

Atlanta Sport and Social Club

Official Flag Football Rules

General Rules

1. **Schedule** - All games are to be played at the time, date and place specified on the schedule.

2. **Roster:** Each team can have as many players as they choose.

3. **Forfeits** - Game time is forfeit time.

The minimum number of players needed in 7v7 flag football is 5. (Minimum 1 female for Co-Ed Leagues)
If a team has less than 5 players it can pick up enough players to reach the 5-player minimum.

Men's Mercy Rule: 19pts at the final 2-minute warning.

Co-ed Mercy Rule: 26pts at the final 2-minute warning.

a. If you know you may not be able to field a full team, please call an ASSC representative at least **48 hours** in advance if you would like to explore a rescheduling option. If it is within 48 hours of your scheduled game time, and you discover that you cannot field a team, please let us know so that we can notify your opponent! Although your team may end up forfeiting the match, there may still be an opportunity to use the space for practice or pick up games.

- Call: 678-869-4690
- Email: havefun@atlantasportandsocialclub.com

b. Teams forfeiting more than two league games will not be eligible for the playoffs. Teams forfeiting three or more

games will be removed from the schedule. Refunds are not distributed in these instances.

4. No show officials - Teams have a choice to self-officiate or mutually agree upon an official (team member or spectator). Games will not be rescheduled. Game will count as official game.

5. Roster Checks

- Roster minimums must be met before week 1 of games.
 - Minimum number of players/roster
 - Minimum number of female players/roster in Co-Ed divisions

Roster checks will be conducted

- During t-shirt delivery
- Before the start of each playoff game

Roster checks may be done once or twice, randomly during the regular season, at the League Manager's discretion.

7. RAIN OUTS - The procedure for possible rainouts shall be to check ASSC's website or call **678-866-1207**.

(We understand games are played indoors however, extreme weather can cause travel or facility issues)

a. Games will be rescheduled for the end of the season, or as part of a doubleheader on certain league nights. **ASSC also reserves the right to shorten the season or move games to other than normal league nights due to excessive cancellations.** . [Review the weather policy here.](#)

8. Overly Competitive Players: All ASSC sports are intended to be recreational (unless designated as a competitive league at registration.) Any player who is deemed to be excessively

competitive and/or overly aggressive may be removed from competition at the discretion of an ASSC staff member.

Equipment

1. No Shorts or pants with belt loops or packets are permitted in ASSC Flag Football leagues
2. Teams in the Men's division must use an NCCA or NFL sized football.
3. Teams in the Co-ed division have the option of using an NCAA, NFL, or Junior sized football.
4. Cleats are allowed.
 - a. **NO METAL SPIKES/CLEATS**
 - b. **NO REMOVEABLE CLEAT STUDS**

Game Play

1. The game is divided into two 20-minute halves, with a couple of minutes for halftime in between.
 - a. The clock runs for the first 18 minutes of each half only stopping for timeouts, injury, or by an official's timeout.
 - b. During the last 2 minutes of each half, the clock will stop for timeouts, incomplete passes, a player goes out of bounds, a team scores, first down (until the ball is set), QB spiking the ball, and penalties.
 - c. Misuse of consecutive offensive penalties will result in an unsportsmanlike conduct.
 - d. If for any reason, the game is cancelled with the second half already started, the game will be considered final.
2. Possession of the ball will be determined during the captain's meeting before each match.

- a. The team that wins the toss, can elect to:
 - i. Defer it's decision to the second half
 - ii. Start on offense
 - iii. Start on defense
3. Each team will have two 1-minute timeouts per half.
4. The offense will have 25 seconds to start its next play.
5. The offense will start with the ball on each drive (at the beginning of each half and after every score) with the ball on its own 14-yard line.

Offense

1. Each team has 4 down to score or earn another first down by crossing the next possible first down marker.
2. On fourth down, the offense the team may choose to punt or go for it. Offense must notify the ref of this. After ref is notified, if you would like to change you must take a timeout.
 - a. **Men's Division (LIVE PUNTING)**
 - i. When punting the offense must have 4 players on the line of scrimmage, and the ball must be punted no more than 10 seconds after snap. The punting team must give the player fielding the punt a 3-foot halo.
 - b. **Co-ed Division (25-yard WALK OFF)**
 - i. If an offense elects to punt, the head official will move the line of scrimmage 25 yards towards the defensive end zone. Once the official has walked off the 25 yards, a change of possession will occur. **NO LIVE PUNTING**
3. If the offense chooses to huddle, then all offensive players must be within 8 yards of the huddle. No sleeper plays will be permitted.

