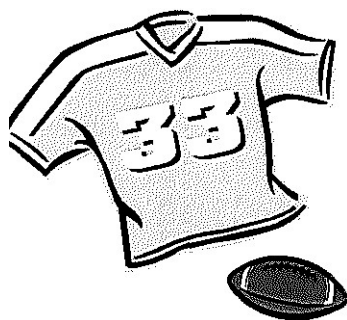


All American Sports

Coed Flag Football League Rule Book

(last edited 2019 Edition)



Written By Frank Rogers
Edited by Jen Kozakiewicz

ELIGIBILITY

- 1.1 All Players must be 18 years of age as of opening day of the current season. Players under 21 must identify themselves on the team roster.
- 1.2 Any player that plays or played professional football will not be eligible to play.
- 1.3 Only two (2) active Capital District Flag Football League players may play on any one team. The first two (2) men's league players to play or sign waiver will be locked into your roster for the season.
- 1.4 The division of the two (2) CDFFL players will NOT matter.
- 1.5 A semi-professional or active college football player will be considered a CDFFL player.
- 1.6 **To become an inactive CDFFL player you must NOT play the previous SEASON and CURRENT SEASON.**
- 1.7 To become an inactive semi-professional player you must sit out one complete season.
- 1.8 To become an inactive college player you must sit out one full coed outdoor season.
- 1.9 Teams may add players through game four.
- 1.10 Players must participate in four games to become eligible for the playoffs. You must play one snap to qualify.
- 1.11 Participation includes signing the league supplied waiver no more than 30-minutes before game time AT THE FIELD and playing one down.
- 1.12 Injuries during the course of league play will allow the player to accumulate game credit. Each team is allowed one female replacement and she will NOT accumulate the injured female player's game credit.
- 1.13 Teams must wear shirts or jerseys of the same color by their first game. Penalty: Teams will lose one time-out per player. **(pink is not red, light blue is not dark blue)**
- 1.14 The game will begin with 4-men and 3-women per side when possible.
- 1.15 A team may start the game with 2-men or 2-women ~~IF SHORT~~ **HANDICAPPED.**
- 1.16 A team may start the game with 6-players provided rule 1.16 is followed. The opposing team will play seven players.

- 1.17 A team will forfeit if the player eligibility requirements are not met 15-minutes after the scheduled start time.
- 1.18 Two team forfeits in one season will eliminate the team from post-season play.
- 1.19 If the opposing team agrees a maximum of two league players may be added for that game.
- 1.20 The color of the flag belt cannot match the player's shorts or pants.
- 1.21 The roster limit is 24-players and ALL teams must post a mandatory roster prior to game one. Penalty: Lose all time-outs for the game and choice for each half. Rosters will be locked after game four.

TIMING & SCORING

- 2.1 Each half consists of 30-minute halves. The clock will stop at the 2-minute warning of each half.
- 2.2 With less than 2-minutes remaining in the half the clock stops per men's rules.
- 2.3 At the 2-minute warning of the second half and one team leading by 18 or more points the game will end.
- 2.4 Each team receives 3-time-outs per half.
- 2.5 Prior to the 2-minute warning the clock stops for time-outs, injuries, and referee discussions lasting more than one-minute.
- 2.6 Between plays the referee will set the ball and blow the whistle starting a 30-second play clock.
- 2.7 During a punt with the clock stopped the clock will restart on the kick.
- 2.8 Scoring consists of the following; 6-points for a TD, 2- points for an extra-point at the 10-yard line, 1-point for an extra-point at the 3-yard line, 2-points for a safety and 2- points for a returned extra-point.
- 2.9 Overtime: Each team will be given a chance to score from the 10-yard line closest to a goal line. Teams will alternate possessions and during the 3rd period must attempt a 2-point XP.

OFFENSE

- 3.1 Prior to the ready whistle the QB must notify thereferee of the sex of the center.
- 3.2 Any time the ball touches the ground the ball is dead (no fumbles).
- 3.3 If the snap touches the ground during a blitz the blitz remains live.
- 3.4 Open hand blocking is from the waist to the shoulders and same sex only. **Females mayblock males at their own risk.**
- 3.5 Double team blocking is illegal. Once engaged blockers may pass the rusher off to another blocker with the exception of the nose guard, no one can block the nose guard except for the center
- 3.6 You may never leave your feet to block.
- 3.7 The offense may only run the ball once per set of downs and only one running back may be in the back field at the snap.
- 3.8 Any play behind the line of scrimmage is considered a run play provided yardage is gained
- 3.9 The ball carrier may never flag shield (contact), run directly into a defender, crawl/roll/, jump forward into a defender or dive to advance the ball while in possession.
- 3.10 If the flag belt falls off without being pulled or touched one-hand touch by the defense prevails.
- 3.11 A receiver must have two-feet in bounds for a legal catch.
- 3.12 The center may snap the ball between the legs or to the side of the body. When snapping the ball to the side the foot will not be considered off-sides.
- 3.13 **All players are eligible and only the center hasto start the play on the line of scrimmage. Fiveplayers have to start in front of thequarterback. Receivers may never cross intothe nose tackles path unless the NG immediately drops into coverage.**
- 3.14 Any part of the passers front foot that touches the line of scrimmage prior to a forward pass is illegal. The penalty will be enforced from the LOS.

