



EXTREME TEAM SPORTS FLAG FOOTBALL LEAGUE/TOURNAMENT

Rules & Regulations

Last Updated: Sept. 8, 2011

Note: Although very similar in most, some rules of ETS/NFL 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.
Divisions are as follow, for the Fall 2011 Season:**

- 4 & 5 Year Old – See 4&5 Yr Old rules
- 6 - 8 Year Old and General Rules
- 9 - 11 (12) Year Old – See NFL Regional Tournament Rules



***SPECIAL NOTE:

EVERYONE PLAYS!!!!

EXTREME TEAM SPORTS (ETS) has the right to suspend or banish a player(s) and/or team from participating in any present/future leagues/Tournaments. ETS has a no tolerance policy for verbal abuse and/or misconduct.

1.0 THE FIELD

1.1 DIMENSIONS

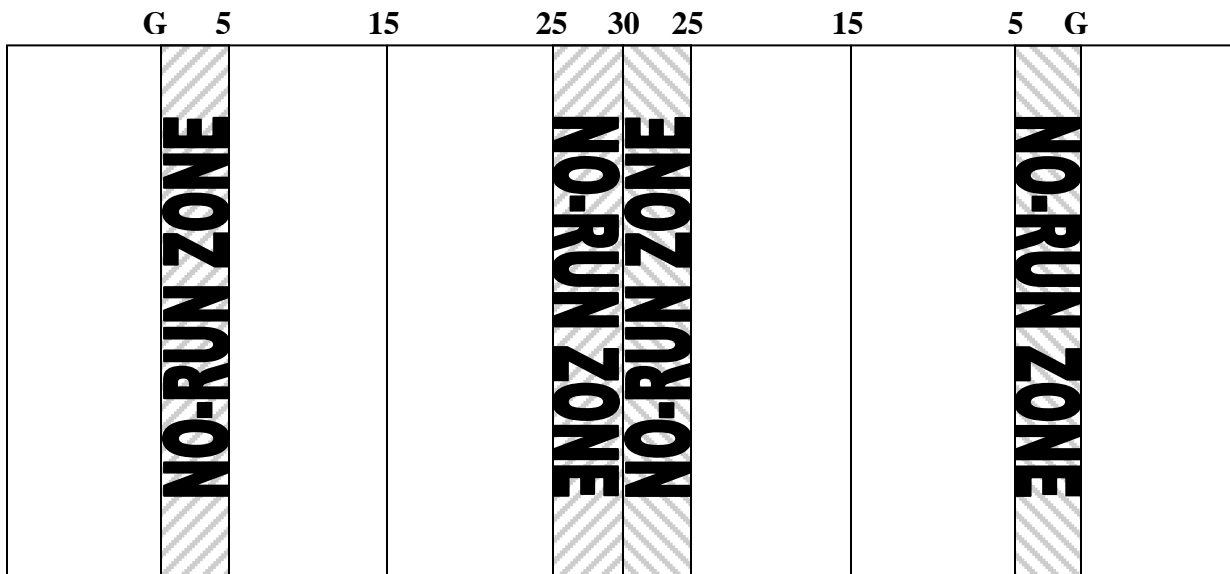
The game shall be played upon a rectangular field **60 yards in length** (80 if including end zones) and **30 yards in width**.

1.2 MARKINGS

Fields will be lined at the Goal line, Five (5), Fifteen (15), Twenty-Five (25) and Thirty (30-Mid field). First down markers are positioned at the 15 and 30 yard lines. First downs are achieved by crossing these lines.

"**NO-RUN**" zones will be designated by markings. "NO-RUN " zones, are located five (5) yards before mid field and five (5) yards before the end zone.

"**NO-RUN**" zone are designed to avoid short yardage power running situations.



1.3 COACH/PLAYERS AREA

1.3(a) Coaches on field-

****(6-8 Yr Old Divisions)** – **Offense** - Two (2) coaches will be allowed on the field to call plays. Coaches must be behind the offense and out of the way of play. **Defense** - One (1) coach will be allowed on the field to set up defense. Coaches must be at least 15 yards or behind the deepest defender (which ever is further) when the opposing quarterback takes position under the center or in shotgun. Failure of coaches to abide by these rules will lead to penalty and coaches may eventually require to coach from sideline only.

