

Capital District Flag Football League Rules

2011

- 1.0 Overview of Game Structure**
- 2.0 The Clock**
- 3.0 Scoring**
- 4.0 Offense**
- 5.0 Defense**
- 6.0 Special Teams**
- 7.0 Miscellaneous Game Rules**

- 8.0 Officials**
- 9.0 Team Rights and Responsibilities**
- 10.0 Pregame Information**
- 11.0 Rosters**

- 12.0 Penalties**
- 13.0 Personal Behavior**

- 14.0 Tie-Breakers**

CHANGES SINCE THE 2010 SEASONS

Rules: 2.5, 4.1, 4.5, 4.6, 4.10, 4.12, 6.1.1, 6.2.4, 6.3.3, 6.4.1, 6.4.2.e, 6.4.6, 7.2, 7.6, 9.2, 9.4, 10.1, 11.1, 11.2, 12.6, 12.7 have been modified or added since the last edition. Additionally, the footnotes for the penalty table have been renumbered.

Points of Emphasis:

- You cannot re-huddle to avoid too many men penalty.
- A ball carrier jumping will be vulnerable to legal contact.
- Offensive lineman must line-up within one arms length.
- Prior to week four teams must wear the same color shirts or jersey's. The penalty will be the same as in week four.
- Two consecutive time-outs by any team without running a play is legal.
- Blocking backs on placekicks are legal.
- Teams may receive their time-out back when a penalty flag is thrown during a live ball foul.
- Time-outs must come from players legally on the field of play.
- The clock will stop for players to set up portable goal posts.
- Until the 2-minute warning the clock will re-start on the ready whistle after extra-points.
- Passes caught prior to the line of scrimmage will be treated as a running play.
- Off-sides on the kicking team during a kick-off or punt will result in a 5-yard add on penalty or re-kick.
- Wedge blocking on kickoffs and punts are illegal (2-man max.)
- Flag shielding can only occur if contact is made.
- Ball stripping can occur if the attempt is made.
- The goal post is out of bounds.
- Offensive holding in the end zone is NOW a safety.
- Only one sideline warning per team will be given per game.
- Non-Roster players must NOW be outside the 20-yard markers.
- Taking a knee rule has been added (4.12).
- Head Coach can call time-outs if he is declared as such at the coin toss

CAPITAL DISTRICT FLAG FOOTBALL LEAGUE 2009 SUSPENSION GUIDE

Offense

Penalty

Player starting a fight (one strike).....	4 Games
Player retaliation (one strike).....	2 Game
Player starting multiple strike fight.....	6 Games
Player retaliating in multiple strike fight	3 Games
Player starting a bench clearing fig	Season
Player sending another player to the hospital (proof)	Season
Teams fighting among themselves.....	Forfeit
A player not playing in the game disrupting present gm.....	3 Games
A player not playing in the game fighting other players	6 Games
Profanity toward an official face to face.....	Ejection
Touching an official	4 Games
Fighting an official	Lifetime
Verbally assaulting an official continuously	4 Games
Confronting an official after your game.....	2 Games

NOTES:

- Fighting includes striking, punching, slapping, kicking, pushing to the ground, and spitting.
- Indoor and outdoor seasons can carry over into the next season.
- During a suspension a player cannot play in any tournament and the tournament games will not count toward the suspension.
- Suspensions taking place during a CDFFL/AFTFL sanctioned tournament will carry over into the next available season played by that player.
- All suspensions will take place immediately and players will not be given any choices when to serve said suspension.

1.0 Overview of Game Structure

- 1.1 **Default:** When there is no CDFFL rule for a given situation, by default, NFL rules are used.
- 1.2 **Number of Players:** Also see rule 10.3.
 - 1.2.1 **A Division:** Nine players per team on the field.
 - 1.2.2 **B Division:** Eight players per team on the field.
 - 1.2.3 **C Division:** Eight players per team on the field.
- 1.3 **Field Dimensions:**
 - 1.3.1 **A Division:** Fields are 100 X 50 yards, with fixed first downs at each 20 and 40 yard line.
 - 1.3.2 **B & C Divisions:** Fields are 80 X 40 yards, with fixed first downs at the 40 and each 20 yard line.
- 1.4 **Rushing the Quarterback:**
 - 1.4.1 **A Division:** Automatic rush at snap.
 - 1.4.2 **B Division:** Automatic rush at snap.
 - 1.4.3 **C Division:** Three-Miss (counted by an official) rush with one blitz per set of downs.
- 1.5 **Blitzing (C Division):** After the blitz is used, it's considered "dead". Before that, it's "live". The defense can send unlimited rushers. If a bad snap hits the ground before the quarterback has possession during a blitz, the blitz remains live.
- 1.6 **Blocking:** All blocking must be done with open hands only, at all times, everywhere on the field and by all players, including lineman. Open hands are to be thrust outward from the elbows, not up from the sides. All blocks must be between the waist and shoulders and not below the waist. First contact must be applied to the player's front or side, not back.
- 1.7 **Fumbles:** There are no fumble recoveries. The ball is always dead where and when it hits the ground after touching a player. An incomplete lateral is a fumble. Fumbles and laterals may be caught in the air by either team and advanced. A forward fumble from behind the line of scrimmage caught by the team that fumbled is a forward pass. A forward fumble beyond the line of scrimmage is spotted at the point of the initial fumble.
- 1.8 **Mercy Rules:** If a team is ahead by 18 points at or after the 2nd half two-minute warning, the game ends. If a team won by more than 35 points, their points scored is reduced so that they win by 35 points. See also rule 10.5.
- 1.9 **Overtime:** All tied games will be decided by the shootout method, not sudden death. According to the shootout method, teams get the ball the same number of times until there's a difference in the score, like extra innings in baseball. If the defense returns an interception for a touchdown, they win the game. Otherwise, every possession starts on the same 10 yard line, even after interceptions. Who gets the ball first is decided at the toss of the coin before the overtime period. The teams will then alternate who gets the ball first, each round. It doesn't matter on what down a team scores. Each team receives one time out during the entire overtime period. Field goals are allowed, except under wet weather rules (rule 10.5). Extra points are allowed the same as in regulation time. Beginning in the third overtime round, only two-point conversions will be allowed.

