8-Man Eligible Rules

THE FOLLOWING INFORMATION IS INTENDED TO GIVE TEAMS AND PLAYERS A GENERAL GUIDE OF THE RULES UNDER WHICH XFLAGFOOTBALL 8 MAN LEAGUE PLAYS.

Playing Field

The Elite, A & B Divisions of the X Flag Football League plays on regulation 45 x 100-yard fields with 10-yard end zones. The C and some B division games are played on a 45 x 80-yard field. All teams may play on the larger fields during playoffs and Championship games.

First Down

There are four (4) first down "ZONES TO GAIN" of 20 yards each. Once a first down is gained, it may not be re-crossed during the same series.

Time

The game consists of four (4) quarters of 12 minutes each. Clock stops only on a called time-out or injury. However, in the last two (2) minutes of the half and game, time is kept according to regular "Stop Clock" rules. The clock stops on the following:

1. Incomplete Pass
2. Time Out
3. Out of Bounds
4. Penalty (If a team commits an intentional penalty to stop the clock it will be Unsportsmanlike Conduct 15-yard penalty and a 30 second time runoff)
5. The offense has 25 seconds to put the ball in play after the official declares it ready.
6. Teams have three time-outs per half. They may not be carried if unused.
7. Any player on the field may call time out.

Format

X Flag Football 8 Man plays with eight (8) players aside. A team may start the game with seven (7) players. If at any time during the game a team can only field six (6) players the game will be called. The opposing team may either take the score at the time of the forfeit or a 7-0 win.

Rosters

Teams can put a maximum of 20 players on their roster. Rosters are due before the first game of the season. Rosters become frozen after teams 4th game of the season. Within the first 2 weeks of the season and prior to the 4th game, a player may decide to play for another team in the league. However, a player may play in only one game during the day.

1. Players that are rostered on an Elite Division team may not be picked up as a player in the lower-division game that needs players to start a game.

Padding & Equipment

1. No pads are allowed on any part of the upper torso including arms and hands. (kneepads are o.k.).
2. Ace bandages are accepted for muscle pulls, except when used to support another padding.
3. Mouthpieces and eye protection are encouraged.
4. Knee brace and lower limb prosthesis hinges must be covered (neoprene wrap).
5. Hats with brims (baseball cap, etc) are not allowed. Headgear that have ends that could be pulled are not allowed.

6. No casts of any kind may be worn.
7. No metal cleats of any kind are allowed on the playing field.
8. The team must always wear the same colored uniform. Teams shall bring to the game an opposite set/color (Dark/Light) of uniform tops. If two teams are wearing the same color tops, a coin toss will determine who wears team colors.
9. Team must provide flags and footballs.
10. Footballs must be official Collegiate or NFL size and weight.

Kick-offs & Punts

There are no kick-offs. The ball is placed on team's own 20-yard line at the beginning of the game, the start of the second half and after all scores.

1. All declared punts must be announced to the referee before the ball is ready for play.
2. Kicking team must re-declare punts on any replay of down, including time-outs.
3. No direct snap is allowed.
4. A scrimmage kick, which fails to cross the scrimmage line, continues in play and all players are eligible to catch the ball and advance it.
5. The player must punt the ball used by the offense. Teams cannot bring in a different ball just for punts.
6. Upon possession of the snap, the punter must immediately attempt to kick the ball in a continuous and forward motion.

Scoring

Teams will be given a total of six (6) points for touchdowns. Teams may attempt extra points by either running or passing the ball into the end zone after a score. The point total is as follows:

1. One (1) point conversion – attempted from the 5-yard line.
2. Two (2)-point conversion – attempted from the 10-yard line.
3. On Extra point attempts, Defense may score if the situation allows (I.E. Intercepted pass) If scored, teams receive 2pts.
4. Safety – Teams scoring a safety is awarded Two (2) points. Scoring Team regains possession of the ball on its own 40-yard line (20-yard line on C Division field), or back to Mid-field in overtime play.

Fumbles

1. All fumbles and muffs (When possession has or has not been made and the ball touches the ground) are "DEAD" and belong to the team last in possession. (Ball placed at the spot of last possession.)

Exceptions

1. On a punt. If receiving team muffs a kick. The receiving team will receive the ball at the spot of touch.
2. On a declared punt, a muffed ball by the punter is not dead. The punter may pick up the ball and punt.

Offense — Formations & Procedures

1. Everyone is eligible to receive passes, laterals, and hand-offs.
2. The offense must have four (4) players on the line of scrimmage at the snap of the ball.
3. Shifts are allowed.
4. One man in motion is allowed. Note: A receiver who goes in motion from the line of scrimmage, must retreat a minimum of 5 yards before going in motion.
5. 3 & 4-point stances are allowed.
6. Players on Line of scrimmage must keep shoulders square to the line of scrimmage.
7. Direct runs are allowed – A hand-off or pass is not required.

Offense — Blocking

1. Blocking is with hands open and palms facing opponent and arms extended.
2. The player must stay on their feet when blocking an opponent.
3. No chop blocks.
4. A player may not leave their feet to block an opponent.
5. No contact of any kind is permitted above the shoulders and below the waist.
6. No tripping.
7. Limited use of hands is permitted by the offense lineman on pass blocking, hands may be thrust forward, but contact must be inside the frame.
8. No blocking with forearms or elbows.
9. "Two on One" blocking is permitted only from the line of scrimmage and behind.

Offense — Passing

1. The offensive team may throw unlimited forward passes as long as the passer is behind the line of scrimmage.
2. Passer may immediately spike the ball forward to the ground to stop the clock.

