



8 on 8 Flag Football Rules (2011) Updated 9/17/11

Rule 1. The Game , Playing Field , And Equipment

Section 1. The Game

The Game: The game shall be played between 2 teams of 8 players each. 6 players must be present at game time to avoid a forfeit. Game time is defined as the scheduled start time. Teams should arrive to their game 30min-1hr prior two each game. Please be in mind games maybe

Team Captains: Each team shall designate to the Referee the team captain or captains. If more than one player is designated, a speaking captain must be designated to make all decisions. The captain's first choice of any penalty shall be irrevocable.

Persons Subject to the Rules: Team representatives, including players, substitutes, replaced players, coaches, trainers, spectators and other persons affiliated with the team are subject to the rules of the game.

Referee's Authority: The referee has authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules.

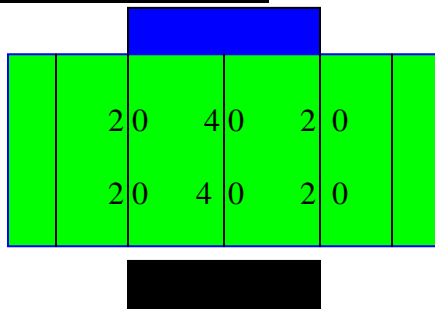
Roster: Roster size 8min/20max.USL will be taking a team picture either on week 4 or week 5. Whoever is on your team must be present on team picture week or they will not be able to play in the playoff. Unless there is valid reason and we will schedule another day. They must also play at least 1 game. Once a player is on a official team he cannot switch teams. If a team would like to hold a roster of more then there max they will have to pay additional fee of \$50 per player before the season begins. Players from each team must sign a release from which will be for 1year. If their player has not completed the release form by week 4 then he/she will not be able to play the

game. You can print out the form from www.unitedsportsleague.com . Please make arrangements to have your complete team present for photo.

(New) Player requesting to switch teams during the season may do so. If you are a player who is on a official roster or played on a team at least 1 game may switch to another team only by:

- A. Must submit a request to the commissioner by email t.ready@unitedsportsleague.com
- B. Must sit out 1 game once after the commissioner has granted the request.
- C. Must pay a transaction fee of \$90.00 which the team requesting to have you may pay.
- D.** \$10 of the \$90 will be donated to United Sports Youth League. \$80 will be sent to the team you are wishing to leave.
- E.** Remember you must receive approve email from the commissioner and confirmation of the payment being receive.
- F.** DEADLINE TO SWITCH TEAMS IS WEEK 6

Section 2. The Playing Field



1. The Team Area ↑

On each side of the field a team area is designated for the teams, coaches, and authorized team attendants. The area shall be located 3yards from the sideline and between the 20-yard lines. Each team must take a separate sideline and have the responsibility of keeping its players and spectators behind these restraining lines or be subject to an unsportsmanlike penalty for sideline infractions. If teams cannot agree on a sideline, the Referee will conduct a coin toss or higher seed.

Field Dimensions: 80X40 yards the end zone shall be 10yards deep

Section 3. The Game and Player

1. The Ball

The team must bring there own football the league may have an official game ball which is held with the referee but it is the team responsibility to have there own football. Football must be official size no exception.

2. Player Uniform (Please Highlight)

The Jersey- Players of opposing teams must wear contrasting colored jerseys, without pockets. In the case of similarity of colors, a coin toss will be performed by the game official. Jersey's must be :

- Long enough so they remain tucked in the pants/shorts during the entire down
- Short enough so there is a minimum of 4" (roughly a fist length) from the bottom of the jersey to the player's waistline.
- Everyone on the team must have at least all contrasting color. If not they will loose all rights on the coin toss. If a player arrive after the coin toss and that player does not have a uniform then if the opponent team receive the ball during the first half they will receive the ball in the second half. If they did not receive the ball in the first half then they will receive the ball in the second half and the team that occur the foul will be penalize 15 yards during the throw off.
- Team must have jersey by week 3(NO EXCEPTION YOU HAVE 2WKS To Shop) **IF ONE PLAYER DOES NOT HAVE A JERSEY/T-SHIRTS WITH #'s THAT IS SAME COLOR OR CLOSE ENOUGH TO THE OFFICALS TO DECIDE AFTER WEEK 3 THE TEAM WILL NOT BE ALLOW TO TAKE ANY TIME OUTS. BY WEEK 6 PLAYER WITHOUT JERSEY/T-SHIRTS WILL NOT BE ALLOW TO PLAY. CAPTIAN HAVE EXTRA JERSEYS (NO SWITCHING JERSEY ON THE SIDELINE)**
- Also carry a white t-shirt if you have color jersey and dark t-shirt if you have white jersey in case both teams have the same color uniforms. Just stuff one in your bag or car.(Higher Seeded will have first choice)

