



**5 STAR SPORTS**  
living life to the extreme

# **8 MAN CONTACT ADMINISTRATIVE RULEBOOK**

**VERSION 2 – DECEMBER 12, 2023**

## LEAGUE INFORMATION

### NAME

### TITLE

### EMAIL

James Reese

Owner /Commissioner

JReese@5StarYouthAllianceinc.org

Dr. Shelton Land

Discipline Chair

Contactus@5starsportsleague.com

Ed Patterson

Head League Official

ReTpatterson@aol.com

League Phone Number:

678-775-8667

League Email Address

Contactus@5starsportsleague.com

League Web Address

www.5StarSportsLeague.com

Payments/Fines

Cash App

\$5StarSportsLeague

# **TABLE OF CONTENTS**

INTRODUCTION .....	
LEAGUE COMMITTEE.....	
CODE OF CONDUCT .....	
MEMBERSHIPS .....	
PLAYER REGISTRATION .....	
ROSTER AND LIABILITY FORMS (WAIVER).....	
DISBANDMENT .....	
SCHEDULE .....	

## **SECTION I. PARAMETERS OF THE GAME**

GAME CANCELLATION .....	
FORFEITS .....	
PLAYER ELIGIBILITY .....	
PLAYER (PARTICIPATION) EJECTION .....	
FINES .....	
UNSPORTSMANLIKE CONDUCT .....	
PROHIBITED ACTS .....	
PERSONAL FOULS (FLAGRANT 1&2) .....	
PLAYING FIELD .....	
PROTEST .....	
CHALLENGE .....	
OFFICIALS .....	
EQUIPMENT .....	
TEAM UNIFORMS (UNIFORM <b>POLICY</b> ) .....	
ROSTER LIMITS .....	
ATTRITION .....	

REGULATION TIME OF PLAY .....  
TIMEOUTS .....  
OVERTIME PLAY .....  
GAME START TIME .....  
SPEAKING CAPTAINS .....  
STARTING THE GAME/HALF.....  
MERCY RULE .....

**SECTION II. BASIC RULES OF THE GAME**

DE-FLAGGING .....  
DELAY OF GAME .....  
OFFENSIVE LINE .....  
PASS INTERFERENCE .....  
ROUGHING THE QUARTERBACK/PASSER .....  
SCORE VERIFICATION.....  
SCRIMMAGE FORMATIONS .....  
TEAM BOX .....  
TURNOVER RULE .....

## **INTRODUCTION**

In accordance with the positive image and growth of FLAG FOOTBALL, 5 Star Sports will use the following rules and regulations for participation as the cornerstone for fair and competitive play. All items listed in this rulebook will be subjected to pre and post season evaluation in order to maintain all 5 Star Sports' compliance standards for league play and events. If a playing rule or regulation is not clearly defined in this rulebook, then a selected sanctioning body rulebook will be used in lieu of the rule(s)/regulation(s) in question. If any rule(s)/regulation(s) not listed in this rulebook or the selected sanctioning body's rulebook, then all matters concerning the rule(s)/regulation(s) will be governed by 5 Star Sports League Administration. The sanctioning body will be announced every season for clarity. The sanctioning bodies rules DO NOT SUPERSEDE 5 Star Sports Rules, but are in place to help guide these rules for clarification when something is unclear. The rules and regulations may be amended from time to time by the league administration when deemed necessary to further grow and promote fairness in league play. The amendments only pertain to improving all elements of safety, fair play, sportsmanship, proper conduct, league stability and compliance to league associates' field usage policies. Amendments shall be effective immediately unless otherwise indicated by the amendment. Any situation, play, game, incident, occurrence, eligibility and any other league ruling that is not clearly defined by the before mentioned entities may be ruled on for Immediate application by the League Commissioner, the Supervising Official, and/or a Designated League Administrator.

## **LEAGUE COMMITTEES**

When necessary, league committees may be formed to assist the league in the execution of orderly operation. The role of the league committees is to assist and/or advise the league on specific items concerning administrative, disciplinary and operational task designed to support the league's mission for a family-oriented environment sharing a platform of valued league members competing and fellowshiping on and off the football field.

The committees will be broken down into 2 groups with specific duties delegated to selected members or approved volunteers every season. The groups are Administrative and Operational. In lieu of groups not having participating members the executive board may select non-members or standing groups externally to assist with any or all of the league committee responsibilities effective immediately if applicable.

### **Administrative Committee**

**Governing body responsible for Regulations, Player Safety, League Code of Conduct, Disciplinary matters and all relevant items will be administered by the Administrative Committee.**

### **Regulations**

*A 5 Star Sports rule, principle, or condition that governs the procedures or behavior of all league members to include administrators, officers, officials, coaches, players and supporters/fans.*

**Player Safety**

*Regulations designed to proactively manage all items regarding player safety as it pertains to facilities and playing rules.*

**League Code of Conduct**

*5 Star Sports conventional principles and expectations that are considered binding on any person participating in any league game or any supporter/fan attending any league event.*

**Disciplinary**

*Issues rulings, administration and enforcement of reprimands for all items regarding the League Code of Conduct, Suspensions, Ejections and Fines.*

**Operations Committee**

**Governing body responsible for Game Day Operations, Scheduling, Officials, Rules and all relevant items will be administered by the Operations Committee.**

**Game Day Operations**

*Duties specific and non-specific pertaining to field maintenance and preparation, as well as league game reporting.*

**Scheduling**

*Season/playoff game dates, times and location within league guidelines and in consideration of request by members in good standing.*

**Officials**

*League facilitators of game official protocol and first line of report for grievances, code of conduct violations and a protest decision.*

**Rules**

*League administrators of all game playing guidelines and regulations.*

## **CODE OF CONDUCT**

**All 5 Star Sports administrators**, staff, vendors, volunteers, contractors, associates, designees and affiliates will uphold all aspects of professionalism, community awareness and customer service.

**All 5 Star Sports** participants will be mannerable and respectful to opponents, officials, organizers, teammates, spectators, facility staff on the field as well as off the field and refrain from damage to league equipment/facilities.

**All 5 Star Sports** fans that show disrespect to opposing players can become a liability rather than an asset. Therefore, fans need to be educated and included in the code of conduct to promote a healthy and positive atmosphere for all involved. Teams and Players are responsible for ensuring their friends, family, guest, and fans are aware of the code of conduct before inviting them out.

**All 5 Star Sports** participants will be courteous to all opposing players and fans.

**All 5 Star Sports** participants will refrain from acts of discourtesy, such as derogatory remarks addressed toward players, taunting action and cheering decisions made by officials against the opposing team.

**All 5 Star Sports** participants will refrain from slander and derogatory comments grounded and ungrounded.

**All 5 Star Sports** participants will graciously accept the decisions of the officials during and after the contest for and against any team including their own team.

**All 5 Star Sports** participants will exemplify competitive play with legal actions conducive to safe participation for all players.

**All 5 Star Sports** participants will refrain from the use of excessive profanity.

**All 5 Star Sports** participants will embrace the true foundation of sportsmanship and fellowship during all activities as well as foster a sense of responsibility to project a positive image for all participating members.

**ALL 5 Star Sports** participants and supporters will refrain from carrying a firearm or any weapon to any 5 Star Sports sanctioned events.

**All 5 Star Sports** participants and supporters will refrain from the use of alcohol, drugs, tobacco and illegal substances during 5 Star Sports sanctioned events.

**All 5 Star Sports** participants and supporters will refrain from displaying Conduct that can be considered Detrimental to the orderly operations and existence of the league.

**All 5 Star Sports** participants and supporters will adhere to all facilities' rules regarding field usage, parking, pets, and trash and extend the courtesy of compliance to the neighboring community for all event locations.

## PLAYER ELIGIBILITY

5 Star Sports 8 Man Contact League was formed to provide a safe and competitive playing environment for teams and players who play Division 2 & Division 3 football.

We identify Division 2 and Division 3 teams and players as those who registered in Division 2 or Division 3 at the UFFL National Championship Tournament in January.

At this time, Division 1 Teams and Players are ineligible to participate in 5 Star Sports "League Play". We identify Division 1 players as **THOSE PLAYERS WHOSE LAST REGISTRATION AT THE UFFL OR FFWCT (USA FLAG) NATIONALS WAS ON A D1 TEAM ROSTER AND/OR LAST PLAYED ON A DIVISION 1 TEAM** These players are currently ineligible to participate in this league. This also means that a player may not drop down from a Division 1 team to join a D2 or D3 teams during the seasons (Feb – Dec). This is to protect division integrity and prevent teams from sandbagging trying to shift the balance of power by added upper echelon players.

**\*\*\*\*\*NOTE\*\*\*\*\*EXCEPTION\*\*\*\*\*** If a team from 5 Star Sports D2 or D3 League does not attend Nationals, and their players decided to go and help another team out because their teams does not attend, the player will be eligible for an exemption so that they may retain their playing rights with 5 Star Sports. HOWEVER, if the player's team goes to nationals and they choose to play with a D1 team, then the player will now be considered D1 and ineligible to play. (LIMITED APPEAL EXCEPTIONS MAY APPLY)

Additionally, if a team who plays in 5 Star Sports Wins the D2 National Championship, they will be allowed to return and play the following year until the next National Championships

**EXAMPLE: STEVE FROM UNITED GO TO NATIONALS AND PLAYS WITH SHOCKWAVE (D1) AND UNITED DOES NOT ATTEND NATIONALS, STEVE IS ELIGIBLE TO RETURN TO THE LEAGUE. HOWEVER, IF STEVE FROM UNITED GO TO NATIONALS AND PLAYS WITH SHOCKWAVE (D1) AND UNITED ATTENDS NATIONALS TOO, THEN STEVE IS NOW CONSIDERED D1 AND INELIGIBLE TO RETURN TO THE LEAGUE WITHOUT A PRIOR APPEAL EXCEPTION!**

If a player's eligibility is questionable, then you may submit that players name to the league and the league administration will make a ruling on that player's eligibility. **The Leagues decision is Final, cannot be Appealed, and no further action and/or discussion will be entertained.** Teams caught violating this policy will face disciplinary action.

Our goal is to perpetuate competition, integrity, and team unity and team chemistry amongst our players in order to grow and expand Flag Football in the Metro Atlanta area so that 5 Star Sports & Atlanta can produce National Champions.

## **MEMBERSHIPS**

Membership in 5 Star Sports requires a full team registration fee payment and completion of the roster/liability form per team prior to participating in a sanctioned league game(s) or event(s). The amount of the said registration fee shall be set by 5 Star Sports administrators each season/year based on the league operations budget for that season.

Team registration fees for membership shall be paid to an approved 5 Star Sports administrator or by approved online or merchant solutions that may include applications to transfer funds directly. Any player that plays in the game, coach, team staff (photographer, medical, statistics) or manager not on their team's official 5 Star Sports' roster or is on a team's sideline will not be listed with the league as a legal participant and ineligible participation may subject a team to disciplinary actions imposed on the participant/player and/or team.

## **PLAYER REGISTRATION**

Every player must be an officially registered player with a mandatory on-line entry to include the player's full legal name (first & last), contact email, phone number, and team name and any other information required on the registration site. **FAILURE TO REGISTER PRIOR TO THE DEADLINE WILL PROHIBIT A PLAYER FROM PARTICIPATING FOR THAT SEASON.**

Teams who are caught with unregistered players taking the field during a game will face an automatic forfeit for games in which the ineligible player played.

**NO EXCEPTION!**

## **ROSTERS AND LIABILITY FORMS (WAIVER)**

All participants must agree to the liability/waiver form on 5 Star Sports registration SITE **EACH AND EVERY** season and/or event before he/she is eligible to play, coach, manage or perform any other team staff (photographer, medical, and statistics) duties. Any team that plays or has an ineligible player, coach, manager or staffs will **FORFIET** that game along with subsequent fines and/or reprimands determined by the rulebook.

