



TC Flag Football

5v5 League Rules

2025-2026 (Fall-Summer) Rules



Welcome to the exhilarating world of the TC Flag Football League! Our league offers a thrilling and fast-paced version of football, where teamwork, strategy, and skill take center stage. In this non-contact format of the game, players engage in electrifying matches while donning flags, adding an element of strategy to the pursuit of touchdowns. Whether you're a seasoned football enthusiast or a newcomer to the sport, our league's rules ensure a safe, competitive, and enjoyable experience for all participants. So, lace up your cleats, grab your flag belt, and get ready to embark on a season of camaraderie, athleticism, and unforgettable moments on the field.



TABLE OF CONTENTS

WHO WE ARE	4
Our Mission	4
The Team	5
The Game of Football	
Overview	6
The Field	7
Uniforms	8
Rosters	9
Game Play	10-12
Offensive Terms	13-17
Defensive Terms	18-21
Scoring Terms	22
Scores and Standings	24-25
Code of Conduct	26
Other Rules and Guidelines	
Sideline Maintenance	27
Spectators	27



WHO WE ARE

Our League

Welcome to the TC Flag Football League, a vibrant community of football enthusiasts united by a passion for the game! Established in the fall of 2012, our league has been a thrilling part of the local sports scene for over a decade. From its humble beginnings at the Vadnais Heights Dome, the league has traversed various venues, finding its true home at the West St. Paul Dome, where we've proudly hosted games for the past 6 years.

Dedicated to providing a platform for friendly competition, skill enhancement, and camaraderie, our league caters to adult players of all genders who are 16 years of age and above, with parental approval. We believe that football transcends age and gender, creating an inclusive space for athletes of diverse backgrounds and skill levels.

Saturday nights come alive as the field lights up from 6 to 9pm, with players showcasing their agility, strategy, and teamwork in fast-paced flag football matches. Our commitment to fostering a safe and enjoyable environment ensures that every participant relishes the thrill of the game while forging lasting connections with fellow players.



Whether you're a seasoned player or a newcomer to the sport, the TC Flag Football League welcomes you to join our legacy of sportsmanship, camaraderie, and the joy of playing under the Saturday night lights.

The team

Introducing the driving force behind the TC Flag Football League: a dedicated and diverse team committed to delivering an exceptional playing experience. Our board, comprising four passionate individuals, brings a unique blend of perspectives, ranging from player to team captain and owner. With their extensive professional backgrounds and hands-on experiences on the field, they infuse unparalleled value into our league.

Drawing from both competitive and recreational viewpoints, our board members contribute their insights to elevate every aspect of the league. Their journey from active players to leadership roles underscores their deep understanding of the sport's intricacies, fostering an environment that caters to all types of players.

Behind the scenes, our board works tirelessly to ensure that your time on the field is nothing short of extraordinary. Their dedication shines through in crafting a playing experience that combines skill-building, camaraderie, and the thrill of competition.

As part of our commitment to excellence, our league boasts a dynamic team of professional officials and player referees. Embracing a diverse range of backgrounds and expertise, our officiating crew upholds our philosophy: professionalism in calls and a



comprehensive understanding of the rules. Their presence on the field guarantees a fair and engaging atmosphere for all participants.

At the TC Flag Football League, we pride ourselves on celebrating the diverse roles that contribute to our vibrant community. From board members with a rich history in the sport to our dedicated officiating crew, each individual plays a pivotal part in shaping the league's legacy of sportsmanship, fair play, and unparalleled excitement.

If you would like to be part of our officiating crew please apply online at www.tcflagfootball.com

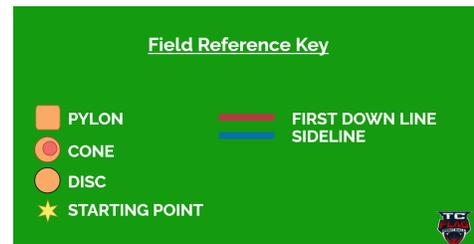
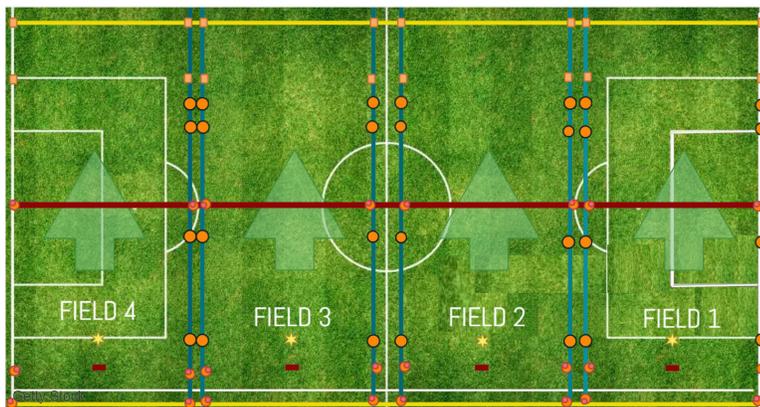
Rules of the League

