

Suggestions and Tips for a great season

- Always wear cleats to avoid knee and ankle injuries.
- If you are wearing orthodontic braces, wearing a mouthpiece protection device is strongly advised.
- If you wear glasses it is strongly advised that you wear a tightening device such as a Croakie to hold your glasses in place.
- If you wear contacts, please put a bottle of both saline and eye drops in your bag in case you need them.
- Don't wear—shorts with pockets. They tear easily and will probably leave you “short-less” on the ride home!
- With the above in mind, try to wear sliding shorts or compression shorts underneath your outer shorts in the event your outer shorts get ripped.
- DON'T WEAR ANY CLOTHING YOU DON'T WANT TO GET RIPPED OR TORN!
- Don't wear jewelry (necklaces, rings, watches, bracelets)
- Consumption of alcoholic beverages of any kind is NOT allowed.
- Should you choose to bring your pet to the games, you do so under your own risk. Christian Sports or other pet owners are NOT liable should your pet cause or receive injury while at the fields.
- If you have any allergies that might be aggravated in the course of play (ants, bees, certain grasses or weeds), please bring appropriate medication to all games.

**In the case of inclement weather, call the
Rainout Hotline at 214-929-0579 for
Rainout information**

Flag Football Rules - Fall 2004

OBJECTIVES

Every effort has been made by rule and appropriate penalty to eliminate contact, roughness, injury, unfair tactics and un-sportsmanlike conduct. Rules alone, however, cannot accomplish this end without the thorough understanding of the basic objectives of football. The complete cooperation of all coaches, players and officials is vital to the continued success of the Christian Sports Flag Football Program.

1) FLAGS

- Each player on the field (8 offensive and 8 defensive) must wear two (2), official FC Sports Football Flags provided by the league.
- The wearing of any type Flag other than those provided by the league is strictly prohibited.
- Penalty for wearing unofficial Flags shall be:
 - 15yds from LOS at time of discovery
 - Players wearing illegal Flags are Immediately ineligible for play until Flags are changed.
 - Team is subject to forfeiture of game if Flag infraction is discovered even after game has been completed.
- All flags will be worn at the waist, one on each side.
- The flag belt itself must be worn snug around the waist to eliminate being turned partially around the waist during an attempted de-flagging.
- If a player's flag falls off, he is still live until which time he is touched or the other flag is pulled.

2) PROTECTIVE EQUIPMENT

- The use of any unyielding hard substances on the hand, wrist, forearm or elbow, no matter how covered or padded, will not be permitted. Padded knee braces or any soft protective pad is permissible.
- A mouthpiece is encouraged but not mandatory.

3) THE FOOTBALL

Teams can either play with their regulation size ball or with the ball offered via the league.

- As necessary, the center may carry the football to the huddle with him.
- In wet conditions, the officials may allow centers to make a snap without grounding the ball.

4) COIN TOSS

At the beginning of a game, a coin is tossed and the winner gets either his choice of goals or the option of offense or defense.

- You may defer your choice to the second half.
- Once the coin toss decision is declared, the decision may NOT be changed! NO EXCEPTIONS!

5) BALL IN PLAY and KICKOFFS

- The beginning of each half will start at the offense's own 20 yard line. Play shall begin 1st down and "Line to Gain".
- After each score or PAT, the ball shall be put into play by placing the ball on the 20 yd line of the offensive team. Play shall begin 1st down and "Line to Gain".

6) PLAYER ELIGIBILITY

- Players must be 18 years of age or older to participate.
- Eligible players are those players who are registered and on your roster..

- All eligible players must wear a shirt the same color as the rest of the members of the team. These jerseys must be worn at all times while playing in a sanctioned Christian Sports Flag Football game.
- At all times the responsibility of player eligibility will rest with the team Captain.
- If a team captain KNOWINGLY sneaks an ineligible player into a game at any time, the game played with the ineligible player will automatically be forfeited and the team captain will be banished from playing for the next 2 games.
- If this violation occurs during the playoffs, the team and the captain are automatically disqualified from continuing post-season play.

