

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 an 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.

7v7 Flag Football Rules

1. Format

- Games are played in two 22-minute halves with a 3 minute halftime break. The clock will run continuously until the final two minutes of each half. After the two-minute warning, the clock will stop on out-of-bounds, change of possession, extra points, penalties, and incomplete passes. The clock will momentarily stop after a first down.
 - Teams may elect to stop the clock at any point in the game, with the use of a time out.
 - Each team will receive two timeouts per half.
- Game time is start time. The game clock, will start to run at the scheduled match time.

2. Playing Field

- The standard field of play is 80 yards x 40 yards with 10-yard end zones.
 - 20-yard first down marks
- Field sizes may vary MINIMALLY(within a couple of yards) due to available field space.

3. Scoring

- A touchdown that is either received, thrown, or ran without the operative use of a female player is worth 6 points.
- A touchdown that is either received, thrown, or ran WITH the operative use of a female player is worth 9 points.
- EXTRA POINTS
 - 1-point attempt will be taken from the 3-yard line.
 - 2-point attempt will be taken from the 10-yard line.
 - 3-point attempt will be taken from the 20-yard line.
 - An extra point that is either received, thrown, or ran WITH the operative use of a female player will receive an additional point.
 - ONLY 2-point and 3-point attempts can be intercepted and returned by the defense for a total of 2 points.
- MERCY RULE
 - Men's and Women's leagues: 19 points at the 2-minute warning.
 - Co-Ed leagues: 26 points at the 2-minute warning
 - The game will continue with the score locked and the clock will run without any stoppage.

- No time outs can be used to stop the clock after the mercy rule has been enforced.

4. Game Play

- POSSESSION

- Each drive will start on the offense's 14-yard line, after every score, touchback, and at the beginning of each half.
- A change in possession caused by a turnover on downs or an interception in the field of play will be spotted where the ball is down.
- The spot of the ball will be determined by where the ball was located when the play ended. The spot of the ball **IS NOT** determined by where the flag was pulled or where a player runs out of bounds.

- SETTING UP THE OFFENSE

- The offense can only snap the ball once the Line Judge has signaled that "THE LINE IS SET."
- Requirements for a set line are:
 - the center (ball snapper) possesses the ball on the correct spot
 - there is no more than one player in motion
 - the player in motion is moving parallel to the line of scrimmage
- All players must be lined up on or behind the line of scrimmage
- The ball can be snapped between the center's legs OR off to the side.
- When snapped, the ball must travel from the ground to the quarterback in one fluid motion.

- OFFENSIVE PLAYS FROM SCRIMMAGE

- Offense only needs ONE player on the line of scrimmage to set the line. All other players must be on the line or BEHIND the line of scrimmage before the snap.
- Passing and running plays are both allowed.
 - Handoffs, lateral, and backward passes behind the line of scrimmage are legal.
 - After receiving a handoff or lateral/backward pass, the player with possession of the ball can attempt a forward pass from behind the line of scrimmage.
- All players are eligible to receive the football.

- Receivers must maintain possession of the ball through the catch and have at least one (1) foot down in bounds.
 - If a receiver's flag is pulled before he/she has possession of the ball, the play is still live and the defense must default to "one-hand touch" to down the player.
 - Receiver must have his/her flag securely worn before the ball is snapped. Any player without a flag secured before the snap, is ineligible to participate in the play.
- CO-REC MODIFICATION
 - A female player must be an operative participant in at least one of every three plays.
 - If the offense fails to involve a female player in two consecutive plays, the next play will be CLOSED. CLOSED PLAYS MUST INVOLVE AN OPERATIVE FEMALE PARTICIPANT IN ORDER TO OPEN THE NEXT PLAY.
 - Rushing the quarterback is legal in Co-Rec leagues. Anyone from the defense can rush the quarterback AFTER THE LINE JUDGE'S THREE (3) SECOND COUNT.
- HOW TO OPEN A PLAY/KEEP A PLAY OPEN (OPERATIVE FEMALE PARTICIPANT)
 - A female player attempts a forward pass THAT CROSSES THE LINE OF SCRIMMAGE
 - A female player runs the ball across the line of scrimmage
 - A male quarterback attempts a pass to a female player. THE PASS ATTEMPT MUST CROSS THE LINE OF SCRIMMAGE OR RESULT IN POSITIVE YARDAGE (with the female player being the receiver)
- In **Men's and Women's leagues**, there is no three second rush count.
 - ANY PLAYER FROM THE DEFENSE CAN RUSH AS SOON AS THE BALL IS SNAPPED.
- PUNTING (Declaring the Punt)
 - IN CO-ED 7V7: if a team elects to punt, the team has two options of how they would like to punt the ball.
 - Automatically advance the ball 25 yards up field
 - Physically punt the ball down field
 - If a team elects to physically punt the ball down field, the kicking team must have at least 4 players on the

