



Contact Flag Football

2026 Fall Season

Rules and Regulations

All rules in this rule book will be the only rules applied to this league.

We will NOT revert to the FHSAA, NCAA or NFL rules.

Table of Contents

1.	League Directors	3
2.	General	3-5
3.	Uniforms and Equipment	5-6
4.	Playing Fields	6-7
5.	Game Timing	7-9
6.	Kickoff and Kickoff Returns	9-10
7.	Punt, Punt Returns and Safetys	10-11
8.	Blocking and Use of Hands	11
9.	Offense	11-15
10.	Defense	15-16
11.	Scoring	16-17
12.	Use of Overtime	17
13.	Protests	18
14.	Unsportsmanlike Conduct	18
15.	Season Scheduling and Cancellations	19
16.	Code of Conduct	19-20
17.	Standings	21
18.	Conduct of Playoffs	21-22
19.	All-Star Game	22
20.	Summary of Draft Process	22-23
21.	In-Season Team Adjustments	24
22.	Summary of Penalties	24-25
23.	Park Lightning Policy	25-26
24.	Penalties Table	27

1. League Directors

2026 Board of Directors

President/Registrar	Colin Thomas
Vice-President/Equipment Manager	Darren Benari
Past President/Treasurer	Mike Gorelick
Head of Refs	Ethan Gorelick
Communications/Rule Book Director	Jason Young

League Email: info@csffc.org

League Website: www.coralspringsflagfootball.com

2. General

- A. The Referee Manager and/or Athletic Directors will be available in the vicinity of every game. Their responsibilities are to maintain control of the playing area and to ensure at all times that the coach, parents, players, and officials are acting under the expectations and requirements of the league. In the event of any problem or conflict, the Referee Manager and/or Field Directors are the individuals authorized and expected to deal with those issues.
- B. The game will be played in the manner and spirit of Fairness, Sportsmanship, and Respect for **All**.
1. **Coral Springs Flag Football Club Spring League (CSFFC)** is a game of skill, both offensively and defensively. Rough tactics are **NOT** to be used. Plays and tactics should be designed to employ speed and deception rather than violent contact. **There is no blocking permitted at any time in CSFFC.** Blocking is defined as pushing, hitting, or ramming a defender in an attempt to obstruct their progress. An offensive player that runs a pass route that is intended to block a defensive player is considered blocking. Blocking will result in the assessment of **Illegal Use of Hands (Blocking)** 10 yards at the spot of the foul and a replay of down.
 2. Once the season has started (including pre-season) there will be **NO MORE THAN 4.5 hours** of scheduled activity including practices and games per week, per team. ALL practices must take place at Mullins Park in Coral Springs **or any other designated fields by the Board of Directors**, for each season. A game is considered 90 minutes of field time. Teams are allowed to arrive no earlier than 45-minutes before game time for warmup and game prep. Any coach found violating this rule **WILL** be suspended for one (1) game per violation. Additionally, the team violating the practice time limits (or location restriction) may forfeit their next scheduled game (including playoff games), at the discretion of the league. Any deviation of this rule must be voted on by the CSFFC Board.

3. **No team may have more than three (3) coaches, consisting of one (1) Head Coach and two (2) Assistant Coaches.** CSFFC must approve all coaches and obtain a satisfactory background check for any coach to be considered active in the league.
 4. A principal goal of CSFFC is to **provide equitable playing time for every player and to ensure that every player has the opportunity to experience playing time on both sides of the ball.** To achieve this end, as a minimum requirement every player will be designated as a starter on either offense or defense each quarter of the game. Players may start on both offense and defense, but not at the cost of leaving less skilled players on the bench. Coaches are strongly encouraged to rotate players who do not play both ways between various positions throughout the season.
- C. During any given quarter, **every player** will play (at a minimum) every offensive down or every defensive down unless that player is injured or being disciplined under Section 2.b.5 of this rule book or has specifically requested to come out of the game. If a Director, or other league official observes a player not playing, the Head Coach violates this rule.
1. *** Penalty: Any team that fails to play any player on either offense or defense for an entire half of play will receive an automatic Fifteen (15) yard Unsportsmanlike penalty after the second half kickoff. Any subsequent failure to play players either on offense and defense will incur follow on Unsportsmanlike penalties. Any player that does not play either offense or defense for an entire first half of play WILL PLAY THE ENTIRE SECOND HALF on **BOTH** Offense and Defense.**
 2. If Players may be benched for disciplinary reasons. Discipline cases that occur before the day of the game must be identified CSFFC Board MUST be notified (info@csffc.org). Missing practices and/or prior games constitute adequate grounds for sitting a player for a game, provided that the appropriate Division Athletic Director is notified of the disciplinary action before the game. If the Division Athletic Director is not available, then the Referee Manager or Field Director monitoring the game must be notified before the beginning of the game. Discipline cases, which occur during the game, might be handled at the Head Coaches discretion. Head Coaches are encouraged to report these cases to their Division Athletic Director or CSFFC Board within 24 hours of the completion of the game.
 3. **Gameplay will be 11 v 11 in all Divisions.** Teams must be able to field a minimum of **9 players** to avoid forfeiture in all Divisions. A ten-minute grace period will be applied and if a team cannot be fielded by game time start. After the grace period, that game will result in forfeiture with a score of 1-0. ****A BOARD MEMBER CAN MAKE EXCEPTIONS. **At no point can a game be played with one team playing with a two-player advantage.** Example: Any Division game can be, (11 v 10, 9 v 8, or 8 v 7)
 4. All spectators must stay between the ten (10) yard lines and three (3) yards outside of the sidelines. Coaches must also stay between the ten (10) yard lines and one (1) yard outside the field of play.

5. The home team is responsible for supplying a regulation game ball that has been provided by the league, which is to be returned to the home team following the completion of the game. No outside or alternate footballs may be used during any game.
6. No CSFFC events (to include games AND practices) will be held on Federal Holidays, Broward County No School days or designated Religious Holidays.

