

General Edge Sports Center Rules Applying to All Sports

March 1, 2010

The Edge Sports Center is a family-oriented sports facility providing a friendly environment for practice, instruction, and both recreational and competitive league play for 'turf-based' sports.

- ✚ The Edge Sports Center will not be held responsible for any injuries that may occur to players or participants in games or other activities. Play at your own risk!
- ✚ No beverages, gum, seeds, or food of any kind are allowed on the playing field. WATER IS OK!
- ✚ No spitting is allowed other than in the appropriate basins in the restrooms.
- ✚ ALL forms of smoking and chewing tobacco are prohibited inside the facility.
- ✚ This is a drug, alcohol, and substance free center! Anyone partaking in these activities on the property or coming to the facility intoxicated will be banned from the facility.
- ✚ The Edge Sports Center will not be held responsible for lost, stolen, or damaged property.
- ✚ Sports play is restricted to the playing field and other designated sports areas (e.g. batting cages). No ball playing in the lobby.
- ✚ Only named team coaches, instructors, players, and game officials are allowed in the playing field area, unless access is specifically authorized by The Edge Management.

The following is the current list of activities during which spectators are allowed access on the other side of the chain link fence.

NOTE: Spectators entering any part of the field do so at their own risk. The Edge Sports Center will not be held responsible for any injuries that may occur to spectators who proceed out onto the field, whether it be in the following named situations or any other situation.

- Baseball & Fastpitch Softball
 - No access to baseball field itself
 - Spectators are allowed in the fenced off area in center field.
- Adult Football League Games
 - Spectators who are OVER 18 may watch from inside the chain link fence on the SOUTH side of the field only, and must stay south (lobby-side) of the white line. ALL OTHER SPECTATORS MUST STAY OUTSIDE THE CHAIN LINK FENCE
- ✚ The Edge Sports Center has a zero tolerance policy with regard to fighting and abusive language. No disrespectful, confrontational or abusive behavior toward referees is allowed at any time. Anyone who violates this policy will be asked to immediately leave the facility. Other consequences, such as being banned from the facility, may also apply.
- ✚ Any patron who willfully causes damage to The Edge Sports Center property will be responsible to pay for that damage. A \$25 minimum will be charged for the damage.

- ✚ Players with open wounds or visible blood will not be allowed to participate until the wound is covered and the blood flow is stopped.
- ✚ Please show courtesy to others by keeping the facility clean, and by tending to your children while visiting The Edge. The Edge is NOT responsible for any unsupervised children.
- ✚ Coaches and team representatives are responsible for conveying these rules to their players and fans, and for monitoring their behavior on the playing field and in team areas.

Any player or patron who acts in disregard of these rules, who engages in disruptive behavior, or who engages in physically or verbally abusive behavior toward The Edge staff or toward any other players, officials or patrons may be escorted from the facility and instructed not to return.

