



FLAG FOOTBALL RULES: CHARLOTTE

Amended April 2013

Thanks to all of you for deciding to play NAKID Social Sports. NAKID is a SOCIAL league - everyone is here to meet people, make friends and have lots of fun. The sports that we provide are an ancillary piece; they're fun and sometimes competitive, but no one playing here is out to be a kickball superstar. It's not a kids game, but it's also not the end-all-be-all of existence either.

NAKID Flag Football is a co-ed, NON-CONTACT league with highly modified rules.

We understand that games can become exciting and intense, which can be a great element for a game. However, any verbal or physical abuse of other players, referees and umpires, spectators or facility employees and customers will not be tolerated, and will result in immediate ejection from the game. Repeat offenders may be banned from the league without refunds.

I. Player Registration and Eligibility

1. All players must be registered and paid in full to play NAKID.
2. All players must be 21 or older, have health insurance, and has signed our online waiver (during registration).
3. Players may only play for the team(s) for which they have registered.
4. Players will not hold NAKID, our facilities or our sponsor bars responsible in any way for any injuries that occur during game play or at any NAKID events.
5. No refunds will be provided.
6. Any team caught using players not registered with the league will be disbanded and the players will be moved to other teams as needed.

II. Rosters

1. NAKID rosters shall consist of no more than 30 players and no less than 18 players.
2. Rosters are flexible meaning:
 - a. Players can be traded as long as the Captains and Players agree to the trade

AND the roster size is the same for both teams after the trade as it was before the trade. Shirts will need to be traded amongst players. The trade deadline is two weeks prior to the end of the regular season.

- b. Once a team trades a player or players, that team cannot re-acquire that same player at any point during the season or playoffs.
 - c. If a registered and paid player fails to show up or contact his captain for a period of four (4) consecutive games, that player may be removed from the roster and replaced at the captain's request.
 - d. Rosters shall be created to ensure that the requirement of three (3) males and three (3) females will be able to play at any time in the field.
3. Teams may not add players to the roster once the registration officially "closes."
 4. Teams may not "substitute" players onto the roster.
 5. If the player is found not to be on the roster after a roster check, the game played will be marked as a loss and the team will have to start their next game down five (5) female touchdowns or Fifty (50) points.

III. Game Gear

1. All players must wear athletic, closed-toe footwear to play NAKID.
2. Players are allowed to wear athletic cleats with plastic/rubber spikes.
 - a. Cleats with metal spikes are NOT allowed.
3. All players must wear their issued team shirt while playing.
 - a. Players may alter shirts in any way, as long as the NAKID logo and the sponsor logo(s) can be seen.
 - b. A player who has not received a shirt or has misplaced or forgotten a shirt will be permitted to play (once per season) in the game on the following basis:
 - i. Player must be registered and paid to play on the team.
 - ii. Player must have a valid ID and the captain must vouch for the player being on the team.
 - iii. If a team has been caught more than once, the captain will be removed from the league and any other players associated with this action will also be banned.
 1. EXCEPTION – if the shirt has been ripped due to a play, the player may have a reprieve
4. All players must use game balls supplied by NAKID.

IV. Game Clock

1. Games consist of 20-minute halves and a 3-minute half time.
 - a. The game clock is continuous, with the following exceptions:
 - i. Injury
 - ii. Each team has one 30 second time out per half

1. Time outs MUST be enforced for the entire 30 seconds (Teams may not cut the time short)
 - iii. Referee' discretion (ex. to clarify a ruling)
 - iv. There will be no 2-minute stoppage during the game
 - v. There is no Overtime during regular season play
2. In between each play, there will be a twenty-five (25) second game clock
 - a. Penalty – if delay of game, loss of 5 yards.

V. Players and Player Conduct

1. Players must wear a NAKID t-shirt for the current season in their team's color.
2. There will be NO taunting.
3. This is a NON-Contact league. Sportsmanship will be emphasized.
4. Only Captains may make any arguments to the referees. Other players who persist in an argument will be subject to a warning and/or ejection.
5. Aggressive plays or threats are subject to ejection from the game and league.