3. Uniforms and Equipment

- A. All players must wear CSFFC league-approved uniforms when on the field during games.
 1. At no time can jerseys or shorts have **vertical stripes**.
 2. Uniform (or any other) shorts **MUST NOT** have any pockets during game play
 - a Rubber-soled cleats are required. No metal spikes. (see 3.J)
- B. Mouthpieces must be in the player's mouth once the center touches the ball. Trimming of mouthpieces under the manufacturer's instructions is allowable.
- C. Shirts must be completely tucked in.
- D. CSFFC flag gear may not be altered in any way. The folding or rolling up of extra end of flag belt is illegal. The tucking of extra flag belt length in shorts is illegal. All extra flag belts SHALL be left to dangle outside of uniform.
 1. *Penalty: Unsportsmanlike – Fifteen (15) yards at point of infraction and loss of down.
- E. No jewelry may be worn during practices or games. This includes but is not limited to earrings, necklaces, rings, and watches. STUD EARRINGS are allowed but MUST be taped, covered or removed to prevent inadvertent injury.
- F. Unaltered CSFFC approved flags must be worn by all participating players. Note: at the issuance of equipment bags, CSFFC may designate specific flags to be used by specific divisions (e.g., all senior teams wear red flags). In this instance, coaches are required to utilize the designated flags for each division. Wearing flags in an improper fashion will result in an Unsportsmanlike Penalty.
- G. CSFFC Game balls will be provided in the following sizes: Pee-wee (K2) for Freshman Division; Junior-size (TDJ) for Junior Division; Youth Size (TDY) for Senior Division. Only the league-provided balls may be used during games.

- H. Coaches **MUST** wear CSFFC provided shirts while participating in league planned events (i.e. scheduled or rescheduled games).
1. *Penalty: 15-Yard Unsportsmanlike Conduct Penalty Assessed prior to start of game. - **Coach cannot coach that game.** Follow on penalties will be assessed by CSFFC Board if a Coach repeatedly does not where appropriate Coaches attire.
- I. Metal spikes are not allowed. Players must change footwear to appropriate cleats to be allowed to participate.
- J. Mouthpiece, jewelry, illegal shorts, unapproved uniforms:
1. The First violation: warning to the offending team.
 2. The Second violation:

*Penalty: Five (5) -yard Unauthorized Uniform violation.
 3. The Third violation:

*Penalty: Fifteen (15) yard Unsportsmanlike Conduct Penalty
 4. First, Second and subsequent violations may accrue to different players on the same team.
- K. An automatic fifteen (15) yard Unsportsmanlike penalty will be assessed against the offending team should any player be caught altering or improperly securing the flags or belt.

4. Playing Fields

- A. **Freshman Fields** will be (50) yards wide by eighty (80) yards long, including two ten (10) yard deep end zones.
- B. **Junior Fields** will play on a (50) yard wide by one-hundred (100) yard long field, including two ten (10) yard deep end zones.
- C. **Senior Fields** will play on a (50) yards wide by one-hundred (100) yards long field, including two ten (10) yard deep end zones.
- D. The home team is on the **North** or **West** side of the field depending on the field.
- E. The **Home Team** provides the Game Ball.

F. No spectator and/or non-coaches may be within 3 yards of the sideline of the field.

1. *Penalty: Loose ball foul – Ten (10) yards from the line of scrimmage - after 1 warning

G. Parents and other spectators for a specific team **MUST remain on their own team's sideline at all times.**

1. *Penalty: Sideline Infraction – 15-Yard Unsportsmanlike Penalty that will be assessed to the coach of the offending team.

5. Game Timing

A. A game consists of four (4) twelve (12) minute quarters with a Five (5) minute half time break.

B. Ready-for-Play Clock (Play Clock):

1. A Ready-for-play signal is given when all offensive players are on their side of LOS.
2. After the Ready-to-play signal, the ball is to be put into play within (40) seconds for Junior/Senior and (45) for freshman.

- a. *Penalty: Dead ball foul – Five (5) yards

3. Timeouts:

- a. Each team in each division will be allowed **three** one (1) minute timeouts per half.
- b. **No player** may leave the field during the time out.
- c. **Two (2) coaches** may enter the huddle to talk to their team.
- d. On an official time-out for an injury, players are not allowed to discuss with any of the coaches on their team any aspect of the game. The injured player must be sidelined for **one (1) play** unless either team takes a time-out.
- e. If an offensive team has **3 consecutive pre-snap penalties** (i.e. false starts, delay of game, etc.) the clock will stop until the next snap of the ball and the team will incur a loss of down.
- f. If a **defensive player maliciously causes a penalty** under **two minutes** while the offense is still in the huddle, it will result in an unsportsmanlike conduct penalty (10 yards at the spot), automatic first down, and the game clock, if it was running at the time, will continue to run.

C. Game Clock Control

1. The Game Clock runs **twelve (12) minutes** consecutively for the **first** and **third** quarters except in the following situations:
 - a. Official's timeouts; The clock will restart on the Ready for Play whistle
 - b. Team timeouts: **Play Clock** will start on refs ready for play signal and **Game Clock** will restart on next official snap or Kickoff.
 - c. An official timeout will be called after the point after try (PAT) and will start again once the ball is kicked off on the ensuing play AND IS FIRST TOUCHED BY THE RECEIVING TEAM.
 - d. Two-minute warning; **two (2) coaches** may enter the field; the clock will restart on the snap of the ball.
2. During the final **two (2) minutes** of each half the clock will stop under the following circumstances:
 - a. Incomplete Pass; the Game Clock starts on the **snap of the ball**
 - b. Runner out of Bounds; the Game Clock starts on the **snap of the ball**
 - c. Penalty Called; Penalty will be marked off and Game Clock will start on **next snap of the ball.**
 - d. Score, either after TD or Field Goal. The clock restarts on the ensuing kickoff when the receiving team touches the ball.
 - e. Change of possession; the Game Clock starts on the **snap of the ball**
 - f. After a 1st down to reset the down markers and cones. The Game clock resumes on the referee's Ready-for-play signal.
3. If at any point the difference in the score is 25 points or greater at halftime, the 2nd half will have a running clock. The clock will not stop other than a 1-minute water break at the end of the 3rd quarter or if the losing team calls a timeout. The winning team cannot call a timeout during a running clock. If at any point the difference in the score is 17 points or greater at the end of the 3rd quarter, then the 4th quarter will have a running clock. The clock will not stop unless the losing team calls a timeout. The winning team cannot call a timeout during a running clock. **Running clock will remain throughout the duration of the game regardless of the changed score.**

D. Inadvertent referee whistle stops play

1. If the ball has crossed the LOS – the offensive team has the option to take the play and where ball was advanced to at the time of the whistle or replay the down.
2. If the ball is behind the LOS, the down is replayed.
3. If there is a change of possession due to interception – the intercepting team retains possession, and the ball is downed at the point of the whistle.