General Rules of the Game

Flag football, a thrilling variation of the traditional game, revolves around speed, strategy, and skill without the physical contact of tackle football. In this dynamic sport, players aim to score touchdowns while wearing flags attached to their waistbands. The primary objective is to advance the ball down the field, evading defenders who aim to remove the player's flags to simulate a tackle. The game unfolds in a series of downs, where teams have 4 downs to achieve mid field and then another 4 to score. Passes, runs, and strategic plays are pivotal, with a touchdown occurring when a player crosses the opponent's goal line with possession of the ball. Penalties for infractions uphold fairness, and teamwork is key as players orchestrate plays on both sides of the ball. Overall, flag football offers an electrifying experience that combines athleticism, strategy, and camaraderie while emphasizing skillful gameplay over physical contact.



The Field:



There are 4 fields at TC Flag Football, the four fields all run parallel to each other and run in the same direction. This is for player safety as the starting point of the game is approximately 8 yards from a wall, and the endzone has another 10+ yards until players run into a wall.

The playing dimensions

- From the back of the endzone to the front of the end zone is 8 yards.
- From front of the endzone to the midfield line is 20 yards
- From start marker to midfield is 15 yards
- From the front of the safety zone to the spot marker is 5 yards
- From the back of the safety zone to the front of the safety zone is 5 yards.
- From Sideline to sideline is 22.5 yards, with 2.25 yards of sideline.

Moving down the field....

- Teams have 3 downs to get to midfield and 3 downs to score.



Uniforms, Jerseys and Game Balls

Uniforms: Teams can be creative with their names and jersey colors, however we do ask that the names are tasteful in nature, play on words is okay to a certain extent - no vulgar language, gesture or logos.

Home and Away: Teams that are identified as the away team must have an alternate jersey ready. Home teams do not have to change their colors. Teams and or players that have too close conflicting colors will be told to adjust their tops. Due to the health and welfare of players across the league, shirts and jerseys are required to be worn over the body. Players will not be permitted to play shirtless.

Shorts: Pocketless shorts are highly recommended for the safety of all players in this league, but it is not required. With that said, players with shorts are likely to not have defensive holding calls not called if a defender's hand or fingers get caught in the pocket of an offensive player.

Flags: Flags must be pop socket type flags like Sonic Pop, Schroomz, or other brands that offer this type of flag. We require 2 Flags per belt. Flags are not to be velcro or triple threat tear away flags. **(This will not benefit you or your team!)** Players who do not have flags are permitted to play but it is one hand touch.

Cleats: No steel cleats, molded cleats or turf shoes are appropriate.

Hats, Fitbits, and Rings: Are permitted to be worn during games, all other jewelry is at the players risk.

Towels and other obstructions: Any items such as wrist bands, towels or any other equipment attached to the belt or flag or is at the waist will be construed as part of the belt and flag and will count as a flag pull. 8.2.25



Go Pro and Other attached Video Equipment to a player: Is not permitted during game play as it does present a risk to other players and participants.

Game Balls: must be an adult regulation size ball (14 & over, size 9 - Official weighs 14-15 oz, is 6.5-6.8 inches in diameter, and 11.0-11.25 in length). When properly inflated.

Rosters

Roster Submission Deadlines:

- **Weekly:** Roster updates and changes are to be submitted to the website by Thursday at noon for Thursday night leagues and Saturday by noon for Saturday Night Leagues. Rosters are updated prior to games.
- **Season Deadline:** Teams can update their roster up to 2 games or two weeks prior to playoffs, whichever may come first.
- **Qualified Players:** Must be 18 years of age at the time of registration (Fall Season). Winter 1 & 2 players must be at least 16 years old. Players must be in good standing with the league both fiscally and behaviorally, and not in a restricted status. Players' legal first and last names must be presented on the roster. Individuals who are required to register as a sexual offender/predator, or who have been convicted of sexual crimes, are strictly prohibited from participating in the league.
- **Roster Limit:** Rosters are limited to 12 players per team.
- **Draft League Rosters:** Draft league rosters are locked from beginning of the draft to the end of the season.