Pants/Shorts: Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s) or exposed drawstrings. The pants or shorts must be a different color than the flags. All members of the team should have the same contrasting color.(Super League all teams must wear complete uniforms by week 3 ask USL if you need uniforms assistance.

Flag Belts:

- Depending on the season the league will supply either sonic flags, triple threat flags or Velcro flags.
- The belt must be worn at the waistline and have flags on each side of the waist.

Footwear: Tennis shoes or cleats must be worn. **Metal Cleats or studs are not permitted and players will be disqualified if found during a game.**

Headwear:

- Players may wear a headband no wider than 2” and made of a non-abrasive cloth, elastic, or rubber to control hair. Players may wear only rubber bands or soft elastic bands to control hair. Penalty flag colored headwear may not be worn.
- Caps must be worn in reverse direction.

3. Illegal Equipment

1. Headgear containing any hard, unyielding or stiff material including billed hats.
2. Jewelry
3. Pads or braces worn above the waist.
4. Shoes with metal, ceramic, screw-in, or detachable cleats. Any team found wearing illegal equipment will be penalized 15 yards, and the second warning results in a forfeit.
5. ***Shirts or jerseys, which do not remain, tucked in. Any hood on a coat, sweatshirt, or shirt, which does not remain tucked in. The player will be subjected to a one (1) touch rule. Unless opponent team pulls the jersey out during the play.(Referee decision) Center should check every player during the drive.**
6. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped, and any other hard substance is covered with at least ½ inch of closed cell slow recovery rubber or other material of similar thickness and physical properties.
7. *Towels attached at the player’s waist (flag only) Exception only center can have a towel due to rain. Hand Warmer maybe use during the winter season but will be decided by officials.
8. (NO METEL CLEATS)

Play: A-1 enters the field wearing illegal player equipment: (a) the Referee sees it prior to the snap or (b) the Referee sees it either during or after the down. Ruling. In (a) the Referee will inform A-1 to return to the team box for repair or replacement of the illegal equipment. In (b) the Referee will enforce an unsportsmanlike conduct penalty against A-10.

Flag Equipment: If a player flags fall down then the opposing team is allow to just touch the player and the play will stop. If a opponent remove a player flag prior to the play and referee see it he will be penalize with a 15yard penalty at the end of a play and automatic first down.

RULE 3 . PERIODS , TIME, SUBSTITUTIONS, LIVE/DEAD BALL

1. The Coin Toss

Three minutes before the start of the game the Referee shall designate which captain shall call the fall of the coin, then toss the coin in the presence of all officials and opposing captains.

The captain winning the toss shall have a choice of options for the first half. These are:

- a) Choose whether his/her team will start on offense or defense
- b) Choose the goal his/her team will defend.
- c) Defer the choice to the second half (Remember Please)

The captain, not having first choice of options for the half, shall exercise the remaining option. A meeting will be held of captains prior to the start of the second half where the captain who deferred or did not have the options in the first half will select.

2. Playing time and Intermissions

Playing time shall be 46 minutes, divided into 2 halves of 23 minutes. The intermission between halves shall be a maximum of 4 minutes. When overtime is used, there shall be a 1 minute intermission.

3. Extension of Periods

A half must be extended by an untimed down except for unsportsmanlike or nonplayer fouls, if during the last timed down, one of the following occurred: .

- a) There was a foul by either team and the penalty was accepted
- b) There was a double foul
- c) There was an inadvertent whistle
- d) If a touchdown was scored, the try is attempted unless it was scored on the last down of the second half and would have no bearing on the outcome of the game.

