

ELITE 8 FLAG FOOTBALL LEAGUE RULES AND GUIDELINES



General Administration

- E8FFI is the self-appointed governing organization for the sport of flag football through consent of our participating teams.
- Our officials and administration administer the rules of the league

Personal Conduct

- Players, Coaches, Officials and Spectators must keep comments profanity free.

Disrespectful language, racist, sexist,

homophobic remarks, obscene gestures and

behavior, and bullying are prohibited.

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- Foul play will not be tolerated. Any infraction of the required personal code of conduct outline will be penalized and face possible suspension.
- Fighting is an immediate objection and suspension from all league games and events.
- Threats to a player, official, or spectator will result in a 1 game suspension.
- Smoking on the field or near the field will result in a 1 game suspension.

- Alcohol, other intoxicants, weapons, drones, and pets are prohibited.

Required Team Conduct

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- Teams must be at least two yards away from the field when on the sideline and must stay inside designated team boxes.
- Coaches are allowed and may signal or call plays but must stay out of bounds. Coaches on the field of play during the game will be penalized 5 yards the first offense, the second offense the team will be charged a timeout. If a team is out of timeouts, it will be a 10-yard penalty.

- Teams must be on opposite sidelines.

Sidelines position will be pre-determined in the league schedule.

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- Speakers, boom-boxes, and other noise producing devices are allowed on the sideline before the start of the game.
- Both teams must help keep the sidelines clean and the field.
- All referee calls are final. Team Captains may talk about a call with an official in a respectable manner. This cannot obstruct gameplay or will result in a penalty.

Roster Rules

- Player registration must be completed on Playyon to be roster eligible and each player must pay the \$80 fee.
- Rosters must be completed on April 12th, 2025, by 11:00pm and roster sheet submitted to the league.
- Teams must submit a roster sheet for roster checks and the announcers during games.
- All players must sign a waiver to be eligible to play.

- Failure to complete your roster will be automatic removal from the league and refund if it is before the team's first game. If past the first game, the team will forfeit each game and will not be assessed a refund.

- The maximum number of players on a roster is 18 players while the minimum to meet the league requirement is 12 players.

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- To meet gameday requirement to play league game teams must have at least Eight players to avoid forfeit.

- In the case of a roster replacement or

late addition team captain must notify the league and the player will be assessed a \$120 fee.

- Teams will pick their team colors when registering as a team.
- To be playoff eligible players must be on the official roster sheet and have played at least 1 game.

Uniforms and Equipment

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- Players may not wear anything hard, unyielding, or stiff that obstructs the view of the officiating crew.

- Players must wear the league issued uniform to be game eligible and may also use a protective mouthpiece.
- Teams will be given 1 set of uniforms; teams may wear an alternate uniform if they are the away team for their matchup.
- Towels on a player's waist will be considered a flag as well.
- The league will supply teams with jerseys and flag belts on gameday. Teams may bring their own flag belts.
- Every player's flag belt is checked by

officials before gameplay.

- Altered or tampered flags could result in ejection or forfeit. No shortening, cutting, using a cloth material flag must be vinyl material.
- Flag belts must be on player hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.
- Teams using their own game balls will be inspected by officials before the coin toss.
- League game balls that are used will be inspected by team captains if teams do not provide their own game ball.

- Game officials will check that teams are in correct uniforms.

Time Management Rules

- Teams have a 10-minute grace period after scheduled game time to be on the field or team will be considered to have forfeited the game.
- Timeouts are 1 minute long each team has 3 a half
- If your team cannot make a league game, please notify the league.

- First forfeit offense: loss of game score marked 21-0

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- Second forfeit offense: loss of game and ability to make playoffs, score marked 21-0

- Third forfeit offense: removal from the

league Season Format

- Each team will play 8 regular season games (7 conference 1 non-conference) in which the 4 teams with the best record in each conference will advance to single elimination playoff.

- Playoff matchups will be determined based on standings i.e.: (1 vs 4) (2 vs 3)

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- In the event of a tie in record playoff eligibility will be determined by head-to-head matchup. In the event of a tie in the head-to-head matchup point differential will be the deciding factor.

Weather

- In the event of heavy rain, thunder, or unsafe weather conditions teams will be notified for a rescheduling of the game on

a day that works for both teams.

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- Games will be canceled if thunder occurs 30 minutes before game time or thunder occurs within a 10-mile radius.

Coin Toss

- Referees will go over rules with team captains.
- First possession is decided by coin toss with the away team picking heads or tails before the coin is flipped.

- If there are no coin's team captains will play rock, paper, scissors for the decision to receive or defend or can defer to the 2nd half.

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Roster challenges

- A team may have a roster protest if they feel the opposing team is using ineligible players.
- If the team that calls for a roster protest is proven to be right, they will be awarded 7 points and choice of possession if before the

game. If a protest occurs during a game and a team is found to use ineligible players, the team will be considered to forfeit the match and may be removed from the league.

- If team players are all eligible, they will receive 7 points.

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Game Rules

- Each team may only have 8 players on the field.

- Each drive starts at the 20-yard line.
- Each offense has 4 downs to get a first down. Each offense will have 20 yards unless the team is in the red zone (within 20 yards to endzone).
- 25 second play clock for offense to snap the ball before a delay of game penalty is assessed, refs will inform teams of time on play clock.

- Play Clock does not start until the referee marks the ball.
- Ball is spotted where the flag is pulled.
- Players must have at least 1 foot in bounds when catching a forward pass.
- No timeouts can be called by a team ahead by 24 or more points unless it is due to injury.

Punting

- Teams must declare if they are punting or going for it on 4th down.