Rules for Adult Flag Football at The Edge Sports Center

March 14, 2010

- **2006 NFHS Rules, as implemented by CHSSA in Colorado High School Football Games, will be used to govern play with the following additions, clarifications, and changes. In the event of a dispute, the 'white hat' referee's judgment is final. No protests will be allowed.**
- **Session Information**
 - Session Length: Every team will play a minimum of 8 games. This total includes league play and the first round of the playoffs. Some teams may play one or two more games depending on the playoff structure and on how they do in the playoffs.
 - Prizes:
 - A trophy will be awarded to the 1st and 2nd place teams after the playoffs
 - Each member of the championship team will receive an Edge Sports Center tee-shirt with 'Flag Football League Champions' on it (up to 16 shirts – additional shirts may be purchased at cost).
- **General Facility-Specific Information for Adult Flag Football**
 - Only players, officials, and the scorer are allowed on the player bench side (North side) of the field. Everyone else must stay on the south side of the field behind the white line. Spectators under 18 must stay OUTSIDE the chain link fence.
 - Any ball that hits anything above the playing field (net, curtain, roof structure, etc) is a dead ball.
 - Exception: On a field goal, it does not matter if the football touches anything on its way to the uprights. However, the ball must REACH the net within the uprights to score points. Note: touching a part of the facility is NOT grounds for re-attempting the field goal.
 - The field is in-filled synthetic turf. Shoes with rubber or plastic cleats with a maximum length of 1/2" are allowed, as are turf shoes and regular flat running or athletic shoes. NO METAL CLEATS, CERAMIC CLEATS, OR SCREW-IN/DETACHABLE CLEATS ARE ALLOWED. (Exception: screw-in cleats are allowed if the screw is part of the cleat.)
 - All players and spectators are responsible for knowing and following The Rules of The Edge Sports Center described above.
 - The field will be marked with yardage markers on both sides of the field at both goal lines (G), both 1st first-down lines (10) and the mid-field line (20). The end-zone will be marked with bright pylons.
 - A three-referee system will be used. Flags will be used to mark the line-of-scrimmage and the first down line on one side of the field. A scoreboard will record the time remaining and score.
- **Equipment**
 - **Flag Belt**
 - All shirts must be tucked in - Shirts are not permitted to hang over the flag belt
 - Should a player lose their flag belt legally or illegally during a down, and should that player gain possession of a live ball, that player will be considered down when a legal tag (ONE hand touched by the defense between the shoulders and the knees, including the hand and arm) is made.
 - **Illegal equipment consists of :**
 - Flag belt not securely attached at the snap
 - Flag belt twisted such that the flags will not pull off with normal effort
 - Headwear containing any hard, unyielding, stiff material including billed hats, or items containing exposed knots.
 - Jewelry of any kind (pierced jewelry may be taped over) (smooth wedding bands are allowed)
 - Pads or braces worn above the waist

- Shoes with metal, ceramic, screw-in, or detachable cleats (exception: screw-in cleats are allowed if the screw is part of the cleat)
- Shirts and jersey that do not remain tucked in.
- Any hood on a coat, sweatshirt or shirt.
- Pants or shorts with any belt(s), belt loop(s), pocket(s), or exposed drawstrings
- Leg and knee braces made of hard, unyielding material unless covered on all sides and all edges overlapped
- No slippery or sticky foreign substance on any equipment or exposed part of the body
- Exposed metal on clothes or person
- Towels

- **Players and Roster**

- **Game Format:** 8 v 8
- **Roster:**
 - Each team may have a roster of no more than 18 players.
 - **Players may not be added to the team after the kickoff of their third game of the season. Penalty for playing with a non-rostered player is forfeit of game. PLAN AHEAD – HAVE SEVERAL ‘BACKUPS’ ON YOUR ROSTER THAT YOU CAN CALL UPON IF SOMEONE GETS HURT AFTER THE THIRD GAME!**
 - Each team should start the game with 8 players; Teams must have a minimum of six (6) players to start and finish a game – otherwise the game will be considered a forfeit and scored as 14-0.
 - Players are strongly encouraged to have numbered shirts. This facilitates keeping statistics and also identifying players who have committed a penalty. Not having numbers slows down the game.

- **Linemen**

- The offensive team must have a minimum of 3 linemen on the line of scrimmage
 - Configuration: a center and one guard on both sides of the center
 - Spacing: Approximately one arm's length apart
 - These three are strictly linemen; they may not receive the ball in any fashion including a handoff, pitch, or pass: they must not wear a flag belt; if they do receive the ball, the penalty will be that for an ineligible receiver.
- The defensive team must have a minimum of two players on the line of scrimmage
 - These two must be lined up either head-on, or inside of, the three offensive linemen – anything else is an illegal formation
 - Defensive linemen do not have to rush
 - Flag belts are optional for defensive linemen
 - If a defensive lineman without a flag intercepts a pass, that player will be considered 'down' when a legal tag (ONE hand touch by the opponent between the shoulders and the knees, including the hand and arm) is made.