**** (9-11 Years and Older) – NO COACHES ON FIELD.** Coaches must coach from the sideline ONLY.

1.3(b) Players and Coaches ONLY must position themselves on the opposite side from the spectators when not on the playing field.

Both Teams will share the same side line. Spectators will watch from the opposite side line.

2.0 EQUIPMENT

2.1 THE BALL

ETS will provide each team with one (1) practice ball. (practice ball will be turned in at the end of each League Season)

Each team will use GAME BALL provided by ETS. Game Officials will provide and keep Game Ball during each game.

Defense should retrieve the ball after an incomplete pass.

2.2 BALL MARKERS

Two ball markers (bean bags) will be used. One will mark the offensive line of scrimmage. The second will mark the line that "Rushers" must be behind when ball is snapped. The ball markers will always be 7 yard apart.

Offensive team may be asked to bring ball markers after each play.

2.3 (a) UNIFORMS

Jerseys are provided by the League (NFL Youth League). HOME team will wear DARK, while VISITORS will wear WHITE. *Jerseys are reversible.* **Jerseys must be tucked in.** No article of clothing may cover any portion of a player's flag. (Flag Guarding). **Officials should warn violators of this between plays.** This may incur a **5-yard penalty** from Point Of Infraction (P.O.I.) or Line Of Scrimmage (L.O.S.).

Players must wear jersey from current season.

The lower uniform may be shorts, warm-ups, pants or any other type of athletic wear.

Each team is encouraged to wear the same color and style pants/shorts.

No jewelry of any kind may be worn by players. Players caught with jewelry are removed from the game until the jewelry is removed and the team is penalized a **Uniform/Equipment penalty: (a charged time-out or penalty if no time-outs remain).**

No headgear with an extended bill may be worn. (i.e. baseball caps, visors, eye-glasses or sun glasses etc.) Players with illegal headgear are removed from the game until the headgear is removed, and the team is penalized a **Uniform/Equipment penalty: (a charged time-out or penalty if no time-outs remain).**

NOTE: Head/Sweat bands may be worn

2.3 (b) SHOES

Any flat-soled or completely molded cleat shoes are acceptable. **Baseball or track spikes or any shoes that have steel or metal tips are prohibited.** All players must wear shoes. Players with illegal footwear are removed from the game until the footwear is removed and the team is penalized a **Uniform/Equipment penalty: (a charged time-out or penalty if no time-outs remain).**

2.4 (a) PROTECTIVE EQUIPMENT

Helmets, shoulder pads are prohibited. Knee or thigh pads are allowed if made from a soft material. Any question as to the legality of players' equipment shall be decided by the referee of that game. The use of any unyielding hard substance cannot be used to protect an injury, no matter how well covered or padded. Therapeutic or prevention knee braces can be used if covered from direct external exposure (No metal braces). Players with illegal protective equipment are removed from the game until the protective equipment is removed, and the team is penalized a **Uniform/Equipment penalty: (a charged time-out or penalty if no time-outs remain).**

2.4 (b) MOUTH AND TOOTH PROTECTOR

It is **strongly recommended** that a mouth piece be worn by all players. (Parents discretion)

2.5 FLAG BELTS

All players on the field of play must wear 2 flags at the waist, one on each side. Flags must be attached to a belt and the belt will be worn snug around the waist to eliminate being turned partially around the waist during an attempted de-flagging. No part of the flag belt may hang down off the belt as it must be cut off or wrapped up.

If a player is not wearing flags in the proper positions the player can and may be penalized.

ALL FLAGS WILL BE PROVIDED BY THE LEAGUE (NFLYFFL). Flags must be turned in at the end of each League season. *This gives us practice flags for the next season.*

*****WARNING:** All plays will be replayed (**Even Touchdowns**) if any player uses flags altered or illegal in any way!!!!!! **THIS IS THE WARNING!!!!!!** Any team that has a player using altered or illegal flags will be suspended from the league for two games!!!!

Illegal alteration, securing, or substitution of flags or belts will result in **removal of player(s) from the game and an unsportsmanlike penalty** will be assessed.

Any player not having the required 2 flags, **should a flag fall off inadvertently**, will be ruled down by single hand touching of player.

The flags must be a different color than the players' lower uniform. (Pants/Shorts Stripes may not be the same color as the flags). Any hanging object on the ball carrier (such as towels, or playbook etc.) shall be considered flags if they are pulled during an attempted de-flagging.