2.0 The Clock

- 2.1 **Game Length:** Games consist of two thirty-minute halves with a two-minute warning in each half.
- 2.2 **Two-Minute Warning:** A two-minute warning is given to both head coaches of a game when there is two minutes remaining in a half or immediately after the play if the two-minute point is reached during a play. The clock is stopped during the warning and starts at the next snap.
- 2.3 **Stopping the Clock:** Prior to each two-minute warning, the only time the clock stops is after scores, during time outs, injuries, official's discussions and fights. The clock stops at each two-minute warning (rule 2.2).
- 2.4 **Time in the Last Two Minutes:** During the last two minutes of each half, if the clock is stopped and the offense is punting, the clock starts when the ball hits the punter's foot. Additionally, the clock stops for:
- 2.4.1 Incomplete passes (starts on snap),
 - 2.4.2 Out of bounds (starts on snap),
 - 2.4.3 Time outs (starts on snap),
 - 2.4.4 Touchback (starts on snap),
 - 2.4.5 Scores (starts when kickoff is touched),
 - 2.4.6 First downs (starts on "ready" whistle),
 - 2.4.7 Official's time outs, (starts on "ready" whistle)
 - 2.4.8 Injuries (10 seconds are deducted from the clock if the injured player is on the losing team), (starts on "ready" whistle),
 - 2.4.9 Penalties;
 - 2.4.9.a Penalty while clock was running (clock starts on the ready whistle)
 - 2.4.9.b Penalty while clock was stopped (clock starts on the snap)
 - 2.4.9.c Offensive penalties with clock running and the offensive team behind or tied (10 seconds are deducted from the clock), (clock starts on "ready whistle")
- 2.5 **Time Outs:** Each team receives three time outs per half, which cannot be carried over into the next half. Only players legally on the field may call time outs. Only two time outs can be utilized after the two-minute warning of a half. If an injured player delays the game, the officials stop the clock and the injured player must sit out at least one play. The team with the injured player may not substitute one of their time outs for the official's time out. Teams may take back to back time outs. Teams may take a time out to change a declaration. The head coach may not call time-out unless he is a player on the field or at the pre-game toss of the coin, his team declares him to be allowed to call time-outs.
- 2.6 **Time Between Plays:** The offensive team is allowed 30 seconds between plays including between extra points and kickoffs. The 30-second clock begins when the linesman sets the ball for the next play. The linesman will issue a 10-second warning. If it's not heeded, a "delay of game" penalty will be charged.

3.0 Scoring

- 3.1 **Points:** A touchdown is worth six points. Field goals are worth three points. Safeties are worth two points. Extra points are worth one or two points (see rule 3.2). For scoring on interceptions on extra points see rule 3.3.

- 3.2 **Extra Points:** You may kick, run or pass from the 3 yard line for one point, or run or pass from the 10 yard line for two points. The kicking team will retrieve the ball. Extra points will not be attempted if the previous play ends the game. Instead, the scoring team will receive one additional point for scoring purposes.
- 3.3 **Turnovers on Extra Points:** If the defense takes possession of the ball on an extra point, either by intercepting a pass, catching a fumble in the air, or catching a kick, they can return it across the other goal line for two points. This is regardless of the original line of scrimmage or how many points the offense was trying to score.
- 3.4 **Kickoffs after Extra Points:** See rule 6.2.1 and 6.2.2.
- 3.5 **Kickoffs after Safeties:** See rule 6.2.6.

4.0 Offense

- 4.1 **Carrying the Ball:** The ball-carrier may never: 1) flag shield (see rule 12.6 for a definition), 2) run directly into a defender (charge), 3) crawl, 4) dive to advance the ball, or 5) toss the ball in the air to avoid a flag pull while in possession of the ball (toss to self). A ball-carrier that falls or a receiver that dives to make a catch may get up and advance the ball unless touched by a defender before being on both feet again. The stiff-arm is legal in all divisions and must be applied to the upper chest or shoulder only. Jumping over a fallen defender is legal. The ball carrier can be contacted by a defender while in the air, provided the defender is making an attempt at the flag belt.
- 4.2 **Formations:**
- 4.2.1 **All Divisions:** The offense must have a minimum of five men on the line of scrimmage.
 - 4.2.2 **Eligible Receivers:** Of the players on the line of scrimmage, only the ones on each end are eligible to catch a pass, hence the terms "tight end" and "split end". Other players must be off the line of scrimmage by one yard to be eligible receivers. These other receivers may be between the tackle and the end, between the end and the sideline, or in the backfield. In all divisions, each tackle must be "covered" by an eligible receiver.
 - 4.2.3 **Motion:** Any receiver in motion will be considered off the line of scrimmage for formation purposes. Only one man is allowed in motion at the snap.
 - 4.2.4 **Tackle Eligible:** In all divisions, normal formation rules must be followed for the tackle eligible play. Therefore, even an eligible tackle must be covered by a receiver. See rule 4.10 for more about the tackle eligible play.
- 4.3 **Passes:** Only one forward pass is allowed per play. A forward pass is a ball thrown or handed forward, overhand or otherwise. A lateral is a ball thrown parallel to the line of scrimmage or toward the offensive side of it, overhand or otherwise. A lateral is, by definition, not forward. The quarterback can ground the ball to stop the clock only after taking a snap from under center and the action must be immediate.
- 4.4 **Blocking:** See rule 1.6.
- 4.5 **Offensive Line:** Offensive lines must have the center between the tackles, with each lineman within one arms length of the lineman next to him. Offensive lineman must begin each play with shoulders square to the line of scrimmage and are not allowed to wear flags, except for an eligible tackle (see rule 4.10 for tackle eligible). Offensive linemen are ineligible to take handoffs or catch passes unless tipped by a defensive player first. It's ineligible receiver downfield if an offensive lineman is more than three yards past the line of scrimmage on a pass that crosses the line of scrimmage in the air.

