



## **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 15 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](mailto: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 **continually** until the **final two minutes of the 2<sup>nd</sup> 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 5-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 2<sup>nd</sup> half
- The game will end with the **score locked Game Play:**

## Possession

- Each drive will start on the offense's **10-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.

## **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 4<sup>th</sup> 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 and will have their choice of an extra point from the 5-yard,10-yard 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 2<sup>nd</sup> overtime period(**DURING THE PLAYOFFS**)
- If overtime extends to the 2<sup>nd</sup> 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.
- College Rules (4 downs from 20-yard line) will **ONLY apply during playoffs**

## PENALTIES

<u>Foul</u>	<u>Type</u>	<u>Yards</u>	<u>Spot</u>	<u>Notes</u>
False start	Dead	5	PS	Replay down
Illegal Snap	Dead	5	PS	Replay down
Offsides	Dead	5	PS	Replay down
Illegal Snap	Dead	5	PS	Replay down
Delay of Game	Dead	5	PS	Replay down
Illegal Shift or Motion	Live	5	PS	Replay down
Illegal Substitution	Dead	5	PS	Replay down
Illegal Formation	Live	5	PS	Replay down
Illegal Equipment/Participation	Live	5	PS	<b>Offense:</b> LOD <b>Defense:</b> Auto 1 <sup>st</sup> down
Illegally Conserving/Consuming time	Live	5	PS	
Receiving Snap 1 yd	Live	5	PS	Replay down
Advancement by male runner through <b>LOS/Co-ed Only</b>	Live	5	PS	
Illegal Forward Pass	Live	5	PS	Loss of Down
2 consecutive M/M passes <b>Co-ed Only</b>	Live	5	Spot of throw	
Helping the runner	Live	5	Spot	
<b>Unsportsmanlike Conduct</b>	Live	<b>10</b>	SS/PS	<b>Offense:</b> LOD <b>Defense:</b> Auto 1 <sup>st</sup> Down
Offensive Pass Interference	Live	5	PS	Loss of Down
<b>Defensive Pass Interference</b>	Live	<b>10</b>	PS	1 <sup>ST</sup> Down
Illegally Secured Flag Belt	Live	5	All but 1	LOD/1 <sup>ST</sup> Down
Illegal Contact	Live	5	PS/Spot	
<b>Roughing the Passer</b>	Live	<b>10</b>	PS	Auto 1 <sup>ST</sup> Down
<b>HOLDING</b>	LIVE	<b>10</b>	SPOT	<b>Replay down</b>
Illegal Blocking	LIVE	5	Spot/PS if behind LOS	Loss of Down

<u>Foul</u>	<u>Type</u>	<u>Yards</u>	<u>Spot</u>	<u>Notes</u>
Flag Guarding	Live	5	Spot	Loss of Down
Illegal Flag Belt Removal	Live	5	PS	Auto 1 <sup>ST</sup> Down
Unnecessary Roughness/Personal Foul	Live	10	SS/PS	<b>Offense:</b> LOD <b>Defense:</b> Auto 1 <sup>st</sup> down
Failure to Declare		5	PS	Replay Down
Encroachment	Dead	5	PS	Replay Down
Charging	Live	10	Spot	Loss of Down

SS – Succeeding Spot

PS – Previous Spot

SPOT – Spot where the foul occurred

EORR – End of the related run

LOD- Loss of Down

LOS-Line of Scrimmage