VI. Teams on Game Day

1. On the field, there can be 3 of each gender and 1 additional player of either gender (i.e. 7 on 7)
 - a. In the case of being short on players the team:
 - i. Offense will start on 2nd Down due to the shortage of player(s)
 - ii. The team will start down 7 points for each male and/or 10 points per female they are short.
 - iii. The "third" down will be a mandatory "Closed" play. No exceptions.
2. Every team member that shows up must play the field.
 - a. Exceptions (these players do not count towards player minimums):
 - i. Players who cannot run/injured, cannot play.
 - ii. Players that do not meet the minimum game gear requirements cannot play.
3. There is no gender requirement in the field position; men and women may field any position the captains chooses.
4. All players injured during a game may be subbed with a registered and paid player:
 - a. An injury removal will NOT cause a penalty due to the number of players falling below the minimum number.
5. Teams are expected to arrive and be ready for play at their scheduled game time.
 - a. Teams will be granted a five (5)-minute grace period if they do not have the minimum number of players necessary.
 - b. After five (5) minutes, the game will commence and the team(s) without the minimum number needed to play will start the game the number of points down equal to the number of players missing and will have to take one (1) down for

- each offensive series.
 - c. If the missing players show up, they will be added to the line up, eliminating the down per offensive series but not the penalty points.
 - d. Team captains DO NOT have the authority to waive these penalties.
6. Teams shall provide a minimum of Nine (9) referees as directed by the schedule.
- a. Failure to do this will result in the team being rescheduled to ref again, start the next game down seven (7) or up to Forty-Nine (49) points, AND/OR deny the team a spot in their division playoffs. This decision will be at the discretion of the Commissioner ONLY.

VII. Scoring

1. Touchdowns:
 - Male Touchdowns = 7 Points
 - Female Touchdowns = 10 Points
 - a. Male Touchdowns are construed as a Male throwing to a Male for a touchdown.
 - b. Female Touchdowns are construed as a Female throwing to a Male, Female throwing to a Female or Male throwing to a Female for a touchdown.
2. Interceptions for touchdowns (aka Pick 6)
 - a. Male returns for touchdown = 7 points
 - b. Females return for touchdown = 10 points
3. Males that are about to score a touchdown may NOT pitch the ball to a female at the last possible moment to obtain the “female” touchdown point. Score will be listed as a Male Touchdown.

VIII. Quarterback Rules

1. No Quarterback Sneaks.
2. All throws must be made with an overhand motion. No underhand pitches.
3. Pitch throws must be delivered with the ball shoulder high and wrist level with the elbow.
4. QBs must throw within 5 seconds of the ball being snapped and possessed.
 - a. Penalty – Loss of down and loss of 5 yards
5. QBs who chuck the ball to delay the game will be assessed a 10-yard penalty and loss of down.
6. QB may have a foot on the line of scrimmage when delivering the ball.
7. QBs may take a knee only once (1) per half.
 - a. If QB takes a second knee – The Penalty will be a Loss of 10 yards and loss of down.
8. No Flea Flickers.
 - a. Penalty – no gain, loss of down
9. Only the Quarterback can call for a Punt
 - a. Once the Quarterback calls for a “Punt” they may not retract their request.

10. One play in every three must involve a female (either as a receiver or as a QB). This is known as a closed play.
 - a. Penalty – Loss of down and a 5 yard penalty from the initial line of scrimmage
11. Hiker must Snap the ball from the Ground either through the legs or a side snap.