4. Game Timer

The playing time will be kept on a stopwatch operated by the Referee or by a game clock which is useable at certain facility.

5. First 23 Minutes

The clock will start on the snap and will run continuously unless it is stopped for a team timeout or a referee's time out.

6. One minute warning/Two Minute warning

Approximately 1 minute before the end of first half the Referee shall stop the clock and inform both captains of the playing time remaining in that half. The clock starts on the snap. The referee

will announce to the captains the remaining time and status of the clock after every play in the last minute.

Please Note: Game Time teams will have a grace period of 10min, but if that should occur teams will forfeit either 1 or all their timeouts and pre game decision from the first half(if you arrive within 5 min then 1 timeout). Clock will start after 10min every minute pass opponent team will score 1pt. If a team of 6 players have not arrived by 13 min from the time the clock began then the game is forfeit. Winning Team Wins 13-0. Teams who forfeit 3 times will be dismiss from the league. Teams who forfeit will have to pay a forfeit fee of \$65 prior to the next game unless season league has already been paid. IF a team has one or two forfeit and there are currently in a dispute with another team. The commissioner will take consideration on the team that has the least amount of forfeit.

During the final minute of 1 st half, and final minute of the second half, the clock will stop for a:	The clock will restart on :
a. Incomplete legal or illegal forward pass-	The snap
b. Out of bounds	The snap
c. Safety	Ready for Play
d. Team Time Out	The snap
e. Touchdown	The snap(after the try, does not run on the try)
f. Penalty and Administration	Dependent on previous play (Except Delay of Game, Snap)
g. Referee's Time out	Referee's discretion
h. Touchback	Ready for Play
i. Team AA is awarded a new series	Dependent on previous play
j. Team B is awarded a new series	The Snap
k. Either team is awarded a new series after a Punt/Throw	The Snap
l. Team attempting to conserve time illegally	Ready for play
m. Inadvertent whistle	Ready for play
n. Team attempting to consume time illegally	The snap

PLEASE NOTE: During inside the 1 minute if the offensive team commits a penalty 10sec will run down only if the clock was running. If the clock is stop and team commits the penalty no seconds will be runoff.

7 Correct Timing Errors

The referee shall have the authority to correct obvious timing errors if discovery is prior to the second live ball following the error unless the period has officially ended.

During Regular Season: If THE OFFICIALS FEEL THE GAME HAS NOT PASSED THE GAME TIME OF THE NEXT GAME THEN U-Point Starting AT THE 15 YARD LINE 1 ATTEMPT FROM BOTH TEAMS ONLY After the end of regulation time and both scores are similar game will automatically be tied.

During Playoff OT:

- a) Team will have a coin toss.
- b) Each team will start from the 20 yard line, and have one offensive series to score. 2nd round will be reverse order.
- c) If no one scores then the teams will go directly to the U-Point format which the ball will start from the 15 yard line and play until we have winner.

Fouls and Penalties

They are administered similar to the regular game. Team A shall be awarded a new series of downs when an automatic first down foul is accepted. Dead ball fouls following a touchdown are penalized on the try or officials may decide to add it on the after the try. Live ball fouls committed by either team after team B gains possession during a try or overtime shall be enforced at the succeeding spot. Dead ball fouls following a successful try will be penalized from the succeeding spot.

TIME OUTS AND OTHER TIMING SITUATIONS

Delay of Game

- The ball must be put in play promptly and legally and any action or infraction by either team which tends to prevent this is delay of game. The ball must be put into play **25 seconds** after the ball is declared ready for play by the Referee. Also, it is delay of game to put the ball in play before the ready for *play signal*.

Time Outs

- Each team is entitled (3) three sixty-second time outs per game you can carry over. You cannot take a back to back timeout. 5 yard penalty

Referee Time outs

- The referee is entitled to declare an official time out when an excess time-out is allowed for an injured player. The referee may also declare a time out a contingency not specifically covered in the rules.

Injured Player

- An injured or apparently injured player, who is discovered by a game official while the ball is dead and the clock is stopped, shall be replaced for at least one down, unless halftime intermission occurs. A player who is bleeding shall be considered to be injured, and must be removed. If a player is injured and on the field for more than 1min team will be charged a timeout.

