

Sports Bubble Flag Football League 2007/2008



Rules and Regulations

The field

The field will run east and west across the Bubble floor. The field is 40 yards in length, and 35 yards in width. The end zones are 5 yards deep.

The Game

The game will consist of two 20-minute halves. The clock will run continuously except during a team time out inside 2 minutes of each half, and the last two minutes of the second half for any game in which the score is within 7 points. Each team will be allowed 2 timeouts per half. The clock will stop for 1 minute during a timeout. Half time will be 5 minutes, make sure your team is ready to go at precisely 5 minutes. Ties will be determined by ONE possession each after regulation. If neither team scores the game will be logged as a tie, if both score a tie, or if ONE team scores the scoring team will be the winner. Evtra points are included in possession and can break the tie.

Huddle Clock

Teams have 25 seconds from the time the ball is placed by the referee to snap the ball. The Refs will give a warning at 5 seconds.

Players

Teams may field 7 players during play. ALL players are eligible to go down field and receive, however, the linemen must be in a 3-point stance prior to the snap, and must come to a standing position before going out on a pass route. NO contact is to be made on the center until he has come to a standing or blocking position.

4-second rule

The Offense has 4 seconds from the time of the snap to cross the line of scrimmage, ball is considered in the air when Quarterbacks arm is moving forward and the ball is released. Pumps are not considered moving forward. Play is dead at exactly 4-seconds. Ball is marked at the spot behind line of scrimmage when clock expires.

Uniforms/Flags

All team members must wear the same color shirts/jerseys. Shirts/jerseys must be tucked into pants. Flags must be worn one on each side and one on the middle of back and must be unhindered by clothing.

Flag Guarding

A player may not prohibit the opposing team from capturing the flag through use of arms or high stepping, or swimming (flailing of the arms).

Offensive Formations

Must have 3 players on the line in a 3 pt. Stance. You may send 1 player in motion, however he may not turn up the field prior to the snap. NO MORE THAN 7 players on the field during play. Tackles must be able to touch the center.

Defensive formations

No more than 7 players on the field during play. All players may rush the QB. The defense must be in a 3-point stance within the offensive tackles.

Kickoffs and Punts

There will be NO kickoffs or punts. The ball will be spotted at the 3-yard line. The ball will be spotted at the 3-yard line after a safety. The team winning a coin flip to begin the game will have the first possession.

Fourth Down

On fourth down, a team must either go for a first down or elect to "punt". When a team punts, the opponent receives possession at their 3-yard line.

First Downs

Midfield will be the only first down unless a penalty should result in another.

Fumbles

The ball is DEAD AT POINT OF FUMBLE with team in possession of the ball at time of fumble retaining possession with loss of down. The ball may not be advanced. If an offensive snap is over the QB's head or short, the ball will be placed at point of contact with ground and a loss of down will result.

Blocking

No blocking above shoulders or below waist.

Charging

When a defensive player has taken an established position and the offensive player runs through him.

Substitutions

Substitutions may be made at anytime. However they must be done according to regular NFL rules. All players on offense must be in the huddle at the time it breaks for that down. Any player not off the field at time of snap is subject to penalties according to rules. Offense can have no more than 7 players in huddle. If a substitute goes in one must immediately come out. Hurry up offenses do not need a huddle, but substitutions must report within the tackles.

Pass receptions

A player must come down with both feet in bounds on a pass reception, unless a defensive player causes him to go out of bounds in which case it is the referees judgment as to whether he could have caught it inbounds. This rule will be enforced all the way around the field, sidelines and end zones.

Special Bubble Penalties

1. Flag guard – 5 yards from spot loss of down (8 yards if by defense after interception, they retain ball)
2. Leaping while straight ahead running – 5 yards from spot loss of down
3. Holding runner in attempt to get the flag – 10 yards (1st down)
4. Illegal downfield block by offense – 5 yards from spot loss of down.
5. Illegal formations – 5 yards repeat down (3 offensive lineman, 3 point stance, able to touch center) (Defense not in 3 point stance between tackles)
6. Charging – 5 yards from spot loss of down.
7. Flag hindered by clothing, not under belt – 5 yards from LOS and repeat down.
8. Unauthorized communication with an official – 15 yards (not automatic first down)
9. Bull Rush - 10 yards automatic first down

ZERO TOLERANCE RULE

The Sports Bubble will not tolerate any unsportsmanlike conduct from any player or spectator that places the integrity or safety of a Bubble employee, official, player or spectator at risk. Use of violence, profanity or any other type of behavior that creates a travesty to the game or the Sports Bubble is included in this rule. Violation of this rule can result in immediate ejection from game or league play.

