



RULE & REGULATIONS

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Liability

Persons or players in any activity sponsored by Infiniti Sports are not covered by insurance and Infiniti Sports/ Goin' Deep flag football does not assume responsibility for personal injury or property damage.

Anyone under 18 years of age, desiring to participate in the Goin' Deep Flag Football League, must be related to an adult team member and must also have minor release form on file with Infiniti Sports staff. All participants must be at least 18 years of age.

Roster and Player Eligibility

All Players must sign a Waiver Form before league participation.

Each team is allowed a maximum of 12 players, including a player manager.

No player may participate who is playing on a high school, junior college, college or professional roster during the current season.

Players are required to sign the official roster before they are eligible to play. To be considered a roistered player, all players must sign the roster prior to the game. It is the manager's responsibility to verify that each player has signed the roster and waiver form.

The team a player first plays with will be considered his/her team and he/she may only transfer from one team to another with written consent of team managers, and only during the first 5 games.

No player may play on more than one team in the same division in the same league.

All roster additions or changes must be submitted in writing to the site supervisor prior to game time. Players can be added up until the fifth week of the season (Need: Name, Address, and Phone Numbers).

Any manager changes must be reported to the Infiniti Sports office or field supervisor immediately.

Sportsmanship

Players shall not use profane, obscene or vulgar language in any manner, at any time.

Any player who verbally abuses an official or staff member before, during, or after a game shall be suspended immediately from playing for a length of time determined by the league office.

Any player who physically abuses (push, shove, strike, touch) or threatens to push, shove, or strike, an official or staff member before during or after a game, shall be permanently banned from participation in Infiniti Sports events and can be legally prosecuted for Battery.

Alcohol is not permitted. Any player, team spectator, or manager of a team consuming alcoholic beverages at the field may cause team to forfeit game and may result in the player or team being suspended from the league. Any player intoxicated or under the influence of drugs (in the referee's or staff's opinion), will not be allowed to play in the game.

Players shall not wear equipment which, in the referee's judgment, is dangerous to other players. This includes headgear, jewelry, and knee braces with exposed metal.

Player can be ejected anytime while at the field site, including before or after scheduled game.

Each Manager is responsible for informing his players of the content of these rules and will be responsible for the conduct of his or her team, players and spectators. Managers will be subject to suspension if unable to control his/her team and spectators behavior.

Spectators are encouraged to cheer for their team, but should not attempt to harass or abuse the opposing team.



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League Rules

Team representatives, including players, team managers, coaches, and group members are subject to rules of the game, and shall be governed by the decisions of the officials assigned to the game.

Trash talking: will not be tolerated, if it becomes a problem officials will stop game and talk to captains, possible ejection's.

No Tolerance: If a player is ejected from a game for a serious infraction (ie. throwing punches or verbal threats) that player shall not play in the following week's game. If a player is ejected for fighting, that player shall be **suspended for a period of 2 weeks**.

Classification: Placement of teams in league divisions is the responsibility of Infiniti Sports. There will be no entry fee refunds after the first scheduled game.

Game Day: Teams entering the Goin' Deep league must be available to participate on the day or night of league play selected.

Officials: Infiniti Sports will schedule two (2) qualified officials per game and a statistician/scorekeeper.

The Field: All games will be played on a 60 yard long by 30 yard wide field with 10 yard end zones.

The Clock: A game will consist of two (2) 20-minute halves with clock stopping only on time-outs and unnecessary delays. If the game is within fourteen (14) points with two (2) minutes remaining in the game, the playing time shall be regulation clock (stop clock).

Game Clock Stops: Examples of when the clock will stop during the last two minutes of the game: for incomplete passes; when a player goes out of bounds; on extra points; change of possession; penalties (**the clock will stop on a 5 second penalty**). The officials have the right to stop the clock if he deems necessary.

Coin Toss: The game will be started with a coin toss, both acting team managers need to meet the officials in the middle of the field prior to the start of the game. Winner of the coin toss can decide to: (1) Receive the ball (2) Choose defense or (3) Choose Direction. The Loser of the coin toss can decide to take one of the three choices the winner does not choose.

Forfeits: Game time is **FORFEIT TIME**. Any team unable to start or finish the game with a minimum of four (4) players shall forfeit the game. The referees shall keep the official time. (Exceptions: There will be a five minute grace period if the team that is short players can't field 4 players, the team will be penalized 7 points and the game clock will be started. If no team is fielded after 5 minutes the game will be an official forfeit).