Coach-Referee Conference

- When a team requests a charged time-out for a misapplication or misinterpretation of a rule, the referee will confer with the team captain or coach. The request must be made before the next live ball. If the referee changes the ruling, a timeout will be charged to the official. If it is not changed, the team will be charged with a time-out. If the team has no time-outs remaining, then they cannot delay or will be charged a delay of game.

Authorized conferences

There are two types of player-coach conferences that may take place during a time out.

1. One or more players and one or more coaches may meet directly in front of the team box within 5 yards of the sideline
2. One coach may enter the field at their team's huddle on the inbounds hash mark to confer with the players.

Substitutions

- No substitute shall enter during a down. An incoming substitute must enter the field directly from his team area. A replaced player must leave the field at the sideline nearest his/her team area before the ball is snapped. During the same dead ball interval, no substitute shall become a player and then withdraw, and no

player shall withdraw and then re-enter as a substitute. NO TRICKS (5yard penalty repeat down)

RULE 4 . BALL IN PLAY, DEAD BALL, OUT-OF-BOUNDS

Flag Removal:

- a. A Players must have possession of the ball before they can legally be deflagged,
- b. When a runner loses his/her flag either accidentally, inadvertently (not remove by grabbing or pulling), or on purpose, play continues. The deflagging reverts to a one hand touch of the runner between the shoulders and the knees, reverts to a one hand touch of the runner between the shoulders and the knees,
- c. In circumstances where a flag is removed illegally, play should continue with the option of the penalty or the play.

A live ball becomes dead and an official shall sound the whistle when the runner goes out of bounds or any part of the runner other than the hands or feet touches the ground. A BALL IN HAND IS CONSIDERED PART OF THE HAND.

Fumbles is a Dead ball

Inadvertent Whistle

When an official sounds his/her whistle inadvertently during a down when:

- a) The ball is in player possession- the team in possession may elect to put the ball in play where declared dead or replay the down.
- b) The ball is loose from a fumble, backward pass, illegal kick, or illegal forward pass-the team in possession may elect to put the ball in play where possession was lost or replay the down

Special Team

- There's no kickoff in *USL* only throw off. If ball goes out of bounds team will start from the 35 yard line. The thrower will start from the 25 yard line and the rest of

team will start before or on the 30 yard line. The receiving team lines up on the 30 yard line you must have a least 4 players on the 30 yard line.

- During the throw off if the ball passes the receiving team 20 yard line then the ball will be consider a live ball and the throwing team can recover the ball. **If the receiving team catches the ball inside the 20 yard and then takes 2 steps and drop the ball before advancing then the ball will be consider a live ball.** If the ball is thrown before reaching the 20 yard line and either the ball was drop by the receiving team or the throwing team recover the ball before the receiving team **the play will be dead at the spot of the ball.** Same result of punting the ball.
- *This scenario is as close to a fumble. No stripping the ball. Inside the 20 yard is live but you must also give the receiving team 2 yards to catch the ball and no contact. 15 penalty if contact is perform and possible ejection.*
- ***B-DIVISION DOES NOT PLAY LIVE BALL RULE ABOVE. THEY PLAY INSIDE THE 20 YARD IF A TEAM RIPS THE FLAG AT THE 2min of the second half . The recover team will start on the 40 yard line. NO KNEEL TOUCH BACK.***
- ***The Neutral zone during throw off is from 30 yrd of the kicking team to the 30yrd of the receiving team.***
- **DURING ALL SPECIAL TEAM THERE IS A 25 SEC PLAY CLOCK.**
- To punt you will throw off the ball as if it was a kick, but defense may not rush.
- The Team that is throwing the ball must ably by these guidelines
 - a) The ball must be snap between the legs on a Shotgun position.
 - b) You cannot throw the ball directly out of bounds it must bounce on the field first before going out of bounds unless the ball reach the end zone.
 - c) If the ball goes out of bounds before falling on the field. Team will be charge a 15 yard penalty from were the ball went out or if the ball goes inside the 20 yard line teams have the option to move the ball to the 35 yard line. Ex 1: If ball goes out of bounds in the 23 yard line then the team will take the penalty and move the ball to the 38 yard line. Ex 2: If the ball goes out bounds inside the 10 yard line the team can start the ball on the 30 yard line).
 - Defensive must have 3 guys on the line and the 4th guy anywhere on the line of scrimmage.
 - No fake throw off. If team wants to change there mind then they must take a time out.