7) PLAYER INJURIES

Injured players, who require a Referee Timeout in order to be administered to, must leave the playing field (assisted or unassisted) as soon as they are able. They may NOT return to the playing field until after the completion of the next play from scrimmage.

NOTE: If a player's injury does not require Referee or Immediate medical attention, he/she is free to make their own choice on whether or not to leave the playing field.

8) BLOOD

Any player who is bleeding or who has blood on their clothing MUST leave the playing field immediately.

- A bleeding player may not return to the playing field until, if applicable, their bleeding has been stopped, is under control and is securely covered by a bandage, gauze or other applicable medical covering.
- If a player's clothing is blood stained, the player must leave the active playing field and must remove ALL clothing that is stained with blood, whether or not the blood is theirs or someone else's.
- Any article of available clothing may be used to replace bloodied garments provided that the replacement garment does not match the color of the opposing team.

9) PLAYER EJECTION

- Players receiving a Rough Play or Cursing game penalty will be issued an ejection warning.
- Players receiving (2) Rough Play or Cursing game penalties will be ejected from the game **ALONG WITH THEIR TEAM CAPTAIN***.
- Any player banished from the game by the officials will also be Ineligible to participate in the next two (2) games.
- Any player ejected for fighting is ineligible for the remainder of the season.
- Ejected player(s) must completely leave the field and parking area.
- If the same player is banished or ejected twice in the same season, he/she will be disqualified for the remainder of the current season.

NOTE. The (2) game banishment does NOT apply to Team Captains if they are ejected along with one of their players b/c of the Rough Play / Cursing Rule.

10) FORFEITS

At the end of the coin toss, an initial game-time warning whistle will be sounded by the Supervising Field Referee and “Captains, take the field” will be announced. The Game Clock starts 2 minutes immediately following the warning whistle.

- At the end of the 2 minute game-time warning, the Supervising Field Referee will sound the “Play Ball” whistle.
- Any team not ready to field a minimum team at the sound of the “Play Ball” whistle will automatically forfeit said game.
- All forfeits will be recorded as 7—0.
- Forfeited games will not negatively affect the post-season eligibility of any teams that win by forfeit.

11) PLAYERS ON FIELD

Under normal playing conditions, a Flag Football Team shall consist of *eight (8) players. (*See Coed Rules for additional conditions).

- A team may field no less than six (6) players.

12) PLAYER PROTESTS

All player protests must be handled by the team captain and must be directed to the Supervising Field Referee immediately following the play in question. Once the next play begins by the center snap of the offensive team, a protest option is forfeited.

13) UNIFORMS

All players must wear the officially issued Flag Football Jersey for the current season and league. The use of unofficial game jerseys is strictly prohibited unless previously approved by the Christian Sports Administrative offices. If approved, the alternative-jersey must be worn by ALL players; including pick-up players. If a team doesn’t have enough alternative jerseys to give to pick-up players, all players must resort back to-the official Christian Sports Flag Football Jersey provided by the league.

- Jerseys must be tucked in at all times during game play.
- No article of clothing may cover any portion of a player’s flag.
- **PLAYER’S SHORTS MAY NOT BE THE SAME COLOR AS THEIR FLAGS!**
- No jewelry may be worn on any player’s arm or neck.
- Jerseys may NOT be shared by two (2) players in the same game.

14) SUBSTITUTIONS

- No incoming substitutions shall be made on the field when the ball is in play.
- “Sleeper” substitutions will not be allowed on any play. An offensive player must participate in the huddle or be announced in order to legally play.

15) SHOES

Any flat soled or completely molded cleats are acceptable. Removable metal cleats, baseball spikes, track spikes, or any shoes that have steel or metal tips are prohibited. All players MUST wear shoes.

