



## Rules and Regulations 2025 Fall Season

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

**We will not revert to the High School Rule Book.**

### Board of Directors

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## 0. 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 Athletic Directors are the individuals authorized and expected to deal with those problems.
- b. The game will be played in the manner and spirit of the FHSAA with the following specific exceptions:
  1. A maximum of three (3) practices per week for a total of four and a half (4.5) hours of weekly practice activity will be allowed before the start of the season. Once the season has started, four and a half (4.5) hours of weekly practice or game activity will be permitted (note: ALL practices must take place at Mullins Park in Coral Springs). A game is considered 90 minutes of field time. 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.
  2. 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.
  3. 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.
- a. 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 these rules, or has specifically requested to come out of the game. Effect: If an Athletic Director or other league official sits on the bench through a full consecutive offensive and defensive series and observes a player not playing, the Head Coach is in violation of this rule. FAILURE TO COMPLY WITH THIS RULE WILL RESULT IN IMMEDIATE FORFEITURE OF THE GAME and SHALL result in the suspension of the Head Coach for the next immediate game.
5. Players may be benched for disciplinary reasons. Discipline cases that occur before the day of the game must be identified and proper notification made before the game. 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 Athletic Director monitoring the game must be notified before the beginning of the game. Discipline cases, which occur during the game, maybe handled at the Head Coaches discretion. Head Coaches are encouraged to report these cases to their Division Athletic Director within 24 hours of the completion of the game.

6. Gameplay will be **11-on-11 in Freshman and Juniors and 9-on-9 in Seniors**. Minimum player requirement to start a game is **8 for Freshman and Juniors and 7 for Seniors**. **At no point can a game be played with one team playing with more than a two-player (2) advantage. Example: Freshman and Junior 11-on-9 or 10-on-8. Seniors 9-on-7 is allowed.**

7. All nonparticipating players, parents, and coaches must stay between the ten (10) yard lines and three (3) yards outside the sidelines. Coaches must also stay between the ten (10) yard lines and one (1) yards outside the sideline. The home team is responsible for supplying a regulation game ball, which is to be

returned to the home team following the completion of the game.

## **PLAYING RULES AND REGULATIONS**

### **1. PLAYING FIELD**

- Senior / Junior Division – Play on a one hundred (100) yard field, the team area is between the twenty (10) yard lines and one (1) yard from the side boundary.
- Freshman Division – Play on an eighty (80) yard field, the team area is between the (10) yard lines and one (1) yard from the side boundary.
- Coaching staff only allowed inside the fence during the game. Coaches or players outside the team area constitute a penalty (if applicable).
- **The home team is on the North or West side of the field depending on the field.**
- **The Home Team provides the Game Ball.**
- No parents, children, 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.**
- **Live ball fouls - from point of infraction**
- **Loose ball fouls – from the line of scrimmage**
- **Dead ball foul – Five (5) yards**

### **2. UNIFORMS**

- Required Equipment:
  - 1. The player must wear the league-approved uniform. If for any reason a player has not been issued uniform shorts, only dark (black) colored shorts with NO pockets or stripes may be substituted.

**ANY PLAYER WITH POCKETS WILL NOT BE ABLE TO PARTICIPATE IN THE GAME**
  - 2. The player's shirt must be tucked inside of pants to ensure the entire flag is visible.
  - 3. Players may wear sneakers or rubber-soled cleats. NO barefoot players.
  - 4. Players must use a mouth protector at all times with NO attachments
  - 5. Regulation Standard flag football flags provided by the league (Three Flags), proper size.
  - 6. NO Jewelry permitted.
- LEAGUE SUPPLIED ONLY Flags must be fifteen (15) inches in overall length and worn on three (3) sides of the players. They cannot be tucked or stapled, or any slippery substance adhered to the flags.
- Game balls shall be Wilson (or other league-approved balls) in the following sizes: Pee-wee (K2) for Freshman Division; Junior-size (TDJ) for Junior Division; Senior Size (TDY) for Senior. Only league-provided balls may be used.
  - \*Penalty – Dead ball foul – Ten (10) yards (Possible Coach Ejection)**
- Officials will check for proper equipment (mouthpiece, type of footwear, uniforms) before

the coin toss at the start of each game. A player may not resume play until the equipment problem is rectified.