Each season a designated time and date will be given as a deadline for season games (playing week 1 and week 2). In addition, a designated time and date will be given for the final roster for the season in lieu of any factors of attrition. The final roster deadline may supersede playing week 1 or week 2 if the playing weeks were postponed or canceled due to inclement weather or administrative decisions by the league or facility.

## **DISBANDMENT**

If a team is unable to complete the season due to unforeseen circumstances, expulsion, resignation, or refusal to adhere to the league rules and regulations pertaining to a league fine or reprimand, all teams on that team's schedule will receive a win whether they have played said team or not. The recorded score for the win will be the winning team's average score per game up to the forfeiting game(s) as a result of the disbandment procedures. All games completed prior to disbandment will stand.

The remaining schedule games times may be adjusted to prevent scheduling gaps that may inconvenience league members or allow for the games for that day to end earlier conserving league resources. An allowed provision for scheduling may override the disbandment procedures for an automatic win. If the Administration can adjust the schedule to accommodate the remaining games for all teams involved.

All accommodations for rescheduling must be fair for all remaining teams by which scheduling request (byes, amount of games per day, more than 2 back to back games and strength of schedule) does not place a team in a decisive unfair advantage or unsafe playing condition which will be determined by the league administration.

## **SCHEDULE**

### **League Regular Season**

All schedules for the regular season will be found online at [www.5StarSportsLeague.com](http://www.5StarSportsLeague.com). League schedules may also be shared via email and all approved league social media outlets.

The season schedule will be listed in two (2) parts.

1. The first week schedule will be released no later than MONDAY @ 11:00 PM the week prior to the first game(s) of the season.
2. The remaining schedule will be released no later than Wednesday @ 11:00 PM following the completion of the first week of the season. The schedule for each game will designate the home and away team. **THE HOME TEAM WILL BE LISTED SECOND AND HAS THE OPTION OF CHOOSING THE SIDELINE AND THE COLOR OF JERSEY FOR EACH GAME.** Each team will have an equal amount of home and away games unless the teams per season are an odd number.

### **League Playoff Schedule**

All schedules for the post season will be 1 playing week pending any facility restrictions or inclement weather and can be found online at [www.5StarSportsLeague.com](http://www.5StarSportsLeague.com). League schedules may also be shared via email and all approved league social media outlets. During play-offs, the home team will be the higher seed for both divisions if applicable.

All postponed, rescheduled or cancelled games will be rotated to the next available week or the end of the season or a specific game week possibly pushing the league end date or game week beyond the projected completion date or time on the full schedule. **Attempts to avoid extending playing weeks may include triple headers, alternate locations, alternate days and times may be considered provided all teams involved agree to a fair solution.**

Please have team contacts check the 5 Star Sports' Website, Facebook page, Instagram and email for Any inclement weather or rainout information which will be available **2 Hours before the 1<sup>st</sup> game** is scheduled to start unless otherwise requested to cancel by facility administration.

### **Scheduling Committee**

A committee or selected designee may be adopted per season to assist with all scheduling for the seasonal And playoffs games if the league deems necessary. The committee may work independently or in conjunction with existing committees and or consultants in order to provide a schedule that depicts fair and competitive play. All schedules must be approved by 5 Star Sports administrator(s)

### **Schedule Request**

**Requests** are a per season decision mandated by the league to assist with accommodating teams scheduling parameters for maximum participation. **No request will be accepted for a team that has not fully paid their DEPOSIT fees or is not in good standing.** Schedule requests are not 100% guaranteed and it MAY NOT be possible to honor all requests. The request will be prioritized by last season champions, first paid and first request.

**The decision to allow schedule requests will be made on a per season basis.** Each season the league will evaluate the schedule request protocols in order to better serve the league teams as a whole and reduce unfair advantages for everyone involved to include players, managers, coaches, staff and affiliates. It is to be noted the priority for schedule requests are for the players/teams.

**TEAMS ARE ALLOWED TO REQUEST ONE (1) OF THE FOLLOWING:**

- Request (1) one bye Week **(Cannot be the first or last week of the season, nor a special Saturday game)**
- To have Back to Back games
- To have a Break In between games
- Morning games (BEFORE 12NOON)
- Later games (AFTER 12NOON)
- A specific opponent

**If applicable the schedule request protocol is:**

- The league will communicate through all platforms the option for schedule request and the parameters each season
- Teams must respond via the schedule request link provided by the deadline listed each season
- Teams must follow all instructions including **ADHERING TO DEADLINES.**
- Requests are Dated and Time Stamped. **PLEASE DO NOT ASK FOR EXTENTIONS** as plenty of advance notice will be provided and your request WILL BE DENIED!

***Administrative and procedural league aspects are adopted within the 5 Star Sports' mission to set concrete expectations for all participants. These aspects are evaluated and reviewed seasonally in order to promote league efficiency and growth. 5 Star Sports outlines elements of administrative and operational components identifying specific guidelines noted in SECTION I of the rulebook.***

## **SECTION I. PARAMETERS OF THE GAME**

### **Article: A      Game Cancellation**

**Rule 1.** 5 Star Sports League or designed staff shall promptly inform each team's captain of game cancellation(s) and the Team Captain shall assume the responsibility of informing his team. The League will also send an Email Blast to the entire league. **WE DO NOT ASSUME RESPONSIBILITY** if you have provided us with an invalid email address, marked our emails as spam, or have unsubscribed and/or blocked our email notifications

**Rule 2.** Canceled game(s) shall be rescheduled at the discretion of 5 Star Sports League administration based on field availability.

**Rule 3.** 5 Star Sports Commissioner, League Staff or Director of Officials (Ed Patterson) will decide whether or not the weather and/or field conditions will allow for safe participation for both teams on game day pending any decision by facility staff.

**Rule 4.** Games will be automatically cancelled for Hail. Teams will have the option to ask for postponement or reschedule in cases of lightning in the sky if they feel unsafe.

## Article: B      Forfeits

**Rule 1.** Forfeiting any league game or playoff game prior to the start of the game will result in a penalty of \$**100.00**. Forfeiting the game by fielding an ineligible or unauthorized participant will result in a disciplinary committee review for potential sanctions. Special circumstances may be submitted to 5 Star Sports administrators for review to determine provisional adjustments for forfeiting teams or teams requesting to reschedule any game(s). These provisions will only be considered if they do not directly give the requesting team a perceived advantage over any other team as well as it does not require the league or the opposing team(s) to assume a monetary liability or inconvenience. All of these decisions are at the sole discretion of the league administrators and may or may not require an administrative fee to satisfy the request.

**Rule 2.** A team may suffer a forfeit for any of the following:

- a) The Team does not start the game and maintain at least 6 players throughout the game.
- b) Quitting the game in defiance of the official's decision(s).
- c) Fielding a player who is ineligible during any game (Not in good standing or failure to complete roster/liability form. (This will apply to all games played that day)
- d) Clearing the bench during an altercation or disturbance (This can result in a DOUBLE FORFIET
- e) Refusal to follow instructions mandated by 5 Star Sports Administrators.
- f) Player/member (participant) refusal to leave the field or sideline after an ejection or official's game plays suspension.
- g) Refusing to remove unauthorized individuals from the sideline
- h) Failure to comply with the guidelines listed in the rulebook and discussed verbally or through written communication by an authorized league administrator prior to the league start date or policies/rules decided on during the season in order to maintain a positive image for 5 Star Sports League.
- i) Failure to pay officiating fees in a timely manner, BEFORE any game or honoring a commitment to pay to the league's officiating association.

**Rule 3.** Forfeits due to a team not showing up or cancelling will result in a \$100.00 per game penalty to be paid by Friday 5:00 PM following the game week during the regular season.

- a) The team receiving the win for a forfeit due to a team no show or cancellation will still be required to pay their officials fees for that game.
- b) The team receiving the win for a forfeit will be credited one official game fee credit for their upcoming game. Reimbursement does not apply to ongoing games only for games that are forfeited for no shows or cancellation.
- c) The team receiving the win for a forfeit during a game or due to no show or cancellation by the opposing team will receive a win with the recorded score for the win will be the team's average score per game including the forfeiting game(s) or the existing game score if applicable.
- d) The team receiving the win failing to comply with the items listed in **SECTION 1, Article B: Rule 3. a.)** will result in a win with the mandatory score of 2 to 0.

**Rule 4.** Teams forfeiting more than 3 games during the season due to no shows or cancellations will not be eligible for the playoffs.

## **Article: C**   **Player Eligibility**

5 Star Sports League opens eligibility for all players, coaches, managers, trainers and Referees “without discrimination on the basis of sexual orientation, gender identity, gender expression, sex, physical or mental ability, marital status, race, color, nationality or religion.

**Rule 1.** All player(s) and participant(s) must be in good standing with 5 Star Sports and its affiliates. The status of a player/participant will be governed by the organization’s policy and procedures as well as the items noted in 5 Star Sports rulebook.

**Rule 2.** All player(s) and participant(s) must complete a liability form (waiver), sign the team roster and/or complete a request for special participation for league play or a specific event.

**Rule 3.** All player(s)/participant(s) must be “**MALE**” and 18 years of age no later than the first day of the leagues start date for the season.

- a) “Male” is a designation that adheres to natural born biological male and transgender individuals identified by the policy and guidelines listed in **SECTION I: Article C: Rule 3. b.)**
- b) The following guidelines will define 5 Star Sports’ policy on transgender participation. Any policy or guidelines not clearly covered in **SECTION I: Article C: Rule 3. b.)** of the rulebook will follow the current policy adopted by the **International Olympic Committee (IOC)**.

### **\*\*\*\*TRANSGENDER INCLUSION POLICY\*\*\*\***

5 Star Sports’s transgender player’s participation will be based on one’s self-identified gender which should be done in good faith as well as consistent with a player’s expressed gender identity. Transgender participants are encouraged to communicate their gender identity with 5 Star Sports prior to the start of the season. Should the player not feel comfortable contacting 5 Star Sports directly they may select a representative to act on their behalf or request assistance from the league’s designated advisor(s)? 5 Star Sports will not assume a player/participant’s identity by appearance or behavior but will continue to support policy for safe and fair play. Any query or appeal regarding a specific transgender player/participant must come from participating league members (players, coaches and staff) in good standing.

### **Definitions**

“**Gender reassignment**” – Medically-supervised program of treatment to change a person’s body to align with their gender identity, through hormone therapy and/or surgery.

“**Transgender**” – Transgender refers to individuals who have been assigned one Gender (male or female) at birth but identify with the other gender. In order to align their Bodies with their sense of gender

**“Transgender Female”** – Someone who was born with a male body, but who identifies As a girl or a woman and who is being treated for sex reassignment.

**“Transgender Male”** – Someone who was born with a female body, but who identifies As a boy or a man and who is being treated for sex reassignment.

**“Medical Practitioner”** – A person licensed to practice medicine in the United States and has ascertained a medical school diploma (“MD”) and is registered with the Physicians Credentials Registry of the United States

**“identifies”**. -- One’s internal sense of being male, female, neither of these, both, or Other gender(s) and living or requesting to be accepted or addressed as a male, female, neither, both or other.

## **Documentation**

5 Star Sports League recognizes that, for many, coming to know one’s gender identity is not something that happens in an instant; it is a complex process that can occur over an extended period of time. Transgender participants have 5 Star Sports full support for the right to participate and should communicate their gender identity with the league that is responsible for approving the player/participant. Proper **Documentation** and meeting eligibility guidelines listed in the **Conditions** section are vital for full participation.

