

General Rules

Schedule: All games are 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. If a team is not ready or no-show the game it will be considered a **Forfeit**. **Forfeits** will result in a **21-0** loss for the **no-show** team. The game clock will start no later than the conclusion of the grace period.

Roster: Each team can have up to **20 players** as long as they meet the league fee and gender(co-ed) specific qualifications. If any questions, see below. If you know you will not be able to have a full team, please call us within **48 hours** in advance and we will try our best to reschedule your game. Even if the call is made in time, **it does not guarantee your game will be rescheduled.**

- Call: 678-907-2972
- Email: contactus@riseatsports.com

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). The games will not be rescheduled and will count as an official game.

Roster Checks: Roster minimums must be met before week 1 of games. Roster checks **with Picture ID will be conducted during the playoffs no exceptions.** At the league manager's discretion, a roster check may be done randomly thorough out the regular season.

Rain Outs: The procedure for rainouts is to check RISE'S website at <https://www.riseatsports.com/home>, or call 678-907-2972 for information on delays or cancellations or Download the **Sports Engine App** and find your teams information and messages will also be posted there as well.

Overly Aggressive Players: All RISE sports games are intended to be recreational, unless designated as a competitive ('C') 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 a RISE staff member.

7v7 Flag Football Rules

Format: Games are played in two 20-minute halves with a 2 minute halftime break. There is a **20 second play clock**. The clock will run **continuously** until the **final two minutes of the 2nd Half**. After the two-minute warning, the clock will stop on out-of-bounds, change of possession, extra points, penalties and incomplete passes. **Playing Field:** The standard field of play is 80 yards x 40 yards with 10-yard end zones.

20-yard first down markers. Field sizes may vary due to available field space. i.e. grass fields

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 or 3 points.**

Mercy Rule:

- **20 points at the 2-minute warning in the 2nd half the game will end with the score locked**
- At the 2-minute warning of the second half, if the score difference is **9 points or more**, a pro clock **will not be** initiated and will continue with a running clock. Same applies if a team scores during the 2 minutes to create a **9 or more point** lead. If a team scores to create a one possession game within 2 minutes of the second half, a pro clock will then be initiated.

Possession

- Each drive will start on the offense's **14-yard line**, after every score, touchback, and 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 is located when the play ended**. The spot of the ball will be determined by where the ball is located when the play ended. The spot of the ball **IS NOT** determined by where the flag was pulled or where a player ran out of bounds.

OFFENSE

The offense can only snap the ball once the Line Judge has signaled that "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
- There must be **4** players on the line for it to be set.

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 Players **Can Not Dive** to advance the ball.

OFFENSIVE PLAYS FROM LOS

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 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 **(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.
- A 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-ED LEAGUES RULES

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 (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.

RUNNING / JUMPING / DIVING

Article 1. Ball carriers are allowed to leave their feet, jump, and spin as evasive maneuvers in order to advance the ball as long as they do not put another player's safety at risk. Not every insignificant jump or small hop constitutes a safety issue and player safety risk is at the discretion of each official. Jump cuts or leaping between two defenders is allowed if they do not initiate noteworthy contact with the defender or put another player's safety at risk.

Article 2. Ball carriers may not hurdle over another player. Ball carriers may not dive, lunge, or fall forward in a perceived intentional manner in order to advance the ball or achieve a line-to-gain. This is a judgment call by the game officials.

Article 3. Ball carriers may extend the ball out in front of them to gain additional yardage.

Article 4. Diving by the defense to capture a ball carrier's flag is legal.

Article 5. Ball carriers must make every effort to avoid a defender who has established a stationary position.

Article 6. Runners may leave their feet to avoid collision or falling on another player.

Article 7. Passers may jump vertically to throw the ball over a defender.

Article 8. The offense may use multiple backward hand-offs or laterals.

PUNTING (MUST DECLARE THE PUNT)

There must be 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 7v7: If a team elects to punt, the team has two options. There is **no undeclared 4th downs**

1. Physically punt the ball down the field (One Bounce)
2. Automatically (walk off) advance the ball 25 yards up the 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 across 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 (1) bounce
- The receiving team has exactly ONE attempt to field the ball out of the air or from one bounce
- THE RECEIVING TEAM CANNOT ATTEMPT TO BLOCK A PUNT. A KICKING INTERFERENCE WILL RESULT IN A 15 YARD PENALTY AND AUTOMATIC FIRST DOWN.

OVERTIME (Continuous ONLY DURING PLAYOFFS)

- ****IF FIELD TIME HAS RUN OUT FOR THE DAY, THE GAME WILL END IN A TIE. THERE WILL BE NO OVERTIME PLAYED****
- First possession is decided by coin flip or rock, paper, scissors if no coin available
- Each team will have one attempt at a 1, 2, or 3 point extra point from the 3, 10, or 20-yard line
- If the score remains tied, after each team has been given an offensive possession, the game will **(END IN A TIE DURING THE REGULAR SEASON)** continue to the 2nd overtime period**(DURING THE PLAYOFFS)**
- 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

<u>Foul</u>	<u>Type</u>	<u>Yards</u>	<u>Spot</u>	<u>Notes</u>
Flag Guarding		5	Spot	LOD
Illegal Advancement		5	Spot	LOD
Illegal Forward Pass		5	PS	LOD
Offensive Pass Interference		5	PS	LOD
Defensive Pass Interference		10 or Spot	Offense Choice	Auto 1 st Down
Personal Foul/Unnecessary Roughness		15	End of play Previous Spot	Offense: LOD Defense: Auto 1 st Down
Unsportsmanlike Conduct		15	End of play or Previous Spot	Offense: LOD Defense: Auto 1 st Down
Roughing the passer		10	PS	Auto 1 st Down
Delay of Game	Dead	5	PS	Replay Down
False Start	Dead	5	PS	Replay Down
Offsides			PS	Replay Down
Encroachment	Dead	5	PS	Auto 1 st
Illegal Substitution	Dead	5	PS	Replay Down
Illegal Shift or Illegal Motion		5	PS	LOD
Stripping or Attempted Stripping		5	Spot	
Illegal Contact		5	PS or Spot	Offense: LOD Defense: Auto 1 st Down
Early Flag Pull		5	PS	Auto 1 ST Down
Illegal Participation		5	PS	Offense: LOD Defense: Auto 1 st Down
Illegal Snap		5	PS	Replay Down

Illegal Blocking		5	Spot or PS if behind LOS	LOD
Holding		5	Spot	Auto 1 st Down
Charging		5	Spot	LOD
Illegal Equipment		5		Replay down

<u>Foul</u>	<u>Type</u>	<u>Yards</u>	<u>Spot</u>	<u>Notes</u>
Illegal(Moving) Screen		10	EOR or POI	LOD

****Defensive encroachment** resulting in an offensive first down will become an offensive captain's choice penalty

****Moving screens** shall be penalized from the end of run (E.O.R.) or the point of infraction (P.O.I.), whichever hurts the offensive team the most. If the illegal screen is judged to have caused excessive contact, it will be penalized 10 yards and loss of down.

*****Special Addendum*****

Ref conferences will stop the game clock: However, IF teams/players are interfering and not allowing refs to discuss the call then the clock WILL RUN and a team will need to use a time out to stop the clock.

PS – Previous Spot

SPOT – Spot where the foul occurred

LOD- Loss of Down

EOR-End of Run

POI-Point of Infraction

LOS-Line of Scrimmage