



The Official Funsports 'Friday Night Flag Football – Under the Lights' Rules

General Rules – For all divisions in the Friday Night Flag Football – Under the Lights league (FNFFL) Divisions (*except for Rule Modifications listed under the PeeWee, Rookie Division, and Pro Sections*)

- When possible, the game is played on a 60-yard-long x 40-yard-wide field. There will be 10-yard end zone and 5-yard Red Zone on each end of the field. Measurements will vary from field to field.
- A coin toss determines first possession.
- PeeWee/Rookie Divisions must play with the blue NFL Flag football and Junior/Senior/Pro Divisions must play with the brown NFL Flag football.
- The offense must have a center to snap the ball between their legs to the QB. The center is eligible to go out for a pass but cannot stay into block as there is no blocking in the FNFFL.
- The offense takes possession of the ball at its 5-yard line and has four plays to get a first down at midfield. **Exception: see PeeWee and Pro Division Rule Modification.**
- Each time the ball is spotted by the Referee, the offense has 30 seconds to snap the ball. Teams will receive one warning before a delay of game penalty is enforced.
- If the offense fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- Once a team crosses midfield, it has four plays to score a touchdown. If the offense fails to score, the ball changes possession and the opposing team's offense takes over on its 5-yard line.
- There are no kickoffs or punts. Blocking, tackling and stiff-arming are not allowed. Flag shielding of any kind is prohibited and subject to penalty.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- The Red Zone is defined as the area from the 5-yard line to the goal line. Running plays are not permitted within the Red Zone.
- Interceptions may be returned during regular play. However, during extra points, there cannot be an interception return (e.g., the play is dead when the ball is intercepted).
- There are no fumbles. Lost possession by a ball carrier, dropped hand-offs or laterals are dead balls and will be spotted where the ball was lost or hit the ground with the offense keeping possession unless the play was run on 4th down.
- Teams change sides after the conclusion of the first half. Possession changes to loser of the initial coin toss unless deferred and the clock does not stop.
- One coach per team is allowed on the field. However, with the exception of the PeeWee Division, the coach on defense must move to the sideline and off the field of play by the time the ball is snapped.
- **Illegal Player Rule:** Substitutions or additions of players that either have not registered, not paid the registration fee in full by the second game of the season, or from eliminated teams will be not be permitted to play – **no exceptions**. This type of player is referred to as an **illegal player**. If a team is caught adding an illegal player at any time during the regular season or the playoffs that team will automatically forfeit the game as a first offense. If the same team commits the same offense again



(second offense) that team will forfeit all the remaining games of the regular season and not permitted to play in the playoffs. The head Referee, the coach of the opposing team, and the league should be notified of the infraction before the end of the game.

Players / Game Schedules

- Except for the PeeWee Division who plays 7 on 7 and the Pro Division who plays 5 on 5, all other divisions will be play 6 on 6. A team can play with one less player. The team that has enough players can play with the appropriate number of players regardless of the team who can field the same number of players. ***See Forfeit Rule below.***
- Every player must be registered with the FNFFL prior to first game of the regular season, must have agreed to the consent and waiver, paid in full by the second game of the season, and not on another roster of a team in the FNFFL to qualify to play during the season. The use of non-registered, non-roster players will result in a forfeit and/or any other penalty that the league may consider to be appropriate. ***See Illegal Player rule under the General section.***
- Schedules will be arranged and posted by the league on the Funsports FNFFL website. Any changes to the schedule such as cancellations due to weather conditions or other reasons will be announced as needed and will be communicated through email alerts, website scheduling updates or otherwise.
- **Forfeit Rule:** Through all divisions each team must field a minimum of one less player than their respective division format at start of the game and throughout the game (i.e., PeeWee can play with 6 players, Pro team can play with 4 players, and all other divisions can play with 5 players). The referee will runoff 15 minutes after the official start of the game to allow each team time to field the appropriate number of legal players. Failure to field the appropriate number of legal players within the allotted time will result in a forfeit. ***See Illegal Player rule under the General section.***
 - An exception to play with two less players in each division can be made in the playoffs including the championship game if and only if the head coaches of each team agree to play prior to the 15-minute runoff and/or coin toss. Referee must be notified prior to the 15-minute runoff and/or coin toss that an agreement to play has been reached. Should an agreement be reached to play with two less players the opposing team can play with either the same number of players or the appropriate number of players for that division.
 - Game-time will not be extended should time elapse while waiting for teams to field the appropriate number of players.
 - Forfeit scores are always reflected as 6 points for the team receiving the forfeit win and 0 points for the forfeiting team.

