



ULTIMATE 6 ON 6 RULES.

Updated as of 9.6.14

GAME PLAY RULES:

- A. Equipment: All players must wear a set of flags, provided by the league, with both flags attached. Shirts must be tucked into, and are not permitted to hang over, the flag belt. Soft padding is permitted, but guards and pads made of hard materials (metal or plastic) are not permitted. Referees and United Sports league administration may at their discretion, forbid the use of any pad, piece of clothing or equipment. Cleats with metal showing are not permitted. All players must wear their team shirts or another shirt of the same color. Shorts/Pants may not have pockets. FOOTBALL MUST BE OFFICIAL SIZE BUT THE LEAGUE WILL PROVIDE GAME BALL.
- B. Field:
 - i. Width= 33 yards
 - ii. Length= 100 yards (80 yard of field and 2 10 yard end zones)
 - iii. Team Area= 2 yard from each sideline and between the 20 yard markers.
 - iv. Zone Markers for first down and Touchdown G, 20, 40, 20, G

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|--|----|----|----|--|
| | 20 | 40 | 20 | |
| | 20 | 40 | 20 | |

- C. Rosters:
 - i. Team must consist of at least 6 players
 - ii. The least amount of players to play with is 5
 - iii. Maximum players on a team is 10 players unless Injury Occurred.
- D. Game Length:
 - i. 2 halves lasting 22 minutes each.
 - ii. Running clock until last 1 minutes of the first half and 2 minutes of the second half. After the 1/2 minute warning the clock will stop on incomplete passes or runner out of bounds etc. .

- iii. Each team will have 2 time outs per half (60second each), and can carry over 1 from the first half to the second half.
- iv. Play Clock: Each team has a 25 second play clock once the whistle is blown. Offense is responsible of retrieving the ball in time for the next play.

GAME PLAY RULES II:

A. BEGINNING THE GAME:

- I. 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 first choice of any penalty shall be irrevocable.
- II. The Game: The game shall be played between 2 teams of 6 players each, but must 5 players must be present at game time to avoid a forfeit. Game time is defined as the schedule start time. Teams should arrive to their game 30 min to practice.
- III. The Coin Toss: **Three minutes** before the start of the game the Referee shall designate which captain shall call 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)
- d) 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.

B. Grace Period:

- I. ***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 5 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 \$55 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.

Game Play Rules III:

A. Offense:

- i. Teams have 6 players on the field. Formation must have a center snapping the ball from the ground between his legs.
- ii. Blocking (at the line of scrimmage/zone area only)
 1. Open hand blocking before the line scrimmage mainly by the center. After the line of scrimmage teams can only mirror block.
- iii. Passing:
 1. The offensive team may NOT throw more than one forward pass per play.
 2. The QB cannot throw the ball forward once they have crossed the line of scrimmage (LOS).
 3. The QB May intentionally ground the ball by throwing the ball into the ground or out of bounds to avoid a sack. If the ball is thrown laterally or backwards it is considered a fumble and the ball will be placed at the spot where the ball crossed the out of bounds demarcation or hits the ground. If the pass is thrown forward it is considered an incomplete pass and will be placed at the previous spot.
- iv. Rushing:
 1. All players are eligible receivers and running backs.
 2. No limit on the number of rushing attempts by a team by all Non-Quarter backs.
 3. Quarterback can only run the ball if a team blitz right off the line of scrimmage if the qb scrambles and pass the (tackle/ tight end area) Defense can rush in.
 4. No-Stiff arm.
- v. Receiving:
 1. A reception is deemed made if:
 1. The receiver possesses the ball before the ball makes contact with the ground.
 2. The receiver has two feet in the field of play after possessing the ball.

B. Defense:

- i. Rushing:
 1. Only one player can automatically rush from the snap. The player must be heads up with the center but at least 1 yard

(neutral zone) away. Try to let the center adjust his position after snapping the ball. (Safety)

2. Rusher must avoid hitting the QB arm, even through the follow through motion. (Hit qb are whiling throwing 15 yard penalty)
Tip the ball first then it's ok.
3. Additional player can rush the qb only if the qb runs pass the tackle/ tight end area.
4. Rush Blitz: Any defensive player may rush the quarterback during there 1 blitz per 4 downs. Referee will inform the teams prior to the snap if blitz is live or dead. i.e 1st and live or 2nd down and dead.
5. Ball handed off: If the ball is handed off the defense can go in right away.

ii. Pass Defense:

1. Defender is allowed one bump within 5 yards from the line scrimmage. No contact after.
2. Defenders are not allowed to play through the receiver to make a play on the ball.

iii. De-Flagging/Tackling:

1. When de-flagging the ball carrier:
 1. The defender may Not impede the ball carriers progress while attempting to pull that player's flag.
 2. No holding any part of the uniform to retrieve the flags. (Holding 5 yard tag on to the play)
 3. The ball carrier is down at point when the flag belt comes unclipped, NOT when it falls off.