3.0 THE GAME (LENGTH OF GAMES AND TIME-OUTS)

3.1 (a) THE GAME

A coin toss will determine first possession (**HOME** team will call coin toss).

** (6-8 Yr Old Div)-The offense will take possession of the ball at their **15 yard line and has four (4) plays to cross the next line (15 yards) for a first down.** After crossing mid field the offense can get another first down by crossing the (next Line to Gain) 15 yard line. If the offense fails to gain first down(s) or score, possession of the ball changes and the opposing team starts their drive from their 15 yard line.

All possession changes except interceptions start on the offenses 15 yard line.

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** (9-11 Year Old & Older)- See NFL FFlag Regional Tournament Rules

Each time the ball is spotted, a team has :25 seconds to snap the ball.

Teams will receive one (1) warning before a Delay of Game penalty is enforced.

3.1 (b) PERIODS

The game shall be played in **two (2) halves** of **20 minutes** in length. In all games, the clock will be running continuously. During each Half the clock will run **16 minutes**. At the end of 16 minutes, the Officials will notify each team that time has expired and there will be **seven (7) plays** to end the Half. The "seven plays" normally take four to seven minutes.

NOTE: Time periods may be modified during Tournament/Regular/Post-Season play and during adverse weather conditions.

Clock Regulation:

- Clock will start when the referee whistles the ball ready for play at the start of the game.
- Because the clock is continuous, it does not stop during Point After Touchdown (P.A.T.) attempts.
- The on field Captain, Quarterback or Coach may request the amount of time left in the game from the officials at any time. Officials will be expected to give the correct time.
- The clock will stop for team time-outs, official time-outs, and at the discretion of the official.
- NOTE: During the seven (7) plays, at the end of each half, there is **NO CLOCK**.

3.1 (c) Between Games:

Teams will be given **five (5) minutes** between games. Teams must have their players ready to go on the sideline.

3.2 CHANGING END ZONES

Teams shall exchange End Zones at the end of each Half.

3.3 HALF-TIME

At the end of the first half, there shall be an intermission of **Five (5) minutes**. During the intermission, play is suspended, and the teams may leave the field.

3.4 TIME-OUTS

Each team shall have **2 time-outs** per **Half**. Each team will be allowed 1 time-out during a tie breaker. Time-outs will be **60 seconds** in length. Time-outs may be called by any Coach or player that participated in the last play and is on the field of play.

Additional Time-outs - Additional time-outs may be called by the officials at their discretion to attend to an injured player. During this period the ref will stop the game clock.

If a team exceeds its time-out limit in either half, they may receive a **penalty**.

NOTE: During a team's charged time-out, a team representative may confer with their team either on the field or at the sidelines.

3.5(a) PRE-TOSS

In case of a game ending in a tie score, the officials must bring all players and coaches of both teams to the center of the field. They will discuss the tie breaker procedures and answer all questions prior to the coin toss. After this meeting the field captains will stay while the remaining players and coaches return to their respective sidelines.

3.5(b) THE COIN TOSS

A coin will be flipped by the Referee to determine the options as in the start of the game. The home team captains shall call the toss. There will be only one coin flip during the overtime. If additional overtime periods are played, field captains will alternate choices. The winner of the toss shall be given options of offense, defense, or direction. The loser of the toss shall make a choice of the remaining options.

3.6 HUDDLE

After the official marks the ball "ready-for-play", the offense will have **25 seconds** to put the ball in play or else be **penalized for a Delay Of Game**. It is not necessary to huddle after a play if a team wishes to use predetermined plays or "No Huddle" offense.

Silent snaps are legal. If Defense simulates the snap it will lead to a Delay of Game penalty.

**** (6-8 Yr Old) - Coach, You must not break the huddle with your offense, towards the LOS.**

3.7 SHIFT

Two or more offensive players may be shifting their position at the same time prior to the snap. Their movement may be in any direction but they must become set for one full count (1 second) before the ball is snapped or before another player may go in motion prior to the snap.

3.8 MOTION

Only 1 player is allowed to be in motion and his movement must be parallel to or away from the L.O.S. in a continuous motion at the snap.

