

Carolina Sports Association

6v6 Coed Flag Football League Rules

LEAGUE POLICIES

- A. **Games**- The games will be played within the time allotted, and will start on time.
- B. **Rosters**- In order to participate in the league, each participant must be entered on to their teams designated roster form. Players not present the first night are required to sign the roster form with the staff before participating. A player may be listed on only one roster, and rosters are frozen after the fifth (5th) game of the season. An individual may sub on another team during the regular season, but is only allowed to play on one (the original team he/she first participated on) team in the post season. Rosters will be limited to twelve (12) total players. All players must have a valid ID available.
- C. **Forfeits**- Your team must have at least 4 players from the roster present at game time. Each team is allowed to pick up a maximum of 2 players from another team. If your team needs to pick up **any** players, you must ask the opposing captain for permission.

If your team forfeits a game during the regular season, the following rules apply:

1st Forfeit: Loss of game and warning issued.

2nd Forfeit: Loss of game and staff reserves the right to remove team from playoffs.

3rd Forfeit: Removal from the league. If a team is removed from the league, then every current team that remains on the removed team's schedule will receive a win by the score of 6 to 0. However, every game that the removed team completed up to the point of removal shall remain as it occurred. For example, if Team A lost to Team B, and Team C has yet to play Team B, and Team B is removed from the league, then Team A keeps its loss, while Team C would receive a win for their respective games against Team B.

If a team is removed from the league and/or playoffs, there will be no refunds given to such team.

- a. If you know in advance that your team can not make it to a game, we ask that you call and/or email CSA so we can reschedule the game if possible. Teams must inform CSA of their inability to make it to a game a minimum of two days in advance of their scheduled game time. For example, if your game is scheduled for Monday, you must give CSA notice by 5 pm

Thursday. If less notice is given, then such team will receive a loss by forfeit.

CSA reserves the right, in its sole discretion, to reschedule a game if applicable notice is given. CSA will use its best efforts to reschedule such game, but there may be situations where a reschedule is not possible, and a forfeit will be assigned to the team in question.

- b. Teams have a five-minute leeway past the official start time to field a full squad. The referees' time is considered the official start time.
- D. **Results-** It is the responsibility of both team captains to sign the scorecard after each game. Any disputes or challenges must be brought to the official's attention at this time only.
- E. **Protests-** Two types of protests:
- a. **Rule interpretations-** A team can protest a rule interpretation, but not an official's judgment. If a team wishes to protest the interpretation, the captain must call a time-out **before** the start of the next play. Officially declare to the official what the protest is about. Officials will confer to discuss if the protest is valid or not. If the protest is ruled valid, the correction will be made and the team will not be charged with a time-out. If the protest is not valid, play will resume and the team will be charged with a time-out.
 - b. **Eligibility-** An eligibility protest must be made as soon as possible or before halftime. The captain must bring the person in question to the official's attention. If the player in question is indeed ineligible, then that team will forfeit the game. It is the captain's responsibility to ensure that all players are eligible for play each week.
- F. **Rain Outs-** Game cancellations will be declared 1 hour prior to game time. At that time the rainout line will be updated ([704-644-5627](tel:704-644-5627)). Captains are responsible for checking the rainout hotline and notifying their team.

THE GAME

- A. **Players-** The game will be played between two teams of 6 players each, and there can be no more than 4 males on the field at once. Teams may play with less than 6 players but must have at least 4 players on the field at all times, one of which must be a female. Other ratios that would be acceptable are 3M/3F, 4M/2F, 4F/2M, 5F/1M, 6F, or in the event of absence or injury, a team may play with only 1 woman but it cannot have more than 4 men on the field.