- 4.6 **Going Out of Bounds:** A player without the ball that steps out of bounds on his own, may re-enter the field of play. To become eligible to catch a pass again, he must re-establish himself inbounds and another player must touch the ball first.
- 4.7 **Legal Catch:** A legal catch is defined the same as in the NFL. For a legal catch, the player must control the ball throughout the act of touching both feet, or any other part of the body except the hands, to the ground in bounds.
- 4.8 **Bad Snaps:** Snaps that hit the ground are considered fumbles. See rule 1.7 concerning fumbles.
- 4.9 **Sleeper Plays:** Sleeper plays are illegal. Therefore, to be eligible to participate in a given offensive play, a player must've been in the previous huddle and no player changes can occur during a no-huddle offense. These are illegal procedures.
- 4.10 **Tackle Eligible:** One tackle can become an eligible receiver if the linesman (referee when two officials are used) is notified prior to the play and the tight end or running back immediately fills the void left by the tackle on the line of scrimmage. If the tackle makes contact with the defense as he crosses the line, the defense gets a free blitz in divisions with a delayed rush. Only one tackle can be eligible on a given play. The official will not notify the defense. For formation rules governing the tackle eligible play, see rule 4.2.4.
- 4.11 **Center's Exchange:** The ball must be snapped through the center's legs. At that time, possession of the ball must be transferred from the center to another player (quarterback) and cannot remain with or come back to the center. The quarterback may then transfer possession of the ball to an eligible receiver (see rule 4.5). Note that this effectively makes illegal a center sneak and associated plays.
- 4.12 **Taking a Knee:** In the NFL, in order to run down the clock without the risk of running a play, the quarterback will sometimes go down on one knee immediately after taking the snap. The play is over as soon as his knee touches the ground, even if he has not been touched by the defense because he is giving himself up. In the CDFFL, a quarterback can take a knee in this fashion. But, in order to keep in the spirit of flag football rules, two other options exist:
- A) The offense may declare that they are "taking a knee", and the opposing coach may declare the game over.
- B) The offense may declare that they are "taking a knee", as they would declare a punt or field goal. They must do this before each play that they are taking a knee. If they make this declaration, 1) the offense must snap the ball, 2) they must down the ball immediately after the snap, 3) if the quarterback does not immediately take a knee, the clock will be stopped and will start on the next snap, 4) the defense may not rush, and 5) the blitz status remains as it was before the play. The rules pertaining to changing the declaration are the same as those for changing the declaration of a kick (rule 6.1.4). The offense is subject to the five second count for declaring "taking a knee" only.

5.0 Defense

- 5.1 **Rushing the Quarterback:** See rule 1.4.
- 5.2 **Formations:**
- 5.2.1 **A Division:** Defenses may choose any defensive scheme they please with no restrictions on linemen.
 - 5.2.2 **B & C Divisions:** There must be three defensive linemen head-to-head with the offensive linemen. These linemen may not drop back into pass coverage or move outside the head-to-head area unless an offensive lineman vacates his original position, or respective "Miss" count is completed, unless blitzing.
- 5.3 **Bumping Defenders:** Each defender is allowed only one chuck of a receiver. A legal chuck (or bump) is with open hands between the waist and shoulders within the first five yards. The hands must be withdrawn after the initial contact.
- 5.4 **Pass Defense:** The defender cannot use contact to break up a pass play. It's pass interference to shield the receiver's eyes. The defender cannot de-flag the receiver prior to the receivers first touching of the ball. After a pass is touched, contact can be made without pass interference being called. However, a pass may still not be broken-up with contact.
- 5.5 **Tackling:** Any tackle within 10 yards of the end zone will be judged a touchdown automatically unless other defenders are present to stop the ball carrier.
- 5.6 **Pushing Out of bounds:** Any push out of bounds within 10 yards of the end zone will be judged a touchdown automatically, unless other defenders are present to stop the ball carrier.
- 5.7 **Free Blitz (C Division):** A free blitz is in effect, when 1) the quarterback moves outside his tackles, 2) an offensive player makes contact with a defensive lineman, 3) an offensive lineman vacates his original position, 4) the ball is handed-off, or 5) the play is an extra point or field goal.
- 5.8 **Ball Retrieval:** The defense is responsible for retrieving the ball and bringing it back to the linesman after each play as fast as possible or a delay penalty will be charged. Exception: if the offense is in possession of the ball after the play, the ball-carrier must bring the ball to the referee or a delay of game penalty will be charged.
- 5.9 **Defensive Audibles:** The defense is not allowed to simulate offensive calls by trying to sound like the quarterback. This includes, but is not limited to, saying such things as "hut-hut" or "go-go". This is called "Imitating the Offensive Calls".

6.0 Special Teams

- 6.1 **Definitions:**
- 6.1.1 **Restraining Line:** This is the yard line which the receiving team must be behind on a kickoff. The restraining line is 20 yards in advance of the line of scrimmage.
 - 6.1.2 **Muff:** A ball dropped or touched by a kick or punt returner who never fully had possession of the punted or kicked ball.
 - 6.1.3 **Placekicks:** Field goals and kicks for extra points.

- 6.1.4 **Declaration:** The announcement made by the offense that notifies the officials and the defense that they are or are not punting or attempting a placekick. The offense may change its declaration by calling a time out or at any new ready whistle. After the official sets the teams and ball, the quarterback (only) will be asked for a declaration and given a five second visual count. If a declaration is not made within the five-second period the team will be required to go for it. A time out must be taken to change the officials forced declaration.
- 6.1.5 **Tackles & Guards:** Except for placekicks, throughout this rule book, the offensive tackles are the players on each side of the center. The area bounded by those three linemen is the “tackle box”. On placekicks (as in the NFL), the guards are the players on each side of the center and the tackles are the players immediately outside the guards.