3.9 ENCROACHMENT OFFSIDE

Encroachment Offside shall be called if either the offense or the defense passes over the plane of the L.O.S. before the ball is snapped. A false start will be called if the offensive line moves before the snap, however if a defensive linemen breaks the plane of the L.O.S. and the offensive linemen jump this will be encroachment on the defense. A false movement of the football by the center shall constitute offensive encroachment.

These are Dead Ball Fouls and the play shall be immediately whistled dead before play begins and 5 yards automatically marked off against the encroaching team.

FREE PLAY

If a defensive player passes over the plane of the L.O.S. without touching a offensive player a flag will be thrown but play will continue.

If a player on either side lines up offside, the official will point toward that player's team side. It is the player's responsibility to look at the referee. If that player does not get back on side before the ball is snapped, he will be considered as having been offside at the moment of the snap. If an official has not "offside warned" a team for lining up offside by pointing at the team side, he should not call offside on them at the snap of the ball.

Penalty: 5-yard penalty from L.O.S. or Coach/captain's choice after play is over.

3.10 FIRST DOWN

**** (6-8 Yr Old Div.) –**

A team will be allowed 4 downs to advance the ball from one zone to the next. A Zone is 15 yards. The zone will be considered reached when the hips (flags) are on or over the line marking the next zone, or in this case "the line to gain" when the play is declared dead.

If, after 4 consecutive downs, a team has failed to advance the ball into the next zone, possession shall go to the defense at their 15 yard line.

**** (9-11 Yr Old) – See NFL Flag regional Tournament Rules**

3.11 STANCES

OFFENSE: **Any stance is permitted.**

DEFENSE: **Any stance is permitted.**

3.12 OFFENSIVE FORMATION

LINE OF SCRIMMAGE: **Any formation is legal.**

ELIGIBLE RECEIVERS: **Everyone is available to receive a pass. (Including the QB if the ball has been handed off behind the line of scrimmage LOS).**

3.13 BLOCKING – No CONTACT allowed

Screen Blocking, behind the line of scrimmage, for the QB, is permitted.

NO DOWN FIELD BLOCKING

After the ball has been handed off or run/passed across the LOS, all OFFENSE players NOT in possession of the ball (or not the Ball Carrier) must stop running. Teammates cannot run along side, in front or behind the "Ball Carrier" in order to interfere with the defense having a clear opportunity to pull Ball Carrier s flag.

3.14 DEFENSIVE FORMATION

FORMATION: Defensive team can setup in any formation.

All players that rush the QB must be at least 7 yards from the line of scrimmage when the ball is snapped.

NO more than two (2) players may rush the quarterback.

Players not rushing the QB may defend the line of scrimmage LOS.

Once the ball has been handed off, the 7 yard rule is no longer in effect and all defenders are eligible to rush.

A special marker, or official, will designate 7 yards from the LOS.

3.15 RUNNING ("No Run" zone; ref. to 3.17)

The QB can run **ONLY** when a rusher has crossed the line of scrimmage.

Direct hand-offs behind the LOS are legal, including laterals and pitches of any kind.

Offense may use multiple hand-offs.

The player who takes the hand-off may throw the ball as long as he does not pass the LOS.

3.15 BALL CARRIER

The responsibility of avoiding contact rests with the ball carrier. He must show the officials he made an effort to avoid contact. The ball carrier will not deliberately run or drive into a defensive player. A ball carrier **may spin** but must realize that while spinning he is in a "State of Non-Control" and should contact occur as a result of his uncontrolled momentum, he will be penalized. The ball carrier **MAY NOT** jump or leave his feet to avoid a defensive player. The "Stiff Arm" is illegal. Penalty: from L.O.S. (if behind the line) and loss of down. Or from P.O.I. (if beyond the L.O.S.) and loss of down.

The ball carrier shall not protect his flags by blocking with his hand, arm, head or ball. The defensive player must have a clear opportunity to pull his flags. Flag guarding will be marked from L.O.S. (if behind the line) and loss of down. Or from P.O.I. (if beyond the L.O.S.) and loss of down.

The ball is spotted where the ball carriers belt is when the flag is pulled, not where the ball is. Ball and flags must break the plane for a first down and/or touchdown.

3.21 DIVING AND JUMPING

Ball carriers may not dive in an effort to gain extra yardage. Diving is defined as a player clearly leaving both feet stretched out in an aggressive attempt to gain extra yards. **Jumping is NOT allowed.**

Spinning is allowed but players cannot leave their feet to avoid a defensive player.