**\*Penalty – Dead ball foul – Five (5) yards**

**If pinnies are required, visiting team must wear pinnies or risk forfeit.**

- **All coaches must wear their league-approved shirts. Any coach without a league-approved shirt will not be allowed to coach their team, no exceptions.**

### **3. TIMING, DOWNS, PERIODS, AND COIN TOSS**

- Four (4) downs constitute a series
- Ten (10) yards gained or past the first down constitutes a new series.
- A game consists of four (4) twelve (12) minute quarters with a **Five (5)** minute half time break
  1. The clock runs twelve (12) minutes consecutively for the first and third quarters except for official and **team timeouts. (Play Clock will start on refs ready for play signal and Game Clock will restart on next official snap or Kickoff)**
  2. **An official timeout will be called after the point after try (PAT) and will start again once the ball is kicked off.**
  3. In the last 2 minutes of the second and fourth quarters, the clock is stopped for:
    - a. Incomplete Passes
    - b. Ball out of bounds
    - c. Official time-outs (Penalties) **Will Start after the penalty is marked off if clock was running on previous play.**
    - d. Scores. **Start after the opposing team touches the ensuing kickoff.**
    - e. The clock will stop on the change of possession and will restart when the ball is snapped on the next play.
    - f. Offensive 1<sup>st</sup> down before the chains are set and the official puts the ball in play.
- Teams in all divisions are allowed three (3) one (1) minute time-outs per half. Unused timeouts are not carried over to the next half.
  1. During the team time-out:
    - a. **No player may leave the field to confer with the coaching staff**
    - b. Two (2) coaches may enter the huddle to talk to their team.
- After the ready-for-play signal, the ball is to be put into play within **forty (40) seconds for Junior/Senior and forty-five (45) for Freshman.**

**\*Penalty – Dead ball foul – Five (5) yards**

- 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.
- Coin Toss: Visitor Team Calls the coin toss. The team that wins the coin toss may choose any one of the following:

1. The team that wins the coin toss will choose offense or defense first and the losing team will choose which side to defend to start the game.
  2. After the coin toss huddle is broken, the choice by the player may not be changed.
- If an offensive team has **2 consecutive pre-snap penalties** (i.e. false starts, delay of game, etc.) the clock will stop until the next snap of the ball.
  - 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.

#### 4. KICKOFFS AND PUNTS

- Kickoffs:
  1. Senior/Junior Division – own forty (40) yard line.
  2. Freshman Division – own thirty-five (35) yard line
- A kickoff must be off a kicking tee.
- Offensive players, except the kicker, cannot move until after the ball is kicked.
 

THIS APPLIES TO PUNTS, EXTRA POINTS, AND FIELD GOALS (on a kickoff, all players may move but not cross the line of scrimmage until the ball is kicked).

**\*Penalty – LIVE ball foul – Five (5) yards**

  1. **On the Kickoff, the ball MUST TRAVEL at least 10 yards from the kicking tee before being touched by receiving team. If the ball doesn't travel 10 yards, the receiving team has the option to take the ball where it stops or a re-kick 5 yards back. On the sole re-kick, if the ball doesn't travel 10 yards or, is kicked out of bounds, the receiving team can choose where it went out or at their 40-yard line for Junior/Senior and the (35) for Freshman.**
- On a kickoff or punt, the receiving team can pick up a rolling football not previously touched by another player. Only the receiving team can call a fair catch.
- **KICKOFFS** - If any player drops/touches the ball, it can only be picked up by the person who had dropped/touched the ball and advance it. Only one attempt to pick it back up is allowed.
  1. On a kickoff or punt, if the ball goes into the end zone, it is a dead ball. The football will be put into play at the twenty (20) yard line.
  2. **The kickoff or punting team can “down the ball”.**
  3. If the ball is kicked and goes out of bounds, the receiving team can choose to re-kick with a five-yard penalty or put in play at the point where the kick goes out of bounds.
  4. On the sole re-kick, if the ball is kicked out of bounds, the receiving team can choose where it went out or **at their 40-yard line for Junior/Senior and the (35) for Freshman.**
- **PUNTING** - The offensive team may punt on any down:

1. They must notify their opposition of their intent to punt.
  2. The punter must line up behind the center, step back a few yards and then kick the ball between the tackles. No other player may move until the ball is kicked.
  3. After the ball is snapped, the punt must be executed within eight (8) seconds (stopwatch timed). Otherwise, a dead ball foul will result from the line of scrimmage.
- \*Penalty – Dead ball foul – Five (5) yards**
4. Once a punt is called, nothing can change the play unless a time-out is used or a defensive penalty occurs.
  5. The referee and the opposition must be notified. This notification must be made before breaking the huddle.
  6. A delay of game penalty cannot be used as a time-out to change the play.
- **On a kickoff, at least five (5) players of the receiving team must be lined up ten (10) yards of the free-kick line.**
  - **On a punt, at least five (5) players of the receiving team must be lined up on the defensive line of scrimmage.**
- \*Penalty – Dead ball foul – Five (5) yards**
- On an extra point kick, the center is the only player who can kneel. The defensive team must remain on the ground until the ball is kicked. (No jumping)
- \*Penalty – Dead ball foul – Five (5) yards**
- Punts that go out of bounds will be taken by the offense at the point where the ball goes out of bounds.
  - You will get one opportunity to pick up at a dropped punt. If it looks like a safety issue before the receiving team picks up the dropped punt, the referee can call it dead. (Only the player who drops the punt can pick it up)