- **Blocking/Other Player-to-Player Contact**

(These rules apply to both the offensive and defensive teams)

- Blockers must have both hands/arms at chest level,
- The hands must remain open (no closed fists) and must stay in front of the body.
- No blocking is allowed below the waist or above the shoulders
- Contact is permitted only with the hands. Blocking with any other part of the body (shoulder, elbows..) is prohibited.
- Rushing the passer: To prevent the quarterback from throwing a pass, the defender may only 1) hold his hands straight up in the air in an attempt to block the pass, or 2) deflag the quarterback before he releases the ball. The defender may NOT bring his hands or arms down on the quarterback in any way.
- Clipping, cut-blocks and chop-blocks are all illegal
- Offensive players may only block twenty (20) yards past the line of scrimmage.

- Offensive players must remain on their feet; they may not propel themselves into the air using the legs other than to catch a throw football. The ball carrier may not dive, hurdle, jump, or leave his feet to advance the ball
- No defensive player may drive or push a ball carrier out-of-bounds – players must go after the flag
- There is NO blocking on returns of interceptions (or fumbles caught in the air).
 - Players of the intercepting team should stop immediately and put their hands in the air to clearly indicate that they are not involved in the play. Any attempt to create a screen – stationary or moving – will be penalized as an illegal block.
 - Players attempting to de-flag the player who intercepted the ball may not touch any member of the other team as they attempt to pull the flag of the runner – i.e. they must treat the other players of the intercepting team as if they were a referee.
- The ball carrier must attempt to avoid contact with defenders – any attempt to charge or run through a defender is a foul.
- Tackling is prohibited at all times and is considered a major foul. If a defensive player tackles a ball carrier who, in the judge of the official, would have scored a touchdown, the officials may award a touchdown.
- Defensive players may ‘chuck’ receivers coming off the line of scrimmage (with their hands only) until such time as the receiver reaches the same plane as the defensive player. Once the receiver reaches this point with respect to the defender, no additional contact that affects the ability of the receiver to run his route and/or catch the ball may be made by the defense.
- Defensive players may not use swim moves – i.e. their arms must stay below the shoulder level
- All over-aggressive play, pushing, and/or holding is not allowed.

- **Playing Time, Time Outs, Overtime**

- **Length of Regulation Game**

- Two 25-minute halves, running time until the ‘stop-clock’ goes into effect (see below).
- Each team has two 30-second time outs in each half – Timeouts always stop the game clock no matter when they are called.
- Teams will have 25 seconds from the spotting of the ball to snap the ball. Otherwise it is a delay of game penalty.
- ‘Stop Clock.’ Applies only if the score differential is 14 points or less. In the final minute of regulation time in the first half or, in the final two minutes of regulation time in the second half, the game will run on ‘stop-clock.’
 - The clock will be stopped for the following situations when the whistle is blown, and then restarted once the ball is placed by the referee and he signals for the clock to start
 - First down
 - For dead ball situations: The clock will be stopped for the following situations when the whistle is blown, and then restarted once the ball is snapped
 - Players going out of bounds
 - Incomplete passes
 - During and after a punt
 - Change of possession for any reason
 - Penalties. The clock is stopped while the penalty is declared, during any decision with the opposing team about whether to accept or decline the penalty, and during the marking off of the penalty. After that, the play clock status returns to that which it would have been without the penalty. If the clock would have been running without the penalty, it is started again on the referees signal. If the clock would have been stopped anyway without the penalty, it stays stopped until the snap is made
 - Field Goal Attempt – If the clock would already be running for one of the above reasons, it will be stopped as soon as the offensive team announces that it is going to go for a field goal. Then 3 seconds will be run off the clock to simulate the time of play. The clock will then restart at the snap of the next play
 - In all other cases, the clock will continue to run continuously
- **Overtime:** In case of a tie at the end of regulation time (Home team always begins the overtime with the ball)
 - League Games & non-designated playoff games (e.g. consolation games)
 - Each team will have one opportunity to score. The ball will be placed on the 10 yard line closest to their opponents end zone, and the team will have 1 set

of downs (4) to score. Teams may elect score in any way and if a touchdown is made, to go for a one or two point conversion.