16) LENGTH OF GAMES

- The game shall be played in two periods of 20 minutes each.
- The 2 minute warning will be whistled by the referees beginning with the last 2 minutes of each half
- The clock will be continuous in the first period stopping only for time outs and Injuries.
- In the last 2 minutes of the 2nd half, the clock will stop on all dead balls and Incomplete
- If a team is losing by 20 or more points at the arrival of the 2-minute warning in the second half, the game is automatically over.
- If not losing by 20 points, a losing team may still forfeit the remainder of the game at the 2-minute warning if they so choose. Forfeiture of this type must be done by the Team Captain only and must be announced to the Supervising Field Referee before the next play from scrimmage begins.

17) TIME OUTS

Each team will be given two timeouts per half. Unused timeouts do NOT carry over to the next half.

- If a team declares a PUNT or P.A.T. choice and then changes their mind, they must use a timeout to change the decision.
- If a team has no timeouts remaining, the original PUNT or P.A.T. decision stands.

18) HALF TIME

Half times will last a maximum of 5 minutes. Half time may be reduced to less than 5 minutes if agreed upon by both teams.

19) HUDDLE

After the official marks the ball “ready for play”, the offense will have 25 seconds in Men’s League and 30 seconds in Coed League to put the ball into play or else be penalized 5 yards for delay of game.

- It is not necessary for a team to huddle before play begins.
- Audibles or predetermined plays may be used without huddling.
- During an ‘audible’ or ‘no huddle offense’ situation, substitutions must be announced.

20) MOTION

Only one player at a time is allowed in motion. The movements of the ‘In Motion’ player must be parallel or away from the LOS. At the center snap, the in-motion player must be:

- Still In a continuous motion running parallel to or away from the LOS.
- In a stopped, set position.

21) ENCROACHMENT (Off-sides)

Encroachment (Off-sides) shall be called when either the defense or offense is guilty of passing over the plane of the line of scrimmage before the ball is snapped.

- A false movement of the football by the center shall constitute offensive encroachment.
- Encroachment is a dead ball foul. The play shall be immediately whistled dead before play begins and (5) five yards shall be marked off against the encroaching team.

-The opposing team may choose to decline the penalty.

22) FIRST DOWNS

Four downs shall be allowed in which to advance the football into the next zone. The zone shall be considered exacted when any part of the ball carriers hips touches or is advanced farther than the line marking the next zone or, in this case, the "line-to-gain". --

- The "line-to-gain" refers to the next zone line the offense must advance the football or past in order to gain a 1st down. If after four consecutive downs, a team has failed to advance the ball into the next zone, possession shall go to the defense at that spot.

23) STANCES

Any stance is permitted.

24) LINE PLAY

Any number of players may be on the offensive or defensive line of scrimmage at the moment the ball is snapped.

- Any player directly opposite the center must be 3 yards off the nose of the ball AND 3 yards down the line.
- All other players, not directly over the center, must be at least 1 yd. off the LOS.

25) SCREENING / RUSHING

Only screen blocking is permitted. Screening is accomplished by quickness and agility; never by force.

- Screeners must have his/her hands clasped behind his/her back or in his belt at all times
- Screen blocking is defined as obstructing the rusher's path to the QB or ball carrier.
- Screening is only permitted behind the LOS.
- No downfield screening is allowed.
- A screener may not leave his/her feet to screen or not dive into the rusher.
- Screener's motion may be parallel to or away from the LOS.
- The screener may NOT move towards the LOS.
- Hooking the rusher with knees, elbows, shoulders, hips or head is PROHIBITED.
- Leaning into a rusher is PROHIBITED.

Although the above method of screening cuts down on excessive contact by the screener, it nevertheless places the screener in a very vulnerable position: therefore, the MAIN RESPONSIBILITY OF AVOIDING CONTACT RESTS WITH THE RUSHER.