- B. **Time**- The game will consist of 2 twenty-five minute halves, and half-time lasting 3 minutes.
- C. **Clock**- The clock will run continuously except for the last 2 minutes of the 2nd half. An official may also use his/her discretion to stop the clock for any instances of injury, or any other reason the official sees fit. There will be a 20 second time limit between changes of possession. Such 20 second time limit will begin once the ball is spotted. Notwithstanding, any official, in his/her sole discretion may start the 20 second time limit earlier if it is their opinion that a team is taking too long to spot the ball. During the last two minutes of the game the clock will stop on all out of bounds, incomplete passes, first downs, touchdowns (with an un-timed extra point attempt), or penalties, and the clock will resume on the snap. A 2-minute warning will be stated in each half.
- (1) **Mercy Rule**- If a team is leading by twenty points or more at the two minute warning, or any time thereafter in the second half, the clock will not stop, and will run continuously.
- D. **Time-Outs**- Each team will be entitled to 2 time-outs per game and one additional time-out for each overtime period. Time-outs will last 1 minute.
- E. **Coin Toss**- At the start of the game a coin toss, or similar method, (called by the home team), will determine possession of the ball and direction. The captain that wins the toss will be given the option of taking the ball or deferring until the second half. The opposing captain will have the option of direction. There will be no kick-offs. The ball will start on the offense's own 5 yard line.

EQUIPMENT

- A. **Shoes**- No metal spikes allowed.
- B. **Shirts**- Each player must have their shirts tucked into their pants, or the shirt must rest an inch above the waist. Each player must have a shirt with a number on the back. Two players from the same team will not be allowed to have the same number.
- C. **Belts**- Each player must wear a belt with 3 flags attached at the waistline, in the following manner: the flags shall hang freely from 3 sides of the body (each side of the body, and in the middle of the backside). During a play, if a flag inadvertently falls off of the player with the ball, the opposing team may tag that player with one hand to end the play.
- D. **Pants/Shorts**- All players are encouraged to wear shorts or pants without pockets. This decreases the possibility of broken fingers and hands. All players are warned that wearing baggy clothes will heighten the chance of the clothes being ripped.

- E. **Jewelry-** All participants are asked to remove any jewelry before playing.
- F. **Footballs-** The teams must provide their own footballs which must be a legal adult size ball. Junior sized footballs are not allowed.

BALL IN PLAY

- A. The offensive line of scrimmage will be designated by a down marker (as shown to each team captain by the officials prior to the start of the game). It will be placed at the spot of the ball. A second down marker will be placed a yard downfield from the line of scrimmage (unless the line of scrimmage is less than a yard from the end zone, in which case the second down marker will be placed on the goal line). This will mark off the neutral zone. Players from either team are not allowed in the neutral zone until the ball has been snapped.
- B. The offense has 4 downs to advance the ball to the first down line (marked by cones). The spot of the play will be marked where the ball is at the time the flags are pulled. For example, if the ball crosses the goal line, but the player's waist does not cross the goal line, the result will be ruled a touchdown. If the player's waist crosses the goal line, but the ball does not, the spot of the play will be marked where the ball is. In order to score a touchdown, the ball must cross the goal line.
- C. If the offense does not make it to the first down, after the third down they will then have the option to punt the ball or "go for it." If the offense opts to punt, they may not change their mind unless they call a time-out and announce to the official that they are "going for it." A punt must be snapped to the punter. Once the ball is punted, if it is not caught and hits the ground it is marked dead. This is where the line of scrimmage will be marked for the next play. If the ball travels out of bounds, where the ball crossed the sideline will be where the ball is marked. If the ball is caught, and the receiver's knee is down, the ball is marked dead.
- D. There are no fumbles. As soon as the ball touches the ground, or the player's (who has possession of the ball) knee touches the ground, the play is ruled dead.
- E. All substitutions must be made between downs and on the same side of the field. Any player who is bleeding or has an open wound must clean off the blood and/or dress the wound before coming back onto the field.
- F. **Girl Play-** Within every three plays a woman must be involved. A legal girl play can be one of the following (and in an official's discretion):
 - 1. A legal forward pass completion for positive yardage. Either a male throws directly to a female, or a female throws to any player on the field. The end result of the play must be for positive yardage, and a girl must be involved in the end result (the female must pass the ball across the line of

scrimmage to any player, or a male must pass the ball across the line of scrimmage to a female, or a female rushes across the line of scrimmage for positive yards). If a female quarterback is sacked, the play is NOT considered a girl play, and the next play will be designated as a girl play.

