

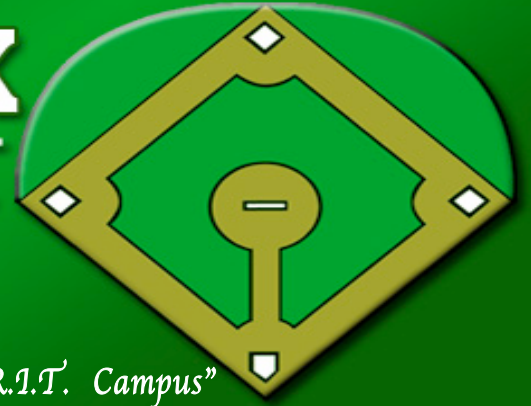
SPORTSPARK OF NEW YORK

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"Near R.I.T. Campus"



~ 2005 ~



League Rules Coed Flag Football Team Guide

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The SPORTSPARK Of New York will follow USFTL Flag Football rules with some exceptions.
- Version 1 -

OVERVIEW

8 players on the field (4 Males/4 females)

Two 20-minute halves w/8 Play Period - 2 Time Outs per half

Running clock for entire game except last two minutes of game.

Must cross one 20 yard marker for a first down

6-point touchdowns

Choice of 1 or 2 extra points on P.A.T.'s (3 paces/yards for 1 Pt., 10 paces/yards for 2 pts.)

NEW RULE: TWO POINT CONVERSION ATTEMPTS MAY BE INTERCEPTED AND RETURNED FOR TWO POINTS

Dead ball on all fumbles

Quarterbacks cannot snap the ball to themselves

A 5 second rush count will be used and counted by the officials

NEW RULE: EACH TEAM WILL HAVE 2 AUTOMATIC BLITZES PER HALF

A bubble zone is in effect around the center (1 yd in front & 1 yard to either side)

PLAYERS ACTING AS OFFENSIVE LINEMAN MUST HAVE HANDS BEHIND THEIR BACK WHEN PROTECTING THEIR QUARTERBACK FROM PURSUING DEFENSIVE RUSHERS. THERE IS NO CONTACT AT OR BEHIND THE LINE OF SCRIMMAGE.

Four-Downs-and-Out format applies for overtime.

Receivers need only on foot in-bounds with possession of the ball to be considered "in bounds"

COIN FLIP/BEGINNING OF GAME The team that wins the coin flip at the start of the game must choose one of three options: 1) offense, 2) defense 3) direction. Teams flip flop direction, and the team that lost the coin flip has the option of offense or defense. There are no kick-offs. Play starts 20 paces/yards from the goal line.

TEAM SIZE Each team shall field no more than 8 players, with at least three women (four men, four women.) at any one time. Teams not able to field a "full" team **may** play with a minimum of 6 players (3 men and 3 women). Teams not able to field the minimum number of players (6) may play a "legal" game with the consent of the opposing captain and/or league staff. **(Please note: if a team arrives with less than 6 players a "forfeit win" is also an option for the opposing captain.)** Games will start no later than 10-minutes past the scheduled start time. At that time, it is up to the referee or staff member and opposing captain to allow play.

- If a team substitutes players during the game, they must do so from the same sideline the entire game. Eligible receivers must be on the playing field *before* the cadence is started.
- There is no **maximum** limit to the amount of females that must be on the field. To ensure coed participation, a penalty will ensue if the offensive team fails to use a female as an operative player within 3 consecutive downs.



An Operative Player is defined as a player who:

- Is the intended receiver in the eyes of the official
- Runs the ball as the primary runner
- Receives the snap as the QB and must attempt to be the person who initiates the ball crossing the line of scrimmage, either passing or running - unless she is sacked.
- Receives the snap and immediately spikes the ball at her feet

An Operative Player is NOT defined as a player who:

- Hands off the football
- Snaps the ball into play
- Receives a hand-off only to give it back to a male before crossing the line of scrimmage

Examples:

- A pass deflected by a male and caught by a female is a female play
- A pass intended for a female (in the eyes of the referee) that is deflected by a female, **and** caught by a male **counts** as a female play
- A pass thrown by a male, received by a male and immediately pitched to a female (the “hook and ladder”) **will not** constitute a female play - no matter how far the female advances with the ball after the pitch
- A pass intentionally grounded by a female in the last two minutes of the second half in order to stop the clock **counts** as a female play
- If a female pitches the ball to a male behind the line of scrimmage this will not result in a female play.

The penalty for running 3 consecutive plays without a female as an “operative player” will be a 5-yrd penalty and loss of down (i.e. if it was 1st down during the penalty, it is now 2nd down) and the female must now be the operative player on the next play. If on this play a male catches or runs the ball: loss of down, the play is ruled “dead”, and the ball is marked back 5 yards, and the next play must be a female play.

