



RISE Men/Coed

Adult Flag Football Rules

TIME

A 55-minute continuous game clock will be kept. Each half is 25 minutes with a 5 minute half time (during which, the clock continues to run) and teams will remain on the field. Team timeouts **DO NOT** stop the clock. Each team gets one team timeout per half. Team timeouts delay the start of the huddle clock by 30 seconds. A half cannot end on a team timeout. If a timeout is taken by either team within the last 30 seconds of either half, one additional play will be run (conversions do not count as one of the additional plays). The 30 second play clock remains in effect for each additional play. For example, if there are 10 seconds remaining in the half, and either team calls a time out, the offense is given one final play in regulation after the time out is over, since the game clock will have expired during the time out. Once that play is run, regulation time is officially over.

- 55-minute clock
- 50 total minutes of playing time (Two 25 minute halves)
- 5 minute halftime
- 1 timeout per team per half (2 total per team)

OVERTIME

There is no overtime during the regular season (games may end in a tie). During the playoffs, the "sudden death" method is used. Play starts at the teams' own respective 5 yard lines and each team will have one possession to attempt to both score a touchdown and complete either a 1 or 2 point conversion. In the event that the game remains tied after both teams complete their initial possession, each team is required to attempt a two-point conversion upon every touchdown scored thereafter. This method is repeated until the tie is broken. If a team is downed in their own end zone for a safety at any point during overtime, the game ends and that team loses.

PLAYERS ON FIELD

Games are played between two teams of 6 players each. A team may play with 5 players, but their opponent may still choose to play with 6. If a team has 4 or fewer players on the field at the start of their scheduled game time, they must forfeit the game. No team may recruit players from a different team to supplement their roster.

An offense may have 7 players in the huddle, as long as the 7th player exits the huddle, raises his/her hand while leaving the field, and clears the field before his/her team's next play begins. If this fails to happen, the result is a penalty for too many players on the field. The same opportunity will be given to a 7th defensive player, but the offense will not be asked to allow extra time for the defensive player to get off the field before snapping the ball.

FIRST DOWNS

Teams will have up to three chances to get a first down on any drive starting behind their own 15 yard line because there will be three fixed first down markers; one every 15 yards. i.e: If a team starts at their 5 yard line, they must gain at least 10 yards to get a first down, because the nearest first down marker is at their 15 yard line. If that team gains 20 yards, then they only need 10 yards for their next first down at the 30 yard line.

EQUIPMENT

All players **MUST** wear flags at all times. A player's flags must be worn outside or on top of shirts, sweatshirts or team jerseys and be clearly visible to opposing players and referees. One flag must be worn on each hip and one on the back. Failure to comply may result in a penalty. Players on the same team must wear matching team shirts or jerseys. Shirts and jerseys must have numbers clearly displayed (all numbers must be different on any one side of the ball). Players cannot wear outer garments that have pockets or belt loops of any kind. Hoodies may be worn under jerseys and must have the hood tucked under the jersey while on the playing field. Any metal brace must be covered during play. No metal cleats are allowed on the field of play at any time.

FOOTBALLS

Teams will provide their own footballs. Games are played with footballs of "collegiate", "professional", or "official" sizes. All balls must be properly inflated and approved by the referee. The referee will decide whether the ball meets the specifications. A team without their own ball may use another team's ball with that team's express permission.

CONTACT

All efforts must be made to reduce heavy contact. Tackling a player involves a motion to de-flag **ONLY**. **ANY CONTACT** other than de-flagging against a passer in a passing motion will result in an unnecessary roughness penalty. Charging or running through an opposing player who has position on the field, on either offense or defense, is illegal and will also result in an unnecessary roughness penalty.

DIVING

A player may not dive forward to advance the ball in any instance. Diving to catch a pass or de-flag is legal provided normal contact rules apply. Diving into a player to de-flag will result in an unnecessary roughness penalty.

KICKING

No kicking or punting will occur. The opposing team takes possession on its own 5 after any score. Teams may choose to “punt” on 4th down by giving possession of the ball to the opposing team at that team’s 5 yard line or they may choose to attempt to get a 1st down. If a team “goes for it” on 4th down but does not gain enough yardage to get the first down, the team turns the ball over on the spot where the player was ruled down.

DE-FLAGGING

De-flagging occurs when the flag belt being worn by the ball carrier is judged by the Referee to have been removed by a defensive player. If a flag belt falls off inadvertently, play is still live until the player with the ball whose flag belt fell off inadvertently (or was de-flagged prior to possession of the ball) is “tackled” by one hand touch from an opposing player. Intentionally de-flagging a player prior to that player gaining possession of the ball is a unsportsmanlike conduct penalty.