2. A legal forward pass for positive yardage that is incomplete where the intended receiver is a female, if thrown by a male, or any member of the team, if thrown by a female. Whether the intended receiver was in a position to catch the ball or not is at the official's discretion (i.e. intentionally throwing the ball at the feet of another player will not constitute a valid attempt).

Penalty Enforcement: If the attempt does not involve a girl:

- a. Loss of down and the next play is still a girl play;
 - b. If an offensive penalty occurs then the next play is still a girl play;
 - c. If a defensive penalty occurs the next play will be open;
 - d. If a female quarterback is sacked during a designated girl play, the only penalty assessed will be loss of down and the next play will be designated as a girl play. For example, if a female quarterback is sacked on 3rd and girl, then the ball is spotted where she was sacked and it now becomes 4th and girl.
- G. Running out of bounds/or downing the ball within the 5-yard line- A player runs purposely out of bounds within the 5-yard line, downs the ball purposely, or stops purposely within the 5-yard line. The spot of the ball will be brought back to the 5-yard line. If a player is legally deflagged within the 5-yard line the spot will be marked where the ball is when the player is deflagged. This decision will be made at the official's discretion.

SCORING

A. **Touchdowns**= 6 or 8 points

1. If a female is the receiver of a legal forward pass and scores a touchdown, the touchdown will be worth 8 points. If a female throws a legal forward pass to any teammate and that teammate scores, the touchdown will be worth 8 points. If a female runs the ball into the end zone, the touchdown will be worth 8 points. All other touchdowns are worth 6 points. A male-to-male reception with a pitch back (lateral or backward pass) to a female will result in a 6-point touchdown. Also, if a female receives the ball and pitches it to a male it will also be worth 6 points.

- B. **Extra Points**= 1, 2, or 3 points. There will be no kicking for extra points, or field goals.

Following the same rules as the touchdown, if a female scores or throws the extra point attempt, it will be worth more points, and all other successful attempts will be worth original points.

There will be two options for extra points:

1. From the 5-yard line- Male-to-Male reception will be worth 1 point. Female extra point will be worth 2 points.
 2. From the 10-yard line - Male-to-Male reception will be worth 2 points. Female extra point will be worth 3 points.
 3. Defense can intercept any extra point attempt and run it back to their end zone for 2 points.
- C. **Safety**=2 points- A safety is awarded when an offensive player is de-flagged, or fumbles, the ball in his or her own defending end zone. The defense is then awarded change of possession and the ball on their own 5-yard line.

PASSING/RUNNING/BLITZ

- A. Each play must begin with a snap from the ground.
- B. Only one legal forward pass may be made on each down (even if the forward pass is behind the line of scrimmage).
- C. A player may not pass to him/herself. However, as long as a pass attempt makes contact with another player, and then the passer touches it again, the passer may then catch and advance the ball.
- D. A pass is considered complete as long as the receiver has control of the ball and the first foot to touch the ground is completely in bounds. If the first foot to touch the ground is on the line or is out of bounds, the player is considered out of bounds and the pass is not complete.
- E. No runner may use his/her hands to push away a defender while advancing the ball.
- F. On each play the official will start a count to five, starting from the snap of the ball (ex. One-one thousand, two-one thousand, three-one thousand, four-one thousand, five). After the count of 5 is reached, any player(s) on the defending side may rush (cross the line of scrimmage) the quarterback. The quarterback may

not advance the line of scrimmage until a defensive player has crossed the line of scrimmage.

- G. Each team will be allowed to blitz (rush the quarterback before the 5 count has ended) 6 times per game. The normal rules of rushing apply once a defensive player blitzes. If a defensive penalty happens after a blitz has occurred, it will count toward the six (6) total blitzes. If an offensive penalty happens after a blitz has occurred, then the blitz will not be counted toward the six (6) total blitzes. If offsetting penalties occur after a blitz has occurred, the blitz will not count toward the six (6) total blitzes. In the event of overtime, each team will be awarded 1 blitz per overtime period. Even if a team has not used all six (6) of its blitzes, it will only be allowed to blitz one (1) time during the overtime period.