**Documentation satisfying the required standards for 5 Star Sports includes but is not limited to the following:**

- a) Government-issued identification with photo. Examples of this documentation are a driver’s license, national ID or passport.
- b) Documentation prepared by a health care provider, counselor, or other qualified professional not related to the player that states that she has not been undergoing uninterrupted hormone treatment for at least one year prior to the beginning of a competition unless there is a medical reason that may have resulted in short breaks from that treatment. Any breaks in treatment should be outlined in the medical practitioner’s letter.

## **Conditions**

**These conditions will be used to determine the individual’s eligibility to compete in the 5 Star Sports.** Any Transgender person who is naturally born as a male and not taking hormone treatment for gender reassignment purposes will be deemed their birth gender

- 1. Female-to-male transgendered persons submitting documentation from **a medical practitioner** that gender reassignment is ongoing for less than a year and still identifies a female – **NOT ELIGIBLE**
- 2. Female-to-male transgendered persons submitting documentation from **a medical practitioner** that gender reassignment is ongoing for less than a year but identifies a male – **NOT ELIGIBLE**
- 3. Any Transgender person who is naturally born as a female and identifies a male by name, pronoun, persona – **NOT ELIGIBLE**

4. Male-to-female transgendered persons, to compete as a male – **NOT ELIGIBLE**
5. Female-to-male transgendered persons that gender reassignment has been completed for more than a 24 month – **ELIGIBLE**

## **APPEALS**

Inquiries concerning player/participants participation must be done in the form of an “Appeal”. The appeal should include all relevant information to include team, player/participant and note of concern as it pertains to safety and fair play. Request for the proper form should be submitted to the league’s commissioner by email ([contactus@5starsportsleague.com](mailto:contactus@5starsportsleague.com)). The form and the supporting evidence should be emailed directly to the 5 Star Sports commissioner at or the league’s designee(s). The commissioner will remind the appealing party that transgender participants are eligible to play based on their expressed gender identity as long as they comply with all 5 Star Sports guidelines listed in **SECTION I: Article C: Rule 3: All matters of appeals will be finalized within seven (7) business days from the time the appeal is accepted. All parties involved have 72 hours to submit all documentation and evidence.**

- In the event an individual or team appeals the eligibility of an opposing participant on the grounds of an opponent misrepresenting their gender to gain a competitive advantage, the appeals will be handled with sensitivity regarding the privacy of all parties involved.
- The commissioner and or the league designee(s) will review all submitted documentation and queries of appeal and compare it to all available information by testimony, video, social media, written and recorded evidence to render a sound decision supporting league policy.
- All conclusions from any appeals are final and the findings may be subjected to all policies, reprimands and guidelines listed in **SECTION I: Article: B:, C:, and D:**

**Rule 4.** Players who have not met the league requirement for regular season attendance/ participation for the playoffs will not be able to participate in the playoffs for that season. The participation rate is a three (3) games minimum). **Special consideration may be granted for all Military, Educational, Law Enforcement and Work Related scenarios relative to player participation** on game days. In all cases an e-mail must be submitted to the league at [contactus@5starsportsleague.com](mailto:contactus@5starsportsleague.com) notifying the league of any player who may not meet the league requirements for playoffs. The player must fall under the before mentioned categories. Special permission may also be granted in **an emergency situation** not fully defined in the categories listed in **SECTION I: Article C: Rule 4.** All cases must be approved by the league administration.

## **Article: D    Player (Participant) Ejection /Game Suspension**

**Rule 1.** All ejections are governed by the 5 Star Sports’ administrators and administered by the game day officials or the league commissioner. An incident report will be submitted to the league for all ejections.

**Rule 2.** The officials at his/her discretion within the rules may eject a player (participant) or levy a penalty of 1 game suspension without ejecting the player(s) or penalized the player(s).

**For Example:** an official may suspend participation for a player/coach (participant) by requiring the player/coach (participant) to leave the playing field for a number of down(s), number of series, designated offensive/defensive exclusion or half without administering an ejection. This option is at the discretion of the official and may or may not be accompanied with a penalty. "Game Suspensions" are not ejections.

**Rule 3.** A player (participant) will be ejected from the game and must leave the playing field all together for the following infractions:

- a) Fighting regardless of who initiated the confrontation.
- b) Excessive profanity or derogatory comments on the field or sidelines (may or may not receive an official's warning)
- c) Leaving the sideline during an altercation or disturbance (only designated captains and designated coach's allowed to try to break up an altercation –NO EXCEPTIONS. ALL OTHERS ARE SUBJECT TO FINE AND/OR SUSPENSION!
- d) Unauthorized personnel on the sideline or restricted area.
- e) Flag tampering.
- f) (2) Flagrant 1 personal fouls in a game or (1) Flagrant 2 personal foul in a game.
- g) (2) unsportsmanlike penalties during the course of the game beginning to end of the game (includes time between next game and extended to one (1) hour after last game)
- h) Conduct unbecoming towards a 5 Star Sports' administrator's staff, game official, league affiliate, opponent, bystander or fan.
- i) Ineligible player participating in the game (also team forfeit).
- j) Threats to any player/participant before, during or after a game.
- k) Failure to abide by the facility parking guidelines after being asked to move vehicle.
- l) Multiple (3) sideline interference infractions, Head Coach will be ejected.
- m) Excessive badgering of a player on the field. Must come after one (1) warning and an unsportsmanlike penalty on the same player unless a verbal warning for the entire team or both teams is given to cease badgering, distractions or any other unsportsmanlike acts that disrupt the orderly flow of the game.

## **Article: E      Fines**

5 Star Sports League's policy on fines should be considered a deterrent from actions damaging the positive image of the 5 Star Sports. The Founders and Commissioner are not interested in being a league of fines and reprimands, but a league of sportsmanship, fellowship and positive interaction between world class athletes and their coaches. Monetary team reprimands administered by the league for violations of league rules, regulations, policies and or specific playing rules warranting an ejection are categorized and charted for league records.

**Rule 1. ALL FINES ARE TEAM FINES AND MUST BE REVIEWED AND APPROVED BY THE LEAGUE ADMINISTRATION. FINES WILL BE CATEGORIZED IN THE TABLE LISTED IN SECTION I, ARTICLE D: RULE 3. MULTIPLE CATEGORIES MAY BE SELECTED FOR EACH INCIDENT TO DETERMINE THE FINAL REPRIMAND AND FINE PER TEAM.**

**Rule 2.** Payments of team fines will only be paid to the league commissioner.

- a) Fines may be paid via Cash App or Zelle.
- b) Fines must be paid by the deadline listed or verbally communicated or may be subjected to additional reprimands, restrictions or fines.

## **FINE & REPRIMAND CATEGORIES**

**Category 1** – Full game (total time it takes to play one full game) ejection and suspension resulting from unsportsmanlike acts violating the League Code of Conduct. **\$50 - \$100**

**Category 2** – Full two (2) game ejection and suspension resulting from unsportsmanlike acts violating the league code of conduct, illegal physical contact during the game, equipment tampering, leaving the sideline area during any altercation/disturbance (per player) and excessive profanity or excessive derogatory comments. **\$100 - \$150.00**

**Category 3** – Full five (5) game ejection/suspension and possible season suspension resulting from unsportsmanlike acts violating the league code of conduct, threats of violence, invitation to physical altercations. **\$200 - \$250**

**Category 4** – Full six (6) month to 1 calendar year suspension, indefinite suspension or lifetime ban resulting from initiating/starting a fight (**first punch**), threat of a weapon, possession of a weapon, extreme or habitual violations of the League Code of Conduct. Contacting/hitting a 5 Star Sports administrator, league affiliate, league staff or official and/or excessive unethical acts. Habitual acts violating the rules, regulations and policies threatening the well-being of participants, fans, supporters and overall positive image and business relations of the league. **\$300 - \$350**

### **FIGHTING PENALTIES ARE MANDATORY MINIMUMS:**

**1<sup>ST</sup> OFFENSE IS AN AUTOMATIC MINIMUM 5 GAME SUSPENSION WITH A \$200 TEAM FINE**

**2<sup>ND</sup> OFFENSE IS AN MANDATORY INDEFINATE SUSPENSION FROM ALL 5 STAR SPORTS LEAGUES AND A \$250 TEAM FINE.**

**\*\*\*FINES ARE TO BE PAID BY THE TEAM AND THE TEAM CAN NOT RESUME PLAY UNTIL FINES ARE PAID\*\*\***

## FINE – REPRIMAND CHART

CATEGORY	SUSPENSION	ADMINISTRATIVE UNSPORTSMANLIKE	ILLEGAL CONTACT	FINES
1	None (Admin) or Full Game	Administrative violation(s), Code of Conduct violation, language (profanity), taunting, derogatory remarks or gestures in violation of the LCC	Unintentional contact or undeliberate act(s) causing harm to a player	\$50 - \$100
2	Up to 2 Full Games	Administrative violation(s), Smoking, Alcohol, language (profanity), taunting, aggressive behavior, instigators, threats, derogatory remarks or gestures in violation of the 5 Star Code of Conduct	Habitual unintentional contact or undeliberate act(s) causing harm to a player	\$100 - \$150.00
3	Up to 5 Full Games	Excessive administrative violation(s), 2nd Smoking or Alcohol violation, language (profanity), aggressive behavior, threats, derogatory remarks, conduct unbecoming to league staff (official/administrator) or gestures in violation of the 5 Star Conduct Policy	Intentional contact or deliberate act(s) with the intent to cause harm to a player <b>"FIGHTING"</b>	\$200 - \$250
4	Up to 6 Months, Full Season, Calendar Year, Indefinite or Lifetime	Habitual and extreme administrative violation(s), 3 or more Smoking or Alcohol Violation, excessive language (profanity), aggressive behavior, weapon threats, derogatory remarks, conduct unbecoming to league staff (official/administrator) or gestures in violation of the LCC	Habitual and extreme intentional contact, initiating a physical altercation or deliberate act(s) with the intent to cause harm to a player	\$200 - \$350.00

- **None (Admin) or Full Game:** A warning, probation, or "Full Game" suspension resulting in the player/participant or team restricted from league games and sanctioned games and events. Full Game will be specifically defined by date, time, and the half that the player/participant or team is available for participation.
- **2 Full Games:** "2 Full Games" suspension resulting in the player/participant or team restricted from league game(s), sanctioned game(s) and event(s). "2 Full Games" will be specifically defined by date, time and the half or game(s) that the player/participant or team is available for participation.
- **5 Full Games:** "5 Full Games" suspension resulting in the player/participant or team restricted from league game(s), sanctioned game(s) and event(s). "5 Full Games" will be specifically defined by date, time and the half or game(s) that the player/participant or team is available for participation.
- **6 Months, Full Season, Calendar Year, Indefinite or Lifetime:** suspension or expulsions resulting in the player/participant or team restricted from league game(s), sanctioned game(s) and event(s). Suspension or expulsion<sup>1</sup> will be specifically defined by date(s), season(s), game(s) or if applicable a lifetime band for habitual or specific incidents.

**Rule 4.** All final decisions for fines and reprimands for **Category 1** and **Category 2** offenses will be distributed no later than the following **Wednesday 9:00 PM** of the incident after the playing week or **72 hours** after the reported incident(s). Incidents involving physical altercations (fights) will be extended to **Thursday 9:00 PM** or **96 hours** after the reported incident(s). All information **regarding fines**, reprimands and deadlines will be communicated by email and verified by league administrators. No fine deadline will be extended beyond the Saturday before the next scheduled games for the league.

**Rule 5.** All final decisions for fines and reprimands for **Category 3** and **Category 4** offenses will be distributed no later than the following **Friday 9:00 PM** of the incident after the playing week or **96 hours** after the reported incident(s). Incidents involving physical altercations (fights) may be extended to **Saturday 9:00 PM** and **120 hours** after the reported incident(s). All information **regarding fines**, reprimands and deadlines will be communicated by email and verified by league administrators. No fine deadline will be extended beyond the Saturday before the next scheduled games for the league.