- If the score is still tied after each team has had one opportunity to score, the game is over and will be scored as a tie
- Designated Playoff Games (i.e., those that determine whether a team moves on towards the championship.)
 - The game will be continued until one team or the other wins
 - For the first overtime 'period' each team will have one opportunity to score. . The ball will be placed on the 10 yard line closest to their opponents end zone, and the team will have 1 set of downs (4) to score. Teams may elect score in any way and if a touchdown is made, to go for a one or two point conversion.
 - For the next two overtime 'periods', again each team will have one opportunity to score, but they must go for a touchdown (not a field goal) and they must go for a two point conversion.
 - After 3 overtime periods,' the format moves to 'sudden death.' The first team to score a touchdown wins the game.

• **Scoring**

- Touchdown = 6 points
- PAT = 1 point
- Conversion after touchdown = 2 points
- Field goal = 3 points
- Safety = 2 points
 - 'NO-SAFETY EXCEPTION:' Note that a safety will NOT be called in the following situation: When the ball is AUTOMATICALLY placed on the 2-yard line to re-start play (see Starting/Re-starting the game below), a safety will NOT be called when the offense is deflagged in the end zone (or touches the back line or sideline, or the ball is fumbled or hiked over the quarterback's head) until such time as the ball is first advanced PAST the two-yard line by any means, including by a penalty.

• **Starting/Re-Starting the game; First Downs**

- Pre-game conference: Before the start of the game, the officials will meet with the captain of each team and
 - Write down the names of the identified captains for each team for the game.
 - Verify that all equipment is legal. The game will not be started until all illegal equipment is removed or corrected.
- Starting & Restarting the Game
 - The referee will toss a coin and the visiting team will call heads or tails. The team that wins the toss has the option to start with the ball or be on defense. The team that does NOT start with the ball in the first half, WILL start with the ball in the second half.
 - To begin the game, the ball will be placed on the 2 yard line of the team that starts with the ball. The other team does likewise at the start of the second half.
 - After a touchdown or successful field goal, the other team starts with the ball on their own 2 yard line.
 - After a safety, the ball is placed on the opposite 10 yard line and possession is given to the team making the safety.
 - After a deflagging (fumble, touching the end line or sideline, ...) in the endzone that does NOT result in a safety (see note above under scoring), the place will be placed on the 2-yard line with a loss of down.
- Continuing down the field
 - The offense has 4 plays to make a first down at one of the three designated first down lines, or to score.
 - If the offense 'goes for it' on 4th down, and fails, then the ball is turned over to the other team at the spot where the ball is downed.

• **Guarding the Flag Belt**

- Runners shall not 'flag guard' using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt
- 'Flag guarding' includes:

- Swinging the hand or arm over the flag belt to prevent an opponent from de-flagging
- Placing the ball in possession over the flag belt to prevent an opponent from de-flagging.
- Lowering the shoulders in such a manner that flag guards.

- **Backwards passes and fumbles**

- The ball is placed where the fumble hits the ground, or where it goes out of bounds.
- Fumbles are retained by the last in possession before the ball hits the ground
 - If the defense gains control of the fumbles before it hits the ground, or, if a defensive player intercepts a backwards pass, the offensive team will lose possession of the ball and the defense will take possession at the point where the defensive player gained control of the ball.
- Defensive players may not strip the ball carrier of the ball
- If the offense does not make a clean snap (clean snap = ball goes directly from center to receiving back without touching the ground), then
 - If it can be cleanly fielded by the quarterback (only) without the quarterback turning around or taking more than one step to either side to get the ball, play will continue.
 - If it is snapped over the head of the offensive player, the ball will be dead where it hits the ground and treated as a fumble. The offensive team retains possession.