## 5. START OF PLAY

- A ten-minute grace period will be applied and, if a team cannot be fielded after the grace period, that game will result in forfeiture with a score of 1-0.
- \*\*\*\*A BOARD MEMBER CAN MAKE EXCEPTIONS.
- **The offensive teams in Freshmen and Juniors must have a minimum of seven (7) players on the line and no more than four (4) players in the backfield. In Seniors the offensive team must have a minimum of (5) on the line. (If a team lines up with (4) in the backfield and a player from the line of scrimmage goes in motion and the ball is hiked before he/she resets on the line of scrimmage, it will then be flagged for five (5) in the backfield).**
    - **Two (2) players must be attached to the center one (1) on each side at all times. \*Penalty – LIVE ball foul – Five (5) yards**
  - **Anyone lined up in the neutral zone.**

**\*Penalty – LIVE ball foul – Five (5) yards**

    - 1) A player is on the offensive line if his/her head intersects the imaginary plane of the snapper's (center) waist.

2) A player is in the backfield if no part of his/her body intersects any vertical plane of an offensive lineman.

- **The defensive line may have up to eleven (11) players on the line.** They must line up one (1) yard or more from the line of scrimmage. When the offensive team is at or within the defensive line one (1) yard line, the defensive team may line up on the goal line, but no part of any defensive player's body shall extend over the goal line.

**\*\*Note – No defensive player can line up directly in front of the center. (Shoulder-to-Shoulder is ok).**

**\*Penalty – Dead ball foul – Five (5) yards**

- **No more than eleven (11) players may participate in a down.**

**\*Penalty – Dead ball foul – Five (5) yards**

- **No offensive player shall encroach into his/her neutral zone after the football is set ready for play.**
- **A defensive player can jump into the neutral zone and RESET back to the defensive line of scrimmage prior to the ball being snapped. UNLESS it causes an offensive player to move or there's contact with an offensive player.**

1. For the offensive, it is their line of scrimmage.
2. For the defensive, it is one (1) yard from the line of scrimmage.

**\*Penalty – Dead ball foul – Five (5) yards**

- **One Freshman coach will only be allowed on the field for the duration of the season on offense and defense. These coaches must remain 10 yards behind the line of scrimmage and deepest defender at the snap of the ball. (Penalty) 1 warning then a 5-yard delay of game for each infraction after the warning.**
- **A quarterback in the shotgun position can drop the ball once and pick it up without it being dead. However, if they try to pick it up and drop it again it will be ruled dead. A running back in motion or the backfield is not considered the quarterback unless they are calling out the cadence. (If the ball drops in the endzone from the shotgun it is not a safety unless the quarterback drops it a second time).**
- **No more than one (1) offensive player may be in motion at the snap and then, only if such motion is parallel to the line of scrimmage or backward. A running back may come out of the set position (Hands-on Knees) to go in motion.**

**\*Lineman (Two players attached to the center), May NOT motion at any time.**

**\*Penalty- Dead ball foul – Five (5) yards**

- **Voice signals are not mandatory. All that is required is that the offensive team is in a mandatory set position for the one (1) full second. Defensive players may have hands and arms in the ready position.**
- **After the ball is ready for play and before the snap, the two guards must be attached to the center. All other players can extend the full length of the field.**

**\*Penalty- Dead ball foul – Five (5) yards**

- **At the snap, offensive and defensive linemen CANNOT be in a three (3) or four (4) point stance. The offensive line must have their hands on their knees and the defense must be standing or hands on knees. Receivers and Tight Ends do not need to have their hands on their knees. The running backs need to have their hands on their knees. The ball must be snapped between the center's legs.**



**\*Penalty – Dead ball foul – Five (5) yards**

- An inadvertent referee whistle stops play.
  - 1.If the ball has crossed the line of scrimmage – the offensive team has the option of taking the play or replaying the down.
  - 2.If the ball is behind the line of scrimmage, the down is replayed.
  - 3. If a change of possession due to interception – the intercepting team retains possession, and the ball is downed at the point of the whistle.

## **6. CARRYING THE FOOTBALL**

- The ball carrier **must not** run through the defensive player. An attempt must be made to evade the defense.

**\*Penalty – Live ball foul – Ten (10) yards at point of infraction**

- It is illegal for the ball carrier to hack, push or straight-arm another player.

**\*Penalty – Live ball foul – Ten (10) yards at point of infraction**

- A ball carrier can spin three hundred sixty (360) degrees as long as the player makes a football move between consecutive spins.

