



# FLAG FOOTBALL RULES

**SPIRIT OF THE GAME**  
**COMPETITIVE PLAY IS IMPORTANT, BUT NEVER AT THE EXPENSE OF**  
**FOLLOWING THE RULES, RESPECTING OTHER PLAYERS, RESPECTING THE**  
**BAR/FACILITY, AND HAVING FUN!**

## I. General Rules

- A. **SCHEDULE:** All games are to be played at the time, date and place specified on the schedule.
- B. **ROSTER:** Each team can have as many players as they choose
- C. **FORFEITS:** Game time is FORFEIT Time. We encourage all players to arrive at the field 10 minutes before the game starts.

At the discretion of the League Ambassador, they may add a 10 minute grace period from the game time in order to avoid a forfeit, but the game clock will start on game time.

### i. Minimum to start the game varies on format size:

Format	Minimum # of Players to Start official game (# of Females to avoid a forfeit)	Maximum number of males on the field
7 v 7 CO-ED	5 (1 Female)	5
7 v 7 MENS	5	N/A
7 v 7 OPEN	5	No gender requirement
8 v 8 CO-ED	6 (1 Female)	5
8 v 8 OPEN	6	No gender requirement

- ii. Forfeits will be scored as a
  - Co-Ed: 26 – 0 final match score
  - All other leagues: 19 - 0 final match score



- iii. 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.
- iv. If you are aware of any dates that will not work for your team, please let your team captain know to put in a schedule request before the start of the season. Team captains can put a schedule request with additional payments through the website
- v. If you have subs that would play in place of your team members for the game, please let the office know. Rosters will officially lock in on Week 5, but we only allow substitution players with permission of the other team (both teams have to agree)

**D. 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 an official game. ASSC Staff may make an exception within reason.

**E. ROSTER CHECKS:**

Roster checks will be conducted before the start of each playoff game. Roster checks may be done randomly during the regular season, at the League Manager's discretion.

**F. RAIN OUTS:** Check ASSC's website or call **678-866-1207** for possible rainouts. Games will be rescheduled for the end of the season, or as part of a doubleheader on certain league nights. **ASSC 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.](#)

**G. SPORTSMANSHIP:** 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.

- i. If a player creates unsafe playing conditions where the game cannot be continued, the violating team will be disqualified from the game and it will count as an automatic forfeit.

**1. PLEASE KEEP IN MIND THAT THIS IS A SOCIAL LEAGUE INTENDED FOR FUN!**

**H. RULING CHALLENGES:** All teams are given one chance to use a challenge on a ruling

- i. Team captains are allowed to challenge the call made by any official. They will have to use this before the next play proceeds. Once they call for a challenge of the ruling, the officials will discuss the ruling and they will make a decision.

- 1. If the challenge is successful to overturn or results in a different ruling, then you will regain the challenge to use again in the game.



2. If the challenge is unsuccessful, you will be charged with a timeout. If the team does not have a timeout, it will be a loss of down and a 10 yard penalty or an automatic first down and a 10 yard penalty.

## II. Equipment

- Triple threat flag belts will be supplied during games. (All flags must be returned to the League Ambassador at the conclusion of the scheduled game)
- You may bring your own belts as long as they are triple threat belts. This will need to be checked by the officials before the game starts.
- Shorts must not have pockets or they will have to be worn inside out.
  - This is to prevent fingers/thumb injuries during gameplay.
- Jewelry must be secured in place during ASSC Play. Officials or League Ambassadors may determine that jewelry can be dangerous and ask the player to remove them during or before the game. Hats are allowed but have to be worn backwards during ASSC play.
- **You are NOT allowed to wear metal cleats/spikes to the fields!**

## III. Format

### A. FIELD SPECIFICATIONS:

- i. The standard field of play is 80 yards x 40 yards with 10-yard end zones (100 yds total)
- ii. End Zone will be marked with a Goal Marker and/or pylons
- iii. 20-yard first down marks
- iv. 40-yard halfway mark
- v. Field sizes may vary MINIMALLY (within a couple of yards) due to available field space.

