

2017 Coconut Creek Flag Football Rules

CCFP FLAG FOOTBALL RULES & REGULATIONS

Games will be played according to the rules set forth by the Board of Directors of the Coconut Creek Football Program and as set forth below. Any situation not specifically addressed by these rules and regulations shall be decided by the on-field referees, according to Florida High School Football Rules, as set forth by the National Federation of State High School Associations.

A. GENERAL

1. Practices – You may not exceed three activity days in any given week, this includes games and practices. Example: If you play two games in a week you may only practice one time.

2. Coaches - Teams are allowed up to 3 official coaches during the season, 1 head coach and 2 assistant coaches. Each coach must fill out required coaching packet. The head coach assumes all responsibility for his team.

3. Playing Time - All players must have a starting position, either offense or defense. Special teams do not count as a starting position. Every player must play at least half of the game. Failure to comply with this rule could result in forfeiture or discipline of the head coach. Exception: playing time may be limited due to injury or discipline (missed practice is grounds for disciplinary action. Discipline cases which occurred during practices must be submitted to the division commissioner prior to the start of the game. Discipline cases which occur during the game will be handled at the coach's discretion.

4. Number of players – 7 players on the field if we have 9 on a team; 8 on the field if 10-12 on a team; 9 on the field if 13 on a team in the JR, SR, & NFL Divisions. 5 eligible players must be available at the start of the game. A 15 min. grace period will be given if there are not enough to start. If there are not enough players, the team must forfeit. **This rule is not applicable to PW Division. If because of legitimate injury, emergency or a player ejection a team falls below 5 players during the course of a game. The game will be allowed to continue or will be rescheduled at the discretion of the referee and with consent of both coaches.** Rescheduling of games may be done with the approval of the division commissioner. NO Head Coach has to play down a player if the other team is short a player. That is up to each Head Coach.

5. Rescheduling of Games - Rescheduling of a game may only be done with the approval a board member. Only board members, referees and commissioners can cancel games due to inclement weather. In the event a game is started and later postponed, the game will be rescheduled as soon as possible. The game will begin at the exact point in which it was suspended, if 1 quarter of play is completed. The game is official if 2.5 quarters of play were completed. **Games stopped prior to 1 quarter of play shall be resumed from the beginning.**

6. Equipment - Coaches are responsible for all equipment issued to them. Equipment must be returned prior to receiving trophies. Replacements of lost or stolen items are the responsibility of the head coach.

7. Coin Toss - Visiting teams call the toss. The winner will have choice of possession or goal and the opposite will take place on second half.

8. On-Field Coaches - During the game, each junior div. team is allowed 2 offensive coaches and 1 defensive coach to be on the field with the team. Senior division will be allowed 1 coach for offense and defense. No coach will be on the field in the NFL except for timeouts. The on-field coach may be rotated. The on-field coach(s) must be at least 10 yards behind all players by the snap of the ball or a penalty will be called. Once the offensive line is set, **on-field coaches may not talk to players** or otherwise engage in any act that the referee interprets as coaching, including (but not limited to) motioning or making gestures to direct a player where to line up or where to react. First offense will be a warning, second offense a five (5) yard penalty.

9. Ball Placement - A ball declared dead within or outside 2 referee's strides of the hash mark will be placed 2 strides from the hash mark toward the center of the field.

10. Sidelines - All people during games except flag players, coaches & team moms must stay on the opposite side of the players. In some divisions, the cheerleaders will be cheering on this side and it is important that they have people to cheer for. All people including coaches, excluding the field coach must remain between the 20 yard lines. The first time, a referee will issue a warning. (A division commissioner may also give a warning to the coach (es) and notify the referee.) The second time the referee will call a 10 yard penalty. When your game is finished you must clear the sidelines to allow the next game to be started. There is plenty of empty field space to hold a team meeting. With the ball inside the 20yd line, the Def coaches should be at the 20yd, the offensive coaches should be 5 to 10 yards back from the 20 yard line.

11. Protests - **NO PROTESTS**. All referee decisions are final.

12. Fumbles – No Fumbles. If the ball carrier loses control of the football past the line of scrimmage, whether or not the ball hits the ground, the play will be ruled dead in the possession of the offense at the spot at which the ball came out. The defender may not intercept a loose football fumbled forward. A lateral does not apply, and may be intercepted and advanced by a defender just like a forward pass. Again, the ref's judgment determines the situation and is final.