Plays utilizing a female and resulting in “loss of down” penalties will still be considered “female” plays. Plays utilizing a female resulting in a non-loss of down penalty will not count as a gender play. The play never existed.

The slate is clean for extra points and punts and everyone is eligible.

THE DREADED SACK

If a male is the QB on a play which could either be to a male or female and the QB is sacked the ball is spotted where he was sacked and the play stands as a male play, no matter who was the intended receiver. If a team was **forced** to use a female as the operative player and the male QB is sacked the play stands as a female play and the offensive team does **not** have to use a female on the next play.

TIME

Play will be divided into (2) 20-minute halves with a running clock. Teams flip flop direction, and the team that lost the coin flip has the choice of offense or defense. The clock runs continuously with the exception of time-outs and serious injury. Each team is allowed two (one-minute) time outs per half. If a team takes a time out after a touchdown, prior to the extra point attempt, the clock will not start until the defensive team takes over on offense and snaps the ball.



*****THE CLOCK DOES NOT STOP ON FIRST DOWNS OR FUMBLES.**

For the entire game, the offensive team has **30** seconds to snap the ball once the referee spots the ball. If the referee feels that this is being taking advantage of, they can:

- On the first recognized abuse - Stop the clock.
- On subsequent abuses - Stop clock, and penalize the offense 5 paces/yards.

*** If a team is up by 17 points or more, the clock runs continuously during the last two minutes of play.*



TIE GAMES

The Four Downs & Out Format applies in overtime. Please refer to the OVERTIME section for details. Touchdowns are awarded 6 pts. Extra points: 3 paces/yards off the goal line = 1 pt., 10 paces/yards = 2pts.

NEW RULE: Two point conversion attempts may be intercepted and returned for two points with the defense retaining possession at the 20-yard line. One-point attempts may not be intercepted and returned.

FIRST DOWNS

Each team shall have 4 downs to either score or earn another first down. First downs are achieved when a team crosses one 20 yd. marker based on their original field position. If a team fails to score or earn a first down, possession will go to the other team. Offensive teams may elect to punt on fourth downs

PUNTS

A punt must be declared and cannot be faked. All punts are "free" punts. A team need not snap during a punt, a dropped snap during a punt is not a fumble. **Punts must be kicked.** Punts cannot be thrown. Punts are "open" plays meaning, there are no **Male/Female rules for punts.** The punting team need not have a minimum number of players on the LOS. The returning team must have at least 5 players within 5 yards of the LOS. **NO DOWNFIELD BLOCKING or BLOCKING AT THE LINE OF SCRIMMAGE.** Neither team may cross the line of scrimmage until the ball is kicked.

The receiving team may not raise hands or jump to block a punt. If a punt is "shanked" and caught it is a live ball and is returnable. The return team may field the ball off the ground if done so cleanly. A punt through the end zone comes back to 20 yards off the goal line. If a player drops the ball in the end zone, the ball is again spotted 20 yards out from the goal line and is **not** counted as a safety.

CONTINUANCE OF PLAY

Play shall continue until:

- Ball-carrier has at least one flag pulled by an opponent (see flag specifics for the few exceptions/additions concerning flag pulling)
- Ball-carrier leaves the field of play
- Ball-carrier scores
- Ball touches the ground as a result of a fumble or incomplete pass (the ball is not an extension of the arm. If the ball is pinned between the ground and the ball carriers hand, the play is dead)
- Ball-Carrier's knee touches the ground

SPOT OF THE BALL

The ball will be spotted where the ball-carriers hips are at, at the time his/her flag is pulled. Ball extension does not apply.



TURNOVERS

A change of possession can only occur due to downs, an interception on a forward pass, or a lateral that is picked off in mid-air by the defense. A fumble is not a turnover. The ball is dead at the point of the fumble and the offense retains possession.

NO CONTACT AT THE LINE OF SCRIMMAGE

Players acting as offensive lineman must have hands behind their back when protecting their quarterback from pursuing defensive rushers. There is no contact at or behind the line of scrimmage. Offensive lineman can position their body at any particular angle in an attempt to direct the rushers to a particular area, but they may not physically direct them.

PENALTIES

Normal rules and penalties of T.A.A.F. apply unless exceptions have been made herein.

Some Common Examples of Penalties:

Illegal Contact - At or Behind the Line of Scrimmage:

In cases where the person(s) acting as the offensive lineman, initiates any contact (at the ref's discretion), it will be ruled a 5 yard penalty from the line of scrimmage and we will replay the down. If this contact is deemed excessive by the ref, an "unnecessary roughness" penalty of 10 yards can be assessed.

Illegal Contact - Down Field:

5 yards from point where ball carrier is at the time of infraction.

Off-sides (Offensive):

5 yards, play is ruled dead immediately, no option to decline, down is replayed.

Off-sides (Defense):

5 yards, offense has option to decline.