### B. SCORING:

- i. A touchdown that is either received, thrown, or ran without the operative use of a female player is worth 6 points.
- ii. A touchdown that is either received, thrown, or ran WITH the operative use of a female player is worth 9 points.
- iii. EXTRA POINTS
  1. 1-point attempt will be taken from the 3-yard line.
  2. 2-point attempt will be taken from the 10-yard line.
  3. 3-point attempt will be taken from the 20-yard line.
  4. An extra point that is either received, thrown, or ran WITH the operative use of a female player will receive an additional point.
  5. ONLY 2-point and 3-point attempts can be intercepted and returned by the defense for a total of 2 points



### C. MERCY:

- i. Men's and Women's leagues:
  1. 19 points at the 2-minute warning.
  2. 38 points at any point after the 2nd half
- ii. Co-Ed leagues:
  1. 26 points at the 2-minute warning
  2. 50 points at any point after the 2nd half
- iii. The game will continue with the score locked and the clock will run without any stoppage.
- iv. No time outs can be used to stop the clock after the mercy rule has been enforced.

### D. GAME PLAY TIME AND HALFTIME

- i. Games are played in two 20-minute halves with a 3-5 minute halftime break. The clock will run continuously until the final two minutes of each half.
- ii. 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.
  1. Teams may elect to stop the clock at any point in the game, with the use of a time out.
  2. Each team will receive two timeouts per half.
- iii. Game time is start time. The game clock, will start to run at the scheduled match time.

### E. TIMEOUTS

Each team will get one (2) timeout per half. They will not carry over the next half if they do not use the timeout(s).

## IV. Gameplay

### ● 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.
- 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.

#### CO-REC MODIFICATION

- **For 7v7 Co-Ed Leagues:** There will be a three (3) second rush count. The defence must count out loud 3 seconds before rushing the quarterback
- **For 8v8 Co-Ed Leagues:** Immediate rush is allowed. ANY PLAYER FROM THE DEFENSE CAN RUSH AS SOON AS THE BALL IS SNAPPED.
- 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.



- 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 cannot hand the ball off on a run-play to a female player. This **will not** count as running the ball across the line of scrimmage or “OPENING” the play
  - 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)

- **PUNTING (LIVE PUNT RULES)**

- On 4th down, teams may elect to PUNT or to go for a 4th down possession, which if unsuccessful, will be a turnover on downs

#### Declaring the Punt

- 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.
- 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 25 yards, 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
  - If the receiving team does not field the ball or receive it cleanly, possession will start where the ball is dropped from the air
- THE RECEIVING TEAM CANNOT CROSS THE LINE OF SCRIMMAGE DURING A PUNT. THIS WILL BE CALLED A KICKING INTERFERENCE AND WILL RESULT IN A 10 YARD PENALTY AND AUTOMATIC FIRST DOWN.
  - The defense is allowed to move around and attempt to block as long as they do not cross the line of scrimmage
- **SUBSTITUTIONS**
  - Teams can substitute players as many times as they want from their roster of players BEFORE the ball is snapped.(male for male and female for female)
- **OTHER RULINGS**
  - Any rulings that are not covered in this rulebook will default to Flag Football World Championship Tour (FFWCT) Rulebook.

## V. PLAYOFFS

### A. GENERAL INFO

- i. The playoffs begin the first week after all regular season games have been played.
- ii. MANDATORY ID checks will be done by your League Ambassador before playoff games
  1. Rosters are finalized on Weeks 5 (or 6). If there needs to be a substitute or a replacement, please do so before the roster cutoff date.
    - a. ASSC may make special exceptions under certain circumstances
    - b. Any teams found playing a non-rostered player will automatically forfeit and be counted as a loss.