6. Kickoff and Kickoff Returns

- A. A coin toss determines first possession. The **Away** team shall call the toss. If the team that wins the toss chooses kickoff then the team that loses the toss will kick off in the second half. If the team that wins the toss chooses to receive then the team that loses the toss will receive in the second half. The team that loses the coin toss, selects which direction the ball shall go.
- B. Freshman Division will kick off five (5) yards from midfield (35) yard line. Junior and Senior Divisions will kick off from their own (40) yard line. The ball can be kicked from anywhere between the hashes on the free kick line.
- C. For **all divisions**, the receiving team must have a **minimum of four (4) players (10) yards from the free-kick line**. Players in this area cannot leave this area until after the ball has been kicked.
- D. All kickoffs must be made from a kicking tee.
- E. Onside kicks are not permitted.
- F. If a kickoff goes out of bounds without first being touched by the receiving team, the receiving team has the following two options:
1. Put the ball in play at the in-bounds hash mark where the ball went out of bounds.
 2. Forces re-kick after a five (5) yard penalty assessed to the kicking team.
 - a. On the sole re-kick, if the ball is kicked out of bounds or doesn't travel 10 yards, the receiving team can choose to spot the ball where the ball went out of bounds or stopped within the 10 yards necessary to travel or at their own (40) yard line in Junior and Senior Division or (35) yard line in Freshman.
- G. **Any player** on the receiving team may advance the ball. If the ball has struck a player and then the ground (a muff), **only the player who initially touched or was touched by the ball may pick the ball up and**

advance it. If that **player drops the ball a second time** or another player picks the ball up after the initial 'muff, the **ball is dead at the spot of the second drop** or touched by the second player. If the ball touches/is touched by a player and then goes into the end zone and is touched by a second player, the play is a touchback, and the ball will be placed at the (20) yard line for all divisions. If the ball touches/is touched by a player and then goes into the end zone with the same player recovering the ball, the player may advance the ball. If the player **does not leave the end zone before a flag pull**, the play is a touchback, and the ball will be placed at the (20) yard line for all divisions. If a player establishes him/herself in the field of play and then goes back into the endzone and has the flag pulled, **it's a safety**.

H. Any kick that does not travel at least ten (10) yards may be called dead at the spot where it lands and awarded to the receiving team. Or a sole re-kick is awarded. See above Section a. for this rule. The receiving team **must** allow the kickoff to travel the **10 yard minimum** before touching the ball.

1. *Penalty: (5) yards and a re-kick of the ball.

I. After FG or Extra Point, the Game Clock will restart on the **ensuing Kickoff after the receiving team touches the ball**.

7. Punt, Punt Returns and Safety

A. The offensive team **shall immediately** notify the referee of their intent to punt. Once a team declares its intent to punt, it may not change the play unless a team timeout is called, and the defensive team is informed of the change.

1. *Failure to declare a punt, shall be an unsportsmanlike conduct penalty (15) yards and loss of down.

B. After the ball is snapped, the ball must be kicked within **eight (8) seconds**. If not, the ball is dead at the spot where it was when the eighth second elapsed. The **defense may not rush** during this eight (8) second period. The punter **cannot drop the ball** either under center or in shotgun. If the ball is dropped it will be marked dead at the spot of the drop.

C. Anyone on the receiving team may receive and advance the ball. **If the ball has struck a player and then the ground (a muff), only the player who initially touched or was touched by the ball may pick the ball up and advance it.** If, after one attempt to recover a muffed punt, the ball touches the ground, it is dead at that spot. **However, for the safety of the punt returner, the referee has the discretion to blow the play dead.** If a second player touches the ball, it is dead at the spot. If the ball touches/is touched by a player and then goes into the end zone and is touched by a second player, the play is a touchback, and the ball will be placed at the (20) yard line. If the ball touches/is touched by a player and then goes into the end zone with the same player recovering the ball, the player may advance the ball. If the player **does not leave the end zone before a flag pull**, the play is a touchback, and the ball shall be placed on the (20)

yard line. If a player establishes him/herself in the field of play and then goes back into the endzone and has the flag pulled, **it's a safety**.

- D. No player on the punting team may advance (except the kicker) until after the kick.
- E. The defense must have (4) players on the LOS. All other players may position themselves anywhere on the field of play behind the front four players.
- F. If a **safety** occurs during the game. The team which had the ball will then either kick from a tee or punt from their own (30) yard line, on the following play.

8. Blocking and Use of Hands

- B. All blocking must be done with open hands and shall be from a straight upright position between the opponents' shoulders and waist. The blocker shall not hit the opponent in the back or side. Full extension blocking is now legal. No part of the blocker's body, except his/her feet, shall be in contact with the ground throughout the block.
 - 1. *Penalty: Illegal Block in the Back – Ten (10) yards at point of infraction.
- C. Offensive players shall not use their hands to push, pull or lift the ball carrier, or push, hold, grasp or encircle an opponent. Blocking an opponent in the back is an illegal block as well.
 - 1. *Penalty: Holding – Ten (10) yards at point of the infraction.
 - 2. *Penalty: Illegal Block in the Back – Ten (10) yards at point of infraction.
- D. Any rough tactics described as the swinging of the hands, attempting to run over, batter, use of knees or elbows in blocking, blocking below the waist or above the shoulders is considered unnecessary roughness.
 - 1. *Penalty: Unsportsmanlike – Fifteen (15) yards at point of infraction and disqualification of the offender (at the referee's discretion).
- E. Defensive players shall not use their hands to punch, grasp or hold any blocker.
 - 1. *Penalty: Holding – Ten (10) yards at point of the infraction and an automatic first down.
- F. Downfield Blocking is permitted during any play by either Offense or Defense.
- G. Extra Points, Field Goals and Punt plays are NO Blocking plays from snap of the ball to the actual kick of the ball. AFTER the ball has been kicked Blocking is ALLOWED by all players on the field.