If any part of the ball carriers body (knee, hand, elbow, etc), other than the bottom of his feet touch the ground, player will be rule down.

3.16 PASSING

There can be only one forward pass per play. A forward pass is defined as a live ball thrown toward the opponent's goal line.

If the passer/runner is beyond the L.O.S. and the football is released forward, an illegal Forward/Pass has occurred, this will result in a **penalty** and loss of down. Illegal forward passes will be marked from L.O.S. / P.O.I.

Once the ball has crossed the L.O.S., in the air or in possession of a player, it cannot be passed forward, even if the ball is brought back behind the L.O.S. (Illegal Forward Pass).

Interceptions change the possession of the ball.

The ball comes out to the five (5) yard if the interception occurs in the end zone, and is not ran out.

Interceptions CAN be advanced or ran after intercepted. (Rule Rev. 2009)

3.16 (a) QUARTERBACKS

Quarterback **CAN NOT** run unless a rusher has crossed the LOS.

Quarterback has a 7 second "pass clock". If quarterback is not rushed and the ball has not been thrown or handed off to another player within 7 seconds, play is dead, loss of down, ball returns to the line of scrimmage. Once the ball has been handed off the 7 second rule is no longer in effect.

ROUGHING THE PASSER: This is when the passer is hit above the waist before, during, or after a attempted pass. Penalty will be tacked on to the end of the play. **However, if the ball is tipped by the defense there is no Roughing the passer.** But, if in the eye of the referee a player intentionally runs up to hit the quarterback after a tipped ball roughing the passer will be called which results in 10 -yard penalty & automatic first down.

3.17 "NO-RUN" zone

"No Run" zones are located 5 yards before mid field and 5 yards before the end zone.

"No Run" zones are designed to avoid short yardage power run situations, and create forced passing situation.

When in the "No Run" zone the Offense **Must Pass** until crossed through the zone. (No hand-offs or pitches/laterals)

ONLY the Quarterback may take the snap from center and attempt/complete the pass.

NOTE: If the QB is rushed while in the "No Run", He may run the ball. Although, at this point QB still can not hand-off.

3.18 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. This results in a 10 yard penalty and loss of down.

3.19 CENTER SNAP

A center snap (the ball) can bounce off the ground before it gets to the quarterback, as long as the quarterback plays the ball cleanly off the ground.

If the quarterback muffs the ball to the ground or the ball goes past the quarterback, it is dead where the ball touches the ground.

All center snaps must be made between the center's legs. A false movement of the football by the center after he is set shall constitute encroachment. The ball shall be snapped from the center of the field no more than 5-yards either side of the spot marked by the official.

Ball marker must be placed in the center of the field at all times.

Direct Snaps are Legal. (example; Center to Running back or Center to WR in Motion, etc...)

No center sneaks!!!!!!!

3.20 FUMBLE

Fumbles are ruled dead where the ball hits the ground.

3.21 PASS INTERFERENCE

Pass Interference Rules shall apply to any pass made from behind the L.O.S., whether it is a forward pass or a lateral pass, and applies to both offensive and defensive players. After the pass is in the air, neither pass receiver or defender may touch the other until one of them touches the ball, or else offensive or defensive pass interference may be called. If contact occurs after one of them touches the ball, then pass interference cannot be called unless one of them catches the ball and the other "strips" or attempts to "strip" the ball from his hands.

Receiver stripping (slapping at the ball) is defined as attempting to take the ball from the grasp of a receiver after he has placed both hands on the ball and has brought the ball into a possessive position, in which case, stripping will be called.

(Unless the receiver hasn't touched the ground with one foot) If the player established possession of the football, the defender must go for the flag and not the ball. (Officials judgment will determine if a catch has taken place).

Penalty is from POI and Automatic First Down.

Any contact that occurs after the pass is touched (excluding Receiver Stripping) and is either complete or incomplete, must be judged by the officials as either unavoidable contact caused by both players "playing the ball" or avoidable contact which shall be penalized. Penalty will be from P.O.I. If incomplete or complete, or judged to be flagrant, the penalized player may be removed from the game. Team will be penalized UNSPORTSMANLIKE CONDUCT. If pass is judged to be un-catchable, penalty will be assessed from the L.O.S.

All offensive pass interference calls shall be marked off from L.O.S. with loss of down.