An official may at his discretion sit any player for 8 plays if he violates these rules instead of an ejection. If that player causes any other disturbance during game he will be ejected for 2 consecutive games. Bubble officials will try and use the latter unless the infraction warrants an immediate ejection. This rule is non-negotiable. Ejections that result in end of league play can be appealed. The officials will then vote on reinstatement. Majority rules. Any player who violates this policy after reinstatement will be barred permanently from league play

NFL Penalties

If a first down results during the play, the penalty will be marked and it will be first down from mark of the assessment

Should the loss of down be on a fourth down play, the defense will take over after the penalty is assessed

Penalties inside the 10 yard line are half the distance

Five Yards (4 yards)

Defensive holding or illegal use of hands (automatic first down)

Delay of game on offense or defense

Encroachment

Excessive time out(s)

False start

Illegal formation

[Covered under special Bubble rules](#)

Illegal shift. Illegal motion. Illegal substitution

[Does not check into huddle](#)

More than 11 players on the field at snap for either team

Less than seven men on offensive line at snap

[3 men at line and in 3-point stance able to touch the center](#)

Offside

Failure to pause one second after shift or huddle

More than one man in motion at snap

Player out of bounds at snap

Neutral zone infraction

Loss of team time out(s) or five-yard penalty on the defense for excessive crowd noise

Second forward pass behind the line

Eligible receiver who has gone out of bounds and returned first touches forward pass

Not applicable in end zone because marked end zone is not 10 yards deep, result incomplete

Forward pass thrown from behind line of scrimmage after ball once crossed the line

10 Yards (8 yards)

Offensive pass interference

Holding, illegal use of hands, arms, or body by offense

Tripping by a member of either team

Helping the runner

Deliberately batting or punching a loose ball

Deliberately kicking a loose ball

Illegal block above the waist

Above the shoulders

15 Yards (12 yards)

Chop block

Clipping below the waist

Fair catch interference

Illegal crackback block by offense

Piling on (automatic first down)

Roughing the passer (automatic first down)

If you miss the ball in an attempt to bat it down and touch QB offense cannot block you into him

Twisting, turning, or pulling an opponent by the facemask

Unnecessary roughness

Player will sit for 8 plays, 2nd violation ejection, and 3rd violation league vote to play again by officials

Unsportsmanlike conduct

Referee can sit you for 8 plays depending on the infraction

Illegal low block

A tackler using his helmet to butt, spears, or rams an opponent.

Any player who uses the top of his helmet unnecessarily.

Use of head is same

Five yards and loss of down (Combination Penalty)

Forward pass thrown from beyond line of scrimmage.

15 Yards and loss of coin toss option

Team's late arrival on the field prior to scheduled kickoff

Will be enforced if you have been informed and fail to join the coin toss

Captains not appearing for coin toss.

2 captains (1 defense- 1 offense)

15 Yards (and disqualification if flagrant)

Striking opponent with fist

Kicking or kneeling opponent

Striking opponent on head or neck with forearm, elbow, or hands whether or not the initial contact is made below the neck area

Roughing passer

Roughing the passer is any contact with the QB while he is attempting to throw , whether you get the ball or not

Malicious unnecessary roughness

Unsportsmanlike conduct

Palpably unfair act. (Distance penalty determined by the Referee after consultation with other officials.)

This is if a player not in game or spectator interferes with a catch or run. Results in an ejection if by a spectator.

15 Yards and automatic disqualification

Striking or purposely shoving a game official

Touchdown awarded (palpably unfair act)

When Referee determines a palpably unfair act deprived a team of a touchdown. (Example: Player comes off bench and tackles runner apparently en route to touchdown)

Officials

There will be 2 officials covering each game. One official will watch the line and the backfield, keeping track of play clock, 4-second clock , and game clock. The other will be across the field or in back field watching defense and other side of line as well as covering passes and downfield runs. Judgment calls are not negotiable, and argument can result in a penalty. Remember there is only two of them and they cannot see everything.. What they don't see they will not call. Injury to an official could leave game with one official. Both officials will keep a game clock with line judge being the official time.

If you have any issues please contact me at : Art @ 280-0824

Amendments

October 26, 2004 – All extra points inside of 2 minutes of each half will be untimed downs as well as during overtimes.

Extra points will be included during overtimes and can break the ties.

In a playoff game each team will have equal opportunity to score until one team fails to score or fails an extra point try. This means if one-team scores the other will have the opportunity to score also, however if one misses the extra point and the other doesn't that will decide the game. If one team fails to score and the other doesn't this will decide the game also.

Under the **Blocking** definition it should also read: NO Downfield blocking by offensive team. The offensive team may get in the way of a tackler but can not extend his arms or elbows in a blocking stance. Offensive means team in possession of the football.

November 2006 - A " No Running " Zone has been added 3 yards on each side of the midfield line and 3 yards before each end zone. The offensive team may not run in this zone. The zone at midfield only pertains "up to" the midfield strip. Once a 1st down is reached or the ball has crossed the midfield strip the "No Running "Zone is not in effect until the ball reaches the 3 yard line, where it again would come into play.

If a defensive penalty puts you in the "No Running "Zone, you may run for 1 play. After that play you will be considered in the "No Running "Zone and can not run. Should a offensive play or penalty return you to the " No Running " Zone after you have obtained the midfield strip, you may run for 1 play, then if you are still in that zone you may not run. If the offense is already in the "No Running" Zone and a penalty or play takes them out of that zone they are considered to be still in that zone and can not run. The exception to this would be at midfield where a first down would nullify the "No Running" Zone.

September 2007 – Clarification to the Defensive Formation Rule

Defensive linemen must be in a 3 point stance to rush the Quarterback when within 6 feet(arms extended) of the offensive line, either to the outside of the tackles/guards or in the defensive backfield (In which case the 6 feet extends from the neutral zone back 6 feet). Violation of this rule will be considered a "illegal defense" and result in a **4 yard penalty. The 3 point stance defensive box extends 6 feet out side of the furthest outside linemen on each side of the ball, to 6 feet behind the neutral zone. Any defensive player in this box must be in a 3 point stance to rush the Quarterback.**



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