C. Special Team.

- I. Throw-off: There's no kickoff in *USL* only throw off. If ball goes out of bounds team will start from the 35-yard line (1st and 5). The thrower will start from the 20 yard line and the 4 players will start before or on the 30 yard line. The receiving team only have three players out there. Reverse or throw back is allowed. No Blocking during the throw off. Only stand still mirror block.
- II. **(New)** During the throw-off of the 1st , 2nd and inside the 2min of the second half. A throwing team may be able to recover the ball back by:
 - a) Rip the receiving team flags inside the 10 yard line
 - b) Have possession of the ball inside the 10 yard line
 - c) The receiving the team muff the ball inside the 10 yard line.
 - d) Penalty that is committed inside the 10 or in result from the foul the play starts on or inside the 10 yard.
 - e) Recovery team will start at the 40 yard line.

III. This scenario is as close to a fumble. Please note when inside the 2-min of the second half a team must be trailing by 8 points or less to

perform this procedure. Anything else above 8-points will continue normal task start on the 20 or 25 yard line.

- IV. **DURING ALL SPECIAL TEAM THERE IS A 25 SEC PLAY CLOCK.** (10 yard penalty during the special team)
- V. No Punting but if teams does not want to go for *it on 4th down the team can have the opponent team start on the 5 yard line.* Ex: Ball is on the a team 25 yard line team decided to punt the ball will go to team b 5 yard line. First and 15..
- VI. **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 on the 25-yard line. If the team that attempts the extra pt and result score then the ball will be place on the 20-yard line. Remember inside the 2min of the second half a team that is down by 8 pts or less may attempt for our version of onside kick by throwing off the ball and trying to stop the player from passing the 10 yard line. Read above for more information.*

D. Scoring:

- i. Touchdown:
 - 1. 6 points
- ii. Point After Touchdown:
 - 1. 5 yards= 1 points
 - 2. 10 yards= 2 points
- iii. Defense can return an interception for 2 points during the try.
- iv. **U-Points /Field Goal 3 points** *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.
 - i. The defensive can get 2 points if he intercepts the ball.
 - ii. 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.

- b. Safety = 2 points

E. Penalties:

Summary of Fouls & Penalties

| Loss of 5 yards | Loss of 10 yards |
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| 1. Required Equipment worn illegally 2. Delay of Game (Dead Ball) | 1. Illegally Secured Flag on Touchdown(Loss of Down) |

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| 3. Unfair Tactics 4. Substitution Infractions 5. Encroachment 6. False Start (Dead Ball) 7. Illegal Snap (Dead Ball) 8. Offensive Player not within 15yards of ball 9. Illegal shift 10. Illegal Motion: moves towards the line of scrimmage before the ball is snapped. 11. Intentionally Grounding (loss of down) 12. Helping the runner. (Automatic lost of down from the spot) 13. Illegal participation 7men in the huddle 14. (Minor) Holding on Defensive is 5yard and auto 1 st down. | 2. Tripping Opponent 3. Contact with Opponent on the ground 4. Hurdling any player 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 1 st 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 1. Offensive Pass Interference – (Loss of Down) |
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MAJOR PENALIES: LOSS OF 15 YARDS MAY ALSO INCLUDE Disqualification

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

F. Miscellaneous Rules:

- I. Overtime: If THE OFFICIALS FEEL THE GAME HAS NOT PASS 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. Only regular season.

II. During Playoff OT:

Team will have a coin toss.

- a) Each team will start from the 20-yard line, and have one offensive series to score. 2nd round will be reverse order.
- b) 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.
 - i. .

III. Injured Player

- a. 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 1 min team will be charge a timeout.

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. 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.

- 1) 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.
- 2) 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.
- 3) Any fighting involving punches will result in a minimum of 4 games and team fine.
- 4) Pickup your garbage or team will be fine \$10 if caught. Captain brings a plastic bag. (\$10 Captain will pay)
- 5) Team with the better record will have choice of what sideline to lineup and coin toss.
- 6) To avoid a forfeit team must have at least 5 players
- 7) 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
- 8) We may have an All-star game after the season is over. Look for announcement on the web.
- 9) Free agents can be found on our website www.unitedsportsleague.com
- 10) If captains has a question about any issue during the season please email greg@unitedsportsleague.com.

- 11) 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.
- 12) If a captain has a question about any issue during the season please email greg@unitedsportsleague.com.
- 13) 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.
- 14) Team with the higher seed during the playoff will receive award. Team will choose side to defend both halves.

Tear Off Below.

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 _____