Conversion for the extra point: When a team scores they will perform and extra point. If that extra pt is not made the opponent team will have the option to: Take the ball in the 25 yard line or request for throwoff. If the team that attempted the extra pt and score the will have the option to:

Place the ball in the 20 yard line or throw off. The throw off will only occur inside two min of the second half.

Rule Snapping , Handing , And Passing The Ball

Section 1. The Scrimmage and Prior To The Snap

1. The Start: All plays from scrimmage must be started by a legal snap between the center legs.
2. Ball Responsibility: Offensive players are responsible for retrieving the ball after a scrimmage down. The snapper will bring it from the huddle to the scrimmage line. A towel may be placed under the ball, but not attached to the waist of a player.

Section 2. Position and Action during the

1. Legal Position: Anytime on or after the ball is marked ready for play, each Team A player must momentarily be within 15 yards of the ball before the snap.
2. Minimum Line Players: The offensive team must have at least 4 players on their scrimmage line before the snap. All players must be inbounds. A player in motion is not counted as one of the four on the scrimmage line.
3. You cannot have more than 4 receivers on one side. You can have a player play Tight End (which is close to the tackle) and have trips on that side.
4. Motion: one offensive player may be in motion, but not in motion towards the opponent's goal line at the snap. Other offensive players must be stationary in their positions without movement of the, feet, body, or arms.
5. Shift: in a snap preceded by a huddle or shift, all offensive players must come to a complete stop and remain stationary in legal position without movement of feet, body, head, or arms for at least one full second before the snap. RB once still for 2sec any sudden movement result false start.
6. (New) Super League Defensive end can lineup heads up or outside tackle no more than arms length. SL must have a nose tackle heads up at all time. B division must line up head up.

RULE 8. SCORING PLAYS AND PENALTIES

1. Mercy Rule: If a team is 19 or more points ahead by 2-minute remaining of 2nd half the game shall be over.
2. Touchdown: All touchdowns are worth 6points.
3. Try for 1,2: An opportunity to score 1 point from the 3 yard line, 2points from the 10 yard line. If the opposing team intercept a pass and advance all the way for TD he/she will be rewarded 2 points
4. Safety: 2points team will throw off from the normal spot.
5. Field Goal/ U-Point: *No Field goal attempts at all. USL has the U-point system which is a substitute for a field goal. It's a one- on-one scenario with a receiver vs cornerback Ex: (Quarterback throwing the ball to his receiver and crossing the end zone team will receiver 3points. The Qb has 8 **seconds** to throw the ball or the play is dead. One player on defense will be lineup on the line of scrimmage facing the qb and wait for 3 seconds then he will be able to rush the QB that player cannot go after the WR he can only rush the QB regardless after the ball is thrown or not. If the defensive player gets a penalty for crossing the line of scrimmage the offense will have the option to accept of decline the penalty . which might convert to a first down. The defensive can get 1points if he intercepts the ball.

Referee will toss or hold the ball for the qb. You can only attempt the u-point if your team is inside the opponent 40 yard line. Any penalty may result in first down or yards.
6. Referee's Responsibility: The Referee must speak to the team captain or co captain only, asking him/her whether the Try shall be from the 3 or 10 yard line. Once the Team A captain makes the choice, the decision may only be changed by a charged time out to either team. A team's choice cannot be changed if a penalty occurs. Enforcement of yardage penalties does not change the value of the try. If team B intercepts a pass during the try and returns it for a touchdown they score 2points.