- **Forward passes and interceptions**

- A team may make at most one forward pass during a play.
- If a player is in the air attempting to catch a ball, the player must touch the ground with at least one foot in bounds with the ball in their possession prior to going out of bounds, unless contact by an opponent causes the player to first touch out of bounds.
- If possession is lost simultaneously when they hit the ground, it is not a catch
- If a forward pass is caught simultaneously by members of opposing teams, the ball is dead at that spot and belongs to the offensive team.
- If the defense intercepts the ball, they may return it, but there is no blocking on the return (see Blocking!).

- **Defensive/Offensive pass interference**

- Defensive players may 'chuck' receivers with their hands as long as the receiver is in front of the defender. Thus, a defender can backpedal and continue to 'chuck' the receiver. As soon as the receiver is past the defender, no further contact is allowed.
- Otherwise, it is defensive pass interference if an eligible receiver is de-flagged or touched prior to touching the ball on a pass thrown beyond the offense's line of scrimmage.
- It is offensive pass interference if the offensive player pushes off or trips the defender in order to catch the ball.

- **Punting and Field Goals**

- The offensive team has the option of punting or attempting a field goal on any down, but they must announce their intent to do so before coming to the line. No 'quick punts' are allowed. Once the decision is made and announced to the referee, it may not be changed.
- If the offense elects to punt, the ball will be turned over to the other team and placed as follows
 - If punting between one's own goal and 10-yard line, the ball will be placed on the opposite 10 yard line.
 - If punting from beyond one's own 10-yard line, the ball will be placed on the opposite 2 yard line.
- If the offense elects to attempt a field goal
 - The defensive team must move to the side of the field, completely away from the play
 - The ball will be 'teed-up' 7 yards behind the line of scrimmage

- A successful field goal is one that touches the end net completely between the uprights, and completely above the bar. If the ball touches the uprights or the bar or touches outside the uprights or the bar, it is a missed field goal. It does not matter if the ball touches the ceiling net or other facility structure on the way to the uprights, but it must REACH the uprights/net in order to be scored.
- If a field goal is missed, the opposing team will take possession of the ball at the line of scrimmage from which the 7 yards was marked off.
- During normal, running clock time, the clock runs during the entirety of the field goal attempt. When the game is in 'stop-clock' time, 3 seconds will be taken off the clock for each field goal attempt.

- **Accepting/Declining Penalties**

- The only person who can accept/decline penalties is one of the identified captains of the team. If a discussion is required between the officials and a team, it shall be with one of the identified captains only.

- **Personal Conduct Fouls & Unsportsmanlike Conduct Fouls**

- **For ALL sports and at ALL times, The Edge Sports Center has a zero tolerance policy with regard to fighting and profanity, and likewise, no disrespectful, confrontational or abusive behavior toward referees is allowed at any time. Anyone who violates this policy will be asked to immediately leave the facility. Other consequences, such as being banned from the facility, may also apply. Normal game penalties (described below) will be applied to the team of the offending player.**