**Rule 6.** Incidents/occurrences violating the philosophy of the League Code of Conduct but not specifically defined in the rulebook may require a decision supporting the best interest of the league. Consideration of the **well-being** of the league's majority players/participants and teams will be the priority for all decisions regarding incidents or occurrences not specifically outlined. The league Owner and Commissioner will vote on fair decisions in order to preserve the integrity of fair play, sportsmanship and safety for all players/participants, teams, affiliates and supporters. In addition, outside resources may be consulted and or used to render final decisions. These resources will be established entities or trusted advisors who have no affiliation with any party involved.

The decisions for these incidents/occurrences are final and may not be appealed.

## **Article: F**      **Unsportsmanlike Conduct**

**Rule 1. UNFAIR ACTS:** No participant is allowed to use unfair acts that interfere, taunt, or diminish the integrity of the game in which case the safety for the participant(s) is threatened and the reputation of 5 Star Sports organization and their associates are damaged.

- a) Acts violating league written policy of sanctioning body.
- b) Violating or refusal to adhere to agree upon conditions for league administration participation.
- c) If a team refuses to play within two (2) minutes after being ordered to play by the referee, or if the game is delayed by an obviously unfair or unsportsmanlike act not specifically covered by the rules, the Referee (White Hat) may enforce any penalty he/she considers equitable, including the awarding of a score or forfeit.
- d) If a team refuses to play or repeat unfair acts the Referee (White Hat) per his/her discretion after one (1) warning may forfeit or postpone the game until fair play may resume.
- e) **Palpably unfair act** is a case of any illegal action that the officials deem has clearly and indisputably deprived a team of a score or any egregious act grossly **affecting** fair competition. **Enforcement:** Officials may administer any penalty, judgement or reprimand, up to and including awarding a score, game suspension, ejection, adjust game parameters (down, line to gain, field position) and or forfeiture of the game.

**Rule 2. UNSPORTSMANLIKE ACTS:** There shall be no unsportsmanlike act that interferes with an orderly game administration on the part of players, substitutes, coaches, authorized attendants or any other persons' subject to the rules, before the game, during the game or between games.

**UNSPORTSMANLIKE CONDUCT**

- Use of excessive foul language, derogatory comments profanity, baiting and/or taunting of an opponent.
- Any unethical offensive gestures physically or verbally towards 5 Star Sports staff, affiliates, vendors, officials, volunteers, fans, supporters and facility representatives.
- Contact or arguing with an official
- Any unethical offensive gestures or language defiance of the official's judgment or decision.
- Any unethical offensive gestures physically or verbally towards participants including fans
- Taunting an opponent before, after or during a game.
- Intentional deceiving league official(s) as it relates to player/team eligibility and illegal acts.
- Playing with players not on your roster (Ineligible/Not Registered)
- Purposely withholding information of illegal acts.
- Damage to league proper to include rented facilities and/or equipment.
- Conduct detrimental to the positive image of 8-Men's Contact Flag Football and/or 5 Star Sports league
- Flag Tampering

**Rule 3. GAME INTERFERENCE:** If any coach, player, team representative or supporter comes off the sideline and onto the field to argue or debate a call, judgment or decision by an official in which the flow of the game is disrupted, the offending team may be charged a timeout. If the team does not have a timeout remaining then they may be warned, charged a delay of game penalty (**5 yds.**), charged an excessive delay of game penalty (**15 yds.**), charged an unsportsmanlike penalty (**15 yds.**), and/or ejection may be given by the official(s). This is at the sole discretion of the official(s)

**Article: G Prohibited Acts**

**Rule 1. FIGHTING IS STRICTLY PROHIBITED IN ALL 5 STAR SPORTS EVENTS.**

- a.) Any player (participant) involved in a fight will be ejected from the game and will face IMMEDIATE DISCIPLINARY ACTION.
- b.) **FIGHTING IS AN AUTOMATIC 5 GAME SUSPENSION AND A \$200 FINE, NO APPEALS**
- c.) Recorded incidents will follow player(s) and team(s) throughout their participation in all 5 Star Sports and affiliate/sanctioned events. **A NEW SEASON OR CALENDAR YEAR DOES NOT ERASE THE HISTORY OF SAID PLAYER(S) OR TEAM(S)**
- d.) Any player (participant) throwing a punch regardless if the punch makes contact or not will be ejected from the game.
- e.) **IF A PLAYER IS INVOLVED IN A 2<sup>ND</sup> FIGHT, HE WILL BE BANNED FROM PLAYING IN 5 STAR SPORTS 8 MAN LEAGUE FOR A MINIMUM OF 18 MONTHS**

A **"punch"** is defined as any action with the intent to strike an individual by hand (open or closed), any part of the body or with any object that may cause physical harm. The manner and velocity of the said action will not be considered and all punching, excessive pushing, ball throwing, object throwing, kicking, slapping, poking, pulling, wrestling, and intentional actions making contact to the restricted area of any player are considered and could be considered a "punch".

- f.) Any player(s)/team leaving the sideline to enter the field during any altercation or disturbance may be ejected from the game or forfeit the game for “bench clearing”. Discretion of these ejections is under the jurisdiction of the game day officials and/or league staff which may also be accompanied with situational fine(s), ejections and suspension(s) pending the incident report(s). All ejections will be from all 5 Star Sports and sanctioning body events.

**“Bench clearing”** is defined as an action where a group **(3 or more)** enter the field during an altercation/disturbance or several members of a team players, coaches, staff, fans, supporters enter the field of play or area (proximity to the altercation/disturbance) creating additional disturbances or altercations without authorization.

Altercations or disturbances on or near a team’s sideline does alleviate that team’s actions from being considered **“bench clearing”** For example, if there is an altercation or disturbance near or on a team’s sideline the team members would need to move in the opposite direction of the altercation or disturbance away from the field even if it means removing themselves from the field completely. Failure to do so **may be** considered “bench clearing” if team members on their sideline engage verbally or physically during an altercation or disturbance on their sideline. [NOTE: JUST BECAUSE A PLAYER OR PARTICIPANT WAS ALREADY STANDING IN THE AREA OF THE BENCH WHERE THE ALTERCATION OCCURS, DOES NOT MEAN THEY CAN NOT BE CHARGED WITH BENCHING IF THEY DO NOT MOVE AWAY FROM THE ALTERCATION.]

**Rule 2.** Any player (participant) involved in a fight **(throwing a punch)** will be ejected from the game and suspended the next game if there is a 2<sup>nd</sup> game that day with pending additional team fines and reprimands listed in **SECTION I, Article E: Rule 3**

- a) If a player/participant is found to be the initiator of the fight or continues to act in a threatening manner after intervention by the game day officials, 5 Star Sports administrator(s), staff or facility staff, that player will be ejected with pending reprimands for Category 4 offenses.

**“Initiator”** is the person throwing the first punch or exhibiting extreme physical actions in a threatening manner to include pushing, bumping or extreme derogatory comments that incite violence or agitate altercations or disturbances.

**“Instigator”** is the person(s) who continues to agitate the situation after the ref, staff or team members have tried to resolve the matter. Instigators will be subject to a category 2 penalty

- b) If a player/participant is found to be defending themselves in a fight after an investigation by 5 Star Sports administrators, designated committee and game day officials that player’s ejection and or fine may be reduced or removed and the said player may be eligible for participation pending final ruling from the league barring any other specific violations.
- c) A player who brings a weapon, shows a weapon, or leaves the field and say they are going to get a weapon will receive an automation suspension for the remainder of the season and longer pending a disciplinary committee review

**5 Star Sports Operational Definition** of a player **“defending themselves”** would be a player walking away from the altercation or backing away from the altercation possibly deflecting any physical attacks **without retaliating by throwing a “punch”** A player that has to be restrained from moving toward an altercation or disturbance and/or verbally inviting further altercation and throwing a swing will not be considered as defending themselves.

- a.) A player ejected for fighting noted as the “initiator” will be fined a minimum fine of \$200.00 dollars and may receive up to a six (6) month suspension from all 5 Star Sports sanctioned leagues, tournaments and affiliated events.
- b.) A player ejected for fighting can be fined between \$200 - \$300.00 dollars and minimum of a five (5) game suspension to an indefinite ban from all 5 Star Sports sanctioned leagues, tournaments and affiliated events for being involved in a fight regardless of who initiated the confrontation and regardless if the fight/altercation is within that players own team pending the official(s) and 5 Star Sports incident report.
- c.) A “team” fine may be applied for each separate incident of fighting involving two (2) or more players/participants from opposing teams or teammates. Bench clearing altercations involving a team(s) throwing punches in which case all the individuals involved in physically attacking another player(s) that cannot not be sorted out will receive a mandatory **\$350.00 dollar “team”** fine per team in addition to any other fine(s) imposed during the altercation(s). Penalties and reprimands enforced may include forfeiture of game by both teams involved.

**Rule 3.** Any fine imposed as a result of violating **SECTION I, Article G: Rule 1 and 2** must be paid in by the approved methods prior to participating in any game following the reported incident. Failure to pay the fine prior to the start of the violating team’s next game may result in a forfeit of that game and any game afterwards until the fine is paid. Special provision may be given per 5 Star Sports administrator(s) in lieu of collecting the fine(s) pending a written or verbal request.

**Rule 4.** Teams are not allowed to leave any trash on their sidelines. All teams are responsible for the items left on their sideline. Leaving your sideline with trash may result in a \$50 Team Trash Fine. If the sideline is not clean when you arrive, **“IT IS YOUR RESPONSIBILITY”** to take pictures, and notify the League “BEFORE” you set up. Once you set up, IT IS YOUR TRASH!

**Rule 5.** 5 Star Sports administrators, league staff, game official or designee may impose “team” fine for a team leaving their sideline or team area unclean by way of trash and other team items that are to be discarded. Category 1 or 2

**Rule 6.** Any “team” fine imposed as a result of violating **SECTION I, Article G: Rule 4 and 5** must be paid in by the approved methods prior to participating in any game following the reported incident. Failure to pay the fine prior to the start of the violating team’s next game may result in a forfeit of that game and any game afterwards until the fine is paid. Special provision may be given per 5 Star Sports administrator(s) in lieu of collecting the fine(s) pending a written or verbal request.

## **Article: H**      **Personal Fouls Flagrant 1 & 2**

Personal Fouls are defined by rule as a breach of the rules that involve illegal contact to an opponent. Personal fouls may or may not be intentional. With regards to the severity of personal foul(s) violations, these reprimands are administered at the discretion of the game day official(s). Intentional or unintentional harm to a player may result in a personal foul flagrant 1 or personal foul flagrant 2.

**Rule 1. Personal foul flagrant 1: (unintentional and/or non-malice)** action(s) resulting in contact made with an opponent to a restricted area or unintentional illegal contact during football actions resulting in a player gaining a substantial advantage against their opponent.

- a. **Two (2)** of these fouls during a game will result in an ejection for that game and the next game accompanied with a report explaining in detail the infractions of the flagrant fouls.
- b. **(4)** of these fouls for the season will result in a category 3 reprimand.

**Rule 2. Personal foul flagrant 2: (intentional and/or malice)** action(s) resulting in contact made with an opponent to a restricted area or intentional /unintentional but malicious illegal contact during football actions resulting in a player gaining a substantial advantage against their opponent.

- a. **One (1)** of these fouls during a game will result in an ejection for that game and the next explaining in detail the infractions of the flagrant foul.
- b. **Two (2)** of these fouls for the season will result in a category 3 reprimand.