Starting the Game:

Coin Toss: There is no official coin toss, away teams start with the ball first in the first half. Home teams start with the ball in the second half. In the event that there is an overtime game in playoffs, the home team will start with the ball first in the first Overtime, if a second Overtime is required, the away team will start with the ball. See Overtime rules for further guidance.

Roster Challenge: Teams who elect to challenge another team's roster may challenge the entire roster or a select player. If the challenge team challenges a roster and there are no errors to it, that challenging team forfeits a timeout for the duration of the game. However, if a player is found to be on the team but is not on the roster, the challenging team can elect to allow the ineligible player to be added to the roster and play or sit out. If there are 14 players on the roster sheet a player must be crossed off the roster to allow the ineligible player to be added. If the challenging team elects to not allow the ineligible player to play, the ineligible player is allowed to watch the game but is not allowed to play. If any ineligible play is found to be on the field in a game after a challenge was made, a forfeit score will be applied against the team in violation of this rule.

- During game challenges, if a player comes into the game late, the opposing team can challenge the roster, against that individual player only. If the challenge finds that the player is on the roster, the challenging team forfeits a timeout. If the team has no timeouts they are penalized with a delay of game penalty. If the player is found to not be on the roster then the player is ineligible for the remainder of the game, regardless of challenging the team captain's decision.



Clock Management: There are two clocks in the game, play clock and game clock.

- **Play Clock:** is a 30 second clock that starts when the ball is spotted or when it has reached the vicinity of the line of scrimmage. Officials will also start the play clock if the ball was taken out of the field of play and there is no movement to get the ball back into play within reason (3-5 seconds of no movement), when this occurs officials shall announce play clock is started. A 10 second warning is provided, followed by a countdown at 5,4,3,2,1... Play clock is managed by the line official.
- **Game Clock:** 15 Minutes is started at the beginning of each half. It is a running clock in both halves. The Game Clock can only be stopped on team timeouts in the both halves, if an injury occurs to which time must be stopped the injured players team will be charged a 30 second timeout.
- **Half Time:** There is a :60 second halftime period, teams will flip possession, the home team starts with the ball and the second half will immediately start once the ball is placed and the ready for play whistle is given.
- **Time Outs:** Teams have 3, thirty second time outs for the game.. Timeouts will run simultaneously to the play clock once the time out is taken. Once the timeout expires, the game clock will run, but the play clock does not reset. The play must start before the timeout is exhausted. If a delay of game occurs after the timeout, the game clock will continue, the play clock will reset.
- **Injury Time Outs:** Teams will be charged a time out if in the event there is an injury to the extent that a player can not walk off the field on their own accord. If teams are out of time outs, an injury timeout will be given and the injured players team will be assessed with a delay of game penalty.
- **Penalties within 1 minute of end of the second half:** A 10 second runoff will occur, when the offense commits a penalty in the second half. A team can take a time out to avoid the run off.



- If there is apparent intent to maintain possession and run out the clock will be treated as Excessive Griefing. This includes instances of intentionally causing penalties such as false starts and offsides to prevent the opposing team from having a fair opportunity to regain possession. The penalty for Excessive Griefing during the final minute of the game will result in a 15-yard penalty, change of possession, and the assessment of a timeout by the penalizing team. Excessive Griefing is committing the same type penalty twice in a row.



Defined Terms Within The Game:

Offensive Terms:

Huddle: a brief gathering of the offensive team's players, typically the quarterback and other key players, to discuss and plan the upcoming play. Up to 6 players can be in a huddle at a time, any time there are more than 6 players. ***Too many players in the huddle can be called. Dead ball penalty - 5 yards, replay the down.***

Line of Scrimmage: refers to the imaginary line on the field where the ball is positioned before the start of each play. Specifically, the line of scrimmage is established by placing the nose of the ball in alignment with the heels of the center, who is the player responsible for snapping the ball to the quarterback to initiate the play. **There are no on the line requirements outside the center for 5v5 Non Contact.**

Snap: refers to the action of the center player passing the ball to the quarterback to initiate a play. The center is the player who positions themselves on the line of scrimmage and is responsible for putting the ball into play by either handing it directly to the quarterback or executing a short toss. The snap marks the official start of a play, at which point the offensive team begins their planned movements, passes, and maneuvers while the defensive team aims to thwart their progress. The snap is a critical moment that sets the play into motion, and the timing and execution of the snap are crucial for the success of the offensive play. The snap must be between the legs of the center, and be in a fluid motion. **False Start on the Center:** is called on a double snap motion, where the ball is snapped in a non-fluid motion, by either being stopped and started or double clutched. ***False Start Penalty - Dead Ball, 5 yards. Loss of Down***



Run Zones: Run zones are portions of the field where the line of scrimmage begins outside a 5-yard distance from any goal-to-gain or end zone. In these areas, the offensive team has the option to execute running plays, which involve carrying the ball with the intent to advance it towards the opponent's goal line. The increased distance from the goal line provides more room for runners to maneuver, allowing for a wider range of strategic options.