- Rusher must ALSO rush with hands clasped behind back until time they pass and are free of the blocker, or are able to pull the ball carriers flag, or block a forward pass.
- If the offensive team make no effort to block the rusher, the rusher is not required to rush with his/her hands behind their back.
- The rusher may not run over the screener.
- The rusher may not pull the screener toward him or push the screener away from him.
- A penalty will be called if the rusher touches the screener's head as long as the screener is screening upright.
- If the rusher touches the QB's head in his attempt to block a pass, a penalty will be called.
 - Roughing the passer will be called when the rusher, while attempting to deflag the QB or block a pass, lets his momentum carry him into the passer.
 - Rushers or defenders may NOT have any contact with the passer while he is passing.
 - Rushers may NOT hit the QB's passing arm.
 - The defensive team may rush as many players as it chooses.

26) DOWNFIELD SCREENING

“Illegal Screening” will Be called on any offensive player moving along with the ball carrier in a manner that effectively “screens off” defenders from de-flagging the ball carder.

Screening Is7~ore clearly defined as:

- Screener Is moving in the area of the ball carrier.
- A defender comes within two yards of the moving screener.
- In the judgement of the official, the defender had a reasonable chance to deflag the ball carrier.
- Penalty for Downfield Screening shall be 10 yards from P01 and Loss of Down.

27) LATERALS

A lateral will be any pass thrown overhand or underhand away from the direction of the advancement of team in possession.

- There Is NO limit to the number of laterals allowed during the play of a down.
- Shovel or Push passes must be made from behind the LOS only. The receiver of a shovel or push pass may be on either side of the LOS when receiving the ball.

28) PASS RECEIVING

All players on both teams are eligible pass receivers.

- If a receiver comes down with one foot in bounds and one foot out of bounds simultaneously, the pass shall be incomplete.
Receivers become ineligible receivers when they step out of bounds then come back in without having been forced out by a defender.
- Receivers become ineligible receivers when they step out of bounds then come back in bounds after having been forced out of bounds by a ‘member of their own team.
- Receivers MAY leave the field and re-enter and still be eligible If forced out of bounds by a defender. .
- A defender who runs out of bounds and then returns in bounds without having been forced out of bounds by a member of the opposing team, is ineligible to intercept a pass or lateral thrown by the offense.

- 04(Interference)

29) PASS INTERFERENCE

This rule applies to any forward pass made from behind the LOS, and applies to both offensive and defensive players. Pass Interference will be called when, after a pass Is In the air, either the receiver or defender touches the other before one of them touches the ball.

- Stripping of the ball once a reception has been made will NOT be allowed.
- ~ • Stripping the ball will result in a 15-yard un-sportsmanlike conduct penalty.

Any contact that occurs after the pass is touched (excluding receiver stripping) and either complete or incomplete, must be Judged by the official as:

- Non-contact caused by both players “playing the ball”
- Intentional or avoidable contact
- Penalty shall be 1st down at P01 or 15 yards from LOS, whichever is greater.

Defensive Pass Interference plays which occur on the playing field during the “regulation play period” and “tie breaker period” and are accepted shall be marked as:

- Automatic 1st down at the P0I or 15 yards from LOS, whichever is greater.
- • Play number will be run again.

Defensive Pass Interference which occurs on the playing field during “P.A.T.” try period and accepted, will result in:

- Ball being placed on one-yard line.
- P.A.T, will be run again PLUS one free P.A.T. try will be awarded if needed.

Defensive pass interference which occurs in the end zone during “regulation play period” and accepted:

- The ball will be placed on one-yard line.
- Automatic 1st down
- If on the last play of the game, the offensive team will be given the 1st down PLUS an extra down to try to score.
- If the offense does not need the free down to score, it is voided.

Screening player’s eyes by a defender without playing the football shall be considered Pass Interference.

Bump and Run or checking an offensive receiver during a passing play will be a 10-yard penalty.