All defensive pass interference calls which are accepted by the offensive captain shall be marked at the P.O.I. and awarded an automatic first down.

Screening a receiver's eyes by a defender without playing the football is pass interference and shall be penalized as such.

3.22 RECEIVING

One (1) foot must be "in-bounds" to constitute a legal pass reception.

The lines marking the sidelines and the extreme back of the end zone shall be considered out of bounds if stepped on any degree.

Two or more offensive receivers or defensive players may touch a pass in succession, resulting in a completion. After a pass is thrown, it is too much to expect of the officials to keep track of exactly who touched the ball. The official(s) will determine (1) did pass interference occur? (2) who caught the ball? And (3) was receiver inbounds with both feet at moment of possession?

A double reception always goes to the offense.

3.23 DEFLAGGING

The ball carrier is down and the ball is dead when either flag is detached from the ball carrier's belt or when the ball touches the ground. A defensive player's feet may not leave the ground to pull the offensive player's flag. When a defensive player pulls the ball carrier's flag, **he should stop and hold it above his head for officials to see.**

Players must return the flag to the offensive player.

If a ball carriers flag or belt inadvertently falls off while running the ball. The ball carrier will be rule down with a single touch from the defense.

Tackling is not allowed. Tackling is defined as grasping or encircling the body of the ball carrier with a hand or arm. Grabbing the ball carrier's clothing shall be penalized as holding. If the defensive player reaches across the body of a ball carrier to pull his flag and contact is made, the responsibility of the contact lies with the defensive player. The penalty for tackling will be as follows: **impeding** (encircling of body); **tackling** from P.O. I. or L.O.S; **and if, in the opinion of the officials, the act prevented a score, the official will award a Touchdown.** The offender will be ejected if the act was in the official's judgment to be flagrant.

The intended receiver of either a forward or lateral pass may be de-flagged only after first touching the ball - even while fumbling or bobbling the ball and before possession is established. If the receiver has not gained possession of the ball when flag is pulled play will continue. Receiver can then be downed by single hand touching after gaining possession. In the event a receiver has not gained possession of the ball (bobbling) when flag is pulled and a defensive player intercepts the pass it will be defenses ball.

No player can push a player out of bound. (penalty - unsportsmanlike conduct)

If the ball is in the hand of the Quarterback and flag is pulled, the passer shall be down at the spot.

Illegal De-flagging is prematurely pulling an opponent's flag with the intent of making the offensive player ineligible to become a ball carrier. Penalty: from L.O.S. or E.O.R.(end of run) A defender may not push or knock a ball carrier out of bounds, (a form of illegal de-flagging). Penalty: P.O.I.

Runner Stripping occurs when a defender attempts to strip the ball from the grasp of a player who has the ball in a possessive position. This is a form of Illegal De-flagging.

3.24 QUICK WHISTLE

If the official whistles the play dead prematurely, the offense shall have the choice of:

1) accepting the ball where it was whistled dead, or 2) replaying the down.

Pretending to pull an opponent's flag (raising empty hand intentionally) resulting in official's "Quick Whistle", will be penalized and offense's choice of either #1 or #2 above.

Offensive and defensive fouls, if they were committed before a "Quick Whistle", have priority over a "Quick Whistle".

In an event a ball carrier loses a flag or flag belt inadvertently, single hand touching of the ball carrier will constitute a legal tackle.

3.25 PUNTING – (6/8 Yr Old Div. ONLY) - No direct punting of the ball is actually made.

The offensive team must declare they are going to punt immediately after the official whistles ball ready for play.

If the offense declares to punt the receiving team will take possession of the ball on their 5 yard line (opposed to the 15 yard)

3.26 ALL OTHER RULINGS (if applicable)

Rules not covered in the ETS Official Rules and Regulations book will automatically defer to NFL rules and procedures.

4.0 LEAGUE STANDINGS

Team Coaches will be asked to keep up with WIN/LOSS and scores from each of their games.

4.1 SCORING

4.1(a) TOUCHDOWN = 6 points

4.1(b) END ZONE CELEBRATIONS

End zone celebrations are acceptable if the player celebrating does not taunt his opponent. If a player/team does so then they may receive a **unsportsmanlike penalty.**

4.1(c) Mercy Rule

1st Half – Team up by 28 points...Game Called

2nd Half – Team up by 35 points...Game Called

4.2 EXTRA POINTS

The scoring team must declare prior to marking the ball ready for play whether they will go for 1 from the 5, or go for 2 from the 12-yard line. Scoring team may reconsider choice by calling a time-out or taking a Delay or Game Penalty (if no time-outs remain).