**\*Penalty – Live ball foul – Ten (10) yards at point of infraction**

- If a player with less than three (3) flags gets possession of the football, the ball is dead at the point where the player took possession of the ball.
- A ball carrier shall not push their own player to use as interference.

**\*Penalty – Live ball foul – Ten (10) yards at point of infraction**

- 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. A ball carrier may not jump, dive, or hurdle forward to gain an advantage. (Unless deemed necessary by the referee for safety reasons). **Sidestepping while coming off the ground is acceptable.**

**\*Penalty – Live ball foul – Ten (10) yards at point of infraction**

- It is illegal for the ball carrier to touch his/her flags or to defend them in any manner.

**\*Penalty – Live ball foul – Ten (10) yards at point of infraction**

- The center sneak will not be permitted. The ball must leave the center's hands completely at the snap. A legal snap will be where a player takes complete possession of the ball via a center snap between his legs.

**\*Penalty – Dead Ball – Unsportsmanlike Conduct – Ten (10) yards – From Line of Scrimmage**

## **7. PASSING and 2 Touch Rule**

- 1) An **illegal forward pass** is a pass thrown by the passer their **entire body** beyond the line of scrimmage or intentional grounding.
- 2) Two (2) forward passes during the same down are illegal.

**\*Penalty – Loose ball foul – Five (5) yards from spot of infraction and loss of down**

- 1) Intentional grounding penalty is only invoked if the passer is trying to avoid a sack and/or loss of yardage while inside the tackle box. If outside the tackle box, the ball

must go beyond the line of scrimmage for it not to be intentional grounding.

2) A passer may only “spike” the ball to stop the clock. (Must be under center)

**\*Penalty – Loose ball foul – Ten (10) yards from the line of scrimmage loss of down**

- The passer is declared down if a defensive player pulls off the flag before the ball leaves the passer’s hand.
- All players are eligible to catch a pass. It is interference if any player interferes with an opponent’s opportunity to move toward or catch the football.
- It is not interference if unavoidable contact occurs when two (2) or more players are making a bona fide simultaneous attempt to catch the ball.
- No blocking beyond the five (5) yards of the line of scrimmage in either direction by offense or defense is allowed until the football is caught. If the infraction occurs in the end zone, then automatic first down one (1) yard line.

**Interference Penalty**

**1) By defense – If a penalty occurs less than ten (10) yards from the line of scrimmage penalty is Ten (10) yards from the LOS and an automatic first down. If it is beyond Ten (10) yards from the LOS, it is an automatic first down at the spot of the foul.**

**2) By offense – Ten (10) yards from the line of scrimmage.**

- Inadvertent contact after the passer releases the ball does not constitute roughing the passer. A defensive player CANNOT contact in any way the QB’s arm while in a throwing motion. If contact is made with the hand/arm by the defender while the ball is in the passer’s possession, it will result in an unsportsmanlike conduct automatic 10-yard penalty and first down.

**\*Penalty – Loose ball – Ten (10) yards – From the line of scrimmage – Automatic First Down**

## **1. 2 TOUCH RULE**

A player may only advance the ball beyond the line of scrimmage for no more than 2 consecutive plays.

This rule resets after every change of possession and at the end of each half/overtime but shall not reset at the end of each quarter.

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.

The referees **will inform the opposing coaches** and shall let play go ahead.

Penalty:

1st offense:

5-yard penalty (from LOS)

2nd offense: 10-yard penalty (from LOS)

3rd and additional offenses: Unsportsmanlike on coach, 10-yard penalty (from LOS) and loss of down

## 8. BLOCKING, TACKLING, AND USE OF HANDS

- 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.

### **\*Penalty**

1. **By defense - Ten (10) yards – From the line of scrimmage – Automatic First Down – or the offensive team can refuse the penalty and take the play.**
2. **By offense - Ten (10) yards from the point of infraction.**

- Offensive players shall not use their hands to push, pull or lift the ball carrier, or push, hold, grasp or encircle an opponent.

### **\*Penalty – Live ball foul – Ten (10) yards at point of infraction**

- 2) Any rough tactics described as the swinging of the arms, attempting to run over, batter, use of knees or elbows in blocking, blocking below the waist or above the shoulders is considered unnecessary roughness.

### **\*Penalty – Live ball foul – Ten (10) yards at point of infraction and disqualification of the offender (at the referee's discretion)**

- Defensive players shall not use their hands to punch, grasp or hold any blocker.

### **\*Penalty – Live ball foul – Ten (10) yards at point of the infraction and an automatic first down.**

- Actual tackling is not permitted. "Tackling" is defined in these rules as to when a defensive player legally pulls one of the ball carrier's flags. The "tackler" must stop at the spot of the tackle. The football is declared down where the ball or ball carrier is.
- The tackler shall not hold, push or run through the ball carrier but pull the flag rather than the carrier. This includes pushing the ball carrier out of bounds or any physical action against the carrier other than pulling the flag.