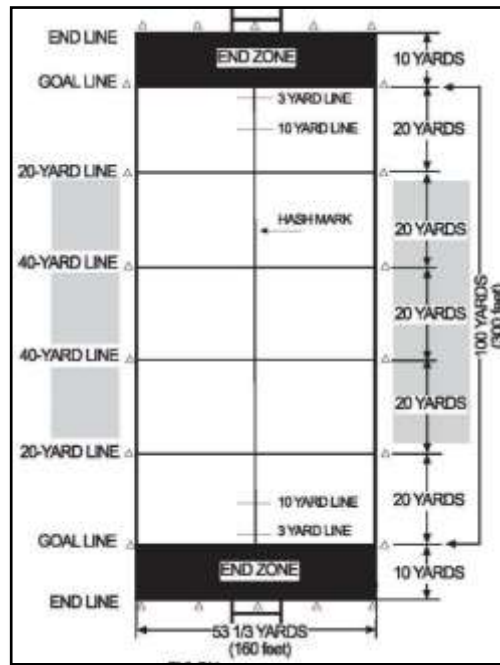
**Rule 3.** No contact to the “restricted area” of any player is allowed. The restricted area being defined as the area above the shoulders and below the waist of a player. Contact by a defender below the waist attempting to de-flag the ball carrier **may be** deemed legal pending the official’s judgment of the defender’s intent.

**Rule 4.** All defensive personal foul penalties will result in an automatic first down.

### **MALICE PERSONAL FOUL ACTIONS**

- ❖ **Charging** - *Ball carrier attempting to run through and established defender*
- ❖ **Crack back block** - *Receiver blocking down on defender in the “box” with excessive force*
- ❖ **Defender lowering head/shoulder into the ball carrier** - *Defender leading with head, shoulder or forearm to defrag ball carrier*
- ❖ **Excessive charging** - *Ball carrier leading with head, shoulder or forearm attempting to run through and established defender*
- ❖ **Excessive contact to an unprotected player** - *Excessive Contact to a player in a compromised position*
- ❖ **Excessive uniform grabbing** - *Excessive holding of an opponent’s uniform controlling that opponent and or possibly causing an injury*
- ❖ **Fighting** - *Physical altercations with or without contact threatening the safety of league members*
- ❖ **Hair pulling** - *Grasping or grabbing the hair of an opponent above the waist not near the flag belt*
- ❖ **Illegal blindside block on a (defenseless) opponent** - *Excessive contact to a defenseless player*
- ❖ **Intentional contact above the shoulder or below the waist** - *Illegal hands or contact to restricted areas of an opponent*
- ❖ **Kicking** - *Using any part of the lower body attempting to strike any player/participant*
- ❖ **Striking (non-football)** - *Excessive contact with an opponent between plays or with an object*
- ❖ **Striking with Elbow** - *Using the elbow or leading with the elbow to make contact with an opponent*
- ❖ **Striking with Knee** - *Using the knee or leading with the knee to make contact with an opponent*
- ❖ **Tackling** - *Illegal personal contact against an opponent taking them to the ground*
- ❖ **Tripping** - *Making contact with any body part below an opponent’s waist causing them to fall or stumble*
- ❖ **Unnecessary Roughness** – *Excessive contact or action(s) not relevant to the outcome of the play*

## Article: I      Playing Field



**Rule 1.** The game shall be played between two teams on a regulation size football field with the dimensions of 120 yards long x 53.3 yards wide.

**Rule 2.** The field will be marked in twenty (20) yard intervals with end zones ten (10) yards deep.

**Rule 3.** The field will be lined off clearly designating the Goal lines, End lines and Sidelines.

**Rule 4.** The officials' jurisdiction for the playing field is the entire length and width of the football field with an additional 10 yards completely around the football field and or fenced playing area.

**Rule 5.** Sideline players will remain between each twenty (20) yard line marker while fans will be required to remain at least 10 yards away from each sideline and end line or be considered part of that team's sideline.

**Rule 6.** Portable field goal post may be used for fields without field goal post.

- The portable goal post must meet the inspection and approval of the League Commissioner and Head official,
- Upon approval an announcement must be made to all teams participating in the game prior to the start of the first game for the day.

**Rule 7.** Soccer goals may be used if present for fields without field goal post.

- The soccer goal may be modified with extensions and must meet the inspection and approval of the League Commissioner and Head official,
- Upon approval an announcement must be made to all teams participating in the game
- prior to the start of the first game for the day
- If no modifications are made with extensions, then the end post are used as the reference for determining the virtual dimensions for the uprights.

## Article: J Protest

Protests cannot be made against an official's judgment call. Interpretation of the rule(s) and the application of the rule(s) may be protested regarding the game. In lieu of a protest for official's judgement calls 5 Star Sports allows a "Captains Challenge" ONCE PER GAME for each team? The guidelines for the "Challenge is listed in SECTION I: Article K of the rulebook. All matters pertaining to player eligibility may be protested until the game clock reaches 00.00.

**Rule 1.** All Protests must be made following a disputed play and before the snap of the next play accompanied with a \$50.00 protest fee. (Exception, Player protest is allowed until the end.

**Rule 2.** If the protest is not made following the disputed play and before the snap of the next play then the protest option for the play in question is null and void.

**Rule 3.** Rule interpretations and applications will be handled on the field to avoid unnecessary Delays. The League Commissioner or the Leagues Official Designee will have the final decision.

**Rule 4.** The protesting team must follow the protest guidelines or forfeit their right to protest.

- The protesting team must alert the White Hat Official before the start of the next play that they want to protest along with their \$50.00 protest fee. Fees may be sent to the league via Cash App. If a time out is called at any other time, it is charged as a time out and the "incident" will not be eligible for protest.
- An official on the field will alert the Commissioner of the protest and the Commissioner will immediately enter the field and call both team captains and officials ONLY! The "protestor" is required to state their "protest" clearly and concisely, stating which rule they believe to be interpreted or applied incorrectly or eligibility infraction in question.
- The "protestor" has approximately two (2) minutes to state their "protest" regarding the rule/application or eligibility in question.
- The Commissioner and official(s) will then confer to determine the validity of the protest and whether the rule was interpreted or applied improperly.
- If the Commissioner determines that the "protestor" was correct in their interpretation/application of the rule, then the team will not be charged the time-out, their protest fee will be refunded and the play will resume according to the correct interpretation/application.
- If the Commissioner determines that they interpreted or applied the rules correctly the "protestor" will be charged a time-out, forfeit their protest fee and play will resume as it would have prior to the time-out and protest.

**Rule 5.** If the "Protestor/Protesting Team" does not understand or agree with the protest decision, a Grievance may be filed in writing to 5 Star Sports administration committee immediately after the game. Until the said grievance is processed and has been properly administered by a 5 Star Sports administrator or designated committee all decision will stand. All grievances must be applicable to the decision, ruling, incident or situation in question. Egregious, personal and ill will attempts to disrupt league operations and core values will not be accepted. Grievances are only allowed once for each decision, ruling, incident or situation.

**All Grievances for protest decisions will require the proper documentation to be submitted along with a \$50.00 fee. The fee will be returned if the Appeal results in a modification to a decision/ruling and or the Grievance is "Founded".**

**The player/participant or team must follow the grievance guidelines otherwise forfeit their option to file a grievance for the specific decision(s) and or ruling(s) in question.**

a.) **“Appeal”** is a request to review and change/modify the final decision on a reprimand or fine in which the player/participant or team believes the final decision to be incorrect, unfair or excessive. Appeals are applicable to all items pertaining to decision(s) resulting in ejections, suspensions, fines, forfeits, palpable acts, expulsion, and protest results pertaining to player eligibility.

b.) The player/participant or team must notify the league within 48 hours of receiving their reprimand or fine their intention to appeal. An email must be submitted to [contactus@5starsportsleague.com](mailto:contactus@5starsportsleague.com) requesting an appeal form. A \$50.00 fee must be paid before the appeal is evaluated and a form emailed to the requesting party.

c.) The mandatory items of the appeal form must be completed and emailed to [contactus@5starsportsleague.com](mailto:contactus@5starsportsleague.com)

d.) The player/participant or team will receive a confirmation response with a deadline for the final ruling on an appeal.

e.) A final ruling will be e-mailed to the player/participant or team within 72 hours of receiving the fee and form for an appeal.

f.) **Grievance** (an official statement of a complaint for believed to be wrong or unfair) as it pertains a protest or personal interaction with an 5 Star Sports administrator, staff, official or any affiliate where the professional etiquette and decision on a said incident or specific items in the rulebook are believed to be misrepresented.

g.) The player/participant or team must submit an email to [contactus@5starsportsleague.com](mailto:contactus@5starsportsleague.com) requesting a grievance form for specific action(s) or complaint(s) regarding individual(s), team(s), staff, supporters, affiliates, vendors or officials.

h.) The mandatory items of the grievance form must be completed and emailed to [contactus@5starsportsleague.com](mailto:contactus@5starsportsleague.com).

i.) The player/participant or team will receive a confirmation response with a deadline for a course of action regarding a grievance involving individual(s), team(s), staff, supporters, affiliates, vendors or officials.

j.) The grievance will be filed in the league archives for reference.

k.) A final specific course of action will be e-mailed to the player/participant or team within 72 hours of receiving the form.

l.) The player/participant or team must submit an email to [contactus@5starsportsleague.com](mailto:contactus@5starsportsleague.com) a grievance form for a protest decision.

m.) The mandatory items of the grievance form must be completed and emailed to [contactus@5starsportsleague.com](mailto:contactus@5starsportsleague.com).

n.) The player/participant or team will receive a confirmation response with a deadline for a final decision on a protest.

o.) A final ruling will be e-mailed to the player/participant or team within 72 hours of receiving the fee and form for an appeal.

p.) The results of the grievance for a protest decision will be categorized in three (3) instances.

**1. GRIEVANCE UNFOUNDED:** 5 Star Sports administrator(s) or designated committee agrees with the original decision/ruling, meaning that the rules were interpreted/applied correctly. **Fee Not Returned**

**2. GRIEVANCE FOUNDED NO IMPACT:** 5 Star Sports administrator(s) or designated committee agrees with the "protesting" player/participant or team, however, the misinterpretation/misapplication of the rules did not impact the outcome of the game. **Fee Returned**

**3. GRIEVANCE FOUNDED IMPACT:** 5 Star Sports administrator(s) or designated committee agrees with "protesting" team and deems that misinterpretation/misapplication impacted the outcome of the game. 5 Star Sports administrator(s) or designated committee will notify the officials and teams involved of the decision and 5 Star Sports administrator(s) or designated committee will implement a solution that may change standings, outcomes, points, replays (from the point of the protested situation or the entire game if applicable for the fairest solution). **Fee Returned**

## **Article: K** Challenge

**Each team is allowed 1 challenge per half. A challenge is defined as the coach or team captain requesting a clarification and/or a reversal of a judgment call. The Referee will explain to both Coaches/Team Captains their finding(s), an explanation of the finding(s), and their perception of the call in question. During this challenge the officials are required to confer for no more than 2 minutes and explain their finding(s) regarding the challenge. A Challenge does not guarantee an overturned call.**

**However, it does guarantee that the game officials will confer and if there is conflicting opinions of the call in question then the majority vote between the officials will be the final decision. A challenge is different than a protest because a judgment call(s) can not be protested.**

**Rule 1.** During the 2nd half under 2 minutes if a team does not have a timeout or during overtime; only the Supervising Official, Referee (white hat), 5 Star Commissioner can request a challenge if the team has not used all their challenges and are out of their time outs. The requestor must not have any direct affiliation (i.e. coach, player, partner, or any known conflicts with the opposing team etc....) any information disclosed to this fact and found grounded will nullify the requestor from the process. All **requesters** for a challenge in this situation(s) will also follow the guidelines below.

- a.) The team requesting the challenge must have a timeout before they can invoke a challenge.
- b.) The officials will acknowledge and grant the timeout if applicable.
- c.) The team requesting the challenge must state their case clearly without conflict in one (1) minute.