- 3.15 At the end of a play the ball will be spotted at the location of the flag clip separating, unless the player is on the ground at the end of the play. (spot of ball)

DEFENSE

- 4.1 A nose tackle the same sex as the center must line up directly head to head with the center. In addition the nose tackle will be five yards from the center at the snap.
- 4.2 The nose tackle can rush the QB at the snap, but will be considered off-sides if inside the 5-yard neutral zone. (Free Play)
- 4.3 With the exception of the nose tackle all other defensive players may line-up in any formation.
- 4.4 A defensive player other than the nose tackle will be considered off-sides if in the neutral zone during the snap. (Dead Play)
- 4.5 The defense can blitz once per set of downs.
- 4.6 Defenders may never cross into the nose tackle's path after the snap.
Exception: If the NG drops into coverage immediately.
- 4.7 Male defenders cannot cover female receivers (press man-to-man). **5-yard penalty** replay down.
- 4.8 During a non-blitz play defenders may cross the line of scrimmage if the passer breaks the pocket. (3-yards on either side of the center.)
- 4.9 The defense must grab (pull) one of the three flags attached to the offensive player's waist.
1.If there is a towel or playbook inside the flags and the playbook or towel is pulled the play will be considered dead at the spot.
- 4.10 One open hand "chuck" is allowed within five yards of the line of scrimmage. A male cannot "chuck" a female.

SPECIAL TEAMS

- 5.1 On 4th down the offense may declare a punt. The punter must be a minimum of 2-yards from the center at the snap.
- 5.2 The punter may not move outside the tackle box.
- 5.3 The receiving team may place two players down field to retrieve the punt. All other players must be within 10-yards of the line of scrimmage.
- 5.4 Punts cannot be returned.
- 5.5 Blocked punts will be dead at the spot it's caught or hits the ground.
- 5.6 Extra points for one or two points will be attempted after a TD. See 2.7
- 5.7 The defense is given a free blitz on all extra-points.
- 5.8 No kickoffs (ball placed at the 20-yard line).
- 5.9 No kicked field goals or extra-points.

MISCELLANEOUS

- 6.1 No hard football pads, metal cleats, or hard knee braces/casts allowed.
- 6.2 Field Size will be 100 yards by 35 yards with fixed first downs every 20-yards between the 10-yard end zones.
- 6.3 COACHES CHALLENGE: A team will be allowed one coach's challenge per game. The challenge will be for rule interpretations only and a time-out must be taken. Teams winning the challenge will receive their time-out back.

<u>Penalty Name</u>	<u>Yards</u>	<u>Assess From 1</u>	<u>Down</u>
Ball Stripping	15	Play	First
<u>Back to Back Run Plays</u>	5	Scrimmage	Counts
Breaking-Up Pass with Contact 16	15	Spot	First
Block Below Waist	15	Spot	Counts
Block In Back	10	Spot	Counts
O.P.I. Blocking Downfield	10	Scrimmage	Replay
Charging	10	Spot	Counts
Clipping	15	Spot	Counts
Crawling with Ball	10	Spot	Counts
Defensive Pass Interference	10	Spot	First
Delay of Game	5	Scrimmage	Replay
<u>Delayed Blitz</u>	5	Scrimmage	Replay
Diving with the Ball	10	Spot	Counts
Encroachment (Defensive Offside)	5	Scrimmage	Replay
False Start (Offensive Offside) s	5	Scrimmage	Replay
Flag Shielding	10	Spot	Counts
Flagrant Foul Offense (ejection) 18	15	Spot	Counts
Flagrant Foul Defense (ejection) 18	15	Spot	First
Helping the Runner	5	Spot	Counts
Holding (Offense) behind LOS 17	10	Scrimmage	Replay
Holding (Offense) beyond LOS	10	Spot	Replay
Holding (Defense) 6	5	Scrimmage	First
Illegal Blitz (Second Blitz B/C Div.)	5	Scrimmage	Replay
Illegal Blocking	10	Spot	Counts
Illegal Chuck on Receiver	5	Scrimmage	First
Illegal Flag Pull	15	Play	First
Illegal Formation	5	Scrimmage	Replay
Illegal Forward Pass 7	5	Spot	Counts
Illegal Participation 8	15	Scrimmage	Replay
Illegal Procedure / Motion 9	5	Scrimmage	Replay
Illegal Run	5	Scrimmage	Counts
Illegal Sleeper	15	Scrimmage	Replay
Illegal 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 10	5	Spot	Counts
Jumping into defender (contact	15	Scrimmage	Replay
<u>Male Blocking Female</u>	10	Spot	Counts
Not Enough Players on Line	5	Scrimmage	Replay
Obstruction of Nose Tackle	10	Scrimmage	Replay
Obstruction of Ball-Carrier	10	Play	Replay
Offensive Pass Interference 11	10	Scrimmage	Counts
Personal Foul (Offense)	15	Scrimmage	Replay

Personal Foul (Defense)	15	Spot	First
Punt Return Neutral Zone Violation	5	Scrimmage	Replay
Push Out of Bounds 12	15	Spot	First
Roughing the Passer 13	15	Play	First
Roughing the Holder/Center/Kicker	15	Play	First
Tackle	10	Spot	Replay
Toss to Self 15	10	Spot	Counts
Tripping (Offense or Defense)	10	Spot	Replay
Unsportsmanlike Foul (defense)	15	Scrimmage	Reply

Instigating Fight	8-games
Retaliating Fight	4-games
Verbal Referee Abuse	4-games
Physical Referee Abuse	Lifetime
Verbal Abuse of League Officer	4-games
Physical Abuse of League Officer	Lifetime
Illegal Player	4-games
Illegal Players Coach	2-games