No Run Zones: No run zones are sections of the field where the line of scrimmage starts within a 5-yard distance of any goal-to-gain or end zone. In these areas, running plays are restricted, and the offensive team is typically limited to passing plays. This rule aims to balance the game by preventing short-yardage runs near the goal line, thereby encouraging more dynamic and pass-oriented strategies. - ***Illegal Run within a No Run Zone - 5 yard penalty, loss of down from the previous line of scrimmage, play is called dead once runner crosses the line of scrimmage.***

Motion: Motion refers to the movement of an offensive player (usually a wide receiver or running back) before the snap of the ball. This pre-snap movement is often used to create confusion or mismatches in the defense, gain a better position on the field, or to change the formation of the offense. For this league motion is only permitted as a lateral motion that is parallel to the line of scrimmage. Only one player at a time can be in motion. One player must be set before another can be in motion. ***Illegal Shift - 5 yard penalty from line of scrimmage.*** Motion can not be vertical or perpendicular to the line of scrimmage. - ***Illegal Motion - 5 yard penalty from the line of scrimmage, loss of down, non dead ball penalty - unless movement if forward then, it's a false start penalty.***

Forward Pass: A forward pass is a type of play in which the ball is thrown forward by a player from behind the line of scrimmage to another eligible receiver down the field. There is only one forward pass per play. The thrower must have some



portion of their body behind the line of scrimmage for the play to be legal. The thrower can not cross the line of scrimmage then retreat back to throw the ball. -

Illegal forward pass - 5 yard penalty, loss of down, non dead ball penalty

Intentional Grounding: QB must throw the ball towards a receiver when in the pocket, the space between the TE's whichever is apparent during the play. If the QB is outside the pocket the ball must cross the line of scrimmage if the ball is not thrown toward a player. ***Intentional Grounding - 5 yard penalty loss of down.***

Handoff: Hand offs are permitted behind the line of scrimmage but not beyond.

Illegal handoff / lateral 5 yard penalty loss of down.

Fumble: A fumble is a play to which a player in possession of the ball loses control of it, and the ball becomes free and is no longer in the player's grasp or control. Fumbles can occur during various phases of the game, such as running plays, passing plays. When a fumble occurs it is a dead ball play to which the ball has touched the ground, and the spot is placed where the ball touched the ground last if fumbled backwards or lateral to play. If the ball is fumbled forward it is spotted at the spot to which the runner had last possession. Fumbles can not be advanced unless the ball has not touched the ground. The ball can be advanced only by the defense in this case. In the situation where a ball is fumbled by the offense it can not be advanced even if the ball has not touched the ground. The ball is spotted at the spot where the ball makes contact with the ground..

Lateral: Lateral and hand offs beyond the line of scrimmage are not permitted.

Illegal lateral - 5 yard penalty, loss of down, live ball penalty

Blocking: Contact blocking is not permitted in 5v5 non-contact. Players may provide a screen block to which they can not move and must be stationary.

Three Point Stance: Will be permitted as there is no contact in this format.

Rushers may be at a 3 point stance 7 yards off the line of scrimmage.



Flag Guard: refers to an action or technique used by a ball carrier to protect their flag (attached to a flag belt) from being easily pulled by a defender. Flag guarding involves using the hand, arm, and or ball to shield or cover the flag, making it more difficult for a defender to grab and remove the flag legally. This is a discretionary call by the official any other means of flag guarding or interpretation thereof will be considered. - ***Flag Guard - 5 yard penalty, loss of down.***