### **\*Penalty – Live ball foul – Ten (10) yards at point of the infraction and first down with possible disqualification of the offender.**

- It is illegal for a player to deliberately withdraw an opponent's flags unless it is the ball carrier. The defender cannot withdraw an opponent's (ball carrier) flag before possession of the ball. If the defender withdraws the flag prematurely from the opponent before possession, it will lead to an automatic first down at the spot of the infraction. If the infraction occurs in the backfield of the offense, this will result in a ten-yard penalty from the line of scrimmage and an automatic first down. The official shall consider this action unsportsmanlike conduct.

### **\*Penalty – Ten (10) yards at point of infraction or line of scrimmage depending where the penalty occurred and first down with possible disqualification of the offender.**

- Fumbles (NO FUMBLES) and loose football situations
  1. The defense cannot strip the football from the offense. The defense cannot try to punch or pull the football out of the hands of the offensive player if the football is securely in his/her grasp (discretion of the referee).

**\*Penalty – Live ball foul – Ten (10) yards at point of infraction-Unsportsmanlike Conduct-Automatic First Down**

**(If the penalty occurs behind the line of scrimmage, it will be Ten (10) yards from the line of scrimmage –Unsportsmanlike Conduct-Automatic First Down)**

2. The defense through physical contact cannot cause a change in possession.
3. The offense can lose possession of the football through downs, punting, interception, or misplayed football, such as a lateral or a pitchout that never hits the ground and is caught by a defensive player in mid-air.
4. A defensive player may not take the football out of the hands of the offensive player.

**\*Penalty – Live ball foul – Ten (10) yards at point of infraction-Unsportsmanlike Conduct-Automatic First Down**

- If a defensive player's flag falls off, he remains able to make a defensive play and pull the flag of the ball carrier. If the defender intercepts the ball without a flag on, the ball is considered dead at the point of interception.
- No player may line up over the center at the start of a play, but a linebacker can line up over the center position but no closer than 3 yards. A penalty will be applied if they are closer than 3 yards.

**\*Penalty – Dead ball foul – Five (5) yards**

**These interpretations are subject to the discretion of the referee.**

## **9. SCORING PLAYS**

- When a runner advances the ball from the field of play so that the ball carrier's flag must cross the opponent's goal line plane or catches a legal pass in the opponent's end zone is a touchdown. Six (6) points are scored when the ball is unextended.
- Point(s) after touchdown
  - a. For junior and senior teams:
    - One (1) point – kicked from the 2½ yard line
    - Two (2) points – run or passed from the 2½ yard line
  - b. For freshman:
    - One (1) point - run or passed from the 2½ yard line
    - Two (2) points - kicked from the 2½ yard line
- 2. Tries for points after a touchdown, either kicking, running or passing, are considered dead only if after the offensive try is successful or if the holder drops the ball, the play is over.
- 3. The defense may return an intercepted PAT attempt for a score.
- 4. If the defense intercepts any PAT attempt (Run or Kick) and returns it across the opponent's goal line, the defense shall be awarded two (2) points.
- 5. If the defense intercepts a PAT attempt (Run or Kick) 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.
- 6. The above scoring rules apply identically to all divisions.

- a. If the offensive player moves during a point after attempt or field goal attempt:

**\*Penalty – Dead ball foul – Five (5) yards and retry.**

- b. If the defensive player moves in the neutral zone during a point after attempt or field goal attempt:

**\*Penalty – Dead ball foul – Five (5) yards or half the distance and retry.**

- A field goal (three (3) points) or extra point can be placed-kicked in an eight (8) second time limit from the snap of the football to a kneeling holder at the point of kick. (Holder can carry the football from the center to kick position – freshman division only). **If the holder drops the ball, the holder has one chance to pick it back up and place it on the tee.** If they drop it again, the play is over. The holder's knee CAN come off the ground if the snap is high. Timing by stopwatch in addition to the game clock. **The holder must line up behind the center.** All kicks must be at least 3 yards back from the line of scrimmage.
  1. Failure to get a kick off in eight (8) seconds is considered a delay of game.  
**\*Penalty – Dead ball foul – Five (5) yards and retry.**
- It is a safety, two (2) points, when a ball carrier is downed in his/her end zone, or when an offensive player commits any foul for which the penalty is committed in the end zone.
- A majority of the officials must agree on an open field illegal tackle to award six (6) points.
- A missed field goal inside the 20-yard line, the ball is returned to the 20-yard line. A missed field goal outside the 20-yard line is returned to the spot of the kick.
- Field Goal Attempt that is missed BUT CAUGHT IN THE AIR by the defense can be returned for a touchdown.