BLOCKING

- A. There is NO contact blocking allowed. Any contact initiated by any player will be penalized.
- B. Defensive players must try to avoid contact and go around offensive players.
- C. Players must remain on their feet at all times. Hurdling or diving to gain yardage will result in a penalty.
- D. Tackling is prohibited. All players must go for the flags and not the body of a ball carrier. If a defensive player tackles a ball carrier that, in the judgment of the officials, had an open field for a touchdown, a touchdown will be awarded. The player who tackled may be ejected from the game.

OVERTIME

- A. Overtime will be played in all games.
- B. Another coin toss, or similar method, will take place (the call will be made by the home team). The winner of the coin toss will have the option to take the ball or defend first.
- C. The ball will be placed on the 15-yard line of the designated end zone. Each team will have 4 downs to successfully score and go for an extra point. All rules apply in this situation.
- D. If the defense intercepts the ball, they have an opportunity to return the interception for a score. If they are unsuccessful in returning the interception for a score, the ball will be placed on the 15 yard line of the designated end zone, and they will have 4 downs to successfully score.

- E. If a team scores before the fourth down, the ball will be turned over to the defense after the extra point attempt.
- F. After each team has completed the 4 downs and any applicable extra point attempt, if the score is still tied, another series will follow. After each series, the team with the higher score will be the winner.
- G. Blitzes will not carry over into the overtime period but one blitz per team will be granted.

PENALTIES

- A. All penalties will be enforced in 5, 10, or 15-yard increments, with the exception of taunting/profanity. If a 10 or 15-yard penalty occurs within 20 yards of the goal line, it will be marked off as half the distance. A 5-yard penalty within 10 yards of the goal line will also be marked off as half the distance. Some penalties may be marked with a loss of down, or automatic first down.

Taunting/Profanity- Taunting and/or Profanity is defined as:

- a. Cursing and/or any other foul or abusive language on park property
- b. Any conversation to the referee, other than questions made by the captain
- c. Taunting or “smack talking” to the opposing team

This penalty will be enforced by:

- a. First violation- A team warning (this may be issued before the game starts)
- b. Second violation- Individual(s) involved will be ejected from the game and forced to leave the playing area. If the player is on the field, the team may NOT substitute a player in for the one removed. For example, if the team is playing defense when the ejection occurs, they must play with 5 defensive players for the remainder of the game, but will be allowed to play with 6 players on offense.
- c. Third offense- Individual ejected from the league for the season. Team may NOT replace the ejected player on the roster.

5-YARD PENALTIES

- A. *Illegal Procedure*- Either team moving into the neutral zone before the ball has been snapped, lining up in the neutral zone, or the quarterback in motion before the ball is snapped.

Enforcement: Dead ball- 5 yards from the line of scrimmage- replay the down

- B. *Delay of Game*- Not snapping the ball within the allotted 20 seconds and/or taking too long to return the ball to the line of scrimmage.

Enforcement: Dead ball- 5 yards from the line of scrimmage- replay the down

- C. *Batting or Stripping the ball*- Any attempt to strike or grab the ball away from the ball carrier.

Enforcement: Live ball- 5 yards from the spot of the foul

- D. *Holding*- Impeding the ball carrier from advancing forward without getting the flag.

Enforcement: Live ball- 5 yards from the spot of the foul

- E. *Illegal Forward Pass* - Throwing from in front of the line of scrimmage (any part of the QB's body is past the LOS).

Enforcement: Live ball- 5 yards from the line of scrimmage and loss of down (ex. If it was 1st down, it now becomes 2nd down)

- F. *Illegal Forward Pass* - Handing or pitching the ball forward down field.

Enforcement: Live ball- 5 yards from the spot of the foul

- G. *Defensive Flag Guarding*- Pulling the offense's flags before the player receives the ball.

Note: If the defender pulls the offensive player's flag after the offensive player has touched the ball, yet not obtained possession (i.e., bobbling the ball), then the offensive player will be considered down at the point she or he secures possession of the ball.

Enforcement: Live ball- 5 yards from the line of scrimmage. If the play is incomplete- replay the down. If the pass is complete- 5 yards from the spot of the foul, or result of the play.

- H. *Yelling or Waving Arm*- A defender yelling or waving arms in front of an offensive player trying to catch a pass.