Overtime: If the score is tied at the end of regulation time. The acting team managers will meet with the official for a coin toss to determine possession. Both teams will get a series of 2 plays to score from the 10 yard line going in, and the opportunity to go for a one (1) or two (2) point conversion. If neither team scores, or the score is still tied, the ball will be placed on the 5 yard line, and both teams will be given 1 play each to score and go for the extra point. This will be repeated until winner is determined. **Note: if neither team scores on their first possession teams will switch the possession order at the time the ball is placed at the 5 yard line.**

Time Outs: Teams are allowed three (3) time-outs per half. Time-outs are 45 seconds if either team chooses to use the whole timeout.

Substitution: A substitute may enter as soon as the ball is blown dead. Between plays all player must go near the huddle to be eligible for the next play (example: if coming off of the side line).



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Line-up: Before game time, the official statistician will be provided with the entire line-up, including numbers. Captains need to get the sign-in sheet from the statistician each week prior to game time.

Game Ball: The referee shall be the sole judge of any ball offered for play and may change the ball during play at his discretion. During the game teams must use legal size ball (13 lbs).

Uniforms: All players on each team must have Jerseys or T-shirts of the same color with a permanent (no tape or marker) number on the front or back. **NO EXCEPTIONS!** Teams without proper uniforms will be penalized three (3) points per player out of uniform.

Shorts: Players are required to wear shorts without pockets (for safety reasons). If player's shorts are the same color as the flags...he/she will be asked to change their flags to another color.

Schedule Changes: Goin' Deep Flag Football reserves the right to change the schedule. Affected teams will be notified by telephone of any schedule changes. All requests for changes must be requested at least five (5) days in advance.

Scoring: Scoring touchdown = 6 points; 5 yard conversion = one (1) point; 10 yard conversion = two (2) points, Int. on any conversion returned to the opposite end zone = (2) points, and a Safety = two (2) points.

Possession: There are no kickoffs. All possessions will start on the ten (10) yard line unless opposing team turns the ball over (example: interception, forth down, or muffed snap). If the defense stops the offense inside the 10 yard line the ball will be advanced to the 10 yard line.

First Downs: Teams can only receive two (2) first downs per possession maximum. Possession starts on the 10 yard line. Teams have four (4) downs to cross the 30 yard markers, and four (4) downs to cross the 10 yard marker. Team has the option to punt on 4th down. If a team is stopped on forth down it will be the opposing teams ball where it lies. Note: The ball must cross the plain to be a first down or touchdown.

The Red Zone: Once inside the 10 yard markers teams have three (3) plays to score, this will be called: **"2nd and goal"** by the officials. On loss of downs defense takes over at the 10 yard line.

Interceptions: Interceptions returned but stopped inside the 10 yard line will be advanced to the 10 yard line. **If the defense returns the INT on a PAT attempt to the opposing end zone 2 points is awarded to the defense.**

Passing League Only: No running from behind the line of scrimmage, the ball must cross line of scrimmage in the air. Direct hand-offs are legal but the ball must eventually be thrown across the line of Scrimmage. All players are eligible to catch the ball. Receivers only need to have **one foot in bounds.**

Hiking the Ball: The ball must be snapped by members of the team, he/she must clearly be behind the ball when hiking. The ball must be hiked at least 10 yards from the sideline. Defense: **if bumping or jamming the center the jamming player must wait for the center to stand up and get his/her head up.**

Five Seconds: The quarterback has five (5) seconds to throw the ball, if the ball is not thrown within five (5) seconds it is a sack, and a 5 yard loss or half the distance to the goal, (if defense rushes or not). The ball must clearly be released. This also applies to a double pass. The last pass must be released in original five (5) seconds.

Counting out loud: is illegal (you can't count 5 second out loud). Officials will ask you to stop, (this is a warning) if it continues officials will access an unsportsmanlike conduct penalty.



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Formation: 3-receiver or trips formation to one side of the center is an **illegal formation** (you can motion out of a three receiver set).

Illegal Motion: Players must be set for a count; before the ball can be snapped (one and only one player can be in motion at a time). No player can be moving forward at the time of the snap! (This isn't Canadian football).

Double passes: Are allowed, the ball must be thrown behind the quarterback then released within the original 5 seconds. If the intended receiver does not catch the pass, it will be ruled a fumble and a dead ball at the spot the ball hit the ground.

Wide Open Receiver: If a player catches the ball and falls to the ground on their own accord they can get up and run, unless they are touched down by contact. This is a judgment call by officials (Officials are instructed to blow the play dead if it is even close, especially in traffic).

Fumbles: If a player catches the ball and while running drops the ball, it is a dead ball at the spot.

Last man rule: If there is no one between ball carrier and the end zone and the defensive player holds, tackles, or pushes as a result to stop the offensive player from scoring this will be awarded a touchdown.

Stripping: Absolutely **No Stripping** the ball, players must go for the flags (this rule is strictly enforced).