### B. SCORING AND GAMEPLAY

- i. In the event of a tie, there will be an overtime.
  1. Each team will get possession at the 20 yard line
    - a. If the score remains tied after each team has been given an offensive possession, the game will continue with an additional overtime period
    - b. On 2nd and any further overtime periods, the offense must attempt AT LEAST a 2-point conversion PAT



2. No game clock, but play clock runs the same
3. Each team will have 1 timeout to use for ALL of the overtime periods.

**C. SEEDING**

The top four teams with the best records will advance to the playoff rounds.

- i. Additional teams may be added to the playoffs for leagues with 13 or more teams.
- ii. Tie-breakers will be decided as followed:
  1. Total Standing points
  2. Point Differential
  3. Head to head
  4. Coin Toss

**VI. PENALTY Chart/Breakdowns**

<b>Offensive Penalty Called:</b>	<b>Penalty Yardage</b>	<b>Action Resulting from Penalty</b>	<b>Description of Penalty:</b>
<b>Aiding the Runner</b>	5yds	Spot foul, Replay the down	Grasping, lifting, pushing in order to assist the runner by a teammate.
<b>Delay of Game</b>	5yds	From the LOS, Replay the down, Dead ball	Offense not snapping the ball before the play clock expires.
<b>False Start</b>	5yds	From the LOS, Dead ball	The movement by an offensive player simulates the start of the play after they have taken a set position or prior to taking a set position in which the movement of the offensive players simulates the start of the play.
<b>Free Kick Infraction</b>	5yds	25 Yards from the Kick, 35 yard line, (Spot out of bounds +5 if applicable)	Kicking the ball directly out of bounds on a free kick (after a safety).
<b>Illegal Act</b>	5yds	From the LOS, Loss of down, Down still closed	Team not satisfying the gender requirements on a closed down
<b>Illegal Equipment</b>	5yds	From the LOS, Replay the down	Not having the proper equipment during a play or improper equipment during a play
<b>Illegal Forward Pass</b>	5yds	Spot foul, Loss of down	A player throwing the ball forward once they are beyond the line of scrimmage
<b>Illegal Motion</b>	5yds	From the LOS, Replay the down	More than one (1) player in motion parallel to the line of scrimmage at the snap.
<b>Illegal Participation (Prior to snap)</b>	5yds	From the LOS, Replay the down, Dead ball	More than 7(7v7), 8(8v8) players on the field of play ready to participate.



<b>Offensive Penalty Called:</b>	<b>Penalty Yardage</b>	<b>Action Resulting from Penalty</b>	<b>Description of Penalty:</b>
<b>Illegal Procedure / False Start</b>	5yds	From the LOS, Dead ball	An offensive player feigning or moving forward during or before the ball is snapped.
<b>Illegal Substitution</b>	5yds	From the LOS, Replay the down, Dead ball	More than 7 players in the huddle, muddle huddle for more than 3 seconds, or lining up with more than seven (7) players.  OR  A replacement coming onto the field for a team of seven (7) players and not substituting themselves for a player on the field.
<b>Illegal Substitution/Entry</b>	5yds	From the LOS, Replay the down	Player entering the field of play while the ball is live (ready for play) or leaving the field through the opposing teams' sideline or the end zone.
<b>Illegal Shift</b>	5yds	From the LOS, Replay the down	More than one player motioning or shifting their position and all players not getting set for at least a half of a second before the ball is snapped.
<b>Snap Infraction</b>	5yds	From the LOS, Dead ball	Illegal procedure penalty on the center or simulating the snap with the ball in an attempt to draw the defender offside. Snaps under center on declared punts/kick
<b>Diving/jumping</b>	10yds	Spot foul, Loss of down	Ball carrier vertically jumping and or diving to avoid flag pull or advance the ball
<b>Flag Guarding</b>	10yds	Spot foul, Loss of down	Using body part past the waist and around the flags to prevent de-flagging.
<b>Guiding the Blocker</b>	10yds	Spot foul, Loss of down	The ball carrier using their hand or arm to direct the blocker or push the blocker in a specific direction
<b>Holding (Offensive and Defensive)</b>	10yds	From the LOS, Replay the down	Illegal use of hands or body to grab, hook or pull an opponent.
<b>Intentional Grounding</b>	10yds	From the LOS, Spot Foul, Loss of down	Purposely throwing the ball away to avoid a sack
<b>Offensive Pass Interference</b>	10yds	From the LOS, Loss of down	Illegal actions with the receiver gaining an advantage in order to catch a pass