9. Offense

- A. There will be a minimum of **seven (7) players** on the Line of Scrimmage (LOS) in all Divisions to start play. A player is on the LOS if their feet are in line with the center's feet. On the SET **defined as the center placing his hand on the ball**, a single player can go in motion. Any motioning player must motion behind the quarterback unless the quarterback is in a shotgun formation.
- B. All Divisions will have an Offensive line comprised of a Center and two Guards positioned on either side of center. The use of "Tackles" players attached to the outside of the Guards are at the discretion of the Head Coach, but the requirement of players on the line of scrimmage still applies before the ball is snapped. The Offensive Line must start with hands on knees, three (3) or four (point) stances are NOT allowed. Running Backs must start with hands on knees before the play unless placed in motion. Tight Ends/Split Ends/Wide Receivers do NOT need to start with hands on knees.
- C. **Freshman coaches** will be **allowed on the field** for the duration of the season. Once players are lined up on the line of scrimmage (LOS), the **coach must remain at least 10-yards away from the LOS** on offense. On defense, 10-yards back from the furthest defensive player from the LOS. Coaches cannot provide additional instruction once players are lined up. If you coach after they line up: 5-yard delay of game.
- D. If a player goes in motion after SET and stops motion before the snap, he must remain set for a **full second** before the snap or resuming motion.
- E. Only one player is allowed in motion at a time, but **before being SET**, multiple players can shift at a time. **Being SET is defined as the center placing his hand on the ball.**
- F. At the snap, all players on the Line of Scrimmage (LOS) must be set for one (1) second.
- G. Only one person may call signals after the center has put their hands on the ball.
- H. Timeout requests must come from a designated captain or coach.
- I. The ball is ruled dead when it hits the ground, **except on shotgun snap** when one attempt to pick up the ball (muff) **by the QB is allowed**. (Direct snaps to RB are not subject to the muff rule and the ball is ruled dead when it hits the ground).
- J. The ball carrier cannot run through a defensive player. The ball carrier must attempt to evade the defender.
 - 1. * Penalty: Ten (10) yard charging penalty from the spot of foul and replay the down.
- K. Spinning (1 - 360-degree spin or less followed by a football move) is permitted, but players cannot leave both feet to avoid a defensive player. Leaving the ground to catch a pass is not considered to be a diving

or leaping infraction. A ball carrier can spin three hundred sixty (360) degrees if the player makes a football move between consecutive spins. A ball carrier shall not jump or hurdle over another player to avoid his/her flags from being pulled nor run with his/her head lowered. (UNLESS DEEMED NECESSARY BY THE REFEREE FOR SAFETY REASONS).

1. **Diving and leaping are specifically prohibited.**
 - a. *** Penalty: Ten (10) yard penalty at the spot of the foul and replay the down.**
2. **A ball carrier may not jump, dive, or hurdle FORWARD to gain an advantage.**
3. **Sidestepping (shuffling) while coming off the ground is acceptable.**

L. **Flag guarding** is defined as **any intentional or unintentional action** which results in contact by either hand of the ball carrier with the defensive player's arm, hand, or any other body part in an attempt to stop the defender from pulling the ball carrier's flag.

1. (i.e. When running with the ball, a flag guard penalty will only be called if the defense is disrupted while attempting to pull the offensive flag. Arm swing in front of flags without the defense contact will not incur flag guarding penalty).
 - a. ***Penalty: Ten (10) yard penalty from the spot of the violation and replay the down.**

M. If the ball carrier falls down, the play is dead at that point.

N. The stiff-arm of defensive players is illegal.

1. ***Penalty: Illegal use of Hands – Ten (10) yards from spot of the foul, replay the down.**

O. A player must have at **least one foot inbounds when making a reception.**

P. If there is simultaneous catch of the ball by both the offensive and defensive players no interference will be called and the **OFFENSE** retains possession.

Q. If a player loses their flag during a play and then secures possession (on a pass) of the ball outside of the end zone, the play will be dead at the spot that possession is secured by that player. If the player is in the end zone, the play will result in a touchdown.

R. Proper wearing of flags is defined as follows:

1. Jersey tucked into shorts.
2. Flag belt securely fastened around the waistband of shorts

3. The loose end of the flag belt not tucked into shorts
 4. Flags positioned at each hip, and one flag in the back
 5. Flags securely fastened as intended by the manufacturer of the flag belt
- S. **Intentional grounding** is when the passer throws the ball away to avoid having his flag pulled AND no receiver is in the area OR the ball does not cross over the LOS. If the passer is in the opponent's end zone at the time of the throw, safety will be awarded.
1. *Penalty: ten (10) yard penalty at the LOS and loss of down.
- T. An **illegal forward pass** is defined as a forward pass made from beyond the Line of Scrimmage (LOS), or a second forward pass made by any player after the completion of an initial forward pass, either behind or beyond the Line of Scrimmage. (The entire body must be across the line of scrimmage)
1. *Penalty: five (5) yards from LOS and loss of down.
- U. **All players are eligible receivers.**
- V. The **center may not receive the ball on a handoff**, and center sneak plays are not permitted. Fumblerooski plays are not permitted. All center snaps will be either direct snaps to the quarterback or shotgun snaps to any player behind the LOS. **If a shotgun snap is made to ANY OTHER PLAYER than the quarterback and said player drops the ball the play is dead at the dropped ball and spotted there. There is NO muff rule applicable to NON-QUATEBACKS.** All snaps from center must be from a three-point stance.
- W. There are **no fumble recoveries in CSFFC**. Fumble recoveries without equipment carry a large risk of injury. If the ball hits the ground outside of the kickoff, the ball is dead at that spot. Attempts by any player on offense or defense to recover a fumble by diving on it will result in an Unsportsmanlike Conduct penalty.
- X. **Charging is defined as an Offensive player lowering a shoulder to either make contact with a Defensive player or bending over at waist to avoid flag being pulled.**
1. *Penalty: Ten (10) yards from spot of the foul and replay the down.
- Y. The QB can "spike the ball" to stop the game clock but **must receive the ball from under center.**
- Z. 2 TOUCH RULE

1. A player may only advance the ball forward for **no more than 2 consecutive plays** regardless of LOS. The **quarterback is exempt** from this rule **UNLESS he/she has advanced the football past the LOS.**
2. This rule resets after every change of possession and at the end of each half/overtime but shall not reset at the end the 1st and 3rd quarters.
3. It is the **COACHES responsibility** to advise a referee of a possible violation after the second consecutive touch and before the snap of the third play.
4. The referees **will not inform the opposing coaches** that the 2-Touch rule is in effect.
 - a. *Penalty – Ten (10) yard from LOS **AND** loss of down.
 - i. Two Touch Rule does **NOT Reset** after penalty is awarded.