Type of Offense	Examples	Game Penalty	Additional Consequences
Minor Foul	<ul style="list-style-type: none"> • Motion • Encroachment/Offsides • Illegal Formation, including not having at least two defensive linemen lined up head-on or inside the offensive guards. • Illegal Equipment, <u>including flag belt not attached at the snap</u> • Illegal Snap • Delays • Timeout and Play Clock Violations 	<ul style="list-style-type: none"> • 5 yards & replay down if by offense • 5 yards & replay down if by defense 	
Major Fouls	<ul style="list-style-type: none"> • Holding • Offensive propelling himself in the air with both legs in an attempt to make a play: diving, hurdling, jumping, leaping. Does not apply to a receiver diving to catch the ball. • Flag Guarding • Stripping the ball • Hitting the quarterback with the hands or other part of the body in an attempt to prevent a pass. 	<ul style="list-style-type: none"> • 10 yards • Automatic first down if by defense; loss of down if by offense 	
Personal Contact Fouls	<ul style="list-style-type: none"> • Fighting of any kind with any other person in the facility, including one's own team • Punching or striking an opponent with the fist, locked hands, forearm or elbow; kicking or kneeing an opponent • Intentional physical contact with a game official, spectator or staff member of The Edge 	<ul style="list-style-type: none"> • 10 yards • Automatic first down if by defense; loss of down if by offense 	<ul style="list-style-type: none"> • Immediate ejection from the game AND the facility. Must sit out the next game, whether league or playoff, and must not enter the facility on that game day. • May be permanently banned from the facility pending review by General Manager of The Edge • See further notes below
	<ul style="list-style-type: none"> • Illegal blocking of any kind • Contacting an opponent who is on the ground • Contacting an opponent after the ball is declared dead and up to when it again comes into play • Pushing the ball carrier out of bounds • Tackling or throwing the runner to the ground • Roughing the passer, including bringing the arm down on a quarterback's head, shoulders or arm in an attempt to disrupt his ability to pass – blocking the pass with hands straight up in the air is allowed • Defensive Pass Interference (if in the end zone, ball is placed on 5-yard line) • Offensive pass interference • Tripping • Stiff Arming • Deliberately driving into or running into a defensive player by an offensive ball carrier (charging) – an attempt MUST BE MADE to avoid contact with the defensive player. • Lowering the head or shoulders by an offensive ball carrier such that defensive player is contacted by the head or shoulders 	<ul style="list-style-type: none"> • 10 yards • Automatic first down if by defense; loss of down if by offense 	<ul style="list-style-type: none"> • Depending on the severity, repetition, and/or perceived intent of the illegal contact between players (i.e. a flagrant or malicious foul), the referee may, at his discretion, immediately eject the player from the game. In this case the player must immediately leave the facility and sit out the next game whether league or playoff, and must not enter the facility on that game day. • The player may be banned from the facility pending review by General Manager of The Edge. • See further notes below

	before any other part of the offensive player		
Unsportsmanlike Conduct Fouls	<ul style="list-style-type: none"> • Use of any form of tobacco, alcohol, or illegal drugs anywhere in the facility • Using profanity directed towards an opponent, game official, spectator, or Edge staff member, or using any profanity that can be clearly heard by spectators on the south sideline or in the lobby. • Being disrespectful in word or gesture to a game official, opponent, spectator, or staff of The Edge Sports Center 	<ul style="list-style-type: none"> • 10 yards • Automatic first down if by defense; loss of down if by offense 	<ul style="list-style-type: none"> • Immediate ejection from the game AND the facility • Must sit out the next game, whether league or playoff and must not enter the facility on that game day. • May be permanently banned from the facility pending review by General Manager of The Edge • See further notes below
	<ul style="list-style-type: none"> • Eating of any type of food, chewing of gum, seeds or tobacco, drinking any liquid other than plain water, or possession of any of the above, anywhere in the field area to the north of the chain link fence off the lobby, including in the dugouts. • Spitting anywhere in the facility other than in the appropriate receptacles in the lobby and restrooms. • Baiting or taunting an opponent • Making noises to interfere with the offense's signals • Kicking the ball other than as part of a field goal attempt 	<ul style="list-style-type: none"> • 10 yards • Automatic first down if by defense; loss of down if by offense 	<ul style="list-style-type: none"> • Ejection from the game after ANY two offenses in that game • See further notes below

Penalties inside the first 1st-down line – 1/2 the distance to the goal

Further notes on ejections:

1. There are no refunds to players ejected or banned from the facility.
2. If a player is ejected in the last game of a season, then the suspension for the next game will be served during the first game of the next season played by that player (which is not necessarily the next session of flag football at The Edge.)