- No fake punts are allowed.
- Teams may not rush the punter.
- Receiving team can call for a fair catch the punt but cannot advance the ball.
- Receiving team may field the ball after the first time the ball bounces on the field, the second bounce the ball is considered dead on the spot.
- Players cannot move until the ball is punted.

Blocking

- Blocking is allowed within 5 yards of the line of scrimmage.

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- Players cannot extend their arms when they block. Arms must be to the players side or behind the players back if they are blocking.

Turnovers

- Change of possession can only occur due to turnover on downs, punt, or interception.
- A fumble cannot result in a turnover, all

fumbles that touch the ground or go out of bounds will end the play and the ball will be spotted where the fumble occurred.

- If a turnover occurs teams have 25 seconds after the ball has been placed to be set.

Rushing

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- Quarterback may run for positive yardage. Offenses may run the ball for positive yardage one play per set of downs.
- Defense may rush the quarterback after a

2 Mississippi count, or the quarterback is outside the pocket or in a running motion.

- Defense may blitz one play per set of downs without any count. Referees will count out loud for players.
- There is no set amount on the number of blitzers that can rush the quarterback.
- Teams cannot run the ball within 5 yards of the end zone unless they are rushed.

Scoring

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- All touchdowns are 6 points

- Teams may attempt an extra point after scoring

- 1 point – 5-yard line

- 2 point – 10-yard line

- 3 point – 15-yard line

- Field goals are allowed but not as extra points. Successful field goal attempts count for 3 points.

- Defense may not blitz but may stand on the field at the line of scrimmage to distract the

kicker.

- Defense may return the ball on extra points for 2 points if there is a turnover.

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- Safeties are also allowed and are 2 points as well.

Conversion

- Conversion is the untimed onside option for the E8FFL. Teams get one conversion attempt per half.
- Teams must call a conversion after an

extra point attempt.

- Ball will be placed at the 20 yard line.

The team who called for conversion will attempt to advance the ball to the 40 yard line to keep possession.

- If the attempt is unsuccessful the defending team will receive the ball at the opposing team's 40 yard line.
- Teams may run the ball and blitz on the snap during a conversion attempt.

Penalties

- All penalties can be accepted or declined.

If declined play stands. If accepted, the penalty is yardage and down is replayed.

- Loss of 5-yard penalties- offsides, encroachment, false start, illegal substitution, delay of game, illegal formation/procedure/motion, illegal forward pass (which is a forward pass past the line of

scrimmage which results in a loss of down), intentional grounding (loss of

down), no diving (spot foul)

- One player may be in motion and there is no minimum number of players required to be lined up on the line of scrimmage.
- Loss of 10-yard penalties- Defensive pass interference/ illegal use of hands/ illegal contact (automatic 1st down), offensive pass interference, roughing the passer (automatic 1st down), flag guarding/stiff arming, illegal blocking, kick catch interference, illegal flag

removal, illegal kicking, illegal participation, illegal equipment (also results in loss of down), unsportsmanlike conduct.

- Players are not allowed to dive for extra yardage. Will result in a 5 yard penalty

Overtime rules

- If both teams have the same score at the end of regulation teams will go to an overtime period.

- Teams will play rock, paper, scissors or flip a coin who chooses possession.

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- Teams will attempt to score in the same endzone, and each possession starts in the red zone (20-yard line).
- Teams must attempt extra points. If the score is tied after the first round only 2 or 3 points may be attempted as extra points. If a tie occurs, the format will repeat with each possession changing.
- 1st down will not be rewarded unless

due to penalty.

Penalties

Penalty	Description	Yardage
Unnecessary roughness	Using methods beyond what is necessary to pull the flag off the opponent.	+10 yards & automatic first down
Unsportsmanlike Conduct	Examples include excessive celebration, using abusive language, punching or kicking an opponent	+10 yard & automatic first down
Offside/False start	A player crosses the line of scrimmage before the ball is snapped	+5 yards from line of scrimmage
Illegal Rush	Player on defense rushes before the 2 second rush clock.	+5 yards from line of scrimmage
Roughing the passer	A player makes contact with the passer after they've thrown a forward pass	+5 yards & automatic first down
Taunting	A type of unsportsmanlike conduct where the player purposely creates ill will between teams	+5 yards & automatic first down/loss of down
Illegal forward pass	A player throws the ball forward once they are across the line of scrimmage	+5 yards & loss of down
Illegal motion	Player shifting and not coming to a complete stop	+5 yards from

		the line of scrimmage
Delay of Game	Team fails to snap the ball before the play clock expires	+5 yards from the line of scrimmage
Stripping	A player smacks or grabs the football from the ball-carriers possession	+10 yards & automatic first down
Holding	Player restrains another player by their uniform, flag belt, or shorts	+10 yards and automatic first (offense)
Illegal block	Player blocks rusher or other player by using their arms to restrain player	+10 yards from line of scrimmage
Defensive pass interference	Defender significantly hinders an eligible receivers opportunity to catch the ball	+15 yards and automatic first down
Offensive pass interference	Offensive player significantly hinders an eligible defenders opportunity to catch a ball	+15 yards from line of scrimmage
Illegal run	Offense runs the ball multiple plays per set of downs	+5 yards from line of scrimmage
Flag guarding/ Stiffarming	Ball-carrier intentionally obstructs the defenders access to their flag	+15 yards from the line of scrimmage or spot of the foul
Diving	Ball-carrier attempts to dive for extra yards	+5 yards from the line of scrimmage
Illegal use of hands/Illegal contact	Defensive player makes contact with an eligible receiver more than 5 yards beyond the line of scrimmage. Player uses their hands to make contact the head, neck, or face of opponent	+5 yards & automatic first down/loss of down

Intentional grounding	Passer, when facing pressure and imminent loss of yardage, throws a forward pass without a realistic chance of a completion	+5 yards & loss of down
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