Illegal Motion:

Players may not be in motion towards the line of scrimmage when the ball is snapped. This will result in a dead ball, five-yard penalty and repeat the down.

Offensive Picking/Interference:

The offensive team may not initiate a pick/block while in motion. A pick/block will result in a 5-yard penalty from the line of scrimmage, loss of down (i.e. if it was 1st down during the penalty, it is now 2nd down). If a catch is made after a clear pick, it will be ruled no catch, 5-yard penalty from line of scrimmage, and loss of down.

Remember: Some acceptable incidental contact will occur while running routes and within the normal course of play, and will not be called.

Unnecessary Roughness:

This includes any illegal tag such as grabbing jerseys or excessive pushing etc. This behavior will result in a 10-yard penalty from point of the infraction and automatic first down. Extreme roughness will result in ejection from the game and or league if deemed necessary by the referee and league staff.

Defensive Pass Interference:

- 5-yard penalty from the point of infraction and offense is awarded an automatic first down. If the pass interference is in the end zone, the ball comes out to the 1-yard line and it will be 1st down.

Defensive Holding:

- 5-yard penalty from line of scrimmage, replay down. Offense can accept or decline the penalty.

Defensive Checking:

- 5-yard penalty from line of scrimmage, replay down. The “bump and run” will not be allowed. No player may initiate contact at the line of scrimmage. There is no 5-yard “Bump Zone”.

Safeties:

- A safety will be scored if a player is:
 1. Tagged down in their own end zone (not on a punt return)
 2. Runs out of bounds in their own end zone
 3. Snaps the ball out of the end zone
 4. If the offense fumbles the ball in their own end zone

As a result, the team on defense receives 2 points, and the team on offense must now punt a “free” kick from their own 20-yard line.

Also, a player having intercepted a pass or received a punt in the end zone cannot be tagged in the end zone for a safety unless he/she has previously crossed the plane of the end zone with the ball.

Intentional Grounding:

- This penalty will be called when a passer facing an imminent loss of yardage because of pressure from the defense, throws a forward pass, without a realistic chance of completion. 5-yard penalty from the point of infraction. This will also result in a loss of down (i.e. if it was 1st down during the penalty, it is now 2nd down).

Miscellaneous:

- If the QB crosses the line of scrimmage and then throws a forward pass the defense can either decline the penalty or it will be a 5-yard penalty from the line of scrimmage and loss of down (i.e. if it was 1st down during the penalty, it is now 2nd down).

- The quarterback may field the ball off a bounce during the snap if done cleanly. A snap that is muffed by or goes past the quarterback will be down where it lands.

- The QB may NOT snap the ball to him/herself. If the QB does snap to him/herself, play will stop immediately and it will result in a 5-yard penalty and repeat the down.

- Loss of down penalties, which occur on fourth down, will result in change of possession.



FLAG SPECIFICS

1) No flag guarding *** Will result in a 10 yard penalty from the spot of infraction.

A defensive player returning an interception who flag guards, will be penalized 10 paces/yards from the spot of infraction.

2) Shirt must be tucked in and flags must be securely attached. Loose hanging articles (i.e. sweatshirts, long T-shirts, etc.) that are held/ripped will not result in a holding penalty, unless in ref's eyes player was not attempting to go for flag.

3) Any ball carrier whose flags are (in ref's opinion) not accessible to be pulled will be down at 1st point of contact with the defense.

4) Any ball carrier who has a flag or both flags missing for whatever reason (falls out, accidentally pulled before reception, not noticed before snap, etc.) will be down at the first point of contact.

5) Players may leave their feet to pull a flag.

6) Spin moves will be allowed.

7) Belt grabbing will result in a 5-yard penalty from end of play.

Any belt grabbing at the end of a half or game will result in a 5 yard penalty from point of infraction and replay of down. If this penalty occurs within 5 yards of the end zone, the ball will be spotted at the 1-yard line and the offense will receive one play.

OVERTIME

The Four-Down & Out format will apply to overtime. The winner of the OT coin toss will choose 1) offense or 2) defense. The loser of the coin toss will choose which direction both teams will go. Teams will attempt to score in the same end zone. Each team will have 4 downs to score from 10 yards from the goal line. If a team scores, they will have the opportunity to go for one or two on the PAT. A female must be used once within the first three plays or on the 1st and 4th downs when applicable. An interception will result in a team losing its possession. The game will be decided when one team scores more points in the rotation. No first downs will be awarded in overtime except in the case of a penalty. Interceptions will result in a turnover and may not be returned for any points.

MISCELLANEOUS

Receivers need only one foot in bounds for a reception. If in the referee's eyes a receiver would be able to legally catch a pass but was pushed out of bounds by a defender while in the air, a catch will be awarded.

Receivers intentionally leaving the field of play are ineligible to receive a pass. This includes the back of the end zone.

Excessive roughness can get a player/team ejected from the game and or league.