Timing

- Games are played with a 48 minute **running clock** with two 24-minute halves.
- If the score is tied at the end of 48 minutes, teams move directly into overtime. ***See overtime section.***



- Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- Each team will have two 30-second time-outs per half.
- The final two minutes of the second half are subject to stop clock rules, e.g., incomplete pass, out of bounds, defensive penalty or change of possession.

Standings

- Coaches should confirm with the head Referee the final score of the game before leaving the field.
- The head Referee of the league will receive all scores from the various Referees and input the scores to the Funsports FNFFL website by midnight Tuesday.
- Any questions regarding the score should be addressed with the league by email at fundamentalsportsllc@gmail.com.
- In case of a forfeit, the team receiving a win will receive 6 points in the points for column and the forfeiting team will receive 0 points. **See Players / Game Schedule section above.**
- In case of a tie in the standings the league looks to winning percentage, head-to-head competition, head-to-head point differential, total points for, total points against, total points differential, lowest number of forfeits, and if need be, a coin toss will occur at a time mutually convenient for the head coaches and the league.

Overtime

- Each team will be given a set of downs to score from the 15-yard line. (10-yard line for PeeWee/Rookie Divisions)
- Unlimited runs or passes are allowed in overtime.
- Red Zone rules within 5 yards from the goal line still apply (pass only).
- Each team gets 1 time out in overtime.
- If a team scores, it may elect to go for a 1-point or 2-point conversion.
- After each team has had a possession in overtime, the team with the highest score wins.
- In the regular season, if the teams are still tied after the first round of overtime, the game will end in a tie.
- See the Playoff section for modification to this rule as it applies to the playoffs only.

Scoring

- Touchdown: 6 points
- Extra Point Conversions (pass only for both):
 - from 5-yard line = 1 point



- from 10-yard line = 2 points
- Safety: 2 points

Running

- The offense is allowed one (1) run play for every set of downs.
- Only direct handoffs behind the line of scrimmage are permitted. The offense may use multiple handoffs in one play (for example, “reverses,” “double-reversals” etc.).
- When the runner’s flag is pulled, the ball is spotted where the ball carrier’s lead/front foot is, not where the ball is.
- The player who takes the handoff can throw the ball from behind the line of scrimmage. **However, any handoff, lateral, or shovel pass behind the line of scrimmage that is then followed by a forward pass is considered a run and pass.**
- Pitches and laterals are also permitted. Shovel passes are also allowed but will be considered a run if the pass is caught behind the line of scrimmage.
- Once the ball has been handed off or pitched back (or delivered by a shovel pass behind the line of scrimmage), all defensive players are eligible to cross the line of scrimmage and rush.
- **The QB is not allowed to rush with the football under any circumstances. The QB may scramble when rushed but cannot cross the line of scrimmage. If the QB has not thrown the ball to an eligible receiver by 6 Mississippi, then it is a sack and the play will be blown dead by the referee and the ball will be spotted at the QB's last position on the field.**
- Flag shielding or stiff arming by the ball carrier is not permitted.
- Spinning is allowed, but players cannot jump or dive to avoid a defensive player.
- Offensive charging is not allowed. Charging is defined as an illegal movement by the ball carrier directly at a defensive player who has established position on the field. This includes lowering of the head, initiating contact with a shoulder, forearm or chest, or any other unnecessarily rough or aggressive behavior by the ball carrier deemed by the official to be inappropriate.
- There is no blocking. Once the ball has been handed off, teammates of the ball carrier must avoid contact with the opposing team; they cannot set picks, run downfield, alongside the ball carrier, or otherwise interfere with or obstruct the defense’s pursuit of the ball carrier. ***See Sportsmanship / Roughing below.***

Passing / Receiving

- All players, including the center, are eligible to receive passes. The quarterback may also receive a pass if the ball has been handed off or lateraled behind the line of scrimmage.
- Only one player on offense is allowed to be in motion at a time.
- A player must have at least one foot in bounds when making a reception.