Section 2 Conduct of players and others

Noncontact Player Acts:

No player shall commit noncontact acts during a period or intermission; Examples include, but are not limited to:

1. Refusal to comply or abide by the request or decision of an official
2. Using disconcerting acts or words prior to the snap in an attempt to interfere with Team A's signals or movements (5yard penalty)
3. Intentionally swinging an arm, hand, or fist at any opposing player (ejection for the game and possible suspension)

4. Participate while wearing illegal player equipment (15yard penalty and loss of down)

Prohibited Acts: There shall be no unsportsmanlike conduct by players, substitutes, coaches, or others subject to the rules, Examples include, but are not limited to:

1. Attempting to influence a decision by an official
2. Disrespectfully addressing an official (15yard penalty)
3. Indicating objections to an official's decision
4. Using profanity, taunting, insulting or vulgar language or gestures(15yard penalty 1st warning(Team Fine \$5) and 2nd Warning ejection and possible suspension Team Fine \$15)
5. Fighting an opponent (which means a punch thrown will be 2minium and possible season or band. Team will be fine \$20 and must be paid prior to the next game or no game will begin.
6. Leaving the team area and entering the playing field during a fight (may be subject to a 1 game suspension if caught by officials) Team Fine \$5 for each player.

All acts player s may be suspended or remove from the league permanently. Commish decision.

7. Smoking it is a Federal, State and Local Law that smoking and any use of tobacco products are prohibited on Parks or School grounds. Team will be fine \$25 if caught.
8. Alcohol; you cannot drink any type of alcohol substance in the field if caught team will have to pay a fine of \$25-75 prior to the next game.

ALL RULES PLAYERS MAY BE SUSPENDED , FINE, COMMUNITY SERVICE, OR REMOVE FROM THE LEAGUE PERMANENTLY.

Blocking Rule:

- Open-hand blocking from the chest out.
- Only open hands are to be thrust outward from the elbows, not up from the sides.
- You can also do a side blocking pick but to accomplish this you must stand there and cross your arms or keep your arm down but NO elbows.
- All blocks must be from the waist and shoulders and not below the waist. First contact must be applied to the player's front or side, not back.
- If player is found to do a Cut block he will be remove from the game and may face criminal charges if player is hurt from that action.

Ball Carrier:

A ball carrier may get up and advance with the ball if he falls, unless touched while down. The flag does not have to be pulled if a player is down on the ground. The ball carrier must never do the following:

- Placing or Swinging the hand or arm over the flag belt
- Placing the ball in possession over the flag belt
- **Lowering the shoulder in such a manner which places the arm over the flag belt (10 yard penalty)**
- Crawl or dive to advance (10 yard penalty)
- Jersey covering the flag and the defense cannot pull the flag (official's Judgment) one hand touch will prevail.

Receiving

- Two Foot must be inbounds for a legal catch in super league .One foot for B league.
- A receiver who steps out of bounds is out of play(becomes ineligible) unless he is pushed out by a defender.
- The receiver must control the ball throughout the act of touching one foot or any other part of the body except the hands, to the ground in bounds.
- If the receiver is pushed out of bounds by a defender during the act of catching the ball an official may rule that the player would've been in bounds without the contact and award the catch.

Ball Retrieval

The offense is responsible for retrieving the ball and bringing it back to the line of scrimmage in the last 2 minutes of the game. But the defender can get the ball as well if the officials ask them too.

Summary of Fouls & Penalties

Loss of 5 yards	Loss of 10 yards
<ol style="list-style-type: none"> 1. Required Equipment worn illegally 2. Delay of Game (Dead Ball) 3. Unfair Tactics 4. Substitution Infractions 5. Encroachment 6. False Start (Dead Ball) 	<ol style="list-style-type: none"> 1. Illegally Secured Flag on Touchdown(Loss of Down) 2. Tripping Opponent 3. Contact with Opponent on the ground 4. Hurdling any player