Offense — Running

1. The runner may not guard flags, straight-arm, or run into (charge) A defender.
2. The runner must attempt to avoid the defender.
3. The player must start the play with flags.
4. A runner who has possession of the ball and loses their flags during a play without them being de-flagged by an opponent may simply be touched by a defender between the shoulders and the knees.

Defense — Formations & Procedures

1. Any formation is allowed.
2. The defense may use hands, but not hold the opponent.
3. Bump and run-pass defense are allowed until the ball is thrown. The five-yard bump rule and the NFL one bump rule do not apply. Defensive interference does not apply until the pass crosses the line of scrimmage.
4. The defense may not hold, tackle or push a runner out of bounds.
5. The defense may strip the ball from the runner or quarterback if, in the judgment of the official, the defender did not commit any foul (holding, roughing or tackling the ball carrier).

Overtime

If after the end of regulation play the game is tied, the following format will be followed:
Hybrid Collage Rules:

1. Coin Toss. The winner of the coin toss picks O or D.
2. Each team will start at the 20 goings into the Goal line and gets 4 plays.
3. If the 1st team does not score we will note the yardage they gain. To win the game the other team must out gain the 1st team or score a touchdown.
4. If the 1st team scores, they can choose to go for 1 or 2 PAT. The opposing team must match the 1st team's point total. If the 2nd team achieves a greater point total the game will be over. If both teams SCORE a touchdown and they match PATs then a 2nd Over Time will be played with the opposite team starting with the ball.
5. If the game reaches a 3rd Over Time teams MUST go for a 2PAT after a score and gameplay will continue until a team wins.
6. Penalties are enforced as normal.

Penalties

All penalties are 5, 10 & 15 yards.

Protests

Rule Interpretation:
Protests pertaining to rule interpretation will be handled on the field. The manager must use a time-out to question a rule interpretation. If officials decide that the rule was enforced incorrectly, then the team will receive their time-out back. If officials decide the play will stand as called, the team will forfeit the called time-out.
Illegal Player:
If a manager believes that a team is playing an ineligible. The following procedure should be followed:

- Before the game: To prevent a protest: Request the official to ask the opposing manager about the eligibility of the player.
- During the game: The manager may officially protest the eligibility of a player anytime before the game has ended. If the roster is not available for verification, the official will then write the name of the protested player on stat card, notify the opposing manager that the game is under protest and then resume play. The official will then submit a protest to League Director who will check the official roster.

The playing of an ineligible player will result in an automatic forfeit and the suspension of that player (To be determined by League Director) and suspension of the manager (To be determined by League Director). In addition, The opposing manager may take the result/score of the game played or a 7-0 forfeit win.

Rough and Dangerous Play

Rough and dangerous play will at no time and under no circumstances be tolerated. Game officials will enforce all rules strictly, especially those relating to safety and sportsmanship (Taunting of Teams, players, officials, and spectators). If after one warning by the official the manager cannot restrain team/player the official may forfeit the game.

Profanity

Because of numerous complaints by users in the park about the consistent use of profanity by players, the league will institute the Profanity rule. Officials are directed by the league to penalize players (15 yards Unsportsmanlike Conduct) for loud profanity. Any player penalized for a second Unsportsmanlike penalty will be ejected from the game. Remember that there are other users in the park, especially kids. This applies to sideline conduct as well. Please assist the league in reminding your players and spectators of this unnecessary behavior.

Ejection's

Players ejected from the game must leave the playing area (including sidelines) if directed by the official or League Director within 3 minutes. The manager must provide to the official full name of the ejected player. The ejection of a player(s) is an automatic 1 game suspension. Officials do have the authority to eject a player for only the game played. League Director has the discretion of all disciplinary actions. Players ejected from more than one game during the course of the season will be removed from the balance of the season.

League/Team/Player/Official/Spectator Conduct

XFLAGFOOTBALL will not tolerate any physical or verbal abuse from any team, player, official or spectator towards any team, player, official or spectator. Individuals or teams who continue to disregard this rule will be removed from the league. Individuals who cause bodily harm to another player, official or spectator will be subject to immediate removal from the league and an incident report will be filed with the San Diego Police Department. ALL THREATS WILL BE TAKEN SERIOUSLY!!!

Blood Rule

A player, coach or official who is bleeding, or has an open wound or has blood on his body or clothing, shall be prohibited from participating further in the game until appropriate treatment has been administered. If first aid is required for the player, the player must be immediately removed from the game unless treatment can be administered within a reasonable amount of time.

A player, coach or official will not be allowed to participate unless:

- All bleeding has been stopped.
- Any exposed cut or scrape, which has bled has been completely covered.
- Bloody clothing has been removed, disposed of properly and replaced.

Alcohol

1. Alcoholic beverages are not allowed on the playing field or to be consumed while playing. Players in an inebriated condition will not be allowed to play.

Miscellaneous

1. Children must be supervised at all times and be at least 15 yards from the sideline.
2. Spectators must be at least 10 yards from the sideline.
3. Children will not hold the down marker.

- No vehicles on the field. (City Regulation – Violators may be Cited by Police or Park Rangers)
- No glass containers are allowed in the park. (City Regulation – Violators may be Cited by Police or Park Rangers)
- No Smoking in the park. (City Regulation – Violators may be Cited by Police or Park Rangers)
- Managers are responsible for cleaning up their team's trash. Please use trash receptacles that are provided on the sidelines. (City Regulation – Violators may be Cited by Police or Park Rangers)
- No dogs allowed in the area or areas surrounding the playing areas. (City Regulation – Violators may be Cited by Police or Park Rangers)
- No Bicycles on the field!!! Lock Bicycles to bike racks located throughout the park.