

General Rules

Schedule: All games are to be played at the time, date, and place specified on the schedule. A five (5) minute grace period is given to teams if they need a little more time for players to make it to the game. The game clock will start no later than the conclusion of the grace period.

Roster: Each team can have up to 15 players as long as they meet the league fee and gender(co-ed) specific qualifications. If any questions, see below. If you know you will not be able to have a full team, please call us within **48 hours** in advance and we will try our best to reschedule your game. Even if the call is made in time, it does **not** guarantee your game will be rescheduled.

- Call: 678-907-2972
- Email: contactus@riseatsports.com

No show officials: In the off chance that our league officials do not make it to the game, teams have a choice to self-officiate or mutually agree upon an official (team member or spectator). The games will not be rescheduled and will count as an official game.

Roster Checks: Roster minimums must be met before week 1 of games. Roster checks **with Picture ID will be conducted during the playoffs no exceptions.** At the league manager's discretion, a roster check may be done randomly thorough out the regular season.

Rain Outs: The procedure for rainouts is to check RISE'S website at <https://www.riseatsports.com/home>, or call 678-907-2972 for information on delays or cancellations or Download the **Sports Engine App** and find your teams information and messages will also be posted there as well.

Overly Aggressive Players: All RISE sports games are intended to be recreational, unless designated as a competitive ('C') league at registration. Any player who is deemed to be excessively competitive and/or overly aggressive may be removed from competition at the discretion of a RISE staff member.

7v7 Flag Football Rules

Format: Games are played in two 20-minute halves with a 2 minute halftime break. The clock will run **continually** until the **final two minutes of the 2nd Half**. After the two-minute warning, the clock will stop on out-of-bounds, change of possession, extra points, penalties and incomplete passes. **Playing**

Field: The standard field of play is 80 yards x 40 yards with 10-yard end zones.

20yard first down markers. Field sizes may vary due to available field space. i.e. grass fields

Scoring: A touchdown that is either received, thrown, or ran WITHOUT the operative use of a female player is worth 6 points.

A touchdown that is either received, thrown, or ran WITH the operative use of a female player is worth 9 points. **Forfeits** will result in a **21-0** loss for the **no-show** team.

- EXTRA POINTS
 - 1-Point attempt will be taken from the 5-yard line.
 - 2-Point attempt will be taken from the 10-yard line.
 - 3-Point attempt will be taken from the 20-yard line.

**An extra point that is either received, thrown, or ran WITH the operative use of a female player will receive an additional point.

**ONLY 2-point and 3-point attempts can be intercepted and returned by the defense for a total of 2 points or 3 points.

Mercy Rule:

- 21 points at the 2-minute warning
- The game will end with the **score locked Game Play:**

Possession

- Each drive will start on the offense's **10-yard line**, after every score, touchback, and the beginning of each half.
- A change in possession caused by a turnover on downs or an interception in the field of play will be spotted where the ball is down.
- The spot of the ball will be determined by **where the ball is located when the play ended**. The spot of the ball will be determined by where the ball is located when the play ended. The spot of the ball **IS NOT** determined by where the flag was pulled or where a player ran out of bounds.

OFFENSE

The offense can only snap the ball once the Line Judge has signaled that "Line is Set"

Requirements for a set line are:

- The center/ball snapper possesses the ball on the correct spot
- There is no more than one player in motion
- The player in motion is moving parallel to the line of scrimmage
- There must be **4** players on the line for it to be set.

All players must be lined up on or behind the line of scrimmage

The ball can be snapped between the center's legs OR off to the side.

When snapped, the ball must travel from the ground to the quarterback in one fluid motion.

Offensive Players **Can Not Dive** to advance the ball.

OFFENSIVE PLAYS FROM LOS

Passing and running plays are both allowed.

- Handoffs, lateral, and backward passes behind the line of scrimmage are legal.
- After receiving a handoff or lateral/backward pass, the player with possession of the ball can attempt a forward pass from behind line of scrimmage.
- All players are eligible to receive the football
- Receivers must maintain possession of the ball through the catch and have at least **(1)** foot down in bounds.
- If a receiver's flag is pulled **before** he/she has possession of the ball, the play is still **live** and the defense must default to "one-hand touch" to down the player.
- A receiver **must** have his/her flag securely worn **before the ball is snapped**. Any player without a flag secured before the snap, is ineligible to participate in the play

CO-ED LEAGUES RULES

A female player must be an operative participant in at least one of every three plays. If the offense fails to involve a female player in two consecutive plays, the next play will be **CLOSED. CLOSED PLAYS MUST INVOLVE AN OPERATIVE FEMALE PARTICIPANT IN ORDER TO OPEN THE NEXT PLAY.** Rushing the quarterback is legal in Co-Rec leagues. Anyone from the defense can rush the quarterback **AFTER THE LINE JUDGE'S THREE (3) SECOND COUNT.**