<b>Offensive Penalty Called:</b>	<b>Penalty Yardage</b>	<b>Action Resulting from Penalty</b>	<b>Description of Penalty:</b>
<b>Stiff Arming</b>	10yds	Spot foul, Loss of down	The ball carrier using their hand or any part of their arm to ward of a defender
<b>Delay of Game to Start the Game or Half</b>	10yds	From the basic spot, half the distance if the 14	Not legally lined up ready for play after the play clock has expired to start a half.
<b>Excessive Delay of Game (Unsportsmanlike)</b>	10yds	From the LOS, Replay the down	Delays causing a decisive disadvantage to the opponent or poor conduct.
<b>Flag Tampering</b>	10yds	From the LOS , Loss of down, Ejection	Illegally modifying flag belt or flag(s) in order to gain an advantage against the opposing team
<b>Illegal contact with an official, or an ASSC representative</b>	10yds	From the LOS, Succeeding Spot, Ejection	Aggressively approaching/contacting an official or ASSC official/representative
<b>Illegal Participation – Live Ball</b>	10yds	From the LOS, Replay the down	Having too many players on the field involved in a live play.
<b>Illegal Personal Contact</b>	10yds	From the LOS, End of the run, Automatic First Down	Contact to an opponent that be cause for potential injury or safe play.
<b>Personal Foul</b>	10yds	From the LOS, End of the run, Automatic First Down	An illegal act that results in contact to a restricted area of a player.
<b>Palpably Unfair Act</b>	10yds	Officials' decision may include score	Illegal flagrant act(s) violating any or all aspects of fair competition, sportsmanship) and game integrity (for example: Non-on field player/individual coming off the sideline to interfere with the game during a “live” ball or a dead “ball” play)
<b>Unsportsmanlike Conduct</b>	10yds	From the LOS, Basic Spot, End of the run	A foul that taunts or acts in an unsportsmanlike manner which delay or undermine the integrity of the game.
<b>Charging</b>	10yds	Spot foul, Loss of down	Intentionally not avoiding a defender who has an established position. Consecutive Encroachment/Offsides



<b>Defensive Penalty Called:</b>	<b>Penalty Yardage</b>	<b>Action Resulting from Penalty</b>	<b>Description of Penalty:</b>
<b>Defensive Holding</b>	5yds	From the LOS, Automatic 1st down	Holding and eligible receiver.
<b>Encroachment</b>	5yds	From the LOS, Dead ball	Someone from the defense in the neutral zone and touching an offensive player.
<b>Illegal Act</b>	5yds	From the LOS, Loss of down, Down still closed	Team not satisfying the gender requirements on a closed down
<b>Illegal Equipment</b>	5yds	From the LOS, Replay the down	Not having the proper equipment during a play or improper equipment during a play
<b>Illegal Participation (Prior to snap)</b>	5yds	From the LOS, Replay the down, Dead ball	More than 7(7v7), 8(8v8) players on the field of play ready to participate.
<b>Illegal Return Formation</b>	5yds	Re-kick, From the point of possession or End of the run	Return team not having enough players (4) on their restraining line.
<b>Illegal Substitution</b>	5yds	From the LOS, Replay the down, Dead ball	More than 7 players in the huddle, muddle huddle for more than 3 seconds, or lining up with more than seven ((7) players.
<b>Illegal Substitution</b>	5yds	From the LOS, Replay the down, Dead ball	A replacement coming onto the field for a team of seven (7) players and not substituting themselves for a player on the field.
<b>Illegal Substitution</b>	5yds	From the LOS, Replay the down	Player entering the field of play while the ball is live (ready for play) or leaving the field through the opposing teams' sideline or the end zone.
<b>Illegal Shift</b>	5yds	From the LOS, Replay the down	More than one player motioning or shifting their position and all players not getting set for at least a half of a second before the ball is snapped.
<b>Offsides</b>	5yds	From the LOS, Replay the down	A player in the neutral zone at the snap of the ball or kicking team offsides
<b>Simulating the Snap</b>	5yds	From the LOS, Dead ball	Defensive player(s) making sounds that simulate the offensive cadence snap count
<b>Consecutive Offense</b>	10yds	From the LOS, Replay the down	Defender committing consecutive neutral zone infractions Neutral Zone Infraction
<b>Holding (Offensive and Defensive)</b>	10yds	From the LOS, Replay the down	Illegal use of hands or body to grab, hook or pull an opponent.
<b>Illegal Block in the back</b>	10yds	Spot foul, Replay the down	Blocking above the waste in the rear of the opponent.