- The offense must throw the ball or run past the line of scrimmage by the “sixth Mississippi” called out by the Referee. If the offense fails to do so by that time, the play will be ruled dead (e.g., a sack) and the ball will be spotted at the ball carrier’s last spot.
- Once a receiver catches the ball, all other players on offense are no longer part of the play and must avoid contact of the opposing team; they cannot interfere with the defense’s pursuit of the ball carrier. Creating a screen or wall for the ball carrier will be considered a block.

Rushing the Quarterback

- Defenses must declare the rusher to the Referee prior to the play starting.
- All players who rush the passer must be 7 yards from the line of scrimmage when the ball is snapped.
- A special marker placed by the Referee will designate the pass rushers starting point 7 yards from the line of scrimmage.
- The Referee will count “three Mississippi’s” before the rusher can rush the quarterback.
- The rusher must rush the quarterback – no exceptions.
- During the first “three Mississippi’s,” the rusher can also mirror the quarterback’s lateral movement so long as he or she does not go beyond the 7 yard distance of the line of scrimmage.
- Any number of players can rush the quarterback so long as it is after the “three Mississippi” count and beyond 7 yards from the line of scrimmage.
- Once the ball is handed off, pitched, or shovel passed the 7 yard rule no longer is in effect, and all defenders may cross the line of scrimmage to pursue the ball carrier.
- Remember, no blocking or tackling is allowed.

Red Zone

- The Red Zone is marked at the 5 yard line.
- An offense with the ball on the 5 yard line or closer to the end zone is not permitted to run. There are no run plays permitted within the Red Zone.

Dead Balls

- The ball must be snapped between the legs, not off to one side, to start play.
- Play is ruled “dead” when:
 - Ball carrier’s flag is pulled
 - Ball carrier steps out of bounds
 - Touchdown or safety is scored
 - Ball carrier’s knee hits the ground
 - Ball carrier’s flag is pulled off (if flag falls off, the one-hand touch rule applies)
 - Ball carrier fumbles, drops or otherwise loses possession of the ball



- An interception on an extra point play
- The Referee blows the whistle

Mercy Rule

- Except for the last 2 minutes of the second half of the game, if a team is losing by more than 20 points at any time in the game, the losing team will get an additional down and run.
- The additional down and run will be removed once the losing team is back within 20 points of leading team
- If a team is losing by more than 20 points at the 2-minute warning of the second half, the referee may elect to end the game.

Attire / Gear

- All players must bring their Funsports Flag Football team jersey, a flag belt, proper footwear (cleats recommended) and a mouthpiece.
- All players must wear a protective mouthpiece; there are no exceptions.
- Cleats may be worn, except for metal spikes (no baseball spikes). The Referee may inspect any player's cleats at any time and require the player to replace his or her footwear if the cleats are inappropriate.
- All jerseys must be tucked into one's shorts / pants, and flags must be properly worn and displayed.

Sportsmanship / Roughing

- Good sportsmanship and fair play are the pillars of this league, and football at the youth level should always be fun. It goes without saying that keeping the fun in Funsports Flag Football is also our priority.
- Coaches are expected to instill these qualities in each and every player and all players are expected to exhibit appropriate behavior on the field.
- All coaches are reminded of their obligations set forth and agreed to in the **COACHING MEMORANDUM OF UNDERSTANDING & CODE OF CONDUCT** (also located on the Funsports Flag Football website).
- Coaches should also make every effort to give all players equal playing time.
- Parents, coaches, and spectators are expected to promote good sportsmanship among all participants. All parents and spectators will treat officials and staff with respect. Please remember that many of them are volunteers and you are providing an example to your children when you are in attendance at practices/games.
- Tackling, blocking, unnecessarily aggressive or rough play or any other acts which may endanger the safety of any players are not permitted and will not be tolerated. However, at times contact will occur and the Referee will determine whether the contact was incidental or intentional (a penalty).



- If the Referee witnesses any such acts of tackling, unnecessarily aggressive play, tripping, cheap shots, blocking or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED.
- Inappropriate language, taunting or trash talking by any player or players, coaches, or spectators to any opposing team players, coaches, spectators or the Referee is not permitted and subject to ejection from the game and immediate departure from the field of play.
- If any such conduct or behavior takes place, the Referee has discretion to issue a warning, assess a penalty for unsportsmanlike conduct against the player or players in question and/or eject such player(s).
- If any such conduct or behavior takes place involving a coach or spectator, the Referee has discretion to issue a warning, assess a penalty for unsportsmanlike conduct against the team in question and/or eject the coach(es) or spectator(s).
- Anyone ejected from a game will be asked to leave the field of play before the game can resume. During this time, the play clock will continue to run. Failure to leave the field of play will result in a forfeit.
- Each player must properly wear and display his or her flag. Flags cannot be hidden under jerseys, tied, knotted or otherwise manipulated to interfere with the proper flag pulling by the opposing team. If the Referee determines that a player is improperly wearing his or her flag, the Referee may exercise discretion to issue a warning, assess a penalty for unsportsmanlike conduct and/or eject the player from the game.