HOW TO OPEN A PLAY (OPERATIVE FEMALE PARTICIPANT)

- A female player attempts a forward pass THAT CROSSES THE LINE OF SCRIMMAGE
- A female player runs the ball across the line of scrimmage
- A male quarterback attempts a pass to a female player.
- THE PASS ATTEMPT MUST CROSS THE LINE OF SCRIMMAGE OR RESULT IN POSITIVE YARDAGE (with the female player being the receiver)
- In **Men's** and **Women's leagues**, there is **no three second rush count.**
- ANY PLAYER FROM THE DEFENSE CAN RUSH AS SOON AS THE BALL IS SNAPPED.

PUNTING (MUST DECLARE THE PUNT)

There must be 4 players on the line of scrimmage and NO ONE can cross the line of scrimmage until the ball is kicked. The receiving team must also have 4 players within 2 yards of the line of scrimmage. IN 7v7: If a team elects to punt, the team has two options. There is **no undeclared 4th downs**

1. Physically punt the ball down the field (One Bounce)
2. Automatically (walk off) advance the ball 25 yards up the field

PUNTING (LIVE PUNT RULES)

Snap Requirements

The KICKING TEAM

- The center is the only player who needs to be set
- (with the ball) in order for the line to be set
- All other players must be on or behind the line of scrimmage
- NO PLAYER is allowed to make a forward motion or across the line of scrimmage until the ball is kicked
- Once the declaration to punt the ball, walk the ball off, or go for it on 4th down is made, the offensive team cannot change their decision without calling a time-out.

The RECEIVING TEAM

- The receiving team must have at least 4 players set on the defensive side of the line of scrimmage before the ball is kicked
- The receiving team is allowed to field a ball out of the air OR off of (1) bounce
- There is a limit to the number of times that a ball can bounce before it is picked up by the receiving team
- The receiving team has exactly ONE attempt to field the ball out of the air or off of one bounce
- THE RECEIVING TEAM CANNOT ATTEMPT TO BLOCK A PUNT. A KICKING INTERFERENCE WILL RESULT IN A 15 YARD PENALTY AND AUTOMATIC FIRST DOWN.

OVERTIME (Continuous ONLY DURING PLAYOFFS)

- First possession is decided by coin flip
- Each team will have an attempt at four downs to score from the 20-yard marker during the first overtime period
- If the score remains tied, after each team has been given an offensive possession, the game will **(END IN A TIE DURING THE REGULAR SEASON)** continue to the 2nd overtime period
- If overtime extends to the 2nd period, the offense must attempt AT LEAST a 2-point conversion PAT. **(NO 1-POINT ATTEMPT)**
- Each team will have 1 timeout to use for ALL of the overtime periods.

PENALTIES

<u>Foul</u>	<u>Type</u>	<u>Yards</u>	<u>Spot</u>	<u>NOTES</u>
False start	Dead	5	PS	
Illegal Snap	Dead	5	SS	
Encroachment	Dead	5	PS	Replay down
Illegal Snap	Dead	5	SS	
Delay of Game	Dead	5	SS	
Illegal Shift or Motion	Live	5	PS	Replay down
Illegal Substitution	Live	5	PS	Replay down- dead ball
Illegal Formation	Live	5	PS	
Illegal Equipment/Participation	Live	5	PS	
Illegally Conserving/Consuming time	Live	5	PS	
Receiving Snap 1 yd	Live	5	PS	
Advancement by male runner through LOS/Co-ed Only	Live	5	PS	
Illegal Forward Pass	Live	5	PS	LOD
2 consecutive M/M passes Co-ed Only	Live	5	Spot of throw	
Helping the runner	Live	5	Spot	
Unsportsmanlike Conduct	Either	10	SS	DQ
Offensive Pass Interference	Live	5	PS	LOD
Defensive Pass Interference	Live	10	PS	1 ST Down
Illegally Secured Flag Belt	Live	5	All but 1	LOD/1 ST Down
Illegal Contact	Live	5	All but 1	
Roughing the Passer	Live	10	PS/EORR	Auto 1 ST Down

<u>Foul</u>	<u>Type</u>	<u>Yards</u>	<u>Spot</u>	<u>NOTES</u>
Flag Guarding	Live	5	Spot	
Illegal Flag Belt Removal	Live	5	PS	
Unnecessary Roughness	Either	10	SS	By offense: LOD Defense: Auto 1st down
Unsportsmanlike Conduct	Either	10	SS	DQ

SS – Succeeding Spot

PS – Previous Spot

SPOT – Spot where the foul occurred

EORR – End of the related run

All But 1 – All fouls but 1, a foul by the offense behind the basic spot are penalized from the basic spot