6.2 Kickoffs:

- 6.2.1 **A Division:** Teams kickoff from their own 40 yard line. There are kickoffs after all extra point attempts.
- 6.2.2 **B & C Divisions:** Teams kickoff from their own 20 yard line. There are kickoffs after all extra point attempts.
- 6.2.3 **Kicking Team:** The ball must travel past the restraining line on a fly or its dead at the spot, even if it goes out of bounds. Any kick that goes past the restraining line and then goes out of bounds before the end zone comes into play at the receiving team's restraining line. The ball must be kicked off the ground or a regulation kicking tee. The ball may not be kicked off a kicking block or another player's toe or foot. The kicking team must kick within 30 seconds of the ready whistle or a delay of game penalty will be assessed.
- 6.2.4 **Return Team:** Muffs are dead at the point where they hit the ground, unless they land forward of the start of the muff, in which case they will be spotted at the spot of the start of the muff. The receiving team must have four men on the restraining line (see rule 6.1.1) prior to the kick. Fair catches are legal and indicated by the receiver waiving one arm above his head while the ball is in the air.
- 6.2.5 **On-Side Kicks:** On a kick-off, once the ball has traveled the required 20 yards on a fly, the team that catches it in the air (even if it's first been touched by the other team) takes possession. If neither team catches the ball before or after it hits the ground, then the first team to touch the ball gets possession at the point of the touch.
- 6.2.6 **After Safeties:** After a safety, the kicking team may elect to kickoff or punt from their own 20 yard line. The kick or punt is treated the same as a kickoff.

6.3 Punts:

- 6.3.1 **Punting Team:** All punts are declared (see rule 6.1.4) and fake punts are illegal. The snap must travel a minimum two yards from center. As usual, bad snaps are dead where and when they hit the ground. The punting team must have a minimum of five men on the line of scrimmage (offensive formation rules apply). The punter has 30 seconds from the ready whistle to punt the ball or delay of game will be charged. The punter may take as many steps forward or backwards as he likes. When moving laterally, the punter must remain in the tackle box (the area between the two linemen adjacent to the center). If he does not, the penalty is “illegal formation”.

- 6.3.2 **Return Team:** The return team must have four men on the line of scrimmage. Three of the linemen must be head to head with the offensive linemen, and cannot drop back until the ball is kicked. No contact is allowed until the ball hits the punter's foot. All blocked punts are dead at the point where they hit the ground. All muffs are dead at the point where they hit the ground. If a muff does not hit the ground, the team catching the ball has possession, in which case the receiving team may advance the ball but the punting team may not. The receiver is allowed a 3-yard neutral zone to make the catch. Fair catches are legal and indicated by the receiver waiving one arm above his head while the ball is in the air.
- 6.3.3 **Blocked Punts:** If a punt is blocked and is caught in the air by a member of the punting team on the punting team's side of the line of scrimmage, it may be advanced. If it is caught in the air by a member of the punting team on the returning team's side of the line of scrimmage, the play is dead at that spot. The offense will have a new first down, only if they caught it past the first down marker.
- 6.3.4 **After Safeties:** See rule 6.2.6.

6.4 **Placekicks:**

- 6.4.1 **Kicking Team:** Upon announcing a placekick, the offense is responsible for supplying two eligible players to hold up the portable goal posts on the fields where no permanent ones exist. The holder must be a minimum of seven yards from the line of scrimmage. For re-declarations see rule 6.1.4. Kicking blocks are legal. The kicking team must have five players line-up toe-to-toe on the line of scrimmage. Kicked extra point attempts are from the 3 yard line. If the snap is rolling or bouncing toward the holder, play will continue and the kick may be tried (once) if the holder does not take his knee off the ground. Kicks bouncing off the goal posts and back into the field of play are dead.
- 6.4.2 **Defending a Placekick:** The following rules govern the attempts to block a placekick. See rule 6.1.5 for the definition of guards and tackles.
- 6.4.2.a Five defensive players must line up on the line of scrimmage.
- 6.4.2.b The defense must line up head to head with the center and guards in all divisions (illegal formation 5-yard penalty and re-kick).
- 6.4.2.c The defense may not rush through either lane next to the center or through the guards. If they do, the kick will automatically be ruled "good".
- 6.4.2.d Rushes may occur between the guard and tackle ("B" gap) and outward.
- 6.4.2.e Guards cannot vacate their original position.
- 6.4.2.f The defense may rush at the snap with no delay (this is a free blitz in divisions with a delayed rush).
- 6.4.2.g Defensive players may leave their feet while attempting to block the kick, provided they land on both feet.
- 6.4.2.h If the defense comes in high-impact contact with the holder, center or kicker, the kick will automatically be ruled "good", a 15 yard personal foul will be charged on the kickoff, and the player(s) involved may be ejected.
- 6.4.3 **Fake Placekicks:** Fake field goals are legal in the A Division only and all formation and eligibility requirements must be followed. Fake kicked extra points are not legal in any division.
- 6.4.4 **Placement after Missed Field Goal:** If a missed or blocked field goal was attempted inside the 20, the ball comes out to the 20. If a missed field goal was attempted outside

the 20, it comes back to the previous line of scrimmage. The exception is any returned field goal.

- 6.4.5 **Returning a Placekick:** If a missed or blocked field goal or extra point is caught in the air by a defender before or in the end zone, it may be returned in the same manner as a punt. Missed or blocked field goals can be returned for touchdowns and missed or blocked extra points for two points (as in rule 3.3). In this case, it doesn't matter who (if anyone) touched the ball prior to the catch. A place kick that hits the ground after being touched is dead where it hits the ground.
- 6.4.6 **Blocked Placekicks:** If a placekick (either field goal or extra point) is blocked and is caught in the air by a member of the kicking team on the kicking team's side of the line of scrimmage, it may be advanced. If it is caught in the air by a member of the kicking team on the defensive side of the line of scrimmage, the play is dead at that spot. On a field goal, the offense will have a new first down, only if they caught it past the first down marker.