Penalties

- Penalties are assessed by the assigned referee who will use their best judgement and interpretation of the rules. In the case where a game features multiple referees, the head referee for that game will make the final call and can override the other referee(s) initial call.
- Referees determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage unless otherwise stated.
- Players cannot question judgment calls by the Referee.
- Games cannot end on a defensive penalty unless the offense declines it.

Unsportsmanlike Conduct: 15 yards. The penalty will be assessed from the end of the play or the spot of the foul. If the penalty occurs to prevent a touchdown, then the Referee has the discretion to award a touchdown.

Defense:

- Offsides: 5 yards
- Pass Interference: Spot foul and an automatic first down
- Illegal contact (holding, blocking, etc.): 5 yards and automatic first down



- Illegal flag pull (before receiver has ball): 5 yards from spot of foul
- Illegal rushing (rushing from inside the 7 yard marker or rushing before “Three Mississippi” or not rushing/crossing the line of scrimmage): 5 yards and automatic first down
- Illegal procedure (too many players on the field): 5 yards

Offense:

- Illegal motion or false start: 5 yards
- Delay of game: 5 yards
- Illegal procedure (too many players on the field): 5 yards
- Flag shielding (this includes stiff arming, swinging the hand or arm over the flag belt, carrying the ball in a position that protects the flag, lowering the shoulders to place the arms over the flag belt, and/or batting a player's hand away from the flag belt): 10 yards from spot of the foul and loss of down
- Offensive charging: 10 yards from the spot of the foul and loss of down
- Blocking / Pushing: 15 yards from spot of the foul (see Unsportsmanlike Conduct)
- Illegal forward pass (pass thrown beyond line of scrimmage): 5 yards and loss of down
- Illegal QB Run (QB runs before defender rushes or crosses the line of scrimmage): 5 yards
- Offensive pass interference (illegal pick play, pushing off/away defender): 10 yards
- Flag Tying / Manipulation: 15 yards from line of scrimmage, loss of down and possible ejection (see Unsportsmanlike Conduct)

All the foregoing penalties will be enforced half the distance to the goal line when appropriate.

Playoff Information

- Playoff schedule and brackets are available on our website (<http://fundamental-sports.com>) under each respective division. Simply click on your division listed on the left side and the standings/schedule will come up - playoff schedule and bracket are on the bottom of page.
- The Playoffs will follow a single-game elimination format. If a team wins, it moves to the next round. If a team loses, it is eliminated from the tournament.
- Playoff games consist of 20-minute halves, 1 time out per half, and all other regular season rules apply.
- The Championship game consists of 24-minute halves, 1 time out per half, and all other regular season rules apply.
- Please note that in case of a tie in the standings the league looks to winning percentage, head-to-head competition, head-to-head point differential, total runs for, total runs against, total runs differential, lowest number of forfeits, and coin toss.
- Overtime in the playoffs and Championship game will be played as follows:
 - Each team will be given a set of downs to score from the 15 yard line. (10 yard line for PeeWee/Rookie Divisions)



- Redzone rules within 5 yards from the goal line still apply (pass only).
 - Each team gets 1 time out in overtime.
 - If a team scores, it may elect to go for a 1-point or 2-point conversion.
 - After each team has had a possession in overtime, the team with the highest score wins.
 - If the teams are still tied after each team has had a possession, the referee will start a new round and continue in this fashion until there is a winner.
 - If the referee and/or the league determines that there is not enough time to continue in this fashion (i.e., lights will turn off), each team will be given one play from midfield and the longest play from scrimmage will determine the winner.
- PeeWee/Rookie Divisions must play with the blue league-issued NFL Flag football and Junior/Senior/Pro Divisions must play with the brown league-issued NFL Flag football.
 - Substitutions or additions of players that either have not registered, not paid the registration fee in full by the second game of the season, or from eliminated teams will not be permitted to play – **no exceptions**. This type of player is referred to as an **illegal player**. If a team is caught adding an illegal player at any time during the playoffs that team will automatically forfeit the game. The head referee, the coach of the opposing team, and the league should be notified of the offense before the end of the game. ***See Illegal Player rule under the General section.***
 - Each player must have the allotted team NFL jersey and league flag belt as well as a mouth guard.
 - There will only be a forfeit if one of the teams does not have at least two less legal players than the allotted number for that division (i.e., PeeWee can play with 6 players, Pro team can play with 4 players, and all other divisions can play with 5 players). Unless it is a forfeit, the opposing team can play with either the same number of players as the opposing team with less players or play with the appropriate number of players for that division.