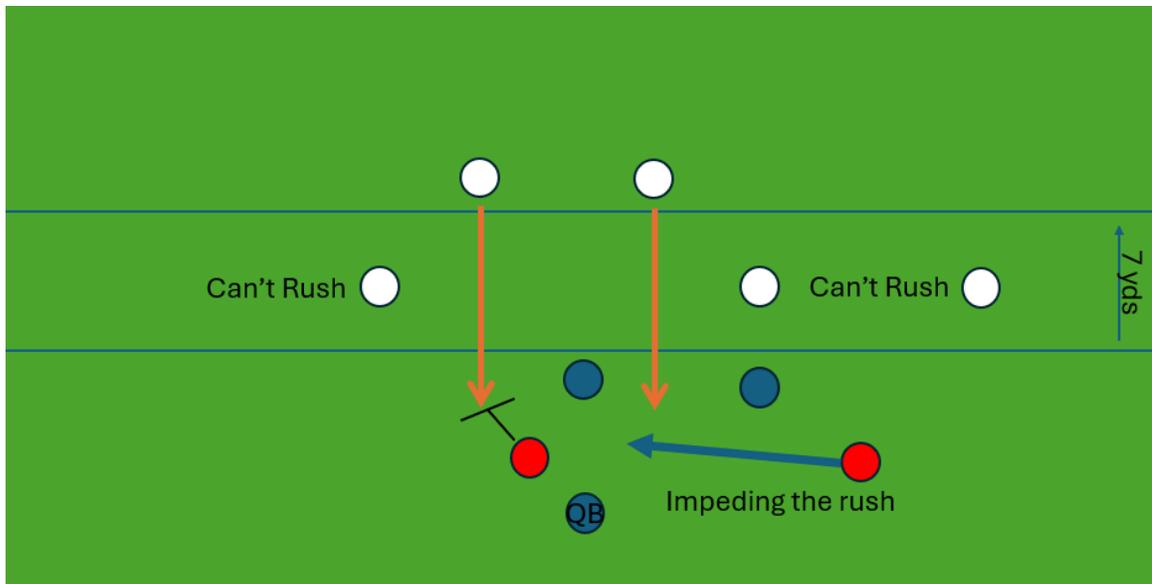
Offensive Pass Interference: when an offensive player commits an infraction that hinders or obstructs a defensive player's ability to make a play on a pass. OPI is called against an offensive player who interferes with a defender's ability to catch or defend against a pass, typically by pushing off, making contact, or creating separation in an unfair manner. ***Offensive Pass Interference - 5 yard penalty, loss of down.***

Catch: the act of successfully receiving and gaining possession of the football. It signifies that a player has legally secured the ball and has control of it, typically by using their hands or body to prevent the ball from hitting the ground. In this league 2 feet must be in bounds and must have control of the ball throughout the process of making the catch, including securing it and maintaining control as they make contact with the ground. If a catch is contested and is in the endzone, the player in possession of the ball must maintain possession for 1 count of 1 second.

Simultaneous Catch: a situation in which two or more opposing players, typically a receiver and a defender, catch or gain possession of the football at the same moment. If both an offensive player and a defensive player catch the ball simultaneously, possession is awarded to the offense, and it is considered a completed pass.



Impeding the Rush: Impeding the rush is when a player intentionally or unintentionally screens or restricts the rusher's path to the QB. This penalty is called when an offensive player screens, makes contact or impedes the defenders rush to the QB.. ***Impeding the Rush - 5 yard penalty, loss of down.***



Excessive Griefing: Occurs when an offense intentionally takes penalties to maintain possession and take time off the clock. Penalty is assessed after repeating dead ball penalties, such as false starts, and offsides (2x's in a row) ***Excessive Griefing / Unsportsmanlike Conduct - 15 yard penalty, change of possession, timeout assessed by the penalizing team.***



Defensive Terms:

Encroachment: a penalty that occurs when a defensive player crosses the line of scrimmage and enters the neutral zone before the ball is snapped. The neutral zone is the area between the offensive and defensive lines, extending the length of the football. If a defensive player's encroachment causes an offensive player to react (e.g., move or false start), it is often considered a "dead ball" foul, and the play is stopped before it begins. ***If a defensive player comes across the line of scrimmage, 5 yard penalty automatic first. If a rusher is on the 7 yard rush line and comes across before the snap they can not rush, if they commit to the rush and pass the line of scrimmage then it is an illegal rush 5 yard penalty, automatic first.***

Three Point Stance: Rushers who are 7 yards off the line of scrimmage may take a 3 point stance position..

Impeding the Rush: Any offensive player, who blocks, screens or makes contact to an eligible rusher - intentionally or unintentionally is impeding the rush. Impeding the rush, is defined as any movement to which the rusher slows or has to adjust their movement based on the offensive player, impeding their ability to directly rush the QB. **5 yard penalty, loss of down.**



Defensive Pass Interference: is a penalty that occurs when a defensive player commits an infraction that interferes with or hinders an eligible offensive receiver's ability to catch a pass. DPI is called when a defender makes contact with the receiver in a way that prevents them from having a fair chance to make a play on the ball. DPI is typically called when a defensive player makes physical contact with an eligible offensive receiver before or during the receiver's attempt to catch a pass. The contact or interference must impede or hinder the receiver's ability to make a play on the ball. This can include grabbing, pushing, holding, or making early contact with the receiver before the ball arrives. DPI can be called whether the contact occurs before the ball is thrown, while the ball is in the air, or after the ball is caught or becomes catchable. The key factor is whether the contact unfairly restricts the receiver's opportunity to make a play. ***Defensive Pass Interference - 5 yard penalty, automatic first down.***

Illegal Contact: This is a Non-Contact League, any contact made can be called for Illegal Contact . ***Illegal Contact - 5 yard penalty, automatic first down***

Defensive Holding: There are two variations of this penalty.