7.0 Miscellaneous Game Rules

- 7.1 **Ball Retrieval:** See rule 5.8.
- 7.2 **Equipment (Legal):** A properly inflated Wilson NFL game day ball is the only ball allowed to be used in the CDFFL. The Triple-Threat flag belt sold only by the CDFFL is the only flag belt allowed in CDFFL play. Cut-off style jerseys must end at least four inches above the flag belt. Anyone knotting the flag belt will be ejected from the game. In the "A" division, anyone pulling his own pop-flag to stop or disrupt play will be ejected and a 15-yard penalty will be assessed. Flag belts may not match pants or shorts in color. For rules on jerseys, see rule 9.9.
- 7.3 **Equipment (Illegal):** No hard football pads, metal cleats or casts allowed. Knee braces must be padded with slow to recover foam, not simply covered with pants. See rule 4.5 regarding offensive linemen wearing flags.
- 7.4 **No (or Hidden) Flag belt:** If the ball-carrier has no flag belt, or he loses his flag belt without it being pulled, one-hand touch prevails. If the ball-carrier loses his flag belt (flag belt clip separates) because of a defender, the play is dead at the point where the clip separated. If during the play, the ball-carrier's jersey covers the flags and the defense cannot pull the flag with ordinary effort, one hand touch prevails.
- 7.5 **Spot of Ball:** The ball is spotted at the location of the flag clip upon separation at the time of the flag pull. The exception is if the ball carrier is on the ground. In this case, the ball is spotted where it is when the ball-carrier is downed. See rule 4.1 for diving to advance the ball.
- 7.6 **Team Area:** No player or coach is allowed to leave the area bounded by the sidelines and the 20-yard line markers. Coaches are responsible for keeping all players a minimum of two yards off the sideline and all spectators a minimum of 5 yards off the sideline and outside the 20-yard line markers. If a coach crosses the sideline onto the playing field, a time out will be charged. In the event a time out is not available, a 15 yard penalty will be enforced for illegal participation. If the sideline becomes unruly toward the officials and or players, a sideline warning may be given. The next such incident will be a 15-yard personal foul charged to the head coach.

8.0 Officials

- 8.1 **Officiating Team:** The team of officials consists of either two or three officials. Normally A division games are governed by three officials and B & C division games have two officials.
- 8.1.1 **Referee:** This is the head official of the game. In a two-official team, he also has the role of linesman.
- 8.1.2 **Linesman:** This is the official on the line of scrimmage. In a two-official team, he also has the role of referee.
- 8.1.3 **Back Judge:** This is the official in the defensive backfield.
- 8.2 **Official's Jurisdiction:** The jurisdiction of the officials extends to the confines of the entire park. This includes any visible area from the playing field.
- 8.3 **Officials Conference:** The decision of the head official of the game is final.
- 8.4 **Inadvertent Whistles:** If the whistle is blown prematurely, the team in possession at the time of the inadvertent whistle will have the choice of the play to the point of the whistle or the down over. If the ball is loose by punt, pass or kick at the time of the inadvertent whistle, the down is replayed.
- 8.5 **Officials Misapplying the Rules:** See rule 9.5.
- 8.6 **Pay for One Official:** If an officiating team is one official short for a game, the teams pay only 75% of the normal official's fee for that game.

9.0 Team Rights and Responsibilities

- 9.1 **Cleaning the Sideline:** Teams and their fans are required to pick up their own garbage after a game. Teams and fans violating the garbage rule will be required to pay a \$25.00 fine prior to their next game.
- 9.2 **Minors:** The league must approve any player under the age of 18. The player must sign the waiver before each game and a parent must sign a special league waiver for parents of minors, giving the child permission to play. The minimum age is 16.
- 9.3 **Team Movement:** Any team winning the B or C Division Super Bowl will move up one division. The top eight to ten teams will play in the A Division, the next 16 to 20 play in the B Division, and the remaining teams play in the C Division.
- 9.4 **Player Movement:** A player may only move down one level of play per season. A team may only add a maximum of two players from the level above per season. Any player sitting out a full outdoor season becomes eligible for any division.
- 9.5 **Rule Challenge:** The head coach will be allowed to have one "Rule Challenge" per game in which he may check the team's current CDFFL rule-book to question an official's call. His team must call a time out and have two minutes to make their case to the head official. If the coach is correct on the Rule Challenge, his team will receive its time out back. If the coach is wrong on the challenge, his team will lose its time out. If a team does not have any timeouts left, it may challenge one rule

and will be assessed a 15 yard penalty if wrong. The head official will not have a time limit in making a final decision. The rule challenge eliminates the protest rule and all games are final unless after further review by the Commissioner, a replay from the point of interruption is warranted. If the head coach is not satisfied with the outcome of the ruling he may e-mail the chief official, Eric Lewis, at elewis023@hotmail.com.

- 9.6 **Publication of Results:** Standings and weekly results will be posted on the league web site (www.AllAmericanSportsRecreation.com) some time on Mondays, and will appear in area newspapers when possible and on the weekly television show.
- 9.7 **Rain-Outs:** In the event of heavy rain Saturday or Sunday morning, the entire schedule for game-day may be canceled. If this happens, a message to that effect will be on the league's rain hot-line ((518) 458-8414) and player forum page by 7:00 AM Sunday morning. It's the responsibility of the coaches to call the rain hot-line, and then to notify their players. If games are canceled due to bad weather, any team observed playing on a league field will be fined \$250.00.
- 9.8 **Refunds:** No refunds are given after the opening kickoff of your first game. No refunds are given to teams that win by forfeit, but replacement scrimmage games will be scheduled when possible. There are no refunds for teams or players removed from the league for disciplinary reasons. Teams notifying the Commissioner one week prior to the season will receive a \$400.00 refund. The head coach listed on the registration form is the only person responsible for payment.
- 9.9 **Jerseys:** All teams must have numbered jerseys matching in color by game four. Any player who doesn't, cannot play (players may alternate jerseys to qualify). All jerseys on a team must be exactly the same except for the value of the number and the player's name (if any). For example, any stripes, sponsor's names, colors and other items must be exactly the same. The player's names and numbers must match in color but the names and numbers themselves will be different. All jerseys must be tucked in the pants/shorts or taped tightly above the flag belt. Prior to game four, players must wear matching color shirts or jerseys.