30) FLAGRANT PENALTIES

The penalty for flagrant or excessive contact shall be 1~ down at P01 or 15 yds from LOS, whichever is greater

- At the discretion of the Supervising Field Referee, the penalized player and, if applicable, the player’s coach may be removed from the game.

31) DE-FLAGGING and DEFENDERS

A ball carrier is downed when:

- Either flag is detached from his belt
- When a player is touched after his flag(s) have fallen off or have been pulled off prematurely by a defender.
- The ball touches the ground
- One knee touches the ground.
- Prematurely removing an opponent’s flag with the obvious intent of making the offensive player ineligible to become a ball carrier will result in a 10 yard penalty from end of play or LOS, whichever hurts most
- If the QB ‘s flag is pulled while in a ‘forward throwing’ motion, the pass is allowable.
- If the passer is legally de-flagged as he is passing the football and later in the play receives the ball back, he shall be considered down where he is touched. If he was illegally de-flagged, the penalty should be called.

DEFENDERS

- A defensive player may pull the receivers or ball carriers flag as soon as the ball is touched from having been thrown, lateraled or handed-off from the QB.
- If the receiver juggles the ball and subsequently completes the catch, the ball is marked dead at the de-flagging spot.
- ~j. • When a defensive player pulls the ball carrier’s flag, he must stop and hold the flag above his head. This shall be considered Good Sportsmanship if complied with, but no penalty will result if de-flagger fails to perform this request.
- ~ • Grabbing the ball carrier’s clothing to the point of impeding his progress shall be penalized 10 yards.
- • A defensive player who reaches across the body of the ball carrier to pull his flag is responsible for any contact that is made and will be penalized accordingly.

- A defensive player MAY leave his feet to pull the offensive player's flag, but may NOT make contact with the runner in doing so.
- A defender may NOT push or knock a ball carrier out of bounds. There will be a 10-yard "illegal contact" penalty assessed for this Infraction.
- If the infraction is deemed by the Supervising Field Referee as excessive or avoidable, a 15-yard "Excessive Contact" penalty will be assessed and the defender is subject to game ejection.
- If the offense occurs as a last ditch effort to prevent a score, a touchdown will be awarded.

32) TACKLING

Tackling is PROHIBITED! Tackling is defined as grasping and/or encircling the body of the ball carrier with a hand or arm, thus impeding the runner's progress.

- Penalty for tackling shall be 15 yards and, if in the opinion of the referee or official, prevented a score, a touchdown will be awarded.
- The defender will be disqualified if the act was flagrant enough to cause injury, whether the injury occurred or not.

33) BALL CARRIER

The responsibility for avoiding contact rests with the ball carrier. He must show the official at all times that all attempts and efforts are made to avoid contact.

- The ball carrier may not deliberately run over or drive into a defensive player.
- The 'stiff arm' is illegal.
- The ball carrier may not advance the ball by diving or sliding forward. If the ball carrier dives or slides forward in an attempt to advance the ball, the ball is down where the runner's feet left the ground.
- The ball carrier shall not protect his flaps by blocking with his hand, arm or head the opportunity of an opponent to pull or remove his flap. A 10-yard penalty and Loss of Down shall be assessed for this Infraction. Point of Infraction Penalty
- A ball carrier may spin or jump 'vertically' to avoid being de-flagged. However, the runner must maintain control while spinning or jumping and may NOT jump or spin into a defender as a result of uncontrolled momentum. A 10-yard penalty at P01 plus loss of down shall be assessed for this infraction

34) FUMBLES

When a backward pass or fumble hits the ground, it becomes dead at the spot and belongs to the last team in possession at the spot where it hit the ground or at the in-bounds line opposite the point where the ball left the field of play.

- When the offense fumbles in their own end zone, a safety is called.
- Forward or offensive fumbles which cross and hit beyond the next line to gain will result in the ball being marked dead at the point from which it was fumbled.
- Intentional grounding by the QB in his own end zone to avoid a sack is considered a safety.