## 10. UNSPORTSMANLIKE CONDUCT

- Unsportsmanlike conduct will not be tolerated by players, coaches, or non-coaching personnel (parents and friends).

This includes:

1. Insulting language or gestures
2. Obscene language or gestures
3. Disrespectfully addressing an official or flagrantly objecting to an official's decisions.

**\*Penalty – Ten (10) yards and/or disqualification of the offender(s) from the game and/or field at the referee(s) discretion.**

- Intentionally kicking or spiking the football.

**\*Penalty – Loose ball foul – Ten (10) yards from the line of scrimmage and/or disqualification of the offender(s) from the game and/or field at the referee's discretion.**

- Bullhorns, megaphones, and any other such items of this nature (to be determined by the referee or A.D.) are not permitted on the field or sidelines and cannot be used by anyone.
- An automatic first down will be awarded to the offense on all unsportsmanlike conduct and roughing the passer calls.

**\*Penalty – Loose ball foul – Ten (10) yards from the line of scrimmage-Automatic First Down**

- Coaches will be responsible for their team's conduct as well as parents and all other spectators on his sideline during the game.
- **Spectators must stay on their team's sideline at all times. If they refuse to stay on their sideline, it will be a Dead Ball, Ten (10) yard unsportsmanlike conduct penalty assessed to the Head Coach.**
- If a player or coach is ejected from a game, they are out of that game and the following game. The possibility of additional game suspensions may be instituted via board decisions. No appeal can be made for that initial game. However, if that coach feels there is a reason for the ejected person to be allowed to participate in the following game, he/she must within twenty-four (24) hours:
  1. On his initiative, contact their Division A.D., Head A.D., or Board Member.
  2. Plead his case to those who will make the decision.
  3. Abide by that ruling.
- If no plea is made within the twenty-four (24) hour time limit, and/or no A.D. or Board Members are contacted, that person will not be allowed to participate in the following game (see Rule 15-C).

## **11.REGULATIONS**

- Flag football 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.
- No players shall participate if, in the opinion of the coach, and/or the official, the participation can result in injury or danger to the player. No casts or splinting devices of any type may be utilized.
- No players shall participate if, in the opinion of the coach, his/her practice participation does not warrant game participation. This is decided before game time with Board Member approval. (See Rule 15-C). Instances must be reported before game time to a Board Member.
- If flags are cut shorter than fifteen (15) inches and considered to be intentional, the coach and the team are subject to board disciplinary action in addition to the penalty for illegal flags.
- In case of questionable weather or playing conditions, Board Members may call off the game. If A.D. votes to call the game, it is canceled. If an A.D. is not present, Board Members may call a game or practice. Coaches may not call off games or adjust game schedules. (See also PARK LIGHTNING POLICY).
- If a game is called off and is to be played on another date, the following procedure will be used:
  1. The score will remain the same at the point of interruption.
  2. Play will start at the point where play was stopped.
  3. Field position will remain the same as well as the clock.

## **12. TEAM STANDINGS / TIEBREAKERS**

- To determine team standings, points will be awarded as follows:
  1. Win – Two (2) points
  2. Tie – One (1) point
  3. Loss – Zero (0) points
- The number of points a team has determined their position in the standings.
- Tiebreakers will be used if necessary to determine season standings as follows (there are no splitting of divisions):
  1. Winning Percentage
  2. Head-to-Head results
  3. Least amount of losses
  4. Coin Toss

### 13. SUDDEN DEATH

- Used for playoffs and super bowls only.
- If after a complete four (4) quarter game, the score remains tied, the following procedure will be used:
  1. **A coin toss will determine which team has first possession. The team that wins the coin toss will choose offense or defense first and the losing team will choose which side to defend.**
  2. **Each team will start at the (20) yard line going into the endzone. They will each get (1) time out and they can get (1) first down. Unless there is a defensive penalty that could result in another first down. There will be equal opportunities to score. Field goals are allowed. If the defense gains possession of the ball, the series automatically ends for the offense (regardless of the down) and the team with possession now becomes the offense with a new series of downs. You must score offensively to win. In the Junior and Senior divisions after a score, the team can kick for (1) only on the first score. After that, you must go for (2) points. In the Freshman division after the first score, you can go for (2) points with a kick or run a play from the 7 ½ yard line at any time or go for (1) point from the 2 ½ yard line at any time.**

### 14. PRACTICE SCHEDULE

- Maximum three (3) practices a week.
- The total time of the three (3) practices cannot exceed 4½ hours a week (a week is considered Sunday through Saturday). Once games begin in the season, each game represents 1½ hours to be counted in the total of 4½ hours a week.
- The practice may be held between the hours of 6:00 P.M. and 9:00 P.M., Monday through Friday. Saturday practices may be held between the hours of 9:00 A.M. and 1:00 P.M. on your designated field. No practices are permitted on Sunday.
- All practices must be on assigned fields.
- Chalk talks are included in the three (3) practices and 4½ hours.