The team requesting the challenge **must include the following in their case:**

- a. The reason(s)
- b. Their perception of what happened during the play
- c. Their idea of what the ruling/judgment should be on the play

If the team wins their challenge they will not be charged a time out. If the team loses their challenge they will be charged a timeout. Both teams will get an explanation of the findings.

The clock will resume exactly where it left off with the exact game situation. For example: If the clock was running at the time of the challenge it will start back running on the ready whistle.

The teams must accept the decision without conflict and refrain from making any negative references regarding the final decision of the Lewis or be penalized 15 yards for each incident and/or a possible ejection from the contest.

## **Article: L**    **Officials**

**Rule 1.** The officials shall govern all players, coaches, trainers, and other persons in the team area. Only authorized persons shall be allowed on the sidelines and field of play. **See: SECTION I: Article I: Rule 4**

**Rule 2.** The referee (White Hat) has full jurisdiction 1 hour prior to the start of the 1st game.

**Rule 3.** The referee (White Hat) has full jurisdiction 1 hour after the conclusion of the last game.

**Rule 4.** The Head Referee (Officials Supervisor) or the Referee for the game has the authority to rule promptly on any game situation not specifically covered in the rules. All matters will be thoroughly explained to both teams and these decisions are final in all matters pertaining to the game excluding a protest. The rule interpretation will follow the guidelines and philosophy of 5 Star Sports rulebook, the selected sanctioning body's rulebook and the National Federation of State High Schools (**NFHS**) rulebook. If neither rule book does not offer a clear explanation/interpretation of the rule for the situation in question; or if the designated sanctioning body's or NFHS rulebook is not available for review in a timely manner; then the Head Referee (Officials Supervisor), Referee (White Hat), 5 Star Sports administrator or designated committee representative may render a final decision under the guidelines of fair play and sportsmanship.

**Rule 5.** At any given time, the game will be officiated by no less than two (2) officials and no more than five (5) officials. The Referee will be recognized as the Head Official (White Hat)" for each authorized 5 Star Sports game.

**a.)** The officials' fees for a two (2) man crew will be reduced to \$40 per team.

**b.)** Teams may request additional officials beyond a standard crew (3). Each additional official will be an additional fee of \$35.00 per official. This fee may be split between teams or the sole responsibility of the requesting team.

**Rule 6.** Official fees are the sole responsibility of each team in lieu of any circumstances due to forfeits and administrative commitments that are mandated by the league. Arrangements may be made with the officiating association to make payments for game(s) as well as full payment for the season. All arrangements and payments are managed by the officiating association provided the officiating associations honor all matters of the league's service expectations with the teams.

**Rule 7.** The Referee (White Hat) will designate the official timekeeper for each game and will notify each team of the designee. If there is a physical clock and available qualified personnel, a designated clock operator will be assigned. It is to note that the official time will always be kept with the "timekeeper" on the field,

**Rule 8.** The Referee manages ALL games and reserves the right within the rules to discipline, forfeit, delay, and postpone at his/her discretion to preserve the integrity of the games played during 5 Star Sports games.

**Rule 9.** If there are 3 officials during the game they will be the Referee, Line Judge, and Back Judge

**Rule 10.** If there are 4 officials during the game they will be the Referee, Line Judge, and Field Judge and Back Judge

**Rule 11.** If there are 5 officials during the game they will be the Referee, Line Judge, Field Judge, Side Judge and Back Judge

## Article: M Equipment

**Rule 1.** Every player on the field is required to wear an approved triple threat flag belt. A “triple threat” flag belt is three (3) flags **vinyl coated polyester flag permanently** sewn onto the web of the belt with the flags measuring a minimum of **2 ¼ W and 14 in L**. The triple threat flag belts have multiple sizes distinguished by the color of the clip for most approved models (**Red – Small, Yellow – Medium, Blue – Large, Green – X Large**).

The proper size must be worn in which there is a flag directly on each hip and in the center of the player’s lower bottom. The entire belt comes off as the ball carrier is de-flagged. The belt and entire flag(s) must be clearly visible. This includes the flags gator clip on the belt.



Example A (Legal)



Example B (Illegal)



Example C (Illegal)

- a) **Example A** - three (3) flags **vinyl coated polyester flag permanently** sewn onto the web of the belt with the flags measuring a minimum of **2 ¼ W and 14 in L**
- b) **Example B** - three (3) **not** sewn onto the web of the belt in which case the flags themselves slide and move along the belt.
- c) **Example C** – **Velcro** flags that separate from the belt

**Rule 2.** Equipment verification regarding legal flag belts may be accessed at any time before and after any play with the official rendering judgment that may affect the outcome of a “play”, “series” or “score”.

a.) Flag belts that are not standard or have been identified as illegal and have not been altered will be subjected to three (3) different officials’ decisions for illegal equipment pending opposing team’s decision. These options **will not** fall under the flag tampering guidelines.

- a. Replay Down with player involved removed for that play (**Illegal equipment 5yd penalty**)
- b. Accept play with ball been placed where ball carrier was first touched or first defender.
- c. Decline penalty taking the result of the play, and player involved must be removed for a play (offensive or defensive pending participation).

**Rule 3.** A team’s official game ball must be an “American” or “Approved” style football (White football), a minimum of junior size regulation football and shall not exceed an “American” style NFL regulation football. The preferred type is leather or composite, but rubber is permissible. The color must be **predominantly** brown, tan, black or white in color. If the ball is not clearly visible against the team’s jerseys or **if** the game ball is not clearly labeled with the official size by the manufacture the Referee (White Hat)/administrator will determine if the game ball in question is permissible.

**Rule 4.** The use of headgear (**excluding protective headwear, headbands, athletic caps, soft brim hats and baseball caps worn backwards**), non-sports shades, shoulder pads, forearm pads, casts, heavily padded gloves, uncovered knee and elbow braces, thigh pads, jewelry and any other unyielding equipment are not permissible. This includes, but is not limited to body cameras, face shields, training masks, and any other hard covering that the Referee (White Hat)/administrator determines to be unsafe.

**Rule 5.** Illegal equipment specified and not specified may be measured and/or inspected by an In-game official or 5 Star Sports administrator for the said equipment to be permissible. The in-game referee will have the final authority for legal equipment unless otherwise noted by a rule change for the equipment to be permissible.

**Rule 6.** Cleats **can not** screw- in cleats. Cleats can also be molded rubber. Player wearing **unapproved shoes** will be removed from said game and will not be allowed to participate **until the problem** is rectified.

**Rule 7.** Kicking equipment (Block) for extra points and field goals shall not exceed 2 inches' in total height.

**Rule 8.** Kicking equipment (Tee) for kick-offs and free kicks shall not exceed 3 inches in total height.

## **Article: N Team Uniforms (Uniform Policy)**

**Rule 1.** Teams are required to have a uniformed look, **meaning the same** basic color jerseys/tops with **"NUMBERS"** on the back and/or front and the same basic color pants/shorts/bottoms. If a player does not meet these requirements they are unable to participate on the playing field until they are able to meet the requirements of the uniform policy. "Tank Tops and Wife Beaters **ARE NOT AUTHORIZED**" he referee may enforce a penalty or penalties within the guidelines listed in **SECTION I: Article M: Rule 2 – 8**

**Rule 2.** Pants/shorts/bottoms must **contrast (light to dark)** the color of the flag and shall not have any pockets. **If pockets are present, they must be removed or replaced.**

**Rule 3.** In the event two (2) competing teams have the same basic color jersey the home team will have the option to choose the jersey color. In addition, the decision of jersey color must **be** decided before the game to prevent unnecessary delays in the playing schedule.

**The referee, at his/her discretion, may require a uniform to be adjusted in order to uphold the uniform policy and the safety guidelines.**

If a team player on the field does not maintain a uniformed look they may be removed from the game or receive a failure to comply penalty for each incident until they are able to comply with the rules listed in **SECTION I; Article M.**

A player may request special participation from the referee or 5 Star Sports administrator due to a damaged or tainted uniform provided the player(s) put forth a reasonable effort to comply with the uniform policy prior to, during, and/or after a previous game.

**Rule 4.** 5 Star Sports administrators and or staff will not be responsible for distribution of scrimmage vests; teams will be required to maintain a uniformed look, even if it means not wearing jerseys and wearing similar colored tops instead.

**Rule 5.** The lack of a uniformed look for the team may solicit a 15-yard penalty at the beginning of each half at the discretion of the Referee. The implementation of this rule may be applied to an individual(s), which will force the individual(s) to leave the playing field in lieu of enforcing the penalty yardage. This implementation is applicable only if the individual(s) asked to leave the playing field leave in a timely manner and the result of their departure places the remaining team members on the field within the uniform policy.

If the team in violation of the uniform policy is unable to accommodate the requirements of the uniform policy, the referee at his/her discretion may enforce the failure to comply penalty for each half.

**Rule 6.** Jerseys should be tucked in at all times and should not, at any given point during the game, cover any portion of the flags or flag belt. Players with untucked jerseys may nullify defensive holding penalties against the ball carrier as described in **SECTION II: Article E: Rule 1; g and h**

**Rule 7.** Half cut jersey shall not extend past the waistline nor cover any portion of the flags or flag belt.

## **Article: O Roster Limits**

**Rule 1.** Team roster limits for all 5 Star Sports sanctioned game/events shall be set at **twenty-eight (28) player's maximum and sixteen (16) players minimum.**

**Rule 2.** Teams may apply for attrition when their active roster falls below the league minimum of Sixteen (16) players.

## **Article: P Attrition**

In an effort to foster competitive and fair play 5 Star Sports adopted a policy that allows teams to maintain a reasonable roster count of active players in order to support team safety, competitiveness, growth, unity and team morale. The attrition policy allows for immediate recruitment of eligible players satisfying the league minimum requirements for roster size.

**Attrition:** League teams due to no fault of their own falling below the league roster minimum; by way of player participation, through injury, or any circumstance(s) that result in a player no longer being active on that team's roster.

**Rule 1.** Approved players through attrition must fulfil the same requirements listed in **PLAYER REGISTRATION, ROSTERS AND LIABILITY FORMS (WAIVER) and SECTION I: Article C**

**Rule 2.** The team applying for assistance through the attrition policy is only allowed to add new member/player(s) up to the league minimum requirement (16). **YOU CAN NOT GO OVER 16 PLAYERS under the attrition rule.**

a.) Once a player has been replaced by a new member/player through attrition they are not eligible to return to that team for the remainder of that season.

The following protocol is required for proper attrition policy application:

- ❖ Submit a request for attrition review via email to [ContacUs@5StarSportsLeague.com](mailto:ContacUs@5StarSportsLeague.com)
- ❖ List All the Players you wish to remove from your roster.
- ❖ Provide a brief explanation of why these players are being removed

You request will be reviewed. If approved, the registration site will open for 24 hours so the new players can join the league. Attrition request must take place "BEFORE" the last week of the season and the newly added players must play in 2 remaining games or they will be ineligible to play in the playoffs.

### **Article: Q Regulation Time of Play**

**The official playing time for the game is always on the field maintained by the designated official for that game. The designated official, if not the Referee should be indicated at the coin toss. If game clocks or scoreboards are available, then a designated time keeper pre-approved by 5 Star Sports administrators and or the head official.**

**Rule 1.** All games shall not exceed forty-eight (48) minutes of regular game time monitored by an official or designee responsible for the official game clock. Games will be split into two (2) twenty-two (20) minute halves.

**Rule 2.** The 1st half is a "running clock" stopping only for officials and team's timeouts.

- ❖ **The first half may also use a "regulation" two (2) minute clock concluding the 1st half if mandated by 5 Star Sports administrators staff prior to the start of the first game of the season.**
- ❖ During penalties the game clock may stop and then start at the snap of the ball if the referee determines that a team is gaining an advantage by committing penalties during the game.
- ❖ This rule may apply during the regular (running clock) playing time and prior to the "regulation time" of the last 2 minutes of the 1st half.