- a. The offense must have 4 stationary players on the line of scrimmage prior to snap
- b. A snap must be received from a shotgun formation
 - a. In shotgun formation the snap must be at least 2 yards from center.
4. Unlimited LATERAL OR BACKWARDS PASSES are allowed behind the line of scrimmage.
5. Unlimited LATERAL OR BACKWARDS PASSES are allowed after the ball has crossed the line of scrimmage.
6. Intentional grounding will be called when a passer facing imminent loss of yardage throws a forward pass without realistic chance of completions
 - a. Within the last two minutes of each half the QB may spike the ball to stop the clock
7. All players must proceed through the neutral zone perpendicular to the line of scrimmage (straight in or straight out). Only after leaving the neutral zone may a player make a cut or change direction of their rush or route.
8. All players are eligible receivers.
9. The ball is marked where the **BALL** is when the flag is pulled
10. A first down will occur when **THE BALL** breaks the plane of the first down line while in possession of the football.
11. Tying flags to prevent a pull is considered unsportsmanlike and will result in a 10-yard penalty.
12. If the ball carrier touches the ground with anything except their feet or the hand that is not in possession of the ball, the player is down at that spot
13. Fumbles and muffed balls are considered dead.
14. A catch must be completed with first foot inbounds
15. A player **CAN NOT** jump to avoid having a flag pulled
16. Spinning is allowed, however if the spinning player crashes into another stationary player this will result in a charging penalty
17. Contact blocking is not allowed

18. Blockers may move laterally and backwards to stay between the rusher and Quarterback, as long as the ball is still in the backfield.
19. Any player that does not run a route at the snap will be considered a blocker
20. A player attempting to block downfield must be stationary until the play passes them.

Defense

1. The defense will line up 2 yards from the line of scrimmage
2. Rushing The Quarterback
 - A. **Men's Division (LIVE RUSH)**
 - a. Any player may rush the QB, but the defense may not enter the neutral zone until the ball is snapped.
 - B. **Co-ed Division (3-second COUNT)**
 - b. Any player may rush the QB, but the defense may not enter the neutral zone until the head official has counted 3-seconds off of the clock.
3. If a player's flag falls off during play and is not due to the opposing team pulling it, play will continue
 1. If the player is the ball carrier, they may be downed by one-hand touch between the shoulders and knees.
4. A player may dive to pull a flag
5. Defensive checking is not allowed.
6. A defensive player may not initiate contact with any offensive player

Co-ed Modifications

1. All players are eligible receivers.
2. If a team has an option for a play to go to a male or a female, the play is referred to as **OPEN**. If a team must include a female in the play, it is referred to as **CLOSED**.
3. A female play is defined as a play in which a female runs, catches or attempts a pass past the line of scrimmage.
 - a. If the pass is completed, the play must result in positive yardage in order for the play to re-Open.
4. A female play must occur once every 3 downs.
 - a. Prior to every play, the head official will indicate whether the play is **OPEN** or **CLOSED**.
5. Once the defense tips the ball, the play becomes OPEN and anyone (male or female) may receive the ball.
6. If an offensive female tips the ball on a closed play, then only a female from the offense can catch the ball.
7. Under two minutes of each half, all coed rules are dropped. All plays are OPEN.

Scoring

1. A score will occur when **THE BALL** breaks the plane of the goal line with possession or a legal forward pass is caught while in the end zone. The football must cross the line as well.
2. **Men's Division**
 - a. A 19 point mercy rule is in effect within the two minute warning of the second half
3. **Co-ed Division**
 - a. A 26 point mercy rule is in effect within the two minute warning of the second half

4. For a female score to be counted, a female must cross the goal line in possession of the ball or catch a legal forward pass while in the end zone.
5. Interceptions in the end zone will be called a touchback if the player does not enter the playing field from the end zone, and a safety if the player runs the ball out of the end zone and is downed upon reentry to the end zone.
6. After a touchdown is scored, the offensive team has the option of attempting their extra point conversion from the 3-yard line, the 10-yard line, or the 20-yard line.
7. After announcing their intention, this decision can only be changed by using a timeout
8. 2-point and 3-point conversions can be returned by the defense for 2 points or 3 points if female scores it.

Result	Male	Female
Touchdown	6 points	9 points
Extra point (3yd)	1 point	2 points
Extra Point (10yd)	2 points	3 points
Extra Point (20yd)	3 points	4 points

Spirit of The Game

This is the most important rule in **ADULT RECREATIONAL AND COMPETITIVE SPORTS**. Competitive play is important, but never at the expense of following the rules, respecting other players, respecting the bar/facility, and having fun!

Playoffs

1. The playoffs begin the week after all regular season games have been played.
2. The top four teams with the best records will advance to the playoff rounds.
 - a. Additional teams may be added to the playoffs for larger sized leagues.
3. Tie-breakers will be decided as follows:
 - a. Total standing points
 - b. Point Differential
 - c. Head To head
 - d. Coin Toss
4. Only players on the team roster, prior to the final regular season game, are permitted to participate in the playoffs.
 - a. Roster checks will be conducted prior to each playoff match.
 - b. Participating in the playoffs with ineligible participants may result in an automatic forfeit. The league official to decide.

OVERTIME (PLAYOFFS ONLY)

1. If there is a tie at the end of regulation in the tournament, the game goes to overtime
2. Winner of the coin toss chooses either offense or defense
3. The ball is placed on the 20 yard line with 20 yards to go to goal
4. All special coed rules apply
5. If the offense throws an interception, they lose the rest of their downs. Upon receiving an interception defense may attempt to return the interception for touchdown to end the game. However, if the defense does not score a touchdown, they will receive the ball on the 20-yard line and have their 4 attempts to score.

6. After the first team uses it four downs, the second team gets it's turn starting at the same 20 yard line as the first team.
7. If the score is still tied after a full over time period (possession for each team), another overtime will be implemented
8. Beginning in the 3rd overtime, all extra point attempts must be from the 10-yard line.

