



SLING IT FLING IT GAME RULES & REGULATIONS

ZERO TOLERANCE FOR FIGHTING YOU CAN & WILL BE EJECTED FROM THE EVENT

GENERAL GAME RULES

1. A coin flip will give the winner the option to start with possession **OR** select defense and direction. Possession and direction will be opposite to start the second half.
2. Game Time is Forfeit Time – **ABSOLUTELY NO GRACE PERIOD.**
3. Offense begins on its own ten (10) yard line.
4. Must have at least (3) three players to start a game.
5. Participants must be registered before being allowed to play and must have a player wristband on.
6. **TOURNAMENT DATE IS CONSIDERED THE FRIDAY BEFORE THE EVENT!**

First Downs

1. Reaching or crossing the midfield line in 3 plays or less.
2. A major penalty on the defensive team.

Timing of the Game/Time Outs

1. Winners and losers bracket games will consist of two 12-minute halves (running clock). The clock will stop for timeouts, injuries, and a 3-minute halftime.

2. The consolation bracket will consist of a one 15-minute half running clock.
3. Teams will be allowed 1 timeout per half.
4. Teams will be allowed 10 seconds to run and play after the official signals the ball is ready for play.
5. Mercy Rule – when a team leads by 25 or more points, they will be declared the winner.

Overtime

The winner of the coin flip can choose possession or defense and direction.

1. Teams will have a choice of a one (1) or a two (2)-point conversion (one play only).
2. Alternate possession until a winner is decided. (Def. to Off. / Off. To Def.)

Scoring

1. A Touchdown is worth 6 points.
2. A Safety is worth 2 points (plus possession).
3. A conversion from the five (5) yard line is worth 1 point and a conversion from the ten (10) yard line is worth 2 points (the defense cannot score on conversions).

Contact

- Blocking will not be permitted at any time. This is a non-contact game.
- Bump and Run defense **IS NOT** allowed.

TACKLING/FLAG GUARDING

- A legal tackle takes place by a defender removing the ball carrier's flag(s) without physically grasping him/her. If a flag is missing from the ball carrier, then he/she will be called down when touched by defender.

- Flag guarding is the act of the ball carrier using his/her hand(s) or arm(s) to prevent the potential “tackler” from pulling his/her flag. The ball carrier will be marked down at the point of the infraction.
- You can **“DIP”** to avoid a flag pull. This **IS NOT** considered flag guarding.
- The Breakaway Rule – if in the official’s judgment the ball carrier is physically pushed or tackled by a defender to prevent an obvious score, the result will be a score for the offense and an unsportsmanlike penalty on the offender. **It may also warrant the offender’s ejection from the game and/or tournament.**

CHANGE OF POSSESSION/FUMBLES

- All drives and change of possession start at the ten (10) yard line. The only exception is when an interception takes place, the ball will be spotted for play at the point in which the “interceptor” is legally tackled.
- All fumbles are considered dead balls at the point in which the ball hits the ground. If the ball is fumbled forward, it will be marked at the point that the ball carrier lost control. Possession is maintained by the offensive team unless possession has been turned over by downs.
- If the ball hits the ground during the Center/QB exchange the ball will be marked down at the spot the ball hit the ground.

PENALTIES

1. Offside, illegal procedure, too many men, delay of game, diving, etc. are all five (5) yard penalties. **With two (2) minutes or less remaining in the half/game, a delay of game penalty will result in a loss of down in addition to the five (5) yards.**
2. Pass interference, unsportsmanlike conduct (taunting), and blocking are ten (10) yard penalties. An automatic first down will be given if on the defensive team and loss of down if on the offensive team.
3. Excessive roughness, excessive taunting, fighting, and verbal abuse are considered flagrant penalties and may result in your dismissal from the game and/or tournament. Any player ejected from the event will be asked to immediately leave the site. If the player(s) do not cooperate fully, their team(s) may be ejected. Ejection from the event will mean an automatic suspension from future events. No refunds will be given.

MISCELLANEOUS GAME REGULATIONS

1. No running plays allowed. All plays will consist of a forward pass beyond the line of scrimmage. **Any forward pass completed behind the line of scrimmage will be blown dead.**
2. Backward laterals **ARE** allowed.
3. No diving by the ball carrier is allowed. 5-yard penalty from spot dive was initiated.
4. The quarterback will not be allowed to run past the line of scrimmage (play will be blown dead).
5. The defender(s) rushing the quarterback must be at least five (5) yards off the line of scrimmage.
6. The center must snap the ball between the legs.
7. All players are eligible receivers.
8. Clothing must be tucked underneath your flags.
9. One foot in bounds and possession of the ball constitutes a catch.
10. The offensive team will be responsible for returning the ball to the line of scrimmage after every play (in a timely fashion as determined by the official on the field).
11. Only one player may go in motion, but **NOT** toward the line of scrimmage (**no shifts**).
12. Substitutions will be allowed between plays. Players must make substitutions from one side of the field, which will be designated by the official.
13. **Teams are responsible for their fans.**
14. HIV/AIDS – No visible cuts or blood on clothing or persons. Prepare accordingly.
15. No alcohol allowed on site. Any person/team suspected to be under the influence and attempting to play will be automatically ejected.
16. **The captain is the spokesperson for their team, not a spectator or coach.**
17. Cleats are allowed but cannot be metal.