Enforcement: Live ball- 5 yards from line of scrimmage or result of play.

- I. *Diving*- Hurdling or diving to gain yardage.

Enforcement: Live ball- 5 yards from the spot of the foul- next down

10-YARD PENALTIES

- A. *Illegal Contact (on the line or incomplete pass)*- Any contact initiated by a player, pushing a player out of the way or to the ground, or contact preventing players from running their routes.

Enforcement: Live ball- 10 yards from the line of scrimmage- replay the down

- B. *Illegal Contact (completed pass)*- Any contact initiated by any player, pushing a player out of the way, pushing a player out of bounds, or screen blocking (picking) at the line of scrimmage or down field.

Enforcement: Live ball- 10 yards from the spot of the foul- replay the down or result of the play

- C. *Picking/Screen Blocking*- Making contact when assuming a position at the side or in front of a stationary opponent. Taking a position too close to a moving opposing player, such that the player cannot avoid contact. Assuming a stationary position and then moving before the opponent does to force contact, or to block them from grabbing another player's flag. Running in front of, or behind, the player with the ball in order to block the defense from getting the flag.

Enforcement: Live ball- 10 yards from the spot of the foul- loss of down

- D. *Flag Guarding*- The ball carrier covering or thwarting attempts from the defense to pull the flags, or batting the defense's hands away as they grab for the flags.

Enforcement- Live ball-10 yards from the spot of the foul- loss of down. If team got past the first down line before the flag guarding occurred, first down is granted, then the 10 yards are assessed.

- E. *Roughing the Passer*- Contact by the defense to the quarterback before he/she releases the ball. This does not include incidental contact made by going after flags or trying to bat the ball down unless it was an overaggressive attempt (i.e. it knocks down the quarterback).

Enforcement: Live ball- 10 yards from the line of scrimmage and automatic first down, or result of play.

15 YARD PENALTIES

- A. *Pass Interference*- Illegally contacting a player so that they are unable to receive a pass. When a pass is thrown, it is a free ball for any player to catch. If two or more players go for the reception at the same time, they are both entitled to the ball, but if one player pushes the other out of the way, or contacts the other player

at a less than vertical angle, pass interference can be called. If two players catch the ball in the air, and return to the ground, both in possession of the ball, possession and reception will be awarded to the offense and the play is ruled dead at the spot.

Enforcement:

1. Defensive Pass Interference- 15 yards from the line of scrimmage and an automatic first down is awarded.
 2. Offensive Pass Interference- 15 yards back from the line of scrimmage and a loss of down.
- B. *Unsportsmanlike Conduct*- Excessive contact, over aggressiveness with other players or excessive complaining to officials.
- C. *Tackling*- Tackling another player.
- D. *Cursing/Profanity*- If any player (on the field or sideline) is heard using any profanity/cursing, the entire team will be issued one (1) warning. If the same player, or any other player on the team, is heard using any profanity/cursing after the warning has been issued, there will be a fifteen (15) yard penalty issued for every instance that occurs.

All of these penalties may also result in an ejection from the game if considered severe enough in the official's opinion.

INADVERTENT WHISTLE

In the event of an inadvertent whistle, the offense will have their choice of the following:

- 1) result of the play where the whistle was blown, and move on to the next down; or
- 2) replay the down.

PLAY-OFFS

- A. All teams advance to the play-offs in their respective divisions.
- B. Teams may be required to play more than one game per day during play-offs.
- C. Play-offs will be single elimination.
- D. Seeding for the play-offs will be determined by regular season records, if there is a tie, head-to-head competition will decide, if there is still a tie, the team that scored the most points during the season will be the higher seed, if there is still a

- tie, the team that allowed the least amount of points during the season will be the higher seed, and if still tied, random draw will determine higher seed.
- E. All rules will remain the same for the play-offs.
 - F. Rosters are frozen after the fifth (5th) game of the regular season. Your team must consist of all players that played with your team during the regular season and signed the roster form. A player may only play on one team during the play-offs. All eligibility protests must be made before half-time as stated in the League Policies section.
 - G. Championship t-shirts will be awarded to the winners of each division. Every player on the 12 person roster will receive a t-shirt.