10.0 Pregame Information

- 10.1 **Forfeits (Enforcement):** If the minimum number of players is not present (see rule 10.3) 15 minutes after the scheduled start time (even if the previous game ends late), a forfeit is declared. If players arrive late, but before the forfeit time, the time spent waiting is deducted from the first half, the team on time wins pre-game toss, and a 15-yard personal foul is assessed on the kickoff against the late team. An official will give a five-minute warning before time is deducted.
- 10.2 **Forfeits (Result):** The team that forfeits will pay both officials for that game. After the first forfeit, that team must mail a new forfeit deposit to the league office by the Friday prior to its next game or that team is out of the league. After two forfeits, a team is automatically out of the league. Teams winning by forfeit receive a minimum of 6 points and a maximum of 35 points calculated by dividing the winning teams net points minus the forfeiting team's net points by the number of games prior to the forfeited one. Any team that forfeits by noon Thursday will not lose their forfeit fee.
- 10.3 **Number of Players:** The normal (maximum) amount of players allowed on the field at one time for each team is shown below by division. If one team plays with less than the maximum amount, the other team can play with the legal amount of players (maximum amount) and wins the first half coin toss.
- 10.3.1 **A Division:** Nine players per team on the field. Fewer than seven will result in a forfeit.
- 10.3.2 **B & C Divisions:** Eight players per team on the field. Fewer than six players will result in a forfeit.

- 10.4 **Toss of the Coin:** The team that wins the toss can choose 1) to receive 2) to kickoff, 3) direction, or 4) to defer their choice to the second half. The team not choosing for the first half will choose for the second. Note that teams do not automatically change direction at halftime. Captains must bring their weekly sign-in sheet (waiver) and official's fees to the officials at the coin toss.
- 10.5 **Wet-Weather Rules:** At times, the fields will be excessively wet, but not enough to cancel the games. In that case, the head official at each field will enforce wet-weather rules. Use of wet-weather rules will be determined on a game-by-game basis and may not necessarily be the same for each game on a given day or field. Wet-weather rules are 1) punts are dead where they stop or are caught or touched, 2) no other kicking, 3) if a player's knee touches the ground, he's down at that point, and may not advance the ball further, and 4) if a team is leading by 35 or more points anytime after halftime, the game ends. In addition, officials will suspend the game if the playing field risks being damaged.

11.0 Rosters

- 11.1 **Roster Limitations:** The roster limit is 24 players per team. Preliminary rosters must be submitted to djwagner18@yahoo.com 10 days prior to the season opening game. Additions must be submitted to djwagner18@yahoo.com by 6:00PM on the Thursday before the next game and will be approved or denied by the league office by 6:00PM the night before the game, prior to the player being allowed to play. Players may be added to the roster until the end of the fourth game by manually using our roster page at www.AllAmericanSportsRecreation.com. Military personnel will receive credit for games played while they were actively serving outside the Capital District.
- 11.2 **Waivers:** All players must personally sign a league waiver with the name and number of each player listed, and release of liability prior to participation in any CDFFL game. Attendance at games is determined by players' legible signature appearing on the waivers (with names printed neatly or typed). Each players' signatures will be examined to make sure they match from waiver to waiver. Injured players can receive attendance credit by printing their names on the sign-in sheet for that week and writing "Injured Reserve" next to their names. Each team hands in their weekly waiver at the toss of the coin. Teams supplying an illegal waiver form will be penalized with the loss of the pre-game coin toss and a 15-yard penalty. If a player arrives late, he must sign-in prior to taking the field. A time out must be used by each team to accomplish this unless it's done at a two-minute warning or half-time. Players (including injured players) must be present to sign the waiver. If a player plays without signing a league supplied waiver, his team is charged a time out and a 15-yard penalty is assessed.
- 11.3 **Player Limitations:** Once a player has signed a waiver for a team, he is bound to that team for the remainder of the season unless his present coach agrees to release him. No released player can join a team more than one division lower than his previous level. Players may never change teams after the fourth game. No player can belong to two teams, regardless of what division they're in.
- 11.4 **Minors:** See rule 9.2.
- 11.5 **Play-Off Qualifications:** All players must be present at a minimum of four games to be eligible for the play-offs. Any player not eligible will cause his team to forfeit that game and any game he played illegally. Presence at games is determined by the waivers, which are detailed in rule 11.2. All players may be required to show their driver's license (if questioned) prior to each post season game.