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13. Down markers - Home team must supply 1 person to hold the down indicator. Game cannot begin or continue until these positions are manned. **Home Team will be assessed a delay of game penalty if position remains unfilled. Additional delay of game penalties may be applied until position is filled.**

14. Rules - Any rule which cannot be determined by Coconut Creek Flag Football rules or **NFHS Football Rules** will be decided by the head referee.

15. Conduct - Unsportsmanlike conduct will not be tolerated from the players, coaches or parents. Failure to comply with this rule may result in eviction from the park. Misconduct infractions include, but are not limited to insulting language or gestures, obscene language or actions, disrespectfully addressing an official or flagrantly objecting to an official's decision, intentional interference by a coach on the field, and flagrant infraction of the rules.

B. UNIFORMS

1. Players- All players must wear league approved uniforms. Rubber soled cleats are recommended. Mouthpieces must be in the player's mouth once the center touches the ball prior to the snap. Shirts must be tucked into the shorts. Shorts may not have pockets. No jewelry is allowed.

2. Coaches - All coaches must wear a league issued or approved coaches shirt.

3. Flags - Unaltered league issued flags must be used (tying flags is an unsportsmanlike violation).

C. PLAYING FIELD – JR, SR, NFL = 80 yards with 10 yard end zones. **PW division may play on a modified field at the discretion of the league.**

D. TIME

1. Game Time – ALL PW, JR, & SR games will be played in (2) 20-minute halves with a 5 minute half time. All NFL games will be (2)- 24 minute halves with a 5 minute half time. The referee will call out times at 10 min & 2 min of each half.

2. Time Outs - Each team will be allowed three 1-minute time-outs per half.

3. Play Clock- After the ready to play signal, the offensive team has the indicated number of seconds to snap the ball:

- a. NFL, & SR.- 30 second
- b. Junior - 45 seconds

4. Game Clock - The clock runs continuously except as follows for an official or team time out, score (clock will resume at kick-off), and penalties. At the 2 minute warning of each half, the clock will stop. The clock will restart with the next snap. During the last 2 minutes of each half, the clock will stop for an incomplete pass or ball out of bounds. The clock will start after kick-off, when the receiving team touches

the ball. If the clock was stopped for any reason, it will resume upon the snap of the ball.

5. Injury Time Out- If an official time-out is called for injury, the injured player must come out of the game for at least 1 play.

E. KICKOFFS & PUNTS

1. Kickoff (the ball must be kicked off of a tee).
 - a. Ball placement = 30 yard line
 - b. Re-kick option- if the kickoff goes out of bounds or does not travel at least 10 yards, the receiving team has the option to either put the ball in play where ruled dead, or penalize the kicking team 5 yards and re kick the ball
 - c. Receiving team- The receiving team's front line (min of 4 players) must line up 10 yards off the line where the ball is kicked from. They are not to move until the ball carrier has past them. At that time they can follow for a lateral.
 - d. Blocking- Blocking for the return runner on kickoffs is not allowed. No player is to run interference for the ball carrier. They can follow the play for a lateral only.

2.PUNT

a. Punt decision - the offensive team must notify the referee of their intent to punt. Once a team declares its intent to punt, it may not change the play unless a time-out is called. You can't fake punt!

b. Time - After the ball is snapped, the ball must be kicked within 8 seconds. If the ball is not kicked, the ball is dead where the 8th second elapsed.

c. Receiving team- the receiving team's front line (min of 4 players) cannot penetrate the line of scrimmage to block a kick. These 4 linemen are to stand still, and they are not to move until the ball carrier has past them. Then they can receive a lateral.

d. Blocking- blocking for the return runner is not being allowed. No player is to run interference for the ball carrier. They can follow the play for a lateral only.

e. Punter - No offensive player except the punter can move forward until the ball is kicked. The punter can only move forward, directly toward the line of scrimmage. The punter may not move diagonally or laterally toward the sidelines to angle the kick.

3. Receiving Team- Anyone on the receiving team may advance the ball, even if the ball strikes another player first. If the player has possession of the ball and then drops the ball, it is considered a dead ball at the point of contact.

4. Field Goal - There will be no field goals!

F. OFFENSE

1. Line-up Since all players are eligible to run the ball (no center sneak) or go out for a pass, there can be any formation as long as all players are behind the line of

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scrimmage and a center is snapping the ball between the legs to a player.