10. Defense

- A. Defensive players CAN NOT line up right over the head of the center. Players may line up off the shoulder of the center but not directly overhead.
- B. Defensive players may line up no closer than One (1) yard off the LOS before the beginning of a play. Defensive players may encroach into the neutral zone as long as NO CONTACT is made with a offensive player and the defensive player can get back onside.
- C. Defensive players shall not use their hands to strike, grasp or hold any offensive player.
- D. The defender must play (grab/pull) for the flag. The defender shall not hold, push, or run through the ball carrier, and must play the flag rather than the ball carrier. This includes pushing the ball carrier out of bounds, grabbing the ball carrier's clothing, or any other action against the ball carrier other than pulling the ball carrier's flag.
- E. 'Flagging' is defined as a defender legally pulling one of the ball carrier's flags. The Flagger must stop at the spot of the tackle and hold the flag in the air until the referee's whistle is blown. The Flagger will then return the flag to the ball carrier, hand the flag to an official, or place the flag on the ground.
- F. The ball is declared down when and where the flag is pulled.
- G. Throwing or spiking the flag is prohibited.

- H. If the defender pulls the flag of an offensive player prior to them getting the ball, it will be considered pass interference. Penalty will either be a spot foul if more than 10 yards or 10 yards from the LOS. It will also be an automatic first down.
- I. A defensive player **may not make contact** with the **throwing arm of the passer** behind the LOS. Defenders may attempt to block or deflect passes provided they are playing the ball. Attempting to block passes by hitting or attempting to hit the passer's throwing arm, charging the passer directly, or lunging at the passer is prohibited. Inadvertent contact with the passer AFTER the ball is passed is NOT roughing the passer.
 - 1. *Penalty: fifteen (15) yards from LOS and automatic new set of downs.
- J. If a defensive player gains possession of the ball in the end zone and in the attempt to advance the ball out of the end zone has their flag pulled, the play will be ruled a touchback.
- K. If an offensive player gains possession of the ball, advances the ball out of the end zone, retreats into the end zone, and has their flag pulled, the play will be ruled a safety.
- L. The spot of the ball following a touchback will be at the possessing team's twenty (20) yard line for all divisions.

11. Scoring

- A. A touchdown shall be worth six (6) points. A touchdown is scored when the flags **(hips) of the ball carrier crosses the goal line.**
- B. The ball carrier may not extend the ball to score.
- C. **Diving for a touchdown is strictly prohibited.** Jumping to catch a pass at the goal line is not considered to be diving for a touchdown.
 - 1. * Penalty: Touchdown will be called back. This is a ten-yard (10) penalty from the spot of the foul and a replay of the down.
- D. Running or Throwing a Point After Touchdown (PAT) conversion attempted from the 2 ½ -yard line shall all be worth one (1) point in Freshman and (2) points in Juniors and Seniors.
- E. Kicking an extra point (PAT) is worth 2 points for Freshman and 1 point in Juniors and Seniors. The ball will be snapped from the 2 ½ -yard line and must be placed at least 3 yards back of (LOS) and directly behind the center. In the Freshman division the ball can be taken from under center. Junior and Senior division must be shotgun to a kneeling holder. The holder's knee CAN come off the ground to receive the shotgun snap. There will be no movement by either team on the line of scrimmage except for the center

who may take a knee for safety precautions. Once the ball is snapped, the kicking team has 8 seconds to kick the ball, or the play is ruled a failed attempt. The holder has one (1) attempt to pick up a muffed snap (in shotgun) for the PAT. PAT attempt must happen within 8 seconds from snap.

- F. Field Goals (FG) will be allowed. Each Field Goal is worth 3 points. There will be no movement by either team on the line of scrimmage except for the center who may take a knee for safety precautions. In the Freshman division the ball can be taken from under center. Junior and Senior division must be a shotgun snap to a kneeling holder. The holder's knee CAN come off the ground to receive the shotgun snap. The ball must be placed at least 3 yards back of (LOS) and directly behind the center. The kicking team has 8 seconds to kick the ball, or the play is ruled a failed attempt. The holder has one (1) attempt to pick up a muffed snap (in shotgun) for the Field Goal. If Field Goal is NO good, it will be spotted where the FG attempt happened (ball held). If the attempt is tried inside the 20-yard line, the ball will get spotted at the 20-yard line going the other way if the attempt is NO good with a change of possession.
- G. A Safety shall be worth two (2) points for safeties on offense, defense (following an interception), kickoff returns, and punt returns. A safety is called when a player touches the ball outside the end zone, retreats into the endzone and the player's flag is pulled. If during a kickoff return or punt return that occurs in the endzone, the player attempts to advance the ball out of the endzone and has the flag pulled prior, the result of the play will be a touchback.
- H. The defense may return an intercepted PAT attempt for a score. If the defense intercepts any PAT and returns it across the opponent's goal line, the defense shall be awarded two (2) points.
- I. The defense may return a missed PAT (Kick) if caught in the air before passing the end line for a score. The defense shall be awarded two (2) points.
- J. The defense may return a missed field goal if caught in the air for a score. The defense shall be awarded six (6) points.
- K. If the defense intercepts a PAT attempt and the possessing defender's flag is pulled before reaching the opponent's goal line, the ball will be dead at the spot the flag was pulled, and the PAT will be ruled no good.