<ol style="list-style-type: none"> 7. Illegal Snap (Dead Ball) 8. Offensive Player not within 15yards of ball 9. Player receiving snap within 2 yards of scrimmage line 10. Illegal shift 11. Intentionally Grounding (loss of down) 12. Helping the runner.(Automatic lost of down from the spot) 13. Illegal participation 9men in the huddle 14. (minor)Holding on Defensive is 5yard and auto 1st down. 15. Illegal lineman downfield 10 yrd from the los automatic down 	<ol style="list-style-type: none"> 5. Diving 6. Illegal offensive screen blocking. 7. Holding on offense 8. Flag Guarding (Automatic lost of down from the spot) 9. Illegal use of hands 10. (Major)Holding: Defensive grabbing and holding offense shirt while he is running with the ball.5 yds add to the end of the play. Automatic 1st down. Unless inside 20 yard 10 yard or may be place 1yd 11. Defensive player intentionally pulling a flag from an offensive player without the ball is illegal
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MAJOR PENALIES: LOSS OF 15 YARDS MAY ALSO INCLUDE Disqualification

1. Offensive Pass Interference – (Loss of Down)
2. Defensive Pass Interference (Automatic First Down)
3. Unsportsmanlike Conduct
4. Unnecessary contact of any nature
5. Tackling(Automatic First Down and player will be toss out for a half, or entire game or more then 1 game.(Team Fine \$10)
6. Stiff arm to the face.
7. Roughing the passer /Touching qb arm
8. Clipping
9. Clearance run act. If a player is in a clearance to score and a opponent player has only on way to stop him is to perform a illegal tactic that player will be penalize and will sit out for 6 plays. This is all control by referee decision.

Level of Play

D-1 Advance player who either played College Football D 1,2 & 3 or have 10 yrs of Touch or Flag Football experience. (Automatic Rush for the 3 down line and 1 blitz per 4 downs.

D-2 Intermediate players who played at least high School Football or 5 years of Touch/Flag Football experience. 2 sec rush and 1 blitz competitive.

D-3 Players who wants to play in a low competitive level 3 sec rush.

D-4 Open to everyone recreational plays Coed especially.

Additional Rules

- *Defensive players may not grab the offensive player jersey and try to throw him off. We understand it's allowed during tackle football but this is not tackle football. If caught 10 yard penalty and automatic first down.
 1. ALL League requirements must submitted prior to the season. Which includes registration forms, individual waiver forms form each player and at least half the league fee. If teams do not abide by the rules teams will lose all choices for the 1st and 2nd half.
 2. Offensive line and Defensive line does not need flags ***2 hand touch will prevail.*** If these player catch the ball, int etc then a one hand touch rule will be enforce.
 3. Only players and coaches are to be on the field family and friends will have to sit on the stands or designated spot by the officials.
 4. **New** if a team receives a sideline warning they will receive a 5yard penalty. If they receive 3 sideline warning then referee has authority to call the game or add additional pts to the other team. Referee decision.
 5. A player that is ejected during a tournament/ league shall be suspended from playing the game in which he was ejected and also the following game. Team may be fine for that player act.
 6. Any fighting involving punches will result in a minimum of 4 games and team fine.
 7. Pickup your garbage or team will be fine \$10 if caught. Captain brings a plastic bag.
 8. Team with the better record will have choice of what sideline to lineup and coin toss.
 9. To avoid a forfeit team must have at least 6players
 10. USL does not provide Insurance. You can purchase a insurance policy for \$10 from K & K if interested please send email to greg@unitedsportsleague.com
 11. We may have an All-star game after the season is over. Look for announcement on the web.
 12. Free agents can be found on our website www.unitedsportsleague.com

13. If captains has a question about any issue during the season please email greg@unitedsportsleague.com . **DO NOT VOICE YOUR ISSUE ON THE BULLETIN BOARD. THANK YOU**
14. Half the League Fee must be paid before the season begins. If the remaining fee is not paid by week 4 then USL has the right to remove that team from the league, also that team will always lose any dispute conflict between another team.
15. If a captains has a question about any issue during the season please email greg@unitedsportsleague.com .
16. Weather issue. "NO BEFORE YOU GO" if it's raining heavily , thunder storm , or snowing and you want to know if the game is on please check the website or call before you go.
17. Team with the higher seed during the playoff will receive award. During the game once they scored their first TD they will have an option to take the ball at 1yard line or decline and go for 2pts which is from 10yard line.This is only for the first TD.

Tear Off Below.

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I captain have read the rules and will inform all my players about the rules and changes that occur. I will abide by the league rules.

Captain Name _____ TEAM NAME _____

Signature _____ Date _____