**Rule 3.** The 2nd half is a "running clock" stopping only for official and team timeouts until the last two (2) minutes of the game which will begin the "regulation clock"

**Rule 4. "Regulation" Clock –**

The game clock will stop on "out of bounds" plays, timeouts, scoring, clock resets, injuries, fair catches, penalties, change of possession, and incomplete passes.

During live ball penalties the offended team has an option to start the clock on the ready for play whistle or on the next legal snap

During penalties the play clock may start at the snap of the ball if the referee determines that a team is gaining an advantage by committing penalties during the game. This rule may apply during the regular (running clock) playing time and prior to the "regulation" time "of the last 2 minutes of either half if applicable.

**Rule 5. Two (2) Minute Warning:** The Referee will announce to both teams the game has reached the two (2) minute warning ("**regulation" time**) during each half. During the 1st half the clock will stop at the announcement of the 2-minute warning. The Referee will give a short briefing of the game situation and the "running clock" will start back at the snap of the ball unless the 1<sup>st</sup> half regulation clock was altered by 5 Star Sports administrator(s) prior to the first game of the season in which case the official will follow the guidelines of the regulation clock procedures noted in the rulebook in : **SECTION I: Article: Rule 4.**

During the 2nd half the clock will stop at the announcement of the two (2) minute warning. The Referee will give a short briefing of the game situation and the "regulation" clock will start back at the snap of the ball.

**Rule 6.** In order to accommodate daylight restrictions, time restrictions required by the facilities, unplanned situations due to inclement weather or any unforeseen occurrences that results in an extreme delay or inconvenience to league game day operations, 5 Star Sports commissioner or Head official (supervising) can reduce the time of a half or both halves to either **twenty-two (22), twenty (20) or eighteen (18)** minutes followed by a modification for a the “regulation” clock during the 1st half and 2<sup>nd</sup> half. If the time of play is changed and/or modified, both teams will be notified at the start of the game during the coin toss.

**Rule 7.** Half times will not exceed 5 minutes and cannot be less than 2 minute.

## **Article: R**     **Timeouts**

**Rule 1.** Each team has three (3) timeouts per half.

**Rule 2.** Timeouts will only be recognized by the players on the field, coach or designated captain and granted if recognized by a game official.

**Rule 3.** At least one (1) timeout must be utilized prior to the two minute (2) mark at the end of each half. Failure to utilize a timeout prior to the two minute (2) mark will cause the team to forfeit one (1) of their remaining timeouts for that half. A team cannot carry 3 timeouts into the two (2)-minute regulation period or designated regulation period for that game.

**Rule 4** A timeout shall not exceed 30 seconds unless authorized by the game Referee.

**Rule 5.** Consecutive timeouts by any team is permissible provided the team have the timeouts available.

**Rule 6.** Calling timeouts when all are exhausted is considered unsportsmanlike and will draw an unsportsmanlike penalty If the time out is **acknowledging and accepted by the game official(s)**.

- a. Officials may ignore timeout request if a team is out of timeouts in order to not allow an unsportsmanlike or unfair act to stop the clock illegally. If the officials acknowledge and accept the timeout, then all applicable penalties may be applied which also may include adjustment(s) to the game clock and or play clock.

**Rule 7.** Equipment and injury timeouts are at the Officials' discretion; play will resume on the ready whistle depending on the previous play prior to the official's timeout.

**Rule 8.** Injuries during a **live** “regulation” time will cause the injured player's team to use a timeout unless a game official's judgment believes the injury **was a result** of an unfair, unnecessary or reckless act caused by the opposing team. If the injured player's team does not have any **timeouts**, then a ten (10) second run-off will be applied to the game clock with the clock starting on the ready for play

## **Article: S**     **Overtime Play**

**Rule 1.** In the event a game is tied at the end of regulation play for a **regular season or playoff (non-championship) game** an overtime period will begin at the twenty (20)-yard line “going in” towards the end zone barring any penalties with four (4) downs to score and each team having a chance to score for the overtime period.

**Rule 2.** One (1) timeout will be awarded to each team per overtime period. Timeouts will not carry over from regulation play.

**Rule 3.** There will be an intermission period of no more than two (2) minute for each overtime period.

**Rule 4.** Either team can score during overtime. All interceptions, missed field goals or extra points, blocked field goals or extra points will be played to completion.

**Rule 5.** A coin toss will determine the 1st possession of the overtime period(s). The team winning the coin toss has the choice to play offense or defense. The team losing the coin toss for overtime period(s) will have the choice of which end of the field the entire overtime period will be played.

In the event of a 2nd overtime or more, the possessions will alternate every overtime period. This process will continue to alternate if overtime play continues until a winner is decided by the overtime guidelines listed in **SECTION I: Article S: Rule 1 - 8** with the exception of championship games.

**The overtime protocol for all non-championship games is:**

1. Each team will have a set of downs, four (4) starting at the twenty (20) yard line for one (1) period barring any penalties or touchdown.
2. Each team will receive one (1) timeout for the overtime period
3. All penalties will be enforced the exact same way they are during the game prior to the overtime period(s)
4. A team has the choice to attempt an extra point conversion for 1, or 2 points after a touchdown.

**If the score is still tied after the overtime period is completed, teams will only have the option to attempt extra point tries. "Tries" will start with each team getting a chance to attempt an extra point conversion attempt. It may be either for 1, or 2 points depending on that team's choice.**

- ✚ The game will continue with consecutive tries in overtime period with each team having an attempt per try until a winner is determined.
- ✚ During the "Tries" teams will alternate possessions in the same manner as full overtime periods.

Teams do not have to match their opponents attempt for "Tries". They attempt to score 1, or 2, point tries at any time for the go ahead score, tie or win.

When the overtime period enters "Tries" there is only one (1) timeout allowed for each team the remainder of the game. No timeouts from previous overtime period(s) will carry over.

**Rule 6.** Field goals are allowed as a scoring option during the entire overtime. Field goal attempts will follow the same guidelines during regulation play. Extra point kicking attempts are allowed during the "Tries" overtime period

**Rule 7. No Championship** games will be decided by **SECTION I: Article S: Rule 5: a - e** Championship games will be determined by full overtime period(s) until a winner is determined unless special circumstances regarding time or facility use warrants the use of **SECTION I: Article S: Rule 5: a - e. The start of a Championship Game Overtime period will be the same as SECTION I: Article S: Rule 1.**

**The overtime protocol for all championship games is:**

1. Each team will have a set of down(s) starting at the twenty (20) yard line for each overtime period barring any penalties or score.
2. The 1<sup>ST</sup> overtime period will require the teams to attempt a 1, 2 or 3-point extra point conversion. After the 1<sup>ST</sup> overtime period the teams will be required to attempt a 2 or 3 point conversions for the succeeding overtime period(s) until a winner is determined.
3. The starting possession per overtime period will alternate after the completion of each overtime period if the game remains tied.

4. The championship game **overtime** period(s) will follow the same guidelines as the regular overtime period regarding timeouts and intermission listed **SECTION I: Article S: Rule 2 and 3.**

### **Article: T**      **Game Start Time**

**Rule 1.** The game clock will start no later than five (5) minutes after the designated time set the official schedule. The first game of the day receives a 15-minute maximum grace period only, after which it will be the **referee's and/or commissioner's** discretion to forfeit the game.  
**SECTION I: Article B: Rule 1**

**Rule 2.** Prior to the start of the game the officials may conduct an equipment check involving each team lining up on their side line with a game day official requesting to see the bottom of the cleats, **uniforms**, and flag belts properly fitted, triple threat belts properly placed with a flag on each hip and directly behind the player. The clasp properly secured and free of tampering. This equipment check may also be completed verbally by asking the team captain(s) or coach if all players are properly equipped.

**Rule 3.** To start each half, the clock will start on the Referee's ready whistle after a one (1) – Minute warning regardless if the teams have initiated play.

### **Article: U**      **Speaking Captains**

**Rule 1.** Prior to the start of each game, the Referee will ask each team to designate the speaking captain(s) for the game. The designated player(s) or coach will be the representative(s) for team decisions during the entire game and can only be changed if said the said player/coach is disqualified from game or injured.

**Rule 2.** Each team may have **no more than five (5)** representatives. Two (2) offensive captains, two (2) defensive captains and **one (1)** non-playing coach/captain that is listed on the roster.

**Rule 3.** These designated speaking captains/representatives must identify themselves prior to the start of any game.

**Rule 4.** **Only the designated speaking captains/representatives** are permitted to solicit a rule clarification from the Referee when time permits, in lieu of a Lewis or Protest. Any other requests may be considered **GAME INTERFERENCE** and will be subject to the guidelines **SECTION 1: Article F: Rule 3.**

**Rule 5.** Speaking Captains are allowed to confer with their coach prior to deciding the benefit of a Referee's infraction explanation. Speaking Captains' initial decision is irrevocable if **acknowledged** by an official after the proper explanation

### **Article: V**      **Starting the Game/Half**

**Rule 1.** To start each half, the clock will start on the Referee's ready whistle after a one (1) – minute. Warning regardless if the teams have initiated play.

**Rule 2.** Kickoffs are at the discretion of both captains vote at the coin toss. **Both captain's must agree not to kick otherwise there will be kick-offs.** If the choice is to not have **kickoffs** the ball shall be placed on the thirty-five (35) yard line on regulation size fields at the start of each possession, game, and half in lieu of any penalties or with the exception of the turnover rule when the losing team has the option to kick **SEE: Turnover Rule.**

The decision for kickoffs can be changed only at half time as long as both teams **agree with the exception** for the losing team's option for the turnover rule.

## **Article: W**    **Mercy Rule**

**Rule 1.** The mercy rule is applicable for all games during the season to include all playoff and championship games

**Rule 2.** If the point differential reaches **18 points** within the two (2) minute mark of the second half, **the game will automatically end no matter who owns the possession.**

**Rule 3.** If the point differential reaches **36 points** at any given point of the 2<sup>nd</sup> half, it will be considered a "Skunk" and will end no matter who owns the next possession.

## **SECTION II. BASIC RULES OF THE GAME**

### **Article: A**    **De- Flagging**

#### **Rule 1. Flag removal**

- a.) The offensive player must have full possession of the ball before they can be legally de-flagged.
- b.) The defender must make a "legitimate attempt" at the flag(s)/flag belt for the de-flag by reaching for the flag(s)/flag belt at all times with both hands and by keeping her head and shoulders up during contact for the de-flag attempt.
- c.) If the ball carrier hits the ground as a result of a "legitimate attempt" by the defender the ball will be dead at the spot the ball carrier hits the ground.
- d.) If the flag belt falls off the ball carrier during or after any contact by the defender the ball
- e.) A defender cannot illegally hold, grab or prevent a runner from advancing when attempting to de-flag a ball carrier.
- f.) Grabbing the ball carrier's jersey around the waist area (only) that is not tucked in order de-flag the ball carrier is legal providing the defender is **legitimately attempting** to de-flag the ball carrier.
- g.) Grabbing the shorts or pockets of a ball carrier's bottoms is legal only if the defender's making a **legitimate attempt** for the de-flag and she does not significantly control the ball carrier during her attempt at the de-flag.
- h.) **An impeding the runner (holding) penalty enforced on the defense during a de-flag attempt of the ball carrier may be enforced 10 yards from the end of the play and a replay of the down if the penalty yardage does not reach the zone to gain.**
- i.) If the ball carrier does not have on a flag belt one (1) hand touch between the shoulders and knees or any body part below the waist for a diving player.