SNAPPING

Every play must start with a center snapping to another player. The snapper is eligible for receptions.

RUSHING

A defensive rush is allowed but must occur with a player that starts at least 5 yards off the line of scrimmage when the ball is snapped. Once a defensive player that started 5 yards off the line of scrimmage crosses the line of scrimmage, any defensive player can rush, and the quarterback can then run the ball.

INADVERTENT WHISTLE

In the event of an inadvertent whistle, the possessing team can select to take the ball at the spot of the ball at the time of the whistle, or simply replay the down.

BALL SPOTTING

The position of the ball marks the line of scrimmage. (A player’s body is NOT where the ball is spotted, nor is the spot where the opposing player is standing when the de-flagging is made). The referee calls the ball spot and cannot be challenged.

HUDDLE CLOCK

30 seconds. This will not be further extended to allow football exchanging or player substitution.

PASS INTERFERENCE

Pass interference is when a defensive or offensive player is obstructed from catching a “thrown ball.” Pass interference is not assessed when both players are making a play for the ball and make inadvertent,

incidental contact. If feet get tangled inadvertently while running a route, there is no illegal contact or interference. If the ball is deemed uncatchable by the referee, no penalty will be assessed, although unnecessary roughness rules still apply.

If defensive pass interference occurs in the end zone, the ball will be placed on the one-yard line with an automatic first down.

ILLEGAL CONTACT

Illegal contact is contact made during pass routes by either player, offensive or defensive, prior to a ball being thrown which obstructs either the running of a route or the allowance of coverage of that route. Ball catch-ability is irrelevant. Contact, made within the confines of the unnecessary roughness rules, within 5 yards of the line of scrimmage is legal.

An offensive player making contact with a defensive player past 5 yards of the line of scrimmage is illegal contact. "Contact picking" or blocking a defender off coverage of another receiver is illegal contact. An offensive player may, however, block a defensive player either after a ball is caught or after the ball carrier crosses the line of scrimmage.

KNEE/FALL DOWN

If a player's knee touches the ground or falls down while his flags are still on, he may get up and advance the ball until he is de-flagged. If the ball carrier, while still on the ground, is touched by an opposing player, the ball carrier is considered de-flagged and the play will be blown dead. If the referee determines that the ball carrier is in an unsafe position, he or she may whistle dead without an actual "touch" by an opposing player.

FUMBLES

All fumbles are dead at the spot. In the event a QB drops the snap, the ball is considered fumbled and will be spotted from the location of the drop. If a ball is fumbled mid-air, any player may recover the ball before it touches the ground and advance the ball. If a ball carrier uses his ball carrying hand to keep his body from contacting the ground, and the ball touches the ground but the carrier remains in control of the ball, the carrier is not down and the play continues.

RECEIVER STEPS OUT OF BOUNDS

If an offensive player steps out of bounds, and it is NOT as a result of being pushed out by a defender, the player becomes an ineligible receiver unless and until the ball is first touched by another player on either team. For example, if Player A steps out of bounds (including out of the end zone) and then runs back in, they have made themselves an ineligible receiver. If they then catch a pass that is not first touched by another player on either team, it is ruled an incomplete pass. (There is no further penalty assessed.)

PADDING

No pads allowed. **EXCEPTION:** To protect an injury.

ONE RUN PER POSSESSION

Only 1 run is permitted per possession; all other plays must be pass plays. Note that extra point attempts after a touchdown constitute separate possessions, and therefore a new run play is available. If a quarterback is rushed, he/she may run once the rusher has crossed the line of scrimmage and it **WILL NOT** count as that team's one rush.

RUN PLAYS

A run play occurs when any player advances the ball across the line of scrimmage by running; this includes forward and backward passes caught behind the line of scrimmage and subsequently run across. In comparison, a pass play occurs when the ball is passed over the line of scrimmage.

PASSING

A legal forward pass requires that both feet of the throwing player are behind the line of scrimmage. Any one play may not have more than one forward pass in its execution. However, if a quarterback throws a pass backwards to any player on his/her team that player can then throw a forward pass so long as both players remain behind the line of scrimmage until they release the ball.

RECEPTIONS

Players must get one foot in bounds with full control of the ball for a legal reception.

BLOCKING

No contact is allowed above the shoulders or below the waist. A player may not leave his/her feet to block. No high/low blocks allowed. A player can only block with his/her hands. No overly aggressive blocks with shoulders, elbows or any other part of the body will be allowed. Unnecessary roughness rules still apply.

SCORING

- Touchdowns = 6 points

- Extra Points:
 - Ball placed on 5 yard line, if run or passed in, 1 point.
 - Ball placed on 10 yard line, if run or passed in, 2 pts (in either case, a return by the defense to the opposing teams end zone equals 2 points for the defense).
- Safety = 2 points (ball taken mid-field by opponent)

MOTION

One player is allowed to be in motion at the snap. Motion cannot be towards the line of scrimmage.