2. Snap - At the snap, players must be in a set position with hands on their knees or held in a stationary position. No player is to be in a 3-point stance. The quarterback is the player calling the signals. Only one player may call signals per play. If on a snap, the ball hits the ground either before or after the QB (or other player) touches the ball, ONLY the player who is receiving the snap can pick up the ball and continue play. A side snap to the running back only the RB can pick up the ball. If any other player picks up the ball the play is ruled dead. The QB may run or pass the ball. Initial contact by any other player will result in a dead ball at point of contact.

3. Ball Carrier- The ball carrier must attempt to evade the tackle without jumping over the defensive player. A player is able to spin to evade a defensive player. It is illegal for the ball carrier to hack, push, run with his head lowered or straight-arm another player. They may not run at or through the defensive players. If a ball carrier's knee touches the ground, the play is dead at that point. A player may not extend his arm and ball past the first down marker or goal line for a first down or touchdown. The ball carrier hips must cross the goal line or first down marker.

4. Flag Guarding- shall be defined as any action (other than running and cutting) by the ball carrier deemed by the referee to prevent the defender from pulling the ball carrier's flag. Actual contact does not need to occur to constitute flag guarding. Forward jumping will be penalized separately, and do not fall under flag guarding. The penalty for forward jumping will be 5 yards.

5. Flags- If a player does not have flags on and gets possession of the ball the ball is ruled dead at the point of contact. If the flags fall off the player in possession of the ball without contact by any defensive player, the ball is ruled dead where the flags fell off. If a defender intercepts a pass without all flags attached, the ball will be dead where the defender intercepted the ball. If a player has his flags pulled after he/she has gotten rid of the ball. The defensive player only has to one hand touch the ball carrier anywhere to be ruled down.

6. Eligible Players- All players are eligible to catch a pass.

7. Blockers **FOR PW JR, SR ONLY** – Blocking is any act of screening, or otherwise protecting a teammate by the use of the player's body. This includes any motion or positioning of the body which prevents, or delays, a defensive player's ability to make a play on a ball carrier. Drive blocking, is defined as physical contact by an offensive player in order to "drive" a defensive player down, backwards, or to either side. Drive blocking is prohibited. Blockers hands are to be grasping the collar of their shirt, elbows down and touching the body. Elbows must stay within the framework of the body. No contact above the shoulders. Line blocking shall be from a straight, upright position, with contact only above the waist. No part of the blockers body, except the feet, may be in contact with the ground throughout the block. Blockers may only block 5 yards off the line of scrimmage. Blocking will be strictly enforced.

THERE IS NO BLOCKING IN THE NFL. The offensive player may not make contact or screen the defensive players in pursuit of the ball carrier. This is a 10 yd penalty. The defensive player has the right of way.

8. Intentional Spiking the football - Intentional spike or throwing the ball out of bounds to stop the clock is only allowed in the final 2 minutes of each half. Intentional Grounding: throwing the football away to avoid a sack or flag pull is illegal. Ball spotted at the spot of the infraction with loss of down

9. Inadvertent Whistle - In the advent of an inadvertent whistle by the referee, the team in possession has the option of returning the ball to the line of scrimmage and replaying the down or accepting the play and yardage gained at the point of the whistle.

10. Illegal Plays- No center sneaks are allowed. The snap must go between the centers legs to another player.

11. The offensive may throw multiple forward passes behind the line of scrimmage to any player who has not crossed the line of scrimmage. A player may not cross the line of scrimmage and throw a pass down field. This is an illegal forward pass and will result in 10-yard penalty. If this player comes back behind the LOS (and is allowed) to catch a pass, he or she may only run to advance the ball.

G. DEFENSE

1. Neutral Zone - The defensive line must line up **five** or more yards away from the line of scrimmage. However, when inside 5 yards of a first down or end zone, they may line up half the distance from ball. If a defensive player steps into the neutral zone before the snap of the ball this is offside.

2. Blocking - The defensive player shall not use their hands to strike, grasp or hold any blocker. Same rules apply as under section F7.

3. Tackles - "Tackling" is defined in these rules as when a defensive player legally pulls one of the ball carrier's flags. The tackler must stop at the spot of the tackle and hold the flag in the air until the referee blows the whistle. The ball is declared down where the flag is pulled.