12. Use of Overtime

- A. Overtime will not be permitted during regular season games. Games that result in a tied score at the end of regulation play shall be over and the tie recorded as the final score.
- B. During the playoffs, any game that results in a tie at the end of regulation play shall be determined using the rules posted below.
- C. In the playoffs, all ties must be broken.

13. Protests

- A. **There are no protests or challenges. The referee's call is final.**

14. Unsportsmanlike Conduct

- A. Only CSFFC approved coaches may coach any game. All coaches of CSFFC will at all times conduct themselves in a manner that youth can look up to, respect, and emulate. Coaches must wear their provided coaches shirt and remain in the coach's area on the sideline. The City of Coral Springs mandates all coaches and event staff MUST be easily identifiable during CSFFC events.
1. **If the coach is not wearing the provided CSFFC coaches shirt, that coach CANNOT participate in that game.**
- B. There will be zero tolerance from the Board of Directors and referees for any player or coach who taunts, uses inappropriate language on the field, shows disrespect to officials, or any other conduct deemed unsportsmanlike. Failure to comply with this rule will result in at least a fifteen (15) yard Unsportsmanlike conduct penalty plus loss of down (offense only) and can result in an ejection from the game and/or park at the sole discretion of the Board of Directors and officials.
- C. No coach may put his or her hands on any referee, or any player on the opposing team, except to render assistance in the event of an injury. **No Exceptions**. All coaches shall address the referees by name, or by saying "excuse me, ref." Normal rules of civility and courtesy shall apply at all times. Failure to comply with this rule will result in ejection and may additionally result in suspension for one or more games.
- D. There is **NO FILMING** of any **OPPONENTS**, plays, practices, games or players during the season or playoffs. Filming of one's own teams plays, practices, games or players is authorized for own team utilization. Penalty is automatic suspension and Board of Directors review.
- E. Any person Ejected from a game for Unsportsmanlike conduct may be ineligible to participate in or attend that team's next scheduled game at the Board of Directors' discretion. Regardless of the time of the Ejection during game play, either a Player, Coach or Both. Penalty will be self-imposed by the Coach for either Player or Coach.
- F. The Board of Directors reserves the right to revoke coaching privileges at any time, for behavior and/or actions that it deems "detrimental to the well-being of CSFFC."
- G. ALL SANCTIONS ARE AT THE DISCRETION OF THE BOARD OF DIRECTORS.

15. Season Scheduling and Cancellations

- A. The CSFFC League strives for a complete and competitive season during the season. In doing so we ask for flexibility during the season due to unpredictable conditions, weather or lightning which impacts the games during the season. Depending on the number of players enrolled and coaches who are available, which will then determine the number of games in the season. Historically, we have planned for at least 2-week Preseason, 6–8-week Regular season and then conclude with 2-week Playoffs followed on by the Super Bowl. The goal is to be around a 10-game regular season to include a double elimination playoff tournament.
- B. During the Season the **4.5 hour rule during the week** will be enforced.
- C. If games are **cancelled due to weather** during the week, the expectation is that the game WILL BE rescheduled for the upcoming **Saturday Morning** of that game week. If a team is **unable to field a team** on that Saturday morning, then it will be a **forfeit** by a score of 1-0. Due to complexity of the season and the rescheduling of games on limited fields.
- D. If coaches have certain days of the season for **Blackout dates** (days where there is NO Head Coach and NO Assistant Coach) and is a day in which a game cannot be played, please notify the Board of Directors prior to season schedule being published to work out in-season issues or commitments.
 - 1. Blackout days DO NOT EXIST in the Playoffs. The Playoffs are fluid with brackets and seedings. The Board of Directors will make every effort to work within the schedule to help coaches that may have commitments, but NOTHING is guaranteed.
- E. All coaches and players to include parents, **MUST** abide by the Coral Springs Lightning Policy which is addressed in chapter 23 of this Rule Book. In regard to cancellations, timing and fielding of players for a game, if play is resumed.
- F. If a lightning warning system does trigger during a game. The game will be immediately halted and the teams will clear the fields. The game will be stopped and automatically rescheduled for the following Saturday Morning time slot.

16. Code of Conduct

- A. The CSFFC Code of Conduct is strict and serious in our sport. All people associated with the game are always expected to act with sportsmanship, dignity and respect for others. This includes coaches, parents, players and referees. Poor sportsmanship includes:
 - 1. Using threatening, profane and vulgar language
 - 2. Baiting or taunting coaches, officials, teammates, opponents or spectators

3. Unsafe play
4. Uncontrolled behavior on the bench or on sidelines

B. Poor Sportsmanship will carry the following penalties which will be levied, and these infractions are **progressive and cumulative of the season duration**. For example, if a particular coach receives **three (3) Ejections during a season** that coach will be dismissed from the team for the season and pending a Board of Directors review to determine if said Coach will be allowed to join the League again in future season.

C. Infractions as follows:

1. First Offense - Verbal warning.
 - a. To include a fifteen (15) yard Unsportsmanlike conduct penalty plus loss of down (offense only)
2. Second Offense - Ejection from the game.
 - a. To include a fifteen (15) yard Unsportsmanlike conduct penalty plus loss of down (offense only)
 - b. There will be an **ONE GAME SUSPENSION** levied for any game Ejection for a Coach or Player. Coach or Player is expected to **self-impose penalty**, for the next scheduled game, failure to self-impose will induce **ANOTHER ONE GAME SUSPENSION**.
3. Third Offense - **Second Ejection** from a game due to infractions of 15.C.1 and 15.C.2.
 - a. Dismissal from the **next two (2) games**. Coach or Player is expected to **self-impose penalty**, for the next scheduled game, failure to self-impose will induce **ANOTHER ONE GAME SUSPENSION**, for a TOTAL of three (3) games.
 - b. To include Board of Directors review
4. Fourth Offense -**Third Ejection** from a game due to infractions of 15.C.1, 15.C.2, 15.C.3.
 - a. Dismissal from the **Team**.
 - b. To include Board of Directors review

D. Any Poor Sportsmanship infractions occurring during the **Playoffs**, will follow penalties of 15.C.1 and 15.C.2, to include the **Ejection will be for the remainder** of the Playoffs.