- The penalty for exceeding practice limits, after the first offense, will be the suspension of the coach for one (1) game.
- Pregame practices may be held only 45 min. before game time.

## 15. REQUIRED PLAY

- Every player will be required to play start to finish in every game on offense or defense. **If you shuffle players, it must be for a player who is playing both ways. You can make full substitutions after each quarter.** The exception to this rule will be at the referee's discretion.
  - \*Penalty – Dead ball foul – Ten (10) yards - Unsportsmanlike Conduct (1<sup>st</sup> Offense)
  - \*Penalty – Dead ball foul – Ten (10) yards - Unsportsmanlike Conduct-Head Coach Ejected (2<sup>nd</sup> Offense)
  - \*Penalty – Dead ball foul – Ten (10) yards - Unsportsmanlike Conduct – Assistant Coach Ejected (3<sup>rd</sup> Offense)
- The ejected player or coach must attend the next game in uniform but is not permitted to participate. Before the game, he/she must report to a board member and must sit in the stands designated by a board member for the entire game. The player or coach will not be permitted to play or coach again until they have sat out a complete game (See Rule 10- F and G). If they do not attend the subsequent game after the infraction, they will not be allowed to coach until the penalty designated in the section is served.
- Injured players should be encouraged to attend games and may sit on the bench. The opposing coach and referees must be advised of the player's status before the start of the game.
- Discipline cases must be identified to the A.D., opposing coaches, and referees before the game if they occurred in that week's practice. Discipline cases during the game may be handled at the coach's option. A full report to the A.D. is required at the game's end and notice to the Head Referee immediately.
- Missing half or more of weekly practices is sufficient grounds for withholding a player from a game that week, providing an A.D. is notified before the game. If an A.D. is not available, then a Board Member must be notified.

## 16.COACHES RESPONSIBILITIES

- No team will be permitted to freeze more than two (2) players during the player selection draft. Siblings count as one (1) lock. There will be one (1) Head Coach per team. The Head Coach may have up to two (2) Assistant Coaches. If a team is missing a coach, the remaining coaches will notify the official if a substitute coach is to be used for that game. If a Head Coach is unable to coach a game and the Assistant(s) are unable to coach, it is the Head Coaches' responsibility to notify a Board Member of the situation. A parent may not substitute for a coach unless the board has approved that parent.
- Any coach who knowingly plays an ineligible player will forfeit that game and will be suspended from coaching for the balance of the season. Eligible players are those that are properly registered and placed on a team per the rules.
- Should there be an error or omission on the part of the Coral Springs Flag Football Club or a parent, and a player is improperly registered or assigned to a team, the Board of Directors will take one of the following actions:
  1. Dismiss the player.



2. Allow the player to continue to play.
  3. Move the player to the proper division on the last-place team
  4. No action if circumstance warrants.
- Coaches are responsible for all equipment issued to them. Equipment issued must be returned or replaced at the coach's expense. A \$100 deposit check must be submitted to the board at the time that the equipment is picked. At the end of the season, this check will be returned to the coach upon presentation of the full equipment bag provided as long as the equipment is deemed acceptable. Any equipment not returned will be the responsibility of the coach and may be taken out of the \$100 refund at the end of the season.
  - Coaches must notify all players of make-up game dates and times, playoff game schedules, and other game changes.
  - All coaches and all affiliates must wear the league-supplied badges on the sidelines – WITHOUT EXCEPTION!

## **17. COACHES CONDUCT**

The coaches of the Coral Springs Flag Football Club, Inc. will, at all times, conduct themselves in a manner that the youth of this organization can look up to and respect. Note: Coaches or assistant Coaches may not smoke or use any tobacco products while on the field or sidelines during games or practices.

## **18. CHARGES OF MISCONDUCT**

Any person (coach, parent, club member) may at any time charge a coach with misconduct. Any person who feels a coach has done something detrimental to the physical or mental health of a child in the club or has conducted himself/herself in a manner, not in line with the purpose of coaches may:

1. Consult with the coaches Athletic Director regarding this problem. At this point the
2. A.D. will try to solve the problem.
3. If the person making the complaint is not satisfied after the above is tried, or the A.D. feels the offense is flagrant enough, the complainant shall file a written complaint with the Board of Directors. The written complaint shall be made in triplicate, one (1) copy to each of the following: coach, A.D., Board of Directors.
4. After a written complaint is made, the Board of Directors shall have a meeting within seventy-two (72) hours (a quorum must be present). At this meeting, the coach and complaining party will be allowed to state their sides of the story. The Board will also question either party to get a true picture of the problem. After this is done, there will be a vote of the Board. A simple majority will be required to find a coach at fault. (Secret ballot, President will vote in case of a tie).
5. If the coach is found at fault, the Board shall within twenty-four (24) hours inform the coach of the action they feel is just for the infraction committed. Written notice shall follow.

