

# OLS



OutLoud Sports (OLS) Queer+ Flag Football league offers an inclusive environment where everyone is welcome, regardless of experience or identity. Ensuring safety is paramount in our league, where players, whether seasoned athletes, casual participants, or spectators, find a supportive community at OLS to make friends, get active, and enjoy the game!

We believe your uniqueness makes you exceptional and have zero tolerance for discrimination.

## **GAME FORMAT:**

**OLS Flag Football Rules are based on the NFL Flag Rulebook with adaptations to meet the needs of our league.**

**Player Formation:** Our league is 7 on 7, full contact (not tackle) flag football, and we play on a smaller field compared to traditional football.

**Equipment:** Our players must wear 3-flag belts provided by the league or any flags with 3 flags attached to one belt. These flags are pulled to simulate a tackle. If an offensive player's flag falls off during game play, they are not "tackled" until they are tagged by a defensive player.

A standard football is used with our All-Gender Division, and the She/They Division may use a smaller ball to facilitate easier passing and handling during their game.

**Time:** Our league has a 55-minute running clock, 25 minutes each half with a 5-minute half-time break and no 2-minute run-down. The clock will only stop for timeouts and calls by the referee.

**Subs:** Teams are permitted to have substitutes if the player has a waiver on file and provides \$10 cash to the League Manager before the game starts.

Subs are allowed if 10 or less players from your roster are present for a game, with a maximum of 6 players allowed to sub each game or week.

All subs will need to be approved by Team Captains and League Managers before playing any games.

Players can sub across Divisions or Levels, and if any Advanced Level players want to sub for a Recreational Level team that would require League Manager approval.

**Field Markers/Pucks:** Line of Scrimmage – RED\*

Rush Line (5 yards) – YELLOW\*

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Line-to-Gain 1st Down (10 yards) – GREEN\*

*\* Please note the field marker/puck colors may change based on availability of equipment and supplies.*

## **FIELD RULES:**

Each team is allowed 3 timeouts per game, max 2 per half.

No full arm extension when blocking for offense or defense or a penalty will be assessed.

She/They Recreational and All-Gender Teams are required to declare 4th down intent, Play or Punt would be the call. (\*)

**Scoring:** Touchdowns are 6 points

Point after touchdown (pass or run play is acceptable)

1 point conversion from the 5-yard line

2 point conversion from the 10-yard line

**Offense:** Quarterbacks possess one run per drive or series.

There is no fumble in this game, if the ball leaves a player's hands after possession it is a dead ball at the spot it is dropped, and they have a flag pulled or they are tagged. A penalty will be assessed if the defense hits the ball from the hands of the offensive player.

No jumping or flag guarding is allowed, referees will end the play when spotted and a penalty will be assessed.

Only one player can receive the ball from the quarterback behind the line of scrimmage. (\*)

Pitches and laterals are allowed from the line of scrimmage but not allowed down the field. (\*)

**Defense:** Defensive players' main rusher must start 5 yards from the line of scrimmage before they pursue the quarterback or any other offensive player. After the main rusher crosses the line of scrimmage, it is fair game for another defensive player to blitz the quarterback. All other defensive players can play up on the line of scrimmage.

Within the first 5 yards of the ball, defensive players can make contact with the offense and anything outside of this zone a penalty will be assessed.

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If a defensive player intercepts the ball during any play, including points after touchdown, the ball is live until a flag is pulled.

**PLEASE NOTE: Rules with an \*do not apply to the Advanced Division.**

## **PENALTIES:**

### General

1. The referee is responsible for calling all penalties.
2. Referees determine incidental contact resulting from normal gameplay and/or spot fouls.
3. Penalties are assessed from the line of scrimmage, except for spot fouls.
4. Only the Team Captain may ask the referee for rule clarifications or interpretations; players should not question calls.
5. A defensive penalty cannot end a game or half unless the offense declines it.
6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before the play is considered complete.
7. When penalty yardage exceeds half the distance to the goal, penalties are assessed half the distance to the goal yardage.
8. Spot fouls in end zone: Defensive (Ball on one-yard line, first down)/Offensive (Safety)

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## ii. Defensive spot fouls

Defensive pass interference	Automatic first down
Holding	+5 yards and automatic first down
Stripping	+10 yards and automatic first down

## iii. Offensive spot fouls

Screening, blocking or running with the ball	-10 yards and loss of down
Charging	-10 yards and loss of down
Flag guarding	-10 yards and loss of down

## iv. Defensive penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive unsportsmanlike conduct	+10 yards and automatic first down
Offside	+5 yards from line of scrimmage and automatic first down
Illegal rush (Starting rush from inside 7-yard marker)	+5 yards from line of scrimmage and automatic first down
Illegal flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage and automatic first down
Roughing the passer	+5 yards from line of scrimmage and automatic first down
Taunting	+5 yards from line of scrimmage and automatic first down

## v. Offensive penalties

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside / false start	-5 yards from line of scrimmage and loss of down
Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage)	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving)	-5 yards from line of scrimmage and loss of down
Delay of game	-5 yards from line of scrimmage and loss of down
Impeding the rusher	-5 yards from line of scrimmage and loss of down
Illegal Procedure	-5 yards from line of scrimmage and loss of down
Taunting	-5 yards from line of scrimmage and loss of down