the line of scrimmage does not stop the 6-second count.
- Unlimited laterals allowed past the line of scrimmage
- Once the ball is caught or passes the line of scrimmage, offensive players without the ball may not move until the ball passes them.
- All laterals, shovel passes, and handoffs are legal
- Only 1 handoff per half field
 - The player who receives the ball on a handoff behind a line of scrimmage can run or throw.
- 1 foot in bounds and must maintain control of the ball.
- There is no intentional grounding penalties.
- **NO QB RUN ALLOWED UNLESS BLITZD**
- No flag guarding, stiff arms, taunting, charging, or dropping shoulders to run through contact.
- On 4th down, the offense has the choice to go for it on 4th down or Punt.
 - Punting will start the other team at their 5-yard line,
 - If the offense goes for it on 4th down and does not convert, the defense team will take over where the play ended.
- No runs 5 yards from the endzone and midfield. **Pass only even if blitzd**
- If the ball is fumbled. The play is dead, and the ball will be spotted at the spot of the fumble

Defensive Rules:

- Once the ball is handed off defense CAN go past the line without using a blitz
- TWO blitz allowed 5yds off line of scrimmage per half field.
- **No tackling, no stripping the ball, no diving at ankles, no wrapping up the ball carrier.**
- Defense can rush after the play count has hit 3 seconds.
 - If a defense player rushes before the 3 seconds is up and does not have a blitz to use, it will be considered a free play
- Can attempt to swat or intercept the ball (try to make as little contact as possible)
- No roughing the passer (any contact not trying to go for flags)
- All balls intercepted are returnable
- Blitz from 5yds off the line of scrimmage
- **BLITZs must also not line up directly with the center**

Penalties:

- **Pushing:** 10 yards and a replay of the down
- **Holding:** 5 yards from the spot of the foul and a replay of the down
- **Flag guarding:** 5 yards from the spot of the foul. LOSS OF DOWN
- **Stiff arms:** 10 yards and loss of down from the spot of the foul
- **Moving picks or blocking:** 10 yards from the spot of the foul and loss of down
- **Charging and dropping shoulders:** 10 yards from the spot of the foul and loss of down
- **Diving at ankles:** 5 yards from the spot of the foul, automatic first down
- **Taunting:** 10 yards from the line of scrimmage, replay of down
- **Roughing the passer:** 15 yards and an automatic first down
- **Offensive Pass Interference:** 10-yards from the line of scrimmage and loss of down
- **Defense Pass Interference:** Spot of foul and automatic first down
- **Offsides:** 5 yards from the line of scrimmage, replay of down
- **Tackling:** 10 yards from the spot of the foul, and an automatic first down.
 - Players who have been called for more than 1 tackling penalty will need to sit for the remainder of the half.
- **"Last man standing":** If a player is prevented from scoring on a breakaway run that results in a penalty, automatic TD (ref's discretion)
- **UNSPORTSMAN LIKE CONDUCT-** 15 YARDS BACK AND LOSS OF DOWN(OFF), 1ST DOWN AND SPOT OF FOUL IF PHYSICAL
- **ILLEGAL BLITZ-** Live play or previous spot plus 5 yards. Replay of down.
- **IMPEDING RUSHER** - 5 YARDS BACK FROM PREVIOUS, LOSS OF DOWN (YOU CAN NOT GET IN THE WAY OF THE BLITZER)
- **ILLEGAL RUN-** 5yds back, loss of down

- **REF HECKILING- THIS PENILITY IS AT REFS DISCRETION.** If players who are not the captain continue to argue with the ref that team will receive a 5 yard penalty the first time. The second time will be a blue flag. (simply asking about a call or rule is not considered arguing until you begin to question or talk back to the ref etc)

Playoffs:

- The first 6 weeks of play are the regular season and determine seeding for the playoffs.
- The top 4 teams will make the playoffs; the remaining teams play in the losers' bracket based on seeding as well.
 - Teams will be seeded based on Win-Loss record, with tiebreakers as follows:
 - Point Differential
 - Coin Flip (If still tied after point differential)
- Playoff week 1 - 1v4, 2v3
- Playoff week 2 - winner of 1v4 plays winner of 2v3; losers play each other

Overtime Rules (Playoffs Only)

- Coin flip for the ball, and EACH TEAM gets a chance to score.
- Each team gets 4 downs to go the whole field from their own 5.
- Teams that score will need to go for a 2-point conversion
- If neither team scores, the team that made it the furthest in 4 downs is the winner

Promotion and Relegation:

The teams that finish 1st and 2nd in their respective divisions will be promoted up one division for the next session. Teams that finished in the bottom 2 seeds will be relegated to the next division down. This is to provide the league with the best competition per division.

Teams that are planning on returning after their top 2 finish, but are losing more than 60% of their roster, may request the sports hub to consider leaving the team in their current division.