12.0 Penalties

- 12.1 **Enforcement Notes:** When penalty yardage exceeds more than 50% of remaining yardage to the goal line, the ball is spotted half the distance to the goal line. For a defensive penalty during a score, enforcement is on the kickoff. If both teams commit a penalty on the same play, the play is run over (this is called off-setting penalties). If one team commits multiple fouls on same play, only largest single one is enforced. In addition, all personal & unsportsmanlike fouls are always enforced. Spiking the ball in celebration is not a penalty unless it's done in an unsportsmanlike manner, in which case an unsportsmanlike foul will be marked off on the kick-off. Any spot foul committed by the offense in the end zone is a safety.
- 12.2 **Voluntary Penalties:** If the offense is within five or less yards before the next first down, the defense can voluntarily be penalized five yards by telling an official before the snap. This penalty against the defense cannot be refused.
- 12.3 **Unnecessary Roughness:** Any infraction in flag football that is deemed potentially hazardous by an official can be elevated to Unnecessary Roughness. This can lead to a 15-yard personal foul and include ejection.
- 12.4 **Spot Fouls:** These penalties are presumed to end or prolong a play illegally. Therefore, the play counts up to the point of the infraction and enforcement of the penalty requires assessment of yardage from the spot of the foul. An example is tackling, in which case, the play would've continued except for the tackle. If the offense earns a first down, but enforcement of a spot foul brings the ball back over the first down line, they still have the first down. But to earn another first down, they must cross the line they would've needed to cross had there been no penalty. If a defense in possession of the ball or a return team commits this type of foul and enforcement of the foul brings the ball back over a first down line, they have first down and must cross the nearest marker to earn another first down.
- 12.5 **Drawing Offside:** Defenders are not allowed to attempt to draw offensive players to a false start. This includes, but is not limited to: clapping hands, stomping feet, or flinching the body. If a flag is thrown for this violation as play starts, an encroachment penalty against the defense will be called. In the A & B Divisions, the play will run and the C Division the play will be blown dead before it is run.. Any offensive player simulating a snap (possible by moving forward) is guilty of a false start and the play will be blown dead.
- 12.6 **Flag Shielding:** The act of a ball-carrier shielding his flag with any part of his body or the ball. The ball-carrier must make contact with a defender in this fashion or it is not a flag shield.
- 12.7 **Ball Stripping:** Attempting or succeeding in slapping, punching, swatting, or taking the ball from the ball carrier's possession.
- 12.8 **Personal Foul:** These are live or dead ball fouls involving contact. These include roughing the quarterback, hitting out of bounds, roughing the center, holder, or kicker during a place kick, unnecessary roughness, blocking below the waist, clipping, fighting, and late hits. Two (2) personal fouls result in an ejection. Note: one personal foul and one unsportsmanlike foul do not result in an ejection.
- 12.9 **Unsportsmanlike Foul:** These are live or dead ball fouls not involving contact. They include swearing, taunting, sideline actions, and official or player verbal abuse. Two unsportsmanlike fouls result in an ejection.
- 12.10 **Penalty Assessments:** These are detailed in the following chart.

Penalty Assessments

<u>Penalty Name</u>	<u>Yards</u>	<u>Assess From</u> ¹	<u>Down</u> ²
Ball Stripping ³	15	Play	First
Breaking-Up Pass with Contact (Def.)....	15	Spot	First
Breaking-Up Pass with Contact (Off.)....	15	Spot	Counts
Block Below Waist (Defense).....	15	Spot	First
Block Below Waist (Offense).....	15	Spot	Counts
Block In Back.....	10	Spot	Replay
Blocking Downfield	10	Scrimmage	Replay
Charging	10	Spot	Counts
Clipping	15	Spot	Counts
Crawling with Ball	10	Spot	Counts
Defensive Pass Interference.....	0	Spot	First
Delay of Game	5	Scrimmage	Replay
Delayed Blitz ⁴	5	Scrimmage	Replay
Diving with the Ball	10	Spot	Counts
Encroachment (Defensive Offside)	5	Scrimmage	Replay
False Start (Offensive Offside) ⁵	5	Scrimmage	Replay
Flag Shielding	10	Spot	Counts
Flagrant Foul Defense ⁶	15	Spot	First
Flagrant Foul Offense ⁶	15	Spot	Counts
Helping the Runner.....	5	Spot	Counts
Holding (Defense) ⁷	5	Scrimmage	First
Holding (Offense) behind LOS ⁸	10	Scrimmage	Replay
Holding (Offense) beyond LOS	10	Spot	Replay
Illegal Blitz (Second Blitz)	5	Scrimmage	Replay
Illegal Blocking	10	Spot	Counts
Illegal Chuck on Receiver	10	Scrimmage	Replay
Illegal Flag Pull.....	15	Play	First
Illegal Formation.....	5	Scrimmage	Replay
Illegal Forward Pass ⁹	5	Spot	Counts
Illegal Participation ¹⁰	15	Scrimmage	Replay
Illegal Procedure / Motion ¹¹	5	Scrimmage	Replay
Illegal Sleeper/Substitution	5	Scrimmage	Replay
Illegal Stiff Arm	15	Spot	Counts
Illegal Tackle Eligible	5	Scrimmage	Replay
Illegal Equipment.....	5	Scrimmage	Replay
Imitating the Offensive Calls	5	Scrimmage	Replay
Ineligible Player Downfield.....	5	Scrimmage	Replay
Ineligible Receiver Catch	5	Scrimmage	Replay
Intentional Grounding ¹²	5	Spot	Counts
Not Enough Players on Line	5	Scrimmage	Replay
Obstruction of Ball-Carrier	10	Play	Replay
Offensive Pass Interference ¹³	10	Scrimmage	Counts
Personal Foul (Offense).....	15	Scrimmage	Replay
Personal Foul (Defense).....	15	Scrimmage	First
Punt Return Neutral Zone Violation.....	5	Scrimmage	Replay
Push Out of Bounds ¹⁴	15	Spot	First
Roughing the Passer ¹⁵	15	Play	First
Roughing the Holder/Center/Kicker ¹⁶	15	Play	First
Tackle ¹⁴	10	Spot	Replay
Toss to Self ¹⁷	10	Spot	Counts
Tripping (Offense or Defense).....	10	Spot	Replay
Unsportsmanlike Foul.....	15	Scrimmage	Replay

Penalty Table Footnotes

¹ The word “play” in this column denotes that yardage is added to the end of the play, or the original line of scrimmage on an incomplete pass.

² “Counts” in this column means the down just played counts and is not replayed. This is the same as “loss of down”. This does not mean that the offense is penalized one down.

³ It is not ball stripping if the ball-carrier losses the ball while using it to guard the flag.

⁴ A Delayed Blitz is when a defender crosses the line of scrimmage between the snap and the end of the miss-count.

⁵ The play is blown dead before it is run.

⁶ A Flagrant Foul is any foul elevated to an ejection.

⁷ Holding a ball-carrier is obstruction of the ball-carrier, not defensive holding.

⁸ The exception is holding in the end zone, which is a safety.

⁹ The entire body and ball must cross the line of scrimmage (as in the NFL).

¹⁰ This includes playing without signing the waiver and violations of rule 4.10.

¹¹ Illegal procedure is a dead-ball foul. Two men in motion is a live ball foul.