- a. One is a penalty that occurs when a defensive player, typically a defensive back or linebacker, grabs, holds, or obstructs an offensive player who is not the intended receiver of a pass. This penalty is called to prevent defenders from illegally impeding the progress of offensive players, particularly when they are not directly involved in the passing play. ***Defensive Holding - 5 yard penalty, automatic first down.***
- b. The second type is a penalty that occurs when a defensive player who is attempting to pull the flag of the ball carrier but ends up pulling the shirt, jersey or shorts of the ball carrier and impedes the forward progress of the runner. ***Defensive Holding - 5 yard penalty, automatic first, spot of the foul.***



Shove Out Rule: Defenders can not shove out offensive players out of bounds in Non-Contact Formats - **Unnecessary Roughness - 15 yard penalty, automatic 1st down.**

Roughing the Passer: a penalty called against a defensive player who commits an infraction that endangers the quarterback, who is the offensive player responsible for passing the ball. Roughing the passer penalties are intended to prioritize the safety of the quarterback, as flag football does not involve tackling, and defenders must attempt to remove the quarterback's flag (indicating a sack) instead of physically tackling them. Roughing the passer occurs when a defensive player makes prohibited physical contact with the quarterback.

- c. Any contact to the QB's arm while the arm is in the throwing motion and the ball is in the hand of the QB will be flagged for roughing the passer.
- d. Low hits to the QB while attempting to pull a flag with actions that are determined to be harmful to the QB.

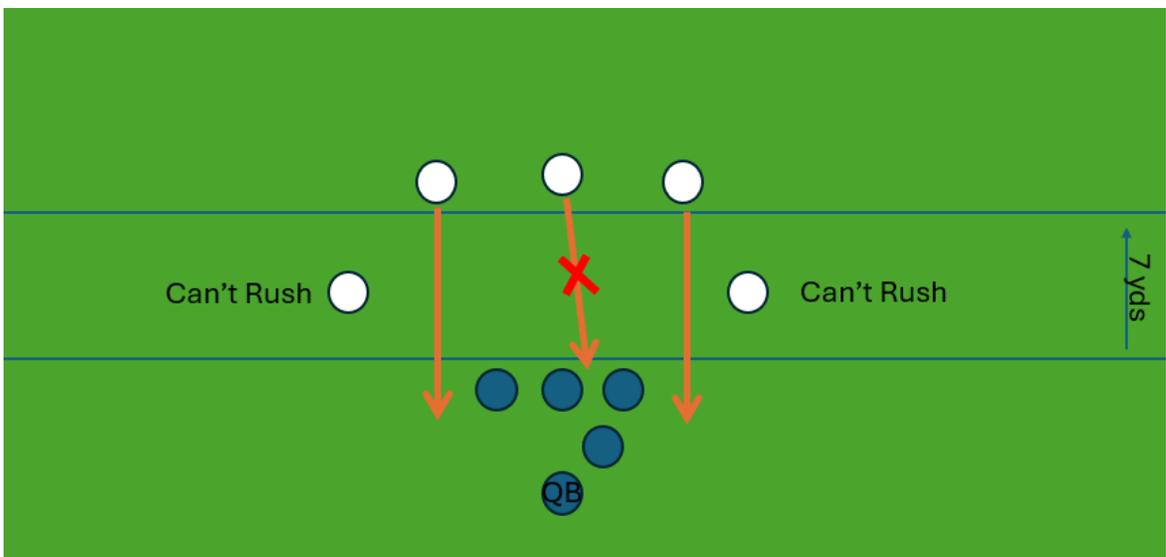
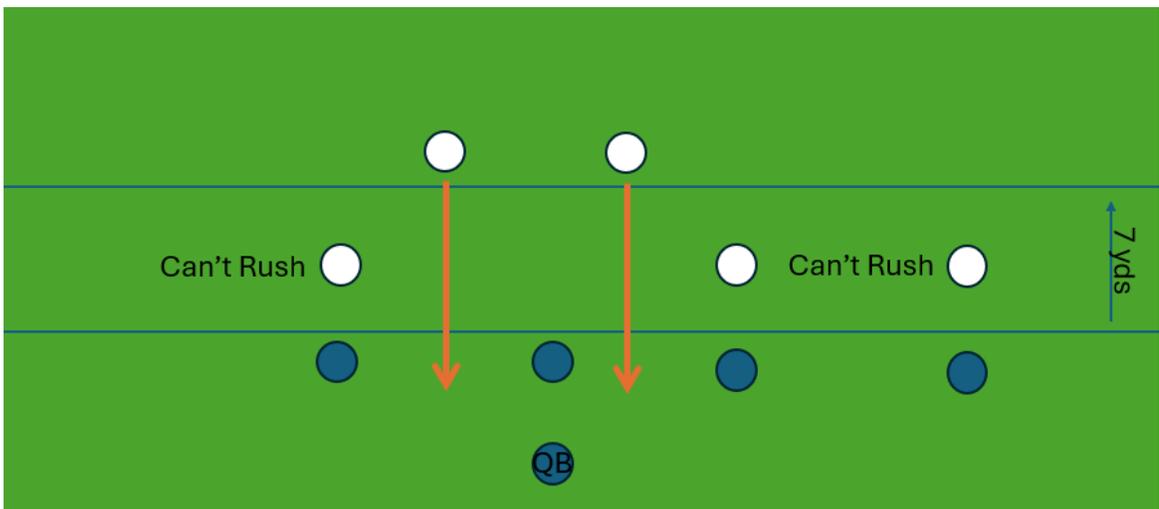
Roughing the Passer - 15 yard penalty, automatic first, spot of the foul.