18. No stripping of the football is allowed. You must go for the flags. Penalty is five (5) yards from the point of infraction and automatic first down.
19. SPINNING IS NOW ALLOWED for all positions.
20. All forward passes must be completed beyond the line of scrimmage.
21. Hitting the Quarterback's arm in the throwing motion is a ten (10) yard penalty and automatic first down.
22. Popper style flags are allowed. Flags cannot be shortened or altered in any way.
23. **Sling It Fling It is a smoke free event.**

TEAM PLACEMENT (BRACKETING)/SCHEDULING INFORMATION

Adult: 18 & over. Parent consent under the age of 18 as of tournament date.

1. Teams will be placed into age-appropriate divisions. Age is based off tournament date.
2. Experience may also be a determining factor in your team's placement.
3. Team captains will be emailed scheduling information. If the captain does not receive notification by Wednesday, the week of the event, he/she is responsible for contacting the local event director. **The e-mail is listed on this page under "Event Contact".**
4. **During the tournament the official point of reference for game times is the bracket wall** (not an official or referee). Team captains are ultimately responsible for obtaining the correct time.
5. Teams are guaranteed a minimum of three (3) games.

*******There may be certain circumstances when it is necessary to combined age and experience categories. In such cases, team captains will be notified prior to the event*******

ROSTER/REFUNDS/SUBSTITUTIONS

1. Teams will consist of 7 players.
2. Coed teams will consist of 8 players.
3. Men's Comp will consist of 8 players.
4. Players are allowed to participate on multiple teams (Must be on entry form roster or legal substitute). In the event of a conflict in scheduling, the player(s) will be responsible for choosing which team they play with, and must remain on that team for the duration of the current game only.
5. Once your roster is sent in there will be no refunds OR substitutions, which includes filling open spots. Substitutions can only happen at time of registration.
6. Your wristband must be worn **AT ALL TIMES** during the tournament. It will contain a group of numbers that will be needed at the beginning of every game for the sign in sheet. If wrist band breaks, please go to registration with ID to get a new band with a new number.
7. Substitutions can only be made by following the procedure listed below:
 1. Substitution(s) will be allowed before your first scheduled game. The following guidelines must be followed for a substitution to take place:
 2. The substitute(s) must fit the criteria of the division (Age and Experience).
 3. The substitute(s) must have valid identification.
 4. **TEAM CAPTAIN MUST BE PRESENT, AND CAN BE THE ONLY ONE INITIATING THE SUBSTITUTION.**
 5. Each substitute will cost thirty dollars (\$30) **CASH ONLY.**

ON SITE PLAYER CHECK-IN PROCEDURE

1. Must have valid identification (birth certificate or driver's license) for the duration of the event.
2. Sign a waiver. If you're under the age of 18, a parent/guardian must sign it for you.
3. Find the table with your field letter/number on it.
4. Tell the volunteer your field assignment and team name.

5. Present your identification and signed waiver.
6. Upon verification, you will receive a wristband.
7. **“Let Your Game Do the Talking!”**

*** Any attempt(s) to falsify player information could result in the player(s) and possibly the team being disqualified from the event. **NO REFUNDS**

COED SPECIFIC RULES

1. A minimum two (2) females and three (3) total players to start a game.
2. A game must always consist of at least two (2) females on the field at all times during the game or your team is subject to a forfeit. (You can play any combination of 2, 3, or 4 females on the field).
3. A female **MUST** act as a primary player within every 3 downs of play.
4. An primary player is defined as a player who:
 1. Is the intended receiver in the eyes of the official.
 2. Receives the snap as the quarterback, and must attempt to be the person who initiates the ball crossing the line of scrimmage.
5. A primary player is **NOT** defined as a player who:
 1. Hands off the football.
 2. Snaps the ball into play.
 3. Receives a handoff or snap only to give it back to a male before passing the ball across the line of scrimmage.
 4. Receives a pitch/lateral downfield from a male player.

6. Coed Examples:

1. A pass deflected **(not purposely tipped)** by a male and caught by a female **IS CONSIDERED** a female play.
2. A pass intended for a female **(IN THE EYES OF THE OFFICIAL)** that is deflected by a female and caught by a male **WILL** count as a female play.
3. A pass thrown by a male, received by a male, and immediately pitched to a female **WILL NOT** constitute as a female play.
4. A pass, intentionally grounded by a female QB **WILL** count as a female play.
5. If a female pitches the ball to a male behind the line of scrimmage, this **WILL NOT** constitute a female play.