35) CENTER SNAP

- A center snap must be made between the center's legs.
- A center snap may touch the ground before it gets to the QB if he fields it cleanly off of 1 bounce. However, if the QB muffs the ball to the ground, it is dead where it first touches the ground.
- A false movement of the football by the center after he is set shall constitute No direct snaps will be allowed.
- QB must be at least 3 yards behind the center to receive the snap

- If a punt is to be made, the offense must announce it to the official before the ball can be declared ready for play. Offense must declare within 10 seconds after asked by the official on the fourth play. Penalty will be delay of game.
- After the offense declares, the official will mark the ball ready for play whereupon the offense will have 15 seconds to punt the ball. When offense declares punt, it becomes a guaranteed punt.
- Center must snap the ball to the punter. The ball will be dead if it touches the ground before punt is made.
- After a punt has been declared, it must actually be made and neither team may cross the LOS until punt is made.
- The punting team may have any number of players that it chooses on the LOS.
- The punt returning team must have five players within five yards of the LOS and they must remain stationary until the punt returner passes into their zone at which time they may provide stationary screens or maneuver for a lateral.
- The receiving team's linemen may attempt to block the punt by jumping. If the punt is legally blocked and touches the ground, it is dead where it touches the ground and the punt returning team gains possession at that point.
- If the punt is legally blocked and touches a member of the punting team or the receiving team while still in the air, it becomes dead at the point it touches them and the punt returning team gains possession at that point.
- If the punt hits a member of the punting team, which has not crossed the LOS, it is dead at that spot. Any member of the punting team may down the punt if it is beyond the LOS, as long as the punt touches the ground directly beneath the point the punting team first touches it. The punt receiving team must be given an opportunity to field the punt in the air.
- There will be a 10 yd. penalty if a member of the punting team touches a punt in the air which is beyond the line of scrimmage and interferes with the receiving team's efforts to field the punt. Penalty will be marked from the point that the punt is illegally fly touched.
- The punt returning team may have 3 punt returners in deep positions of their choosing. The 2 punt returners not carrying the ball may not be moving screens. They may however, run forward and provide stationary screens or be maneuvering for a lateral.
- When a punt touches a player on the receiving team and rebounds into the air, all players become eligible to intercept and advance the ball before it touches the ground. This rule applies even if the punt hits the ground before first touching the receiving team's player.
- The punt receiving team may field a punt in the air, off a bounce or directly off the ground as long as the ball is fielded cleanly.
- If a punt is left unattended, it becomes dead where it rolls still.

37) PUNTS FALLING IN THE END ZONE

- If muffed by the receiving team before possession and it hits in or out of the end zone, the ball will become out to the 20 yard line, run down, next "line-to-gain" for the receiving team.
- If the ball is touched in the air or on the ground by the punting team, the ball will come out to the 20 yd. Line, first down, "line-to-gain".
- If a punt receiver who gains possession of a punted ball in the end zone is de-flagged in the end zone, whether he was attempting to run it or not, the ball will be brought out to the 20 yd. Line, first down and next "line-to-gain".
- If he remains in the end zone five seconds after fielding the punt, the ball will be brought to the 20 yd. Line.
- If a defensive penalty occurs after the offense declares they will punt, the offense may reconsider, due to the change in field position.
- No quick kicks are allowed and will result in a 10-yd penalty if attempted.
- A muffed lateral in the end zone shall be declared a safety.
- The punting team may only change their mind by calling a time out.

38) PLAYERS BEHAVIOR

- Any verbal badgering of officials by any player after official has asked once for team captain control, can result In player or players Involved In the action being disqualified.
- Any derogatory language between opposing players, after the official has asked once for team captain control, can result in player or players involved In the action being disqualified.
- First derogatory action or language should be penalized 15 yards. If second offense will result In ejection of player and coach. Side line players are subject to the same disqualification for abusive, obscene or badgering language to either opposing players, spectators, or officials.
- Side-line players should keep their sideline policed of any items which could cause injury if player goes out of bounds.
- If the captain or coach of the penalized team can't control the actions of his players, game can be forfeited. .
- Profanity, fighting or rough or injurious play do not need warnings in order to cause the player to be ejected.