Stripping of the Ball: is a defensive technique where a defensive player attempts to forcefully dislodge the football from the possession of an offensive player.

Stripping - 5 yard penalty, added to the result of the play.



Rush Line : Rushers must be lined up behind the 7 yard rush line, they must line up on either side of the center, or to the outside of a bunch formation to have a declared lane.





Delay of Game: is a penalty that can be called against the defense, for the following actions.

- Defensive player, intentionally holds onto a player's flag, or tosses it away from the player to force a delay.
- Defensive player intentionally prevents an offensive player from bringing the ball back into play.
- Defensive player, intentionally restricts a player from getting on or off the field of play.

Scoring Terms:

Touchdown: a fundamental scoring play. It is the primary method of scoring points and is achieved when an offensive player carrying the ball legally crosses the opponent's goal line and enters the end zone while maintaining possession of the football. Scoring a touchdown is a significant achievement and is worth six points.

Point After Try: also known as an "extra point," is a play that follows the scoring of a touchdown. Its primary purpose is to allow the scoring team to earn additional points after they have scored a touchdown. The PAT attempt takes place from a predetermined spot on the field. 5 Yards from the end zone is a one point try, and 10 yards from the end zone is a 2 point try. If the ball has been spotted and the scoring team changes their mind they must take a timeout to respot the ball. If the defense intercepts or recovers a live ball play and returns it to the opposing end zone they are awarded point for point try.

Safety: is a scoring play that occurs when a defensive player pulls the flag of the ball carrier behind their own goal line. Safeties also are scored when a ball is fumbled into the safety zone upon initial contact to the ground. Safeties are worth 2 points.



Overtime

Over Time: There is no official coin toss, Home teams start with the ball first in overtime. Home teams will declare if they are going for a 1 point try or a 2 point try.

- 1pt Try if successful - Away team must go for 2 to win.
- 1pt Try if unsuccessful - Away team can go for 1 to win.
- 2pt Try if successful - Away team must go for 2 to tie, and go into 2nd OT.
- 2pt Try if unsuccessful - Away team must go for 1 to win.
 - If both teams are unsuccessful the game will go into a 2nd OT.
 - 2nd OT Away team starts with the ball and the process of Overtime is repeated.

Sudden Death: If neither team is successful in winning the game after the 2nd OT.

The game will go into sudden death. The Home Team will start with the ball at the 5 yard line and that team will have 1 play to advance the ball as far as possible to include scoring. The play will be marked, and the second team will have 1 play to advance the ball further or tie if the first team scored, by scoring. If both teams score, sudden death continues. Teams flip possession and the process repeats until a winner is determined or rental time has expired.

- In the event that there is an overtime game in playoffs, the home team will start with the ball first in the first Overtime, if a second Overtime is required, the away team will start with the ball. See Overtime rules for further guidance.