4. Defensive Players- The defensive player must play to grab the flag. The tackler shall not hold, push or run through the ball carrier. This includes pushing the ball carrier out of bounds or any action against the player with the ball other than pulling the flag. A defensive player may not make contact with the passer. The defensive player must go for the flags, not the ball. A defensive player that has stepped across the line of scrimmage, when rushing the QB, may not jump to deflect a pass. The player rushing at the QB, must go after the flags only. Only if the ball is thrown directly at the defensive rusher may that player intercept the ball. **This will be up to the Referees judgment if thrown directly at the player**. A defensive player who has crossed the LOS may jump up to deflect or intercept a pass intended for another offensive player (example a screen or double passer) if they are not rushing the QB. The defensive player rushing the QB can jump to deflect a pass if they have not stepped across the line of scrimmage only.

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H. SCORING

1. Touchdown - 6 points. The players **Flag** must cross the end zone line to be considered a touchdown.

2. Extra Points – **Jr. Division:** from the 3 yard line a running score is 1 point, a passing score is 2 points. **For SR, and NFL,** The referee will ask the coach if he or she is going for 1 or 2 points. 1 point is from the 3 yard line. 2 points is from the 8 yard line. Pass or run.

3. Overtime - Kansas City Tiebreaker each team will get 1 series from the 20 yard line, if neither team scores teams will try to score from the 10 yard line. If no team scores in the two tries, the game will end in a tie.

In playoff games, tie-breakers will continue from the 10 yard line until a winner is determined.

Each team is allowed one timeout per **overtime** possession.

I. STANDINGS & PLAYOFFS

1. Regular Season: based on a point system, standings will be computed as follows: win = 2 pts, tie = 1 pt, loss = 0 pts

2. Final Regular Season Standings – The teams will be ranked from the team with the most points (W/L/T) to the team with the least. Any ties in standings will be broken as follows. a. Head to Head, b. Points allowed (defensive)

3. Playoffs - All games will be single elimination games. Ties will be decided by KC Tiebreaker rules and played until one team wins. All teams make the playoffs.

J. PENALTIES

- Delay of Game - 5 yards from the previous spot
- Illegal Procedure - 5 yards from the previous spot
- Dead Ball Foul, Encroachment - 5 yards from the previous spot
- Illegal Motion - 5 yards from the previous spot
- Illegal Tackle - 5 yards for inadvertent tackle added to play or 15 yard unsportsmanlike with automatic first down
- Offensive Pass Interference - 10 yards from previous spot, loss of down
- Defensive Pass Interference - 10 yards from previous spot, automatic first down
- Roughing the Passer - 10 yards, automatic first down
- Defensive Holding - 10 yards from the spot of the foul
- Flag Guarding - 10 yards from the spot of the foul
- Illegal Blocking - 10 yards from the spot of the foul
- Illegal Charging - 10 yards from the spot of the foul
- Illegal Screen (NFL/Pro) - 10 yards from the spot of the foul
- Illegal Forward Pass - 10 yards from spot + loss of down
- Intentional Grounding - 10 yards from spot + loss of down
- Unsportsmanlike Conduct
 - 15 yards, automatic 1st down (on defense)
 - 15 yards, loss of down (on offense) or
 - 15 yards, automatic 1st down. if flagrant, ejected
 - If ejected, automatically suspended for next game

ANY CONDUCT DEEMED BY THE REFEREE **AS FLAGRANT UNSPORTSMANLIKE CONDUCT**, INCLUDING, BUT NOT LIMITED TO:

- using profanity (whether or not it is directed at anyone)
- punching, shoving, biting, spitting on, or kicking another player
- excessive roughness on any single player
- continued or repeated rough tactics
- **Intentional altering or tying of flags**

ARE SUBJECT TO IMMEDIATE PLAYER EJECTION.

IMPORTANT: The referee may eject a player from the game for any conduct considered unsportsmanlike. If a player is ejected for ANY reason, that player will be ineligible for his team's next game, even if that game is a playoff game or the Super Bowl. The player may not practice with the team during the suspension period. **If, in the referee's opinion, flagrant unsportsmanlike conduct was engaged in due to the direction of a coach, that coach will also be cited for unsportsmanlike conduct and is subject to ejection.** Remember, this is the referee's decision, not a board decision. NO APPEALS WILL BE HEARD.

Coaching Misconduct- A coach may be cited by a referee or board member with misconduct. If a coach gets ejected from a game, the coach will automatically be suspended for the next game. A suspended coach may not participate in practices or games during suspension. The ejected coach will also be expected to appear in front of the board of directors to possibly face more disciplinary action or possible removal from the league. The board of directors will have one week to call this meeting.

