



HATFIELD

XL 7-9 & 10-12 FLAG FOOTBALL RULES & REGULATIONS

ADMINISTRATIVE

Waiver Clause: All players must sign the XL Sports World Waiver Exclusion Clause or the XL Sports World Team Roster Form

Risk Acceptance: Participation is solely at the player's responsibility, including any direct or indirect consequential loss, damage, or injury

MATCH DURATION

- Two (2) twenty minute halves

PLAYER EQUIPMENT

- Shoes: All players must wear indoor shoes, sneakers or molded cleats. Metal studded cleats are **PROHIBITED**.
- Uniforms: NFL Flag jerseys will be provided
- Match Ball: NFL Flag ball appropriate for each age group.

MATCH SIDELINE SITTING AREA ELIGIBILITY

- Only registered team players are allowed. All players must be off the turf behind the baseboards if they are not playing.

SPECIFIC PROHIBITIONS

- No spitting or chewing gum on the field of play
- No food or drink on the field of play
- Any player with signs of blood will be asked to leave the field of play until bleeding has stopped

TEAM ROSTERS

- Games: Five (5) vs Five (5)
 - Maximum number of Players on Roster: Eleven (11)
 - Maximum Number of Teams a Player Can Be Rostered For: Two (2)
- Minimum Number of Players in a Team to Play a Match: Four (4).
 - After five (5) minutes, a team with less than 4 players will forfeit the match unless the opposing team agrees to play four (4) vs four (4). During weeks 1 through 6, a team with

less than 4 players will have the option to pick up registered players with the agreement of opposing team captain

- **TEAM WINNING, STANDINGS, TIE-BREAKERS AND FORFEITS**

- ● Tie- Breaking: Used in sequence until winner found:
 - Point Differential
 - Head to head match result(s)
- Playoff Overtime: Sequence followed until winner determined
 - Higher seed goes 1st. College style 1 & 2 point conversions for 1st attempt. 2nd and all scoring attempts after will be from the 2 point line.
- Forfeited Matches
 - Forfeited matches will result in a 21- 0 win

SPECIFIC MATCH RULES

First Downs and Goal To Go

- The first down marker is mid-field
- Offense starts their drive at the 'five (5) yard line' which will be marked by cones in the game.
- Offense gets four downs to cross mid-field. Offense can go for it on 4th down or elect to 'punt'. In this scenario the opposing offense would simply start at the other five (5) yard line
- Offense gets only three (3) downs to score once passed the mid-field

NO RUN ZONES/QB Runs

- The QB is not permitted to run under any circumstances
- Runs are prohibited in two areas:
 - Within the mid-field circle on your side of the field. The side of the field the offense starts with the ball - before the offense gets a first down.
 - Within the five yard line before the endzone on the opposing side of the field. This will be marked by a cone before the endzone

SCORING

- Touchdowns = six (6) points
- Offense can elect to go for a one (1) or two (2) point conversion
- Conversions can be returned by the defense for two (2) points
- Referee will stop counting scores if the winning team is up by 28 or more.
 - Referee will add back missed points for the winning team, if the losing team scores. Ex: Winning team's touchdown is not counted because they are up by 28+ then the losing team scores a touchdown. The referee will adjust the score to reflect the touchdown missed and the losing team's touchdown.
- Playoffs: Game is over with a 28 or greater point lead.

Turnovers

- Interceptions: Intercepting team will receive the ball where the intercepting player gets his/her flag pulled

- If the offense fails to cross mid-field on 4th down, the opposing team will receive the ball where it was last downed.
- If the offense fails to score on 3rd down, without the defense intercepting a pass, the opposing team will receive the ball spotted at the five (5) yard line.

Penalties

Defensive Penalties (All defensive penalties are an automatic 1st down)

- Unnecessary Roughness - 5 yard penalty
- Offsides - 3 yard penalty
- Illegal Rushing - 3 yard penalty
- Roughing the passer - 5 yard penalty
- Taunting - 5 yard penalty

Defensive Spot Fouls:

- Defensive Pass Interference - Automatic 1st Down
- Defensive Holding - 3 yard penalty and 1st down
- Stripping the ball - 5 yard penalty and 1st down

Offensive Penalties: (All offensive penalties are an automatic loss of down)

- Unnecessary roughness - 5 yard penalty
- Illegal Motion - 3 yard penalty
- Offsides/false start - 3 yard penalty
- Illegal Forward Pass - 5 yard penalty

Offensive Spot Fouls

- Blocking - 5 yard penalty
- Charging - 5 yard penalty
- Flag Guarding - 3 yard penalty
- Illegal Contact to player - 5 yard penalty

Blocking

- All blocking is strictly prohibited. Downfield blocking is especially watched by the refs. Players are advised to stand still once the ball is handed off or caught.

Blitzing

- There is no blitzing in the 7-9 & 10-12 age group.

Pitches/Lateral

- There are no pitches or laterals allowed under any circumstances both down the field and behind the line of scrimmage

Fumbles

- There are no fumbles. The play is instantly over once the ball touches the ground.

Substitutions

- Allowed only after the play is dead. No substitutions can be made once the offense gets set.

Ejection

- An ejection can be issued but is not limited to the following offenses of misconduct:
 - o Serious Foul Play
 - o Violent Conduct
 - o Aggressive behavior targeted toward the opposing team
 - o **Offensive, insulting, obscene or abusive language and/or gestures towards the**

opposing team or the refs - TO BE STRICTLY ENFORCED

- o Leaving the bench to engage or participate in an altercation
- Facility Departure
 - o A player who is sent off must immediately depart the field of play, the XL Facility and its premises for the remainder of the evening
- allowed to play that night in any other league [4](#)
- Suspensions and Expulsions
 - o XL management will review all ejections and determine appropriate disciplinary measures:
 - Players may be suspended for one or more matches
 - Players receiving two or more ejections during a season may be suspended and/or expelled from the facility for
 - The rest of the season
 - The next season
 - In perpetuity

POST MATCH INCIDENT REVIEW AND DISCIPLINE

- **Match Review**
 - o XL Management reserves the right to review all information pertaining to a match, talk to the referee, the players involved, and staff. If upon its review, XL management concludes that a player/s acted in a reckless manner without regard for their safety or the safety of team players or opponents, it may determine that further discipline might be appropriate and necessary to protect the game, and health and welfare of all of the players using the facility.
- **XL Facility Videotape Policy**
 - o By signing up to play at the facility, players implicitly agree to the terms and conditions of the XL Facility Video Policy, located at the front of the building

CLOCK

- 30-second play clock for the offense between each snap beginning from when the play ends.

Clock always runs except for:

- Referee timeouts
- Team timeouts TWO (2) TIMEOUTS PER HALF
- If the game is within eight (8) points: Clock stops for one (1) minute warning at end of second half. After the one (1) minute warning the clock will stop for change of possessions, penalties, out of bounds, and incomplete passes.
 - o If the game is within eight (8) points with under one (1) minute left in the 1st half, the clock will not run for extra point attempts

PLAYER-XL MANAGEMENT COMMUNICATION

- Player/Referee communication is limited to positive interactions only, and serves as a reminder that all participants, players, and referees should conduct themselves in appropriate behavior before, during, and after matches.

- Constructive comments will be handled by XL management at 215-996-1740 or anthony@xlsportsworld.com

RULES AND REGULATIONS MODIFICATIONS

XL Sports World reserves the right to modify these Rules and Regulations by its own authority and sole discretion to protect the safety of the game, its players, its staff and visitors. Teams will be given advance notice of any material changes prior to their implementation.