Playing the Game

- **Teams Starting:** Teams must have a minimum of 5 players to start a game.
- **Starting Spot of the Ball:** The ball is spotted 5 yards from the safety zone.



- **Advancement of the ball:** Teams have 3 downs to achieve the first down marker at midfield. On 4th down they can elect to go or punt the ball.
- **Advancing past midfield:** Once a team has crossed the midfield line they have another 4 downs to score, or elect to turn over the ball on 4th down.
- **Spot of the Ball:** When advancing down field the ball is spotted by where the ball was when the flag was pulled. Not the flag pull.
- **Close to Call Plays:** When the ball is in close proximity to lines to gain, unless there is clear sight to the official that the ball does cross a line to gain, it will be called short.
- **Two Feet:** No three point stance all players are on two feet, and all catches require two feet.
- **Dips, and Dives:** Players may dip when they run, just be careful not to flag guard. Diving is also permitted, just can't dive through an established player's position - you will get called for offensive bull rush.
- **Stiff Arms and Flag Guards:** Stiff arms and flag guards are not permitted, you will get flagged and your team will lose yards.
- **Spotting of Penalties:** If a play occurs past the line to gain and a penalty brings the play back before the line to gain, no first down is granted.

Scores and Standings

- **Scores:**
 - Scores are to be verified with the official, all team captains need to initial the results of their game, if they do not they cannot contest a score even if the opposing team agrees there is an error.
 - Scores are updated to the league website within 24 hours of games, the only exception is if there is an issue with locating the score from the official.



- **Standings:** Standings are updated at the same time as scores, the standings go by win pct, points scored against, then by points differential. If win pct. Is tied, head to head is taken into consideration.

Code of Conduct and Ejections, Suspensions, and Bans

Players, and captains need to be reminded from time to time that this is a recreational sport, nobody is going to be drafted to play professionally from this league. Please take note that if you are in violation of the code of conduct you can be and will be benched, ejected, suspended, and banned from this league. We take player conduct seriously in this league; we expect all players to act like mature adults when they take the field.

Offenses that will get you ejected:

- Arguing with officials – immediate no warning.
- Ejection is for the full evening of the ejection and you must leave the facility
- Ejections during playoffs can be escalated to a suspension by determination of the league
- Taunting or instigating a fight - Over aggressive play that is not within the means of the game

Offenses that will get you suspended: Multiple Games, or Seasons

- Clearing a sideline to encourage a fight
- Arguing with officials
- Taunting or instigating a fight
- Cheating

Offenses that will get you banned: No coming back.

- Fighting
- Use of Alcohol, Tobacco Products, or Illegal Substances on site.
- Cheating



Board Member Intervention

1. Authority to Intervene

- Board Members who are not actively participating in a game shall have the authority to intervene when, in their judgment, the officials have lost control of the game and the integrity of play is at risk.

2. Observation Requirement

- A Board Member must directly observe the situation before taking any action.
- Input from the officiating crew may be considered to clarify circumstances.
- Board Members shall not act solely on requests from players, captains, or spectators.

3. Procedure

a. Warning – If player conduct is escalating, instigating, or in violation of the League Code of Conduct, the Board Member may enter the field and issue a formal warning to the involved player(s).

b. Ejection – If the conduct persists following a warning, the Board Member may eject the offending player(s). Such action shall be taken in the capacity of a neutral authority, independent of the individual's role as a player.

4. Officials' Authority

- Officials remain the primary authority on the field. Ejections should ordinarily be administered by the officiating crew.
- Board Member intervention is considered a supplemental measure to preserve game integrity and maintain league operations.



5. Intent

- This policy is established to ensure games proceed in a safe, timely, and orderly manner, given the league's scheduling requirements.
- Intervention by Board Members shall be exercised with discretion and only as necessary to maintain the integrity of TC Flag Football.

Other Rules and Guidelines

Sideline Maintenance: Sidelines are to be clear of any items to include but are not limited to food, drinks, bags and other gear owned by players. Sidelines are only intended to be the space to which players who play in the game observe the game while not being in the field of play.

Spectators: Spectators are permitted to be in the space on the back side of the end zone or behind the safety zone. Spectators are not permitted to be on the sidelines with players. If a spectator is being asked to leave the sideline by an official or TC Flag Football Board or Staff Member, the spectator needs to follow those instructions.

- If the spectator refuses to leave the sideline then the game will be stopped and a time out will be taken by the team that spectator is supporting, and a delay of game penalty will be assessed.
- If the issue continues to escalate, the spectator will be told to leave the facility, and not to come back. If further escalation continues, law enforcement will be called upon.