PENALTIES

(All penalties assessed from line of scrimmage; repeat down unless otherwise noted)

DEFINITIONS

- **Roughing the Passer:** A defensive player rushing the QB may not contact any part of the QB's body, including the ball while still in the QB's hand, unless the contact is incidental in an attempt to de-flag the QB. While a defensive player may put his hands up in an attempt to block the line of sight of the QB, any subsequent contact of the QB is roughing the passer, even if the defensive player also get a piece of the ball.
- **Intentional Grounding:** Intentional grounding exists when a quarterback under pressure throws the ball away to avoid a sack and the ball does not cross the line of scrimmage **and/or** is not thrown within the "vicinity" of an offensive player. Whether or not the throw was in the vicinity of a receiver is left to the judgment of the referee as they must determine if there was a valid attempt to have a reception.
- **Ejection:** Referees and league officers can eject players from individual games and suspend or otherwise eject players from the league for conduct deemed in gross violation of the mission of the league. This conduct includes, but is not limited to: excessive rough conduct on the field and abusive treatment of fellow players and referees. Any player ejected from a game is automatically suspended from that player's next game, and may be subject to further action as addressed elsewhere in these rules.
- **Unsportsmanlike Conduct:** The determination of sportsmanship violations is reserved for the judgment of the referees. Behavior outside the traditional notions of sportsmanship constitutes a violation of this rule. This includes, but is not limited to: taunting, offensive language or conduct, physical violence, excessive celebration, inappropriate gestures or comments or interfering with the referee's ability to officiate. The referees may impose a loss of ten (10) or twenty-five (25 yards), depending on the severity of the infraction. Flagrant, or severely egregious conduct, or multiple offenses, may result in ejection. League

officers may institute other equitable remedies. Chronic violations will result in suspension from the league.

- **Flag Guarding:** Any attempt by a ball carrier to directly prevent an opposing player from being able to grab his/her flag(s). This includes, but is not limited to, directly blocking or swatting a player's hand away from one's flag, stiff-arming, spinning while a player attempts to remove one's flag and jumping while a player attempts to remove one's flag.

5 YARD PENALTIES

- Illegal defensive rush (rushed ahead of 5 yard marker)
- Illegal forward pass (and loss of down) (play continues and defense has right to accept/decline penalty)
- Delay of game
- Offensive player illegally in motion at the snap (only one player in motion allowed at time of snap, motion cannot be toward the line of scrimmage) (Dead ball foul – play stops and down is repeated)
- Intentional grounding (and loss of down)
- Too many players on field (when the ball is snapped)
- False start (offensive player moves after getting into position along the line of scrimmage before the ball is snapped)
- Defensive encroachment (contact with an offensive player before snap; forcing a false start by moving suddenly or by contact)
- Equipment violation (failure to wear flags or team jersey properly)
- Offensive holding
- Offside (offense and defense; at time of snap)

10 YARD PENALTIES

- Defensive holding (impeding the progress of a receiver before the ball is thrown)
- Offensive pass interference
- Illegal contact 5 yards beyond the line of scrimmage (prior to pass or ball carrier crossing the line of scrimmage)
- Unsportsmanlike conduct
- Unnecessary roughness, including but not limited to: tripping, clipping, charging, ball stripping, pushing out of bounds and illegal blocking.

25 YARD PENALTIES WITH PLAYER EJECTION

- Excessive and repeated unsportsmanlike conduct (in the judgment of the referee)

- Excessive and obvious unnecessary roughness

SPOT OF FOUL

- Defensive pass interference
 - If defensive pass interference occurs in the end zone, the offense gets the ball on the 1-yard line, with an automatic first down. NOTE: If pass interference by either team's player is conspicuously intentional or unsportsmanlike, the team may be penalized an additional ten (10) yards.
- Flag guarding (less 5 yards)
- Illegal diving (less 10 yards)

PENALTIES ASSESSED NEAR GOAL LINE

If penalty length is sufficient to cause a TD, the penalty is assessed at half the distance to the goal line.

PENALTY FIRST DOWNS

Penalties during a play are assessed before a first down determination is made. The only penalty associated with an automatic first down is defensive pass interference in the end zone.

NOTE TO COED TEAMS

Coed teams must have at least two female players on the field for **EVERY** play. Exception: Injuries, but please note that if a female player is injured and must leave the game, she can only be replaced by another female player. If there are no other female players on the team (besides the second female player that is already on the field), that team must play with one less player because an injured female player cannot be replaced by a male player.