## Article: B Delay of Game

**Rule 1.** After the spot is set and the ready for play whistle has been blown, the team in possession of the ball has twenty-five (25) seconds to begin a play. Free kicks and legal kicks are included.

**Rule 2.** If a player intentionally delays the game by throwing an opponent's flag(s) or, kicking an opponent's ball away from the nearest player, detaining a player from joining her team, arguing with an official, deliberately advancing a ball after it is blown dead by an official or any other flagrant attempt(s) to delay the game, a delay of game penalty may be assessed.

**Rule 3.** Players are not allowed to discuss a call or rulings with the official(s) without calling for a timeout.

**Rule 4.** Excessive delay game action(s) will result in a flagrant delay of game penalty which is

**Rule 5.** Flagrant delay of game penalties are not automatic first downs but may warrant a stoppage of the game clock or an automatic 10 second run-off the game clock in conjunction with the penalty yardage assessed if the offending team gains a decisive advantage by intentionally committing the penalty.

- a.) The clock may start on the snap of the ball pending the official's judgment.
- b.) The clock may start on the ready whistle pending the official's judgment.

**Rule 6.** The kicking team has one (1) minute to kick off the ball after a score. If team A (kicking team) scores after the conclusion of the extra point attempt(s) team A (kicking team) must kick off the ball by the 1:00 min mark or be penalized 5 yards **and** charged a timeout. If team A (kicking team) have no timeouts, then team B (receiving team) has the options of taking the ball at the 50-yard line or penalizing team A (kicking team) an additional 10 yards and forcing the kick off.

- a.) If the kicking team is penalized by not kicking the ball within 1 minute during the running clock prior to regulation time then the timeout charge to the kicking team only stops the clock until the official(s) mark of the penalty. The ready whistle will restart the clock
- b.) If the kicking team does not have any timeouts and the receiving team chooses the option for the kicking team to be penalized an additional 10 yards the clock will continue to run unless the kicking team is gaining a decisive advantage in which case the Referee (white Hat) will determine when the clock is to start and/or stop.
- c.) During regulation time the 1 minute kicking clock is still applicable for all kick-offs.

**PENALTY EXAMPLE:** 4:00 minutes on the game clock ball marked at the **team A's** 40 yard line and **team A** does not kick ball before 3:30 minutes on the game clock. **Team A** will be penalized 5 yards moving the restraining line to **team A's** 35-yard line and charged a timeout. If **team A** has no timeouts **team B** has the options of taking ball at 50 yd. line or penalizing **team A** 10 additional yards moving the restraining line to **team A's** 25-yard line and forcing the kick off.

## Article: C Offensive Line

**Rule 1.** The offensive linewomen must have at least one (1) of her shoulders (front part) parallel to the line of scrimmage per the official's judgment and head breaking the plane of the center's waist to be considered on the line of scrimmage.

## **Article: D**      **Pass Interference**

Pass interference is a judgment call by the official. When the ball is thrown a potential receiver should not have obstruction by an opposing player. This means their should not be blocked physical contact is restricting the player from receiving the ball,. Players should be making a legitimate attempt to make a play on the ball in which case the player must be looking at or for the ball while in flight.

### **Rule 1. Actions that constitute defensive pass interference include but are not limited to**

- a.) Contact by a defender who is not playing the ball and such contact restrict the receiver's opportunity to make the catch.
- b.) Playing through the back of a receiver in an attempt to make a play on the ball.
- c.) Grabbing a receiver's arm(s) in such a manner that restricts her opportunity to catch a pass
- d.) Extending an arm across the body of a receiver thus restricting her ability to catch a pass, regardless of whether the defender is playing the ball.
- e.) Cutting off the path of a receiver by making contact with her without playing the ball.
- f.) Hooking a receiver in an attempt to get to the ball in such a manner that it causes the receiver's body to turn prior to the ball arriving.

### **Rule 2. Actions that do not constitute defensive pass interference include but are not limited to:**

- a.) Incidental contact by a defender's hands, arms, or body when both players are competing for the ball or neither player is looking for the ball. If there is any question whether contact is incidental, the ruling shall be no interference.
- b.) Inadvertent tangling of feet when both players are playing the ball or neither player is playing the ball
- c.) Laying a hand on a receiver that does not restrict the receiver in an attempt to make play on the ball.
- d.) Face guarding with no attempt to turn and locate the ball.

### **Rule 3. Actions that constitute offensive pass interference include but are not limited to:**

- a.) Blocking downfield on a forward pass beyond the line of scrimmage by an offensive player prior to the ball being touched.
- b.) Initiating contact with a defender by shoving or pushing off thus creating a separation in an attempt to catch a pass.
- c.) Driving through a defender who has established a position on the field.

### **Rule 4. Actions that do not constitute offensive pass interference include but are not limited to:**

- a.) Incidental contact by a receiver's hands, arms, or body when both players are competing for the ball or neither player is looking for the ball
- b.) Inadvertent touching of feet when both players are playing the ball or neither player is playing the ball.
- c.) Contact that would normally be considered pass interference, but the ball is clearly uncatchable by involved players this does not permit the defender or receiver to make illegal contact to a player which may result in a personal foul and the penalty yardage accessed but not a spot foul and automatic first down for defensive pass interference and a loss of for offensive pass interference.

## **Article: E**   **Roughing the Quarterback / Passer**

- Rule 1.** During the quarterback's pass drop and her throwing motion, the quarterback/passers **CANNOT** be contacted with force above the upper waist. The defender should be attempting to de-flag the quarterback.
- Rule 2.** The quarterback's/passers arm and hand may not be touched unless the ball is released and the defender contacting the quarterback/passers arm tipped the released ball prior to contact.
- Rule 3.** The defender cannot touch any part of the quarterback's/passers arm, hand, shoulder or ball while the ball is still in the hand of the quarterback/passers. The ball is considered an extension of the quarterback's/passers arm and hand.
- Rule 4.** A defender can attempt to block a pass as long as the quarterback's/passers throwing motion is not interrupted by contact, to the quarterback's/passers arm, hand or shoulder which includes excessive contact after the release or contact with the quarterback's/passers "follow through" even if the "follow through" contacts a defender's arms or hands while the defender's is just raising her arms or hands in attempt to block the pass but does not make contact with the "released" ball.
- Rule 5.** The defender has the right to make a legal attempt to de-flag the quarterback/passers under the guide lines noted in **SECTION II: Article A:** of the rulebook.
- Rule 6.** If the quarterback/passers advances past the line of scrimmage, she is declared a runner and is no longer protected under the rules indicated in **SECTION II: Article E: Rules 1 - 5** as it pertains to being a "passer".

## **Article: F**   **Score Verification**

The official will verify the equipment of the scoring player after each score in order for the score to be officially awarded to the scoring team. In each case the official is to check the player's flag(s) or flag belt to verify the player did not gain an unfair advantage. The player is to go directly to the official if commanded without making any adjustment to her equipment including flag belt and clothing. Whether the act is intentional or unintentional the official may administer a penalty or spot the ball at a particular spot on the field and the subsequent yardage counts as it would in a regular playing situation with regards to first downs or a turnover on downs.

- Rule 1.** If the ball carrier's flag belt is disengaged and hanging on the uniform it would be considered a de-flag by the defender who made the last contact with the ball carrier.
- Rule 2.** The official may overturn a score and assess a penalty or spot the ball if the ball carrier gained an advantage due to unfair acts or tampering with the equipment (gear and uniform), flag(s), or flag belt prior to the official verifying the ball carrier's equipment.
- Rule 3.** Per the official's judgment and discretion the ruling(s) per the guidelines listed in the following section(s) **SECTION I; Article L, SECTION II; Article O and Article; Z-1** may be applied to the following:

- a.) Wearing a non-approved flag set (Non-Sonic Boom/POP Flag-A-Tag)
- b.) Flags not contrasting with the shorts/bottoms of the ball carrier. (Judgment by the Officials)

**Rule 5.** If the ball carrier does not report to the official when commanded then the official **may enforce a 5 yard or 15 yard penalty for a delay of game or excessive delay of game** on the extra point try, kick off, or yardage in lieu of kickoffs.

### **Article: G Scrimmage Formations**

**Rule 1.** At all times the team with possession must have at least four (4) players on the line of scrimmage. At the start of a play, offensive players must be at least five (5) yards away from sideline in bounds.

**Rule 2.** The team may not break the huddle, muddle huddle or begin to line up with more than 8 players

**Rule 3.** If a team motions a player who is on the Line of Scrimmage, he will not be counted As one of the mandatory four (4) players on the line of scrimmage until he resets himself on the line.

**Rule 4.** A defensive team can have as many players on the line of scrimmage it chooses.

**Rule 5.** If a defender is head up over the center she must be at least a half (1/2) yard back from the neutral zone

**Rule 6.** There are no defensive alignment restrictions.

### **Article: H Team Box**

**Rule 1.** Players, coaches, and staff must stand between the between the 20-yd lines.

- a.) One (1) coach or assistant not in uniform may move pass the twenty (20) yard line to coach his/her team. The coach is nt allowed to interact in a negative manner or distract an opposing player while on the sideline area pass the twenty (20) yard line.

**Rule 2.** Teams must use opposite sidelines.

**Rule 3.** The team area is considered from 20-yard line to 20-yard line and 10 yards from the Side line towards the stands.

### **Article: I Turnover Rule (2 Minute Kick Rule)**

**Rule 1. AFTER THE LOSING TEAM SCORES AND IS STILL TRAILING BY ATLEAST ONE (1) POINT THE LAST 2 MINUTES OF THE SECOND HALF.** During the last two (2) minutes of the **second half only**, all free kicks that follow a score **MUST** be returned by the receiving team to the receiving team's 20 yard line or further (after all penalties that occur have been accessed), or the kicking team shall receive the ball at the 50 yard line, 1<sup>ST</sup> down and the next zone line-to-gain. **Applies to the losing team only.**

**Rule 2. FOUL DURING A RETURN IN THE LAST TWO (2) MINUTES OF THE SECOND HALF:**

All fouls that occur on a return, during the last two (2) minutes of the second half, must result in the ball being brought to or past the 20-yard line or the kicking team shall receive the ball on the 50-yard line. 1<sup>st</sup> down and the next zone line-to-gain. **Applies to losing team only.**

**Rule 3. TOUCHBACK:** If a touchback occurs during the last two (2) minutes of the second half, it shall be the receiving team's ball on the receiving team's twenty (20) yard line, 1<sup>st</sup> down and the next zone line-to gain

**Article: J USE OF VIDEO REPLAY:**

In an effort to protect the integrity of the game, there are 4 instances where 5 Star Sports will use video footage during the course of a game. These are situations we deem as correctable errors that do not involve judgement calls. They are as follows

1. **Game Clock:** Situations where there is discrepancy with the game clock, If time on the clock is in question and 5 Star Sports has clear video evidence that can provide an accurate ruling, we will review the footage
2. **Down & Distance:** Situations where there is discrepancy with the down and distance, If there is a question down and distance and 5 Star Sports has clear video evidence that can provide an accurate ruling, we will review the footage
3. **Ineligible Player Participation:** 5 Star Sports will use video footage to verify a protest for a claim of illegal participation
4. **Identify Participants in a fight:** 5 Star Sports will use video footage to identify participants in a fight to and hold them accountable.

These are the only 4 instances where 5 Star Sports will use video evidence. These reviews are not judgement calls and can be corrected and identified without judgement. **NO OTHER CALL OR PLAY WILL BE ELIGIBLE FOR VIDEO REVIEW! THIS DECISION IS FINAL!**

**ANY ISSUE OR SITUATION THAT IS NOT COVERED IN THIS RULE BE WILL BE DECIDED UPON BY THE COMMISHER DURING THE GAME AND ON GAME DAYS AND BY THE DISICIPLINARY COMMITTEE OUTSIDE OF GAME DAY**