- line of scrimmage and NO ONE can cross the line of scrimmage until the ball is kicked.
 - The receiving team must also have 4 players within 2 yards of the line of scrimmage.
 - IN CO-ED 8V8: if a team elects to punt, the team must physically kick the ball down field
- PUNTING (Live punt rules)
 - Snap Requirements
 - The KICKING TEAM
 - The center is the only player who needs to be set (with the ball) in order for the line to be set
 - All other players must be on or behind the line of scrimmage
 - NO PLAYER is allowed to make a forward motion or cross the line of scrimmage until the ball is kicked
 - Once the declaration to punt the ball, walk the ball off, or go for it on 4th down is made, the offensive team cannot change their decision without calling a time-out.
 - The RECEIVING TEAM
 - The receiving team must have at least 4 players set on the defensive side of the line of scrimmage before the ball is kicked
 - The receiving team is allowed to field a ball out of the air OR off of a bounce
 - There is no limit to the number of times that a ball can bounce before it is picked up by the receiving team
 - The receiving team has exactly ONE attempt to field the ball out of the air or off of a bounce
 - **THE RECEIVING TEAM CANNOT ATTEMPT TO BLOCK A PUNT. A KICKING INTERFERENCE WILL RESULT IN A 15 YARD PENALTY AND AUTOMATIC FIRST DOWN.**

5. Overtime (ONLY DURING PLAYOFFS)

- First possession is decided by coin flip.
- College style overtime rules

- Each team will have an attempt at four downs to score from the 20-yard line during the first overtime period.
- If the score remains tied, after each team has been given an offensive possession, the game will continue to the 2nd overtime periods.
- If overtime extends to the 2nd period, the offense must attempt AT LEAST a 2-point conversion PAT. (no 1-point attempt.)
- Each team will have 1 timeout to use for ALL of the overtime periods.

Penalties

OFFENSE				
Foul	Type	Yards	Spot	Notes
False Start	Dead	5	SS	
Illegal Snap	Dead	5	SS	
Encroachment	Dead	5	SS	
Illegal Substitution	Dead	5	SS	

Delay of Game	Dead	5	SS	
Illegal Motion	Live	5	PS	
Illegal Substitution	Live	5	PS	
Illegal Formation	Live	5	PS	
15 Yard Rule	Live	5	PS	
Illegal Shift	Live	5	PS	
Illegal Equipment	Live	5	PS	
Illegally Conserving/ Consuming time	Live	5	PS	Time added to or taken off clock
Receiving Snap 2yds	Live	5	PS	
Advancement by male runner through LOS – COREC ONLY	Live	5	PS	
Illegal Forward Pass	Live	5	Spot of throw	Loss of Down
Intentional Grounding	Live	5	Spot of throw	Loss of Down
2 consecutive male-male passes in Co-Rec	Live	5	Spot of throw	Loss of Down
Helping the runner	Live	5	Spot	Loss of Down
Illegal Participation	Live	10	PS	
Unsportsmanlike Conduct	Either	10	SS	
Off. Pass Interference	Live	10	PS	
Def. Pass Interference	Live	10	PS	
Illegally Secured Flag Belt	Live	10	All But 1	LOD/1 st Down
Illegal Contact	Live	10	All But 1	
Roughing the Passer	Live	10	PS/EORR	Auto 1 st Down
Flag Guarding	Live	10	Spot	
Illegally Kicking	Live	10	Spot	
Illegal Flag Belt Removal	Live	10	PS	
Flagrant Unsportsmanlike	Either	10	SS	DQ

DEFENSE				
Foul	Type	Yard s	Spot	Notes
False Start	Dead	5	SS	
Illegal Snap	Dead	5	SS	
Encroachment	Dead	5	SS	
Illegal Substitution	Dead	5	SS	
Delay of Game	Dead	5	SS	
Illegal Motion	Live	5	PS	
Illegal Substitution	Live	5	PS	
Illegal Formation	Live	5	PS	
15 Yard Rule	Live	5	PS	
Illegal Shift	Live	5	PS	
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Illegal Flag Belt Removal	Live	10	PS	
Flagrant Unsportsmanlike	Either	10	SS	DQ

SS – Succeeding Spot

PS – Previous Spot

SPOT – Spot where the foul occurred

EORR – End of the related run

All But 1 – All fouls but 1, a foul by the offense behind the basic spot are penalized from the basic spot