- Running/Passing from the 5 -yard line = 1 point
- Running/Passing from the 12-yard line = 2 points

4.3 SAFETY = 2 points

A safety scores 2 points. The team scoring the safety will then take the ball and first down on their own 15 yard line.

4.4 FORFEITED GAME

The winning team shall have a final score of **7-0** posted as the margin of victory (for net point purposes) for the forfeited game.

Note: Referees can and will award forfeits to one or both teams as a result of players/coaches/spectators fighting.

It is the coach's responsibility to maintain his players as well as team spectator composure and immediately break up any fighting that occurs. Please be advised that referees are not paid to break up fights and will walk off the field if team coaches do not take control of the situation.

Player/Coaches fighting will constitute suspension. Spectator fighting will constitute Barring from future games and also legal action may be taken.

4.5 OVERTIME TIE-BREAKER

Tie games will be decided by each team receiving Three (3) plays. Coin toss (called by the visiting team) will determine possession. The team gaining the most yards on their three plays will be declared the winner. One point will be award. Teams can not score points. Only positive or negative yards. Play starts on the 15-yard line.

Each team will be allowed 1 time-out during a tie breaker.

5.0 PLAYERS AND SUBSTITUTIONS

5.1 PLAYERS - (EVERYONE PLAYS!!!)

ON THE FIELD:

- The number of players fielded by a team may change each season. The number of players per team is based on the number of players registered for that season. Season may be played; 4 on 4, 5 on 5 or 6 on 6. Teams must field at least one (1) less than what is require.

5.2 SUBSTITUTION –

Coach, If you have a player(s) on the sideline during your offense set, he/she needs to play you next defensive set, and vise-versa. Players need to get equal playing time.

There will be free substitution as long as players being substituted for are off the field prior to the next snap, or are out of the area of play and are departing the field in haste. Offense may not break the huddle with more than the legal number of players.

"Sleepers" on substitution will not be allowed on any play. No player may line up closer than 5 yards from the sideline unless he came out of the huddle or unless he was on the field of play during the previous play and did not leave the field of play.

Players leaving the field of play must go to their team's side of the field.

5.3 TEAM ROSTER

After a player(s) has begun practice with a team he/she will remain with that team. The league will do its best to keep team roster even. New players may be added after season has started.

5.4 PLAYOFF ELIGIBILITY

A player(s) must have played in three (3) Regular season games in order to be eligible for post season play.

6.0 PENALTIES

UNSPORTSMANLIKE CONDUCT – (ANY FORM OF PROFANITY)

The team NOT being assessed the penalty, will take possession of the ball on the PENALIZED teams 15 yard line / First and Goal.

FOUL PLAY / TRASH TALKING WILL NOT BE TOLERATED!!!

If, in the judgment of any game official, the following acts are deliberate or flagrant, the player(s) involved shall be ejected from the game and team will be assessed an unsportsmanlike conduct penalty.

1. Using fist, kicking or kneeling
2. Illegal use of hands, forearms, or elbows
3. Tackling
4. Any deliberate or flagrant act which could cause injury
5. Any act of unsportsmanlike conduct
6. Abusive, profane or insulting language
7. Any act of unfair or rough play
8. Threats or harassment of other players/officials/league representatives
9. Verbal badgering of officials
10. Any player ejected from a game will result in 2 Game Suspension

All live ball fouls (fouls which occur while play is in progress) are Coach/Captain's choice. All dead ball fouls (fouls which occur prior to the snap or after the ball is blown dead) will automatically be marked off (except in the case a first down would occur-Coach/Captain's choice). This means that if a foul occurs during a down and is a live ball foul, and then a dead ball foul occurs, both fouls will be enforced. They do not offset, even if against different teams.

6.1 BEGGING A CALL

During a play, if a possible infraction occurs and players or Coaches from either team, either on the field or sidelines begin yelling out (Begging A Call), a **penalty** can be tacked onto the end of the play. This penalty will be marked off as a Dead ball Foul even if it occurred while play was in progress.