<b>Defensive Penalty Called:</b>	<b>Penalty Yardage</b>	<b>Action Resulting from Penalty</b>	<b>Description of Penalty:</b>
<b>Illegal Block Punt</b>	10yds	From the LOS, Automatic 1st down	Attempting to block a declared punt.
<b>Illegal Contact</b>	10yds	From the LOS, Automatic 1st down	Making contact with a receiver pass the chuck zone before the ball is thrown
<b>Impeding the runner</b>	10yds	End of the run, Replay the down	Illegal action that is impeding the runners 'forward progress.
<b>Kicking Intereference</b>	10yds	From the LOS, Automatic 1st down	Crossing the LOS and or attempting block a declared punt
<b>Stripping</b>	10yds	From the LOS, Spot foul, Replay the down	A defender attempting to knock the ball out of the hand of a ball carrier or receiver who has clear possession of the ball.
<b>Delay of Game to Start the Game or Half</b>	10yds	From the basic spot, half the distance if the 14	Not legally lined up ready for play after the play clock has expired to start a half.
<b>Excessive Delay of Game (Unsportsmanlike)</b>	10yds	From the LOS, Replay the down	Delays causing a decisive disadvantage to the opponent or poor conduct.
<b>Fair Catch Interference</b>	10yds	From the basic spot	Interfering with the receiver who has clearly signaled for a fair catch.
<b>Flag Tampering</b>	10yds	From the LOS , Loss of down, Ejection	Illegally modifying flag belt or flag(s) in order to gain an advantage against the opposing team
<b>Illegal contact with an official, or an ASSC representative</b>	10yds	From the LOS, Succeeding Spot, Ejection	Aggressively approaching/contacting an official or ASSC official/representative
<b>Illegal Participation – Live Ball</b>	10yds	From the LOS, Replay the down	Having too many players on the field involved in a live play.
<b>Illegal Personal Contact</b>	10yds	From the LOS, End of the run, Automatic First Down	Contact to an opponent that be cause for potential injury or safe play.
<b>Personal Foul</b>	10yds	From the LOS, End of the run, Automatic First Down	An illegal act that results in contact to a restricted area of a player.
<b>Roughing the Passer</b>	10yds	From the LOS, End of the run, Automatic First Down	Illegal contact with the quarterback or player behind the line of scrimmage attempting or eligible to throw the ball.



<b><u>Defensive Penalty Called:</u></b>	<b><u>Penalty Yardage</u></b>	<b><u>Action Resulting from Penalty</u></b>	<b><u>Description of Penalty:</u></b>
<b>Palpably Unfair Act</b>	10yds	Officials' decision may include score	Illegal flagrant act(s) violating any or all aspects of fair competition, sportsmanship) and game integrity (for example: Non-on field player/individual coming off the sideline to interfere with the game during a "live" ball or a dead "ball" play)
<b>Unsportsmanlike Conduct</b>	10yds	From the LOS, Basic Spot, End of the run	A foul that taunts or acts in an unsportsmanlike manner which delay or undermine the integrity of the game.
<b>Illegal Rush</b>	5yds	From the LOS, Replay the down	Rushing the restricted gap(s) on declared extra points kicks punts and field goals.