17. Standings

- A. Standings shall be maintained by the overall record and head-to-head victory. In the event of a tie at the end of the season, playoff seeding will be determined (1) head-to-head then (2) point-differential (3) points allowed then (4) coin-flip.
- B. The team that enters the championship game from the winners bracket will automatically be the Home team.

18. Conduct of Playoffs

- A. All teams will participate in the playoffs. Playoff seeding will be selected by final regular season standing as stated in Section 14. Playoffs shall be in a double-elimination format. **The only exception to the double elimination is if a team goes undefeated in the Playoffs all the way to the Super Bowl. The Super Bowl is the final game for that division, if an undefeated team loses the Super Bowl, the game will not be played again.**
- B. For all playoff games, the home team is the highest-ranked team in each game based on the regular-season record for all games up to and including the championship.
- C. All playoff games will be played until there is a winner. In the event of a tie at the end of regulation play, the winner will be determined by the following rules:
- D. The away team will call the coin toss.
- E. Flow of Overtime:
 - 1. The team that wins the coin toss shall have the choice of playing offense or defense first, or which side of the field they want to defend.
 - 2. Each team will get 1 set of downs from the 10-yard line to either score a TD or FG.
 - 3. If a TD is scored, you may go for 1 or 2 all from the two (2) yard line.
 - 4. The opposing team will get their chance from the 10-yard line.
 - 5. If there's a tie after the 1st OT, the same rules will apply for the 2nd OT. The only difference is that the team that had the ball at the end of the 1st OT, will start with the ball in the 2nd OT.
 - 6. If the game is still tied after the 2nd OT, the same rules apply with the team who started the 1st OT on offense getting the ball first.

7. However, in the **3rd OT**, after a TD, in the **juniors and seniors, the team must now go for 2**. In the freshman division, they must either kick an extra point from the 2-yard line for two (2) points or go for one (1) point from the 5-yard line.
8. This last option will continue until a winner is declared.
9. Each team is permitted **1 timeout per overtime**.
10. Regular penalty rules apply

19. All-Star Game (If Applicable)

- A. Each team in each division will supply a specified number of players to their division All-Star team. This may vary by age division depending on the number of teams in each division.
- B. The All-Star Games will be played the following week after the championship game.
- C. The Head Coaches of the All-Star team will be chosen by the Board.
- D. Each team will provide one coach to assist on the All-Star team.
- E. **The Head Coach of the All-Star team will ensure that all players sent to the All-Star team get equitable playing time. Failure to do so may result in revocation of coaching privileges for the**

20. Summary of Draft Process

- A. The Draft Process is a unique and time-consuming evolution. It is a summarization of three (3) separate player evaluations to include processing information and then provide those results to Coaches prior to respective draft day. The draft will include three separate draft days to allow for no overlap on any evening, for the three divisions. The draft will include three separate draft days to allow for no overlap on any evening, for the three divisions. Draft order will be provided before the day annotated and that order will include players that have been locked by Coaches. The Draft will be of a “Snake” format meaning all teams will select in a round and then reverse order will start the second round, meaning if you select last pick of round one you will be the first pick at the beginning of round two. Division player ranking spreadsheets will be provided prior to the respective draft day.
- B. There are **no trades or adjusting the draft order after** the publication of the results or draft order. If there is issue it can be addressed prior to directly to President.
- C. If a Coach is unavailable due to unforeseen circumstances during a draft night for their respective division team then an impartial board member will conduct the draft for that team. The board member will select

the best player available at each slot available and will comply with draft player locks if they are made available prior to the draft night.

- D. Player Locks are allowed during the draft process. All Player Locks **MUST BE MADE PRIOR TO DRAFT NIGHT and PRIOR TO FINALIZED DRAFT ORDER**. Regardless of the number of assistant coaches you have a maximum of **ONLY 2 (2) Player Locks** are allowed **per Team**. If you are a Head Coach without an Assistant Coach then you will be granted **ONE (1) Locked Player**. Cavet's as follows:

1. If you have a player lock in a certain round that will be the team's selection in that round.
2. **Two (2) 1st Round Players** that are locked by a team, will receive a penalty for that selection, which will be their next Round selection which will occur in the **7th Round** and will continue with double selections until roster is filled.
3. **One (1) 1st Round Player** that are locked will receive **no penalty** for that selection by that team, unless the Coach has a child lock in the 1st Round, or a second selection of a 1st Round choice is made; indicating two (2) choices in the same Round.
4. Siblings (**pair**) must be chosen together **and** are considered ONE pick in each respective round that they are rated. If **two (2) siblings** are chosen in the **1st Round**, the team's next pick will be in the **7th Round**. Children (more than one sibling two (2)) are locked to a certain Coach there will be **one more locked player, allowed**, if an assistant coach of that team has a child on the same team, this will **exhaust** the locks allowed by a team. Meaning, **NO MORE THAN three (3) players** can be locked on a team. If a Head Coach has a pair (2) of siblings **and** an assistant Coach has a pair (2) of siblings, then an exception can be made with discussion by the Board of Directors.
5. Below is the Penalty Chart for Siblings **OR** Players selected or locked in the **same Round**:

Number of Players Chosen	Round Selected	Next Round to Select
Two (2) Players	2 nd Round	6 th Round
Two (2) Players	3 rd Round	5 th Round
Two (2) Players	4 th Round	No Penalty

**** If two (2) players are chosen in a particular Round then the penalty applied above will then allow the team to select **two (2) players in every subsequent Round** until roster is filled. ****

6. Players that were **NOT made available for the Evaluation Day WILL BE randomly** assigned to Teams at the completion of the respective Draft Division by the Board of Directors. These Players will **NOT be selectable by coaches** during Live Draft.
7. Players that register **AFTER** the Draft Process will be automatically added to the Waitlist and will added to teams as required through the Board of Directors. Please refer to Chapter 21, In-Season Team Adjustments, for expectations.