Muffed Snaps: The hike from the center is a live ball and playable. If the quarterback has control of the football and drops it, it's a dead ball (Officials judgment call, if quarterback had control of ball or not). Note: the muffed snap is a live ball; if defensive player recovers a muffed snap the ball cannot be advanced.

Offside: If an offensive player lines up offside it is a dead ball play. If a defensive player lines up offside it is a live ball play.

Rushing: Defensive players must start 5 yards behind the line to rush the quarterback (you can rush as many players as you wish). No BULL-RUSHING is allowed - defensive player must pick a side.

Blocking: All blocking must be done with arms and open palms, **No Elbows**.

Bumping Receivers: is allowed within the first 5 yards (must be done with open palms and arms extended, **No Elbows**). The defensive player can only initiate contact if he is within a yard of the line of scrimmage.

No Blocking Down field, No blocking below the waist, and No contact to the head of another player.

Picks: Picks are illegal. If you intentionally run into a defensive player to free up one of your own players this is considered a pick play and is prohibited (this is a judgment call by the referees).

Illegal Equipment: All players must wear molded rubber cleats or screw in cleats, **No metal cleats**. No loose jewelry of any kind is allowed. **No Sunglasses**. A soft yielding material shall cover knee braces.

Ball Carrier: Any player running with the ball. It is your responsibility to avoid the defensive player were contact may become an issue. Running through players will not be tolerated.

Blood Rule: Game officials are urged to use common sense in the application of this rule and to differentiate between scrapes, scratches, open wounds and bleeding. When confronted with the situation, officials should use common sense to determine the possible risk to other players should the player continues to participate. When in doubt, the official is encouraged to act on the side of safety.



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Game Safety: Officials are responsible prior to game starting, for determining that the playing field is safe for use by all players. This includes checking for obstructions, removing hazards, and insuring that cones are placed properly. This responsibility continues throughout the game until its conclusion.

Conduct: Managers are responsible for player and spectator harassment of referees, statisticians, or opposing teams. **Racial BS will not be tolerated!** Players choosing to go that route will be asked to retire from league. Trash talking will not be tolerated, if it becomes a problem officials will stop game and talk to captains, possible ejection's. If a player is ejected from a game for fighting, that player will not play in the following week's game!

Game Fees

The manager of each team is responsible for paying \$30.00 in cash to the official statistician or referee **before the start of each game**. Officials are instructed not to start a game until both teams have paid their fees.

Official's fees for play-off games are not included in league fees. Each team involved in the play-offs will be required to pay the Playoff Fees prior to the playoff / tournament to participate.

Forfeit bond of \$50.00 is required to protect the league from forfeits. The bond is fully refundable.

Forfeits

Teams that have forfeited must pay the official's fees for both teams (\$50.00). The forfeit bond must be paid **48 hours before the next scheduled game**. Teams failing to comply with this rule may be dropped from the league, therefore forfeiting all fees. (Note: Referees do not have to officiate a game that has been forfeited).

Protest

All problems will be handled by the field officials and site supervisors and their decisions are final. (Reference: rosters and player eligibility, numbers, uniform, football etc.).



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Penalties Offensive

Illegal pitch-back - the play is blown dead at the spot of the illegal pitch.

Offside is a 5 yard penalty, (dead ball penalty) replay down.

Delay of game is a 5 yard penalty, replay down. (30 seconds is allowed between plays).

Illegal blocking is a 5 yard penalty, replay the down or decline penalty.

No Diving or Hurdling to advance the ball, the ball will be placed where player left his feet.

Offensive pass interference is a 5 yard penalty, and loss of down. (unless offense scores).

Holding is a 5 yard penalty, and loss of down. (Ex. if touchdown is scored... 5 yard loss and replay down).

Downfield blocking is a dead ball foul. The ball is dead at the spot.

Offensive Pick is a 10 yard penalty and loss of down from the line of scrimmage (if offense scores on the play, the penalty will be assets and the down will be replayed).

Flag guarding is a 10 yard penalty, and loss of down from spot of the foul (if player crosses the first down marker before the infraction and the penalty brings it back, it is still a first down).

Penalties Defense

Illegal rush is a 5 yard penalty, replay the down or decline penalty.

Illegal flag pull is a 5 yard penalty, and replay the down or decline penalty.

Illegal contact is a 5 yard penalty, and replays the down.

Bull rushing is a 10 yard penalty, replay the down or decline penalty.

Pass interference, is marked down at the spot of the foul, automatic first down. Any interference committed by the defense in the end zone, the ball will be placed on the two (2) yard line.

Contact to the quarterback's arm is not allowed, this will be called "roughing the passer." (10 yard penalty & automatic first down). Players are encouraged to go for flags.

Unsportsmanlike conduct is 15 yard penalty, and automatic first down.



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