¹² Unlike in the NFL, intentional grounding can occur in or out of the pocket.

¹³ This includes one receiver running a pick for another before a pass is touched.

¹⁴ Any tackle or push out of bounds within 10 yards of the end zone will be judged a touchdown automatically unless other defenders are present to stop the ball carrier.

¹⁵ Anything exceeding incidental contact with the quarterback will be judged “roughing the passer”, a personal foul.

¹⁶ Roughing the kicker, holder or center on a placekick play (field goal or extra point) is penalized as follows: 1) the kick is “good”, 2) a 15 yard personal foul will be administered on the kickoff, and 3) the offending player may be ejected from the game.

¹⁷ This is tossing the ball in the air to avoid having the ball while the flag is pulled.

13.0 Personal Behavior

- 13.1 **Treatment of Officials and Commissioner:** Any coach or player that uses profanity toward an official or commissioner will be ejected. The following behaviors on the part of any coach or player will result in suspension or ejection from the league: 1) telephoning an official at his home or work (excluding head coaches calling the head official of the league), 2) threatening or touching an official, or 3) verbally or physically attacking an official (including racial or religious remarks). Additionally, charges will be pressed with the police if applicable. The above behaviors (except phone calls) are prohibited within the confines of the entire park including any visible area from the playing field.
- 13.2 **Treatment of Coaches and Players:** Shoving and verbal challenges during a game will result in a personal foul. Profanity on the field or sideline will result in a personal foul without warning. Two personal fouls (live or dead ball) by the same player require that player to be automatically ejected from the game. Once ejected the player must leave the visible confines of the field. Two fight suspensions result in that player's expulsion from the league for the remainder of the season. Physical or verbal attack (including racial or religious remarks) results in suspensions or ejection from the league.
- 13.3 **Suspensions:** Once a player is suspended or expelled from the league for any reason, he may not attend the games he is suspended from. Coaches will be notified by Thursday 6:00pm (via the league message board) regarding player suspensions.
- 13.4 **Fights:** Should a fight develop, coaches are expected to react in the following manner: 1) secure your sideline to avoid all-out brawl, 2) remove your involved player(s) from the field and see that they drive out of the park, and 3) supply the name(s) of those involved to the head official. Failure to act as prescribed will result in your removal as coach. Fighting among teammates will result in a suspension, and forfeiture of game.
- 13.5 **Bench Clearing:** If your sideline empties out onto the field, the game can be ended and one or even both teams forfeit. Twice in one season results in team expulsion.
- 13.6 **Dogs and Radios:** No dogs or radios allowed on park or school grounds.
- 13.7 **Parking:** Never park on the grass regardless of field site.
- 13.8 **Alcohol:** Any team observed drinking alcohol at any field will be suspended from play for the following week and will also receive a forfeit for that week.

14.0 Tie-Breakers

- 14.1 **Standings:** Standings are decided in the following manner: 1) won-loss record, 2) head-to-head results, 3) total net point differential and 4) total points scored.
- 14.2 **Head-to-Head Results:** Head-to-head results are determined by wins and losses in games played between the tied teams without regard to the scores of those games. When more than two teams are tied, and more than one game has been played between any pair, the total won-loss record between all the tied teams is not used. Instead, the below procedure is used. The intention is to determine head-to-head tie-breakers between each pair of teams and see which one has the best of those head-to-head tie-breakers. The logic is that in a tie-breaker between two teams, head-to-head tie-breakers are no more potent with a team beating a team two out of two than one out of

one. So, it shouldn't be more potent when there are three teams tied. Also, a team that has had two wins against one of the tied teams may have had an opportunity that a third team didn't.

14.2.1 **Tie-Breaker Wins:** For every team in this tie-breaker that a team had a winning record against, it gets a tie-breaker win. It does not get two tie-breaker wins for a 2-0 record against one of the other teams because the intention is not to record wins and losses, but which teams won tie-breakers against which other teams.

14.2.2 **Tie-Breaker Losses:** For every team in this tie-breaker that a team had a losing record against, it gets a tie-breaker loss. It does not get two tie-breaker losses for a 0-2 record against one of the other teams because the intention is not to record wins and losses, but which teams won tie-breakers against which other teams.

14.2.3 **Tie-Breaker Ties:** For every other team in this tie-breaker that a team played at least one game but had an even record against, it gets a tie-breaker tie.

14.2.4 **No Head-to-Head Games:** For every team with a 0-0-0 head-to-head tie-breaker record, it is considered inappropriate to use this tie-breaker. They advance to the next tie-breaker.

14.2.5 **Example:** If three teams are tied, and Team A beat Team B but lost two games to Team C, Team A gets a head-to-head one tie-breaker win (for its win against Team B) and one loss (for its two losses to Team C). If Team B beat Team C, Team B also is 1-1 in head-to-head. Also, Team C gets a tie-breaker win (for its two wins against Team A) and one loss (for its loss to Team B). Therefore, in this example, the head-to-head tie-breaker fails to break the tie.

14.3 **Cross Conference Ties:** Breaking ties between teams from different conferences (divisions within a class of play) for playoff qualifications or seeds is done in the same way as breaking ties within a conference with one significant exception. If more than one team from a conference has the same won-loss record as a team or teams from other conferences, only one team from each conference is allowed to enter the tie-breaker at a time. Therefore, the ties are broken within a conference first. If a tie is broken in this fashion between teams from more than one conference, the winner of the tie-breaker advances and the next team from its conference with the same won-loss record enters the tie-breaker if there is a need to continue the tie-breaker.

14.3.1 **Leapfrogging:** When this procedure is followed, there would never be a situation where a team is behind another team in its conference standings and then has a higher playoff seed than that team.

14.3.2 **Point Differential:** When this procedure is followed, it's possible for two teams of the same won-loss record to not be seeded in the order of point differential. This is because the higher tie-breaker is head-to-head and some ties might have been broken for standings purposes prior to the playoff tie-breakers. This is a necessary risk in order to prevent the possible leapfrog described above.