21. In-Season Team Adjustments

- A. After the Draft and before the regular season begins (Preseason) sometimes players may be injured or may drop off rosters for several reasons. A managed waitlist will begin right after the draft process and all players that register after the draft will be placed on waitlist. If a player drops from a roster the process is as follows:
1. Notification of the Board AND Register as soon as possible as to the player lost for the SEASON.
 2. After discussion with at LEAST three (3) Board Members a recommendation of the replacement player will be made from the CSFFC Waitlist only.
 3. The player that is selected as replacement will be off the Waitlist AND will be a first come first serve on the waitlist as they have registered post draft process.
 4. At NO TIME may a recommended player from outside the CSFFC will added to a roster without three (3) Board Members approval. Any player added to a team MUST be on the waitlist and fully registered prior to placement.
 5. If a player is injured during Preseason or during the regular season, AND there is a possibility of them returning, NO replacement player will be awarded.
 6. No players will be added to any team from the waitlist after the 3rd Week of the regular season regardless of team size. At this stage of the season (starting the 4th week of the regular season), it is play with whom you have on your roster.
 7. The Board of Directors may convene a meeting for exceptions required for team rosters.

22. Summary of Penalties

- A. All penalties are categorized as a live ball or dead ball foul, and player or non-player foul
- B. Administration of the foul will always be from either the spot of the foul, the previous LOS, or the spot where the play ended.
- C. If a penalty occurs after the offensive team advances the ball beyond the line to gain (first down line) and the enforcement of the penalty carries the ball back behind the line to gain, the offense will be awarded the first down. The ball will be spotted after the penalty is marked off.
- D. FHSAA rules apply in situations not included in these rules.

- E. No players shall participate if, in the opinion of the coach, and/or the official, the participation of a player may result in injury or danger to the player.

23. Park Lightning Policy

- B. When the Perry Weather Warning System (15-second horn blast) sounds, the following procedure should be followed: Clear the outdoor facilities of all patrons and employees and give the patrons two choices:
 - 1. Seek and remain in a protected building (a dugout or the picnic awnings are not considered a protected building).
 - 2. Ask them to wait in their vehicles until the weather clears and the All-Clear Signal sounds (3 short horn blasts).
- C. Once the park is clear, do a manual check of the Perry Weather Warning System to assure that it is working properly.
- D. If park patrons refuse to leave the facilities, they do so at their own risk, but all players must leave the fields and be in a vehicle or secure building.
- E. If park patrons return to the facilities before the All-Clear Signal, they do so at their own risk.
- F. Allow activities to resume once the All-Clear Signal sounds.
- G. The Perry Weather Warning System will be operable from 8:00 A.M. to 11:00 P.M. at Mullins Park.
- H. If the park is closed for any reason, the Perry Weather Warning System will be turned off so as not to disturb the park neighbors.
- I. Game play will be determined at **6:50 and 8:05 times**
- J. If a team cannot field a full roster at the time of the All-Clear Signal, that game will be forfeited.

Link to Perry Weather information for Mullins Park

<https://widget.perryweather.com/?id=9262f1f7-0372-4981-aa26-9797861d4848>

- 1. * Penalty: Any team that remains on the field during a Perry Weather Lightning Warning will be subject to a minimum of one (1) game Head Coach suspension. Further violations will be subject to expulsion from the league at Board discretion.
- K. NOTE: Coral Springs Flag Football Club Spring League Board Members or F.D.'s can call a game in questionable weather conditions. Therefore, an authorized person may stop a game, even if the siren does

not sound if they feel there is a real threat of lightning. Coaches may not call off games or adjust game schedules.

24. Penalty Table

Infraction	Live/Dead	Who	Yds.	From	Repeat Down? (Offense)
Motion, 5 in Backfield or Lined Up Offsides (Offense)	Dead Ball	Player	5	LOS	Yes
Offside (Defense)	Live Ball	Player	5	LOS	Yes
False Start (Offense)	Dead Ball	Player	5	LOS	Yes
Holding (Offense)	Live Ball	Player	10	Spot of Foul	Yes
Holding (Defense)	Live Ball	Player	10	Spot of Foul	Automatic 1 st Down
Diving / Leaping	Live Ball	Player	10	At Spot of Foul	Yes
Intentional Grounding	Live Ball	Player	10	LOS	No
Illegal Blocking (Illegal Hands)	Live Ball	Player	10	Spot of Foul	Yes
Illegal Procedure (Offense)	Live Ball	Player	10	LOS	Yes
Illegal Flag alterations	Live Ball	Player	15	Spot of Foul and Loss of Down	No
Flag Guarding	Live Ball	Player	10	Spot of Foul	Yes
Delay of Game	Dead Ball	Player	5	LOS	Yes
Charging	Live Ball	Player	10	Spot of Foul	Yes
Illegal Forward Pass	Live Ball	Player	5	LOS	No
Offensive Pass Interference	Live Ball	Player	10	LOS	Yes
Defensive Pass Interference	Live Ball	Player	0/10	LOS/SPOT if more than 10	Automatic 1 st Down
Tackling	Live Ball	Player	10	Spot of Foul	Automatic 1 st Down
Roughing the passer	Live Ball	Player	15	LOS	Automatic 1 st Down
Illegal Flag Pull	Live Ball	Player	10	Spot of Foul Ball Spotted at 1 yd. line if in the endzone	Automatic 1 st Down
Unsportsmanlike Conduct	Either	Player, Parent Coach	15	Spot of Foul if live ball. LOS if a dead ball	On Defense-Automatic 1 st Down
UNSPORTSMANLIKE CONDUCT INFRACTIONS					
Intentional Injury Attempt	Live Ball	Player	15	Unsportsmanlike Conduct + Ejection	
Offensive or insulting language or gestures	Live Ball	Anyone	15	Unsportsmanlike Conduct + Ejection	
Intentionally kicking or spiking a dead ball	Live Ball	Player	15	Unsportsmanlike Conduct	
Disrespect to Official	Live Ball	Anyone	15	Unsportsmanlike Conduct + Ejection	
Intentional Field Interference	Live Ball	Coach	15	Unsportsmanlike Conduct + Ejection of Coach	
Coach not Wearing League Shirt	Dead Ball	Coach	15	Unsportsmanlike Conduct	
Intentional altering of Player Uniform (Flag Belt)	Live Ball	Player	15	Unsportsmanlike Conduct	