

General Rules

1. Schedule: All games are to be played at the time, date and place specified on the schedule. A five (5) minute grace period is given to teams if they need a little more time for players to make it to the game. The game clock will start no later than the conclusion of the grace period.

2. Roster: Each team can have as many players as they choose as long as they meet the league fee and gender specific qualifications.

3. Forfeits: If you know you may not be able to field a full team, please call an ASSC representative at least **48 hours** in advance and we will try our best to reschedule your game and avoid a forfeit

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

4. No show officials: In the off chance that our league officials do not make it to the game, teams have a choice to self-officiate or mutually agree upon an official (team member or spectator). Games will not be rescheduled and will count as official game.

5. Roster Checks: Roster minimums must be met before week 1 of games (Minimum number of players/roster and minimum number of female players/roster in Co-Ed divisions). Roster checks will be conducted during t-shirt delivery and before the start of each playoff game. At the League Manager's discretion they may be done once or twice randomly during the regular season.

6. RAIN OUTS - The procedure for possible rainouts shall be to check ASSC's website or call **678-866-1207**. [Review the weather policy here.](#)

7. 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.

Official Co-Ed 8v8 Flag Football Rules

Game, Field, Players & Equipment

A. GAME

1. Consisting of TWO TWENTY FOUR (24) minute halves with the clock running except for the last 2 minutes of each half. A start/stop shall be used the last 2 minutes (college clock)
2. Each team is entitled to two (2) timeouts per half, one (1) timeout per overtime period

B. FIELD

1. 80 yds by 40 yds with (2) 10 yard end zones.

C. PLAYERS

1. CO-ED: 8 players constitute a Co-Ed team: 5 men & 3 women minimum (6 to start game 4 men & 2 women minimum)

D. EQUIPMENT

1. Players must wear shoes made of pliable upper material covering feet, attached to a molded composition bottom. "Screw in" cleats are allowed as long as the screw is part of the cleat.
2. Each player must wear a one-piece Triple Threat Belt without any knots, at the waistline with three (3) flags attached.
3. Jerseys MUST be tucked in or short enough so that they are 4" above the player waistline.
4. May use youth or regulation size balls only. There are no requirements regarding ball pressure. The referee shall be the sole judge of a legal ball.

Definitions

A. SERIES OF DOWNS / ZONE TO LINE GAIN

1. A team shall have 4 downs to advance to the next zone line to gain. Zone lines are every 20 yards.
2. All punts must be declared and cannot be faked.
IN CO-ED 8V8: if a team elects to punt, the team must physically kick the ball down field
3. Flag guarding- 10 yard penalty spot foul; loss of down.

B. LINE OF SCRIMMAGE

1. This is a LIVE RUSH league
2. Male players cannot advance the ball past the line of scrimmage, unless it is the last 2 minutes of each half (OPEN). Only females can run the ball past the LOS during the first 22 minutes of each half.
3. Only the Center is required to be on the line of scrimmage
4. Only one person can be in motion behind the LOS at a time
5. All type formations- receivers may be foot to foot but cannot interlock their arms.

C. SCORING

*Co-Ed Scoring ONLY: When a woman player scores/passes a TD the team receives 9 points. Also, when a woman player scores/passes on an extra point attempt, the team receives an ADDITIONAL POINT on the extra point try.

D. PERSONAL FOUL

1. Blocking: Teammates of the runner/passers may use screen blocking but shall not use interlocked interference by grasping or encircling one another.
2. Offensive screening shall take place without contact. The screener shall have his/her arms at their side or behind their back. Any use of the arms, legs or elbows during an offensive player's screen block is illegal. The application of this rule depends entirely on the judgment of the official. DOWNFIELD BLOCKING IS ALLOWED BUT MUST BE A SET BLOCK.

Outlined Rules

1. NO Pockets. Players with pockets are not allowed to participate until dressed in proper uniform.
2. Baseball caps may be worn but must be turned around.
3. The 25 second play clock will be strictly enforced.
4. NO Kickoffs. Games will begin with one team receiving the ball on the 14 yard line.
5. Touchbacks and safeties will be placed on the 20 yard line.
6. Interceptions can be returned.
7. All Defensive pass interference penalties are spot fouls & automatic 1st down.
8. Teams may accept a penalty and must take the yardage, also.
9. A MERCY RULE will be enforced at any time in the second half. If a team is leading by 27 points or more at a time in the second half, the game will be over. If a team is ahead by 19 points or more at the 2 minute warning of the second half, the game will be over.
10. Restraining Line (Rush): one (1) yard and marked by a ball spotter
-Offsides: 5 yards repeat (Dead Ball)

Special Co-Ed Rules

1. A female must be an operative player every 3rd play.
 - 5 yard LOD and CLOSED
 - An operative player is: intended receiver, primary runner who gains yards past LOS, a QB who passes the ball past the LOS.
 - An operative player is NOT: a player who hands off and/or snaps the ball, receives the ball & fails to cross the LOS, throws a pass that does not cross the LOS.
 - On a closed play, if the QB gets sacked, it is still closed.
2. During the last 2 minutes of each half are open; there will be NO Co-Ed restrictions (OPEN-OPEN)
3. ONLY Females can advance the ball from the backfield, past the line of scrimmage