DIVISIONAL RULE MODIFICATIONS

PeeWee Division Rule Modifications

The same rules applicable to all other FunSports Flag Football divisions will apply to the PeeWee Division, except for the following modifications:

- Each team fields 7 players.
- A blue, NFL Flag football is used.
- No game clock will be used, but each half must be completed in 20 minutes (non-stop running time). Each team will have two possessions per half, but if there is still at least 5 minutes left in the allotted running time for the half in question, another possession will be granted subject to the Referee's discretion.
- Each possession will commence from the offensive team's 20-yard line, unless a possession starts after an interception (e.g., at dead ball spot after the interception).



- **Each team will have three (3) downs to get a first down.** If the team does not get a first down, does not score a touchdown, or does not turn the ball over on third down, the fourth down is treated as a punt and possession changes to the other team at its 20-yard line.
- There will be a first down marker every 20 yards (2 in total - one at the 40-yard line and one at the far-side 20-yard line and then the end zone, e.g., TD).
- The offense cannot run more than 2 running plays during each set of downs (e.g., 2 runs and 1 pass).
- There is no prohibition on running plays in the “red zone” (within the opponent’s 20 yard line and the goal line).
- There is no rushing of the quarterback.
- If a team falls behind by more than 14 points, the losing team will then: (1) start from the 40-yard line instead of the 20-yard line; and (2) be allowed to run 3 running plays during each set of downs instead of only 2.
- Penalties will be called at the discretion of the Referees bearing in mind the instructional nature and dimension of the PeeWee Division where the emphasis will be on teaching the kids the rules and fundamentals of the game, as well as sportsmanship.
- If the QB drops the snap from center, the ball can be picked up by the QB and play may continue. In such situations, the referee has wide discretion regarding whether to allow the play to continue or to re-play the down (e.g., a "do-over").

All other rules which apply to the other Funsports divisions remain in effect, including **NO run** plays allowed for the extra point or extra two-point attempts.

Rookie Division Rule Modifications

The same rules applicable to all other Funsports Flag Football divisions will apply to the Rookie Division, except for the following modification:

- A blue, smaller football is used.
- The offense cannot run more than 2 running plays during each set of downs (e.g., 2 runs and 2 passes).
- If the QB drops the snap from center, the ball can be picked up by the QB and play may continue. In such situations, the referee has wide discretion regarding whether to allow the play to continue or to re-play the down (e.g., a "do-over").

All other rules which apply to the other Funsports divisions remain in effect.

Pro Division Rule Modification

The same rules applicable to all other Funsports Flag Football divisions will apply to the Pro Division, except for the following modifications:

- Each team fields 5 players.



- ***Each team will have three (3) downs to get a first down.*** If the team does not get a first down, does not score a touchdown, or does not turn the ball over on third down, the fourth down is treated as a punt and possession changes to the other team at its 5-yard line.
- The Offense can only run the ball once per three (3) downs.
- QB cannot run.
- Rusher rushes immediately at the snap of the ball and must cross the line of scrimmage.
- Laterals and handoffs are permitted by the QB.
- Laterals are permitted by a ball carrier.

All other rules which apply to the other Funsports divisions remain in effect.

WFFL Rule Modifications

The same rules applicable to all other Funsports Flag Football divisions apply to the WFFL, except for the following modification:

- Adult white football is used.
- The offense cannot run more than 2 running plays during each set of downs (e.g., 2 runs and 2 passes).
- If the QB drops the snap from center, the ball cannot be picked up by the QB – play ends.
- QB can run once the rusher crosses the line of scrimmage and QB run will count as one of the two permitted runs. QB runs from the snap are not permitted.

All other rules which apply to the other Funsports divisions remain in effect.