After a penalty is called, only the Coach/Captain of the penalized team may discuss it with the officials. The officials making the call is obligated to point out the player and the act they committed (without discussion) to the penalized team Coach/captain. The official will then give the opposing team Coach/captain his options on the penalty. That Coach/Captain's first choice will be final.

DEFENSIVE PENALTY- All PENALTIES AGAINST THE DEFENSE:
(6-8 Yr Old Div) FIVE (5) YARDS (FROM LOS OR POI) AND AUTOMATIC FIRST DOWN.
(9-11 Yr Old Div.) SEE NFL FLAG REGIONAL TOURNAMENT RULES

OFFENSIVE PENALTIES - ALL PENALTIES AGAINST THE OFFENSE:
(6-8 Yr Old Div.) FIVE (5) YARDS (FROM LOS OR POI) AND LOSS OF DOWN.
(9-11 Yr Old Div.) SEE NFL FLAG REGIONAL TOURNAMENT RULES

ANY PLAYER FIGHTING OR SHOW ACTS THAT CAN/WOULD LEAD TO FIGHTING FROM THE REF AND OR THE LEAGUE COMMISH POINT OF VIEW WILL BE EJECTED FROM THE GAME AT ONCE. NO MATTER WHAT TEAM, COACH, STAR PLAYER, ETC HE WILL GET EJECTED AND THE TEAM WILL BE PENALIZED!!!!!!!!!!

(**Note: Warning is not required. This is the warning!!!!)**

ETS reserves the right to suspend or banish Coach/player(s) and/or team involved in fighting and/or any of the above infractions.

7.0 ALCOHOL AND TOBACCO

ALCOHOL IS NOT ALLOWED ON ANY LEAGUE PREMISES PARKING LOT; FIELD; ETC. IT IS AGAINST THE LAW TO HAVE ALCOHOL OF ANY KIND ON PREMISES. IF CAUGHT VIOLATING THIS RULE YOU WILL BE BANISHED FROM THE LEAGUE. NO EXCEPTIONS!!

COACHES WILL NOT CONSUME ALCOHOL OR TOBACCO ON ANY LEAGUE PREMISES. ALL COACHES, TEAM MOMS AND/OR OTHERS ASSOCIATED WITH EXTREME TEAM SPORTS ARE EXPECTED TO SET GOOD AND CLEAN EXAMPLES WHILE PARTICIPATING IN ANY ETS ACTIVITY/EVENT.

8.0 TRASH/LITTER ON THE PLAYING FIELDS

Teams must clear/clean their sidelines of all "litter" immediately after the game has ended.

Littering will be reported by Teams that play behind you and also the Referees. If you do not report a team for trashing a field, then you may get blamed for it. WE CAN AVOID ALL PROBLEMS BY KEEPING THE FIELDS CLEAN.

Your help in this matter will be appreciated!

7.0 LEAGUE STANDINGS

7.1 WEEKLY SCORES/STATS

Team Coaches are encouraged to keep up with their own teams WIN/LOSS record as well as Scores. Scores and Standings will be posted at www.extremeteamsports.com

7.2 END OF REGULAR SEASON

At the end of the regular season, divisional tie breakers are determined as follows:

1. Head to head competition
2. Net points (points for versus/points against)

Net points will determine divisional tie-breakers when three (3) or more teams are tied and no one team has beaten all the other teams they are tied with.

8.0 RAIN/LIGHTNING GAME CANCELLATIONS

There may be game cancellations due to inclement weather that could result in bodily injury or damage to the fields from RAIN/LIGHTNING.

Games canceled due to inclement weather, will be made up at the end of the season, If needed to decide Playoff Seeding..

9.0 REFEREE BYLAWS

Referees will be courteous to all teams. If a player/team is giving you any problems take the captain aside and explain the situation. Give an unsportsmanlike or eject the player/team from the game. KNOW THE RULES! DON'T ARGUE! DON'T LET TEAMS DICTATE THE GAME! Don't comment on the games/teams in the league. Don't complain about anything in the league. If you have a complaint, take it up with the League Commissioner. The League would like to hear Referee opinions on the rules. Your professional attitude would be greatly appreciated.

10.0 LEAGUE MEETING

All League/Coaches Meetings are mandatory. Failure to attend a League/Coaches Meeting by Coach or Team Representative could lead to missing out on valuable information including having a vote in a important decision.