## **19. PLAYER SELECTION**

The selection process involves drafting players categorized within an age group and rating group. No player shall be placed on a team after the draft without the approval of the Vice President of Football, the Head A.D., and the Athletic Director for the division. In the event of a conflict of interest by any of the aforementioned individuals, said individual shall abstain from the placement. His or Her place shall be taken by the President of other disinterested board members. The replacement player named will be the most comparable in the ranking, size, and draft choice number as practicable. The decision of the panel is final. Any replacement player will be immediately deleted from the waiting list, and their Athletic Directors will advise all coaches.

## **20.PROTESTS**

There are no protests allowed. However, if a coach feels that there was a rules infraction, he must signal the Head Referee by utilizing a time-out. If the coach is found to be correct, the time-out will not be charged to his/her team and the referee will take proper action. If a coach has no time-outs remaining and is found to be wrong, a dead ball foul will be assessed against his/her team.

**\*Penalty – Dead ball foul – Five (5) yards**

## **21.PARK LIGHTNING POLICY**

- A. When the Thor Guard 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).
- B. Once the park is clear, do a manual check of the Thor Guard System to assure that it is working properly.
- C. If park patrons refuse to leave the facility, they do so at their own risk, but all players must leave the fields and be in a vehicle or secure building.
- D. If park patrons return to the facilities before the “All Clear” Signal, they do so at their own risk.
- E. Allow activities to resume once the “All Clear” Signal sounds.
- F. The Thor Guard System will be operable from 8:00 A.M. to 11:00 P.M. at the Mullins and Cypress Parks and from 8:00 A.M. to 10:00 P.M. at the Sportsplex.
- G. If the park is closed for any reason, the Thor Guard System will be turned off so as not to disturb the park neighbors.
- H. The policy will be handed out with all permits.
- I. **RAINOUTS WILL BE THE ONLY MAKE-UP GAMES!!!**

**NOTE: CSFFC allows the Board Members or A.D. 's to 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.

## **22. Rule Infraction Cheat Sheet**

<b>Infraction</b>	<b>Yards</b>	<b>From</b>	<b>Repeat Down? (Offense)</b>
Motion (Offense)	5	LOS	YES
Offsides-Offense/Encroachment-Defense	5	LOS	YES
False Start	5	LOS	YES
Delay of Game	5	LOS	YES
Holding offense	10	Spot/LOS	YES
Holding defense With the Ball	10	Spot	AUTOMATIC 1ST DOWN
Holding Defense Without the Ball	10	LOS	AUTOMATIC 1ST DOWN
Offensive Charging	10	Spot	YES
Stiff Arm	10	Spot	YES
Flag Guard	10	Spot	YES
Tackling	10	Spot	AUTOMATIC 1ST DOWN
<b>Illegal Forward Pass</b>	<b>5</b>	<b>Spot</b>	<b>NO</b>
<b>Illegal Touching (Kickoff or Punt)</b>	<b>5</b>	<b>Spot</b>	<b>NO</b>
Intentional Grounding	10	LOS	NO
Block in the Back (Offense)	10	Spot	YES
Block in the Back (Defense)	10	LOS	YES
Offensive Pass Interference	10	LOS	YES
<b>Defensive Pass Interference</b>	<b>0/10</b>	<b>Spot</b>	<b>AUTOMATIC 1ST DOWN</b>
Illegal Flag Pull	10	Spot	AUTOMATIC 1ST DOWN
Defensive Stripping of Ball	10	Spot	AUTOMATIC 1ST DOWN
Roughing the Passer	10	LOS	AUTOMATIC 1ST DOWN
Hurdling/Jumping	10	Spot	YES
<b>Illegal Formation</b>	<b>5</b>	<b>LOS</b>	<b>YES (Play Continues) P. 5B</b>
<b>Encroachment</b>	<b>5</b>	<b>LOS</b>	<b>YES (Play Continues) P. 5B</b>
<b>All Unsportsmanlike Conduct List Below</b>	10	Spot/LOS	Live Ball Yes-Dead Ball No (Automatic 1st Down)
Intentional Injury Attempt	10	Spot	Unsportsmanlike +Possible Ejection
Offensive or Insulting	10	LOS	Unsportsmanlike + Possible Ejection
Language or Gestures	10	LOS	Unsportsmanlike + Possible Ejection
Intentional Spiking or Kicking a Dead Ball	10	Spot	Unsportsmanlike Possible Ejection
Disrespect to an Official	10	LOS	Unsportsmanlike + Ejection
Intentional Field Interference	10	Spot	Unsportsmanlike + Ejection of Coach