



Adult “5v5 Non-Contact” Flag Football Rules & Information

This league is governed by [USA FLAG](#) except for the following:

Match Format

- The clock is 25 minutes long. Two 12-minute halves and one minute halftime.
- The game shall be played between two teams of five players each. Three players are required to avoid a forfeit.
- Standard dimensions of the field are 60 yards long by 25 yards wide with 7-yard endzones and 5-yard hash marks from each endzone. Field sizes may fluctuate from 53-64 yards long and 23-30 yards wide, when necessary, to provide best playing surface on the Krieg Multipurpose Field. Endzones will not be shorter than 5 yards.

Check-In/Identification

- **ALL** players who enter the game must check-in with the Scorekeeper before the game.
- Scorekeepers will check-in players according to the roster. Players are required to show an official valid ID such as: Driver’s license, ID card, student ID, or work ID. These are all acceptable as long as the ID has the player’s name and picture on it. Social media profiles will not be accepted.
- After an ID has been reviewed by the Scorekeeper, the player is required to sign the roster/waiver. A player must only sign in for the first game they play in that season, but an ID is still required for every game to check-in before playing. Players who fail to show proper ID **WILL NOT** be allowed to play.
- Players who arrive late will be allowed to play; however, they must enter the game on a dead ball. Late players must still check-in with the Scorekeeper before playing.

Rosters

- Official rosters must be turned in prior to the first game of the first match of the new season.
- Each team is limited to a maximum of 12 players on their roster. If a team has already reached this limit but needs to add another player, they must first remove a player from the roster before adding a new one.
- All roster additions or removals must be made in writing on the roster sheet. Changes may only be made by the team captain or acting captain at the scorer’s table.
- Roster additions will NOT be allowed after your 5th game played. To be eligible for playoffs, players must play in at least 1 regular season game. If you need to add players after the lock date, you must contact the League Coordinator by 2PM on gameday.

- Player Eligibility: Each team is responsible for the eligibility of their team members. In all divisions, the players must be 18 years of age.

Team Content

- A team can play with a minimum of 3 players. To field a team, at least 3 players from the roster must be present. If a team is short on players, they may bring their own subs or recruit from within the same or a lower division to avoid forfeiting. Teams are allowed up to a maximum of 2 subs of players on different rosters to field a team of 5. Any extra subs need to be approved by the opposing team's captain. If a team has fewer than 3 players, they will forfeit the game.
 - If you need to pull from another team to help field a team, those players pulled will **NOT** sign the roster of the team they are helping. This prevents confusion for playoff roster eligibility. Players cannot be listed on multiple rosters.
 - If you bring a sub from outside of the league, they can sign the roster but must not be on another team's roster already.
 - If roster players show up late to play on their team that has a sub, the sub for that player must come out.
- We encourage captains that know they will need to pick up players, to check out the free agent list [here](#). You can contact your League Coordinator to assist with this.

Forfeits

- Teams will have 10 minutes after start time to field an eligible team of the minimum needed (3). If the minimum number is not met after 10 minutes from start time, the game will be forfeited as officials cannot hold up a game waiting for a player.
 - If you know you will be unable to make a game, we encourage you to contact us as soon as possible so we can inform your opponent.
- The official has the right to start the game clock 5 minutes after scheduled game time if there are players present, but not ready to play.
- Any team forfeiting 2 scheduled games may not be eligible for playoffs. After forfeiting 2 scheduled games, the League Coordinator/Athletics Office will have the right to drop the team from the league. Being dropped from the league will endanger your opportunity to participate in any future leagues. If you do have to forfeit, the League Coordinator/Athletics Office must be notified as soon as possible.

Playoffs

- League championships will be decided by a playoff format at the end of the season. All teams will make the playoffs unless you forfeit 2 or more games during the season.
 - The number of teams that will make playoffs can change and will be up to the League Coordinator. This can be decided at any time during the season and will mostly occur when there are scheduling conflicts.
- Your playoff team will consist of only players on your roster. You will **NOT** be able to pick up players that aren't on your current roster to field a team for playoffs.
- Seeding will be determined by

- 1) Overall record. If there is a tie, the higher seed will go to the team that had the least number of forfeits. If you end up with the same record as someone and you beat them heat-to-head, you automatically lose the tie breaker because of your forfeit.
 - 2) Head-to-head
 - 3) Point differential
 - 4) Coin toss
- The winner of the playoffs will receive a championship award.

Protest

- In all questions about rules and disagreements, only the captain or acting captain can approach the official to inquire about the rule's interpretation.
- Disagreements with the interpretation of the rules must be brought to the attention of the referee prior to the next play following the play in which the disagreement occurred. If the explanation of the captain (or acting captain) is satisfactory, the referee shall record all data related to the protest on the score sheet and act accordingly.
- If needed, a decision can be made by the League Coordinator.
- There will be no protest on judgment calls.

Facility Rules and Information

- Teams/players/viewers etc. are to be two yards off the sideline between the endzones.
- Please be sure to pick up any trash you may have left behind.
- In the event of severe weather, game cancellation decisions will be made at least 1 hour prior to the scheduled start time.

Ball/Uniform/Flags

- The referee shall be the sole judge of any ball offered for play and may change the ball during play at his/her discretion. During the game, each team must use a legal ball of their choice when in possession.
- Players of opposing teams must wear contrasting-colored jerseys or shirts.
- Jerseys/shirts must be either:
 - Long enough so they remain tucked in the pants/shorts during the entire game OR
 - Short enough so there is a minimum of 4" from the bottom of the jersey to the players waistline. The referee will use a closed fist to measure this gap.
- Each player must wear pants or shorts without a belt, belt loops, pockets, or exposed drawstrings. Pants or shorts with pockets that have been professionally sewn-shut, taped, or zipped up are allowed at the game official's discretion.
- Each player will provide their own flag belt. Capital City Athletics will have flag belts available, but they must be returned after the game. Each player must wear the Shruumz, Sonic Flag-A-Tag, or Pop style belts or flags. The belt should be at the waistline with two flags attached, one flag on each side of the hips. Flag length must be 14-18 inches long from where the flag connects to end of flag, and the flag must be 2 inches in width as well.
- Flags cannot be the same color as the shorts worn.
- Each player must wear close-toed shoes. Cleats with exposed metal are never allowed.