39) DISQUALIFICATION

- Official will inform team captains that player has 10 seconds to leave the playing field. Players who have been ejected or disqualified must leave the playing field within 10 seconds of ejection plus 15 yd. Penalty.
- Ejection from the playing field will carry with it disqualification from the following two games.
- If a disqualified player fails to leave the field within 10 seconds, it will cause a second 15 yd. penalty.
- The game will be forfeited by the disqualified players team if he/she not off the playing field in 20 seconds.

40) TIME LEFT IN GAME

- The field captain or QB may request the amount of time left in the game from the official at any time. Officials will be expected to give accurate time.

41) ILLEGAL ADVANCEMENT

- The runner or ball carder may NOT dive or slide forward to advance the ball. Ball is dead at point where player left their feet.
- Advancement may not occur as a result of the ball being slapped, knocked, pitched, forward lateralled, or kicked by the offense or the defense.
- Ball will be declared dead at the point it was slapped, knocked, pitched, forward lateralled, or kicked if it was done so in the direction of that team's advancement.

42) SCORING

- Touchdown —6 points
- PAT (2 points from 10) (1 point from 3)
 - Any PAT attempt intercepted by the defense and returned for a score will be worth 2 points
- Safety —2 points
- Forfeit Game —7-0 game.
 - PAT's will begin with the ball on the 3 or 10 yd. line. After PAT, the ball will begin play on the 20 yd. line, next to gain.
 - After a touchback, the ball will begin play on the 20 yd. line, next to gain.
 - After a safety, the ball will be punted from the 20 yd. line using the Declare Punt Rules.
- The winner of a tie-breaker will be awarded one point.

43) DISCUSSING PENALTIES

After a penalty is called, only the captain of the penalized team may discuss it with the officials.

44) TIE BREAKER

- In the event of a tie game the end of the fourth quarter, after an official's time, a coin will be tossed with the winner receiving his choice of playing offense or defense first.
- Both teams will go in the direction of the wind, or, if no wind, in the direction chosen by the team that lost the toss.
- Ball will be placed at the mid-field line and each team will have four consecutive plays in which to score the most points or gain the most yardage. The team with the most points or yardage is the winner.
- If both teams score the same amount of points or no points at all, the team who gains the most additional yardage shall be the winner. If after four consecutive downs each, the two teams remain tied in all combinations of the above, additional downs will be played, one at a time, alternating, until a winner is decided.
- During the tiebreaker, there will be one time out per team only.
- If a team scores a touch down, it will be allowed to use its remaining plays, beginning again at the 35yd. line. A free down will be granted after each touchdown for the PAT attempt.
- An Interception terminates the offense's chances. However, all point scored previous to the interception will stand as earned.
- The point where the intercepting team is downed or de-flagged shall determine the total yardage made by the Intercepted team.
- An interception returned back to the 40 yd. Line will completely negate all yardage gained by the intercepted team. If the Intercepting team does not return the football past the LOS of the last snap, then the LOS of the last snap will represent the distance that the ball was advanced by the intercepted team. .
- Even if a defender intercepts a pass and returns it past the 40.yd. line, his team still must initiate their four offensive plays beginning at the 40 yd. line and establish positive yards or score on an interception.

45) FORFEITS AND RESCHEDULING

- Any team who does not present at least six players on the field at the designated start~ time, shall forfeit that game.
- A team may be caused to forfeit a game by the actions of its players or members~
- Games may not be canceled except for dangerous weather or unforeseen complications. FC commissioner of the day decision has final decision on cancellation due to bad weather.
- A team may be caused to forfeit because of playing an ineligible player.
- If a team captain KNOWINGLY sneaks an ineligible player into a game at any time, the game played with the ineligible player will automatically be forfeited and the team captain will be suspended from playing for the next 2 games.