IX. Receiver Rules

1. There will be NO motion allowed while the ball is being snapped.
 - a. Penalty – False starts or motions prior to ball being snapped, loss of down and 5 yard loss.
2. There must be at least 4 players on the line (including the hiker) while the ball is being snapped.
 - a. Penalty – loss of down and 5 yard loss.
3. Receivers may NOT push off at any time.
 - a. First offense may be subjected to ejection from the game based off of severity and a loss of 10 yards from the line of scrimmage.
 - b. Second offense WILL result in an immediate ejection from the game and possible suspension from the league.
4. No flag guarding.
 - a. Penalty – ball will be marked at the spot of the foul OR return to the line of scrimmage
 - b. Players may not score due to flag guarding, ball will return to the original line of scrimmage
5. No diving or leaping for extra yards.
 - a. Penalty – ball will be marked where the player attempted the dive.
6. Cross patterns are allowed, but all players must avoid contact.
7. If receivers are caught creating an intentional screen or a “bubble pass play”, a 10-yard penalty and loss of down will be assessed.
 - a. An intentional second offense, the Captain and players involved will be subjected to an immediate ejection and possible suspension.
8. No Stiff Arms.
 - a. Penalty – Loss of down and a 10 yard penalty from the initial line of scrimmage.
9. Receivers without the ball may not block for the intended receiver.
 - a. Penalty – Loss of down and a 10 yard penalty from the initial line of scrimmage
10. Flags must be on the side of the hip on the player’s outermost garment. Players may not hide or manipulate the flag from the defender. Excess belt straps MUST be tucked in.
 - a. Penalty – Loss of down and a 5 yard penalty from the initial line of scrimmage
11. Offense caught intentionally: Striking, Tripping, Clipping, Kneeing, Elbowing, etc. Will be IMMEDIATELY removed from the game and league.
12. It is recommended that all players NOT wear: Rings, watches, earrings or posts.
13. Once a player is “Down” the play is considered dead.
 - a. This includes slippage and diving for a ball (also interception)

14. Offense will not taunt the defense.
 - a. Penalty – Loss of down and a Fifteen (15) yard penalty from the initial line of scrimmage and possibly removed from the game

XI. Punting

1. When QB calls for a Punt – the ball will then be placed on the Defender's goal line.

XII. Defender Rules

1. No holding or “bumping” offense
 - a. Subject to a 5-yard penalty.
 - b. A second offense will result in ejection.
2. Defenders may NOT rip or punch the ball from the receiver's hands/arms.
 - a. Subject to a 5-yard penalty.
3. Defenders may NOT tackle or push receivers out of bounds
 - a. Penalty - fifteen (15) yard penalty from the spot of the foul
 - b. Second offense WILL result in an immediate ejection from the game and possible suspension from the league.
4. Defenders may not pull flags early.
 - a. Repeat penalties, offense will gain 10 yards from the spot of the foul.
5. Defenders may block the ball but not the receiver.
6. Males may not defend female receivers within 5 yards of the line of scrimmage:
 - a. Penalty, 5-yard penalty and repeat of the same down *exception when this creates a first down, automatic first down and clearing the “closed” play
 - b. Penalty within the “Red Zone” – half the distance to the goal, automatic first down and clearing the “closed” play
7. In a zone style defense, males may defend female receivers once the ball is in the air or if the female runs further than 5 yards from the line of scrimmage.
8. Females may defend males or females.
9. Defenders may not be allowed to rush the QB.
 - a. EXCEPTION: If the QB throws to a receiver who is behind the line of scrimmage, the defense may rush the QB and receiver.
10. Defenders caught intentionally: Striking, Tripping, Clipping, Kneeing, Elbowing, etc. Will be IMMEDIATELY removed from the game and league.
 - a. Incidental tripping or clipping – a 10 yard penalty will be assessed to the defender.
11. Defense will not taunt the offense.
 - a. Penalty – Loss of down and a Fifteen (15) yard penalty from the initial line of scrimmage and possibly removed from the game

XIII. Playoffs

1. Playoffs will be held by conference until the championship game.
2. The team with the better record in each game shall be the home team.
3. Playoffs shall be single elimination.
4. All teams make the playoffs when possible.

XIV. Banning Players/Teams

1. Players or Teams will be banned from the league if their conduct is deemed to be detrimental to the league. This is solely up to the Commissioner.
2. There is no need for warnings to be banned from the league.
3. Players and teams are expected to treat each other with respect.
4. Teams and players are expected to know and follow the rules.
5. Any team that accuses a referee of cheating may be removed from the league.
6. Teams are expected to contribute socially to the league, this includes participation of Refereeing games