46) SUBSTITUTIONS

- There will be free substitution rules as long as the player being substituted for is off the field at the next snap or is out of the area of play and is departing the field in haste.

47) OFFSETTING PENALTIES

- If offsetting fouls occur during a down while the ball is ready for play, that down shall be repeated.
- —If each fouls during a down In which there is a change of team possession, the team gaining possession may return the ball, providing Its foul was not prior to the final change of possession and It declined that penalty for Its opponent's foul ..

ADDITIONAL RULES:

- You must have a jersey to play.
- You must be on a roster and you must have paid in order to receive a jersey. If --you forget your jersey, you will not play.
- Rosters are finalized when season begins. However a team can pick-up additional (new) players in the event that their roster drops below 10 players due to injury, job relocation, etc. The new player completely replaces the original player and the original player may NOT return to the team after completing the medical rehab, after clearance from a MD, or to play on a weekend when they are back in town.
- **TEAMS MAY NOT PICK-UP PLAYERS DURING THE PLAYOFFS!** If a team drops below the 8 person level during the playoff season, they will NOT be allowed to add an additional player. They must play with the remaining current team members. They may NOT pick-up additions via the sub rule (see below).
- Opposing teams can challenge your roster. If they see a player who they think is not on the roster, they can request to see the roster and, if the player is not on the roster, the team will forfeit the game. A team can also ask for proper ID to prove a player's identity so please bring your ID's. Any challenges must be made to the on-field supervisor or Stewart Murphy on the day of the game. If a challenge is not made on game day, it will not be considered.
- If you are ~1~ort players on a given week you can use substitutes. If you have enough players to field a full team- eight men in the men's league or four men and four women in the coed league- *then you cannot pick up any subs!* In such a case, women must play both ways.
- Substituting with players who are not in the league is NOT allowed. A team can challenge your subs the same as they can challenge your roster. Also, the opposing coach **needs to approve the use of the subs.** If the opposing coach disapproves, the subs cannot be Used and forfeit rules apply, i.e. you must have six players to field a team.
- Substitutes cost four points per player.
- It is up to coaches to play ALL of their players. Please do not hold players out of a game. Remember the purpose of the league.
- Cursing is not allowed. One the second violation for cursing for the same player in the same game, the coach and player is ejected for that game.
- Please do not plead calls with the refs. Only the coach or on-field captain should calmly discuss calls with the refs.

2004 COED RULES

- Under general conditions, a standard on-field Coed team should consist of four men and four women.
- There must be a minimum of six players on the field at ALL TIMES to avoid a forfeit.
- A team MUST play with a minimum of 3 females on the field at all times.
- There may NEVER be more than four men on the field at the same time.
- If a team chooses, they may play a maximum of eight females on the field at once.
- All “pick-up” players (men or women) will cost the team four points.
- ALL pick-up points are added at the beginning of the game and do counts towards the “20-point” rule in the last 2 minutes of the 2nd half.
- A team may only add enough pick-up players to equal six, seven or eight total players.
- A team may NOT add pick up players in order to have substitutes. Any team found guilty of adding unneeded pick-up players will automatically forfeit said **game**.
- If a team begins a game with eight players or less and a player is injured during the course of the game, the team captain may choose to:
 1. Continue playing minus the injured player.
 2. Add a pick-up player in replacement of the injured player (guy for guy, girl for girl) and forfeit four points to the opposing team.
 3. Forfeit the game entirely to the opposing team.)

If the injured player is a female and her loss would cause the team to have less than three females on the field, the team captain of the injured player MUST:

1. Add a pick-up player in replacement of the injured player and forfeit four points to the opposing team.
 - ~ The opposing team captain DOES have the right to forgive the 4-point penalty in this case if he/she so chooses.
2. Forfeit the game entirely to the opposing team.

