



Mecklenburg County Park and Recreation

*The Natural Place
To Be...*

ADULT FLAG FOOTBALL 7v7 CO-ED RULES

2019

1. PLAYERS

- Each team will play with (7) players of offense and defense. Ideally teams would have 4 males and 3 females or 4 females and 3 males on the field. Teams may play with less than 7 players but must have a least 5 players on the field at all times. They can play with any ratio of males to females as long as there is at least 1 female or 1 male on the field at all times.
- Other ratios that would be acceptable are: 3M/3F, 4M/2F, 4F/2M, 5F/1M, 6F/1M, or in the event of absence or injury, a team may play with only one women but cannot have more then 4 men on the field.
- Teams cannot add players to their rosters after they complete their fourth (4th) regular season game. It is the team manager or captain's responsibility to notify the league if they make an addition to their team roster. **All new players must be added to the official roster in order to be eligible to play. Failure to do so will result in forfeiture of games.**

2. PLAYING TIME

- The game will be played in two twenty (20) minute halves. The clock will run continuously except for the last (1) minutes of each half, where it will stop for all dead ball situations. (Out of bounds, incomplete passes, 1st downs, touchdowns, or penalties and the clock will resume on the snap.
- Teams will be given a two (2) minute warning in each half. (fumbles inside the 2-minute mark will result in the game clock stopping until the ball is spotted by the official and then restarted)
- No warm-ups are allowed on the field before games. Games will begin promptly on time.
- At the start of the game a coin toss will determine possession of the ball and direction the captain that wins the toss will be given the option of taking the ball or deferring until the second half. The opposing captain will have option of direction. There will be no kickoffs the ball will start on the offense's own 5-yard line.

- On an Extra point attempt, an offensive penalty nullifies the attempt and defensive team assumes possession of the ball on their 5-yard line defensive penalties are assessed half of the distance to the goal line and the extra point attempt is replayed.
- Mercy Rule: If at any point in the second half one team is ahead by 28 points, the game will be stopped, the team leading will be declared the winner

3. TIME OUTS

- Each team is entitled to two (2) time-outs each half. One additional time-out will be awarded to each team for each over-time period. Timeouts do not carry over except second half time-outs carry over to the overtime period.
- All timeouts are one (1) minute in length. Officials will give a warning at forty-five (45) seconds. Halftime is five (5) minutes. Teams are allowed thirty (30) seconds between plays the official will warn teams at the ten (10) second mark.

4. PLAY

- The Offensive line of scrimmage will be designated by a down marker (as shown to each team captain by the officials prior to the start of the game). It will be placed at the spot of the ball. A second down marker will be placed a yard down field from the line of scrimmage. This will mark off the neutral zone. Players from either team are not allowed in the neutral zone until the ball has been snapped.
- The offense has 4 downs to advance the ball to the next line (cone markers ahead of the line of scrimmage). The spot of the play will be marked where the ball is at the time the flags are pulled, not where the person is.
- If the offense does not make it to the next line (cone) after the third-down they will then have the option to punt the ball or “go for it”. If the offense opts to punt the opposing team will receive the ball and start on offense 35 yards downfield.
- A play officially commences when the center snaps the ball to the quarterback. The ball can be snapped side-saddle or between the center’s legs. The quarterback may not be in motion prior to the snap. Other players may be in motion but may not pass the line of scrimmage (including entering the neutral zone) prior to the snap.
- The quarterback is defined as the player who receives the snap from the center. If more than one player lines up in the offensive backfield, only the quarterback may call the play cadence.
- There are no fumbles. As soon as the ball touches the ground, or the player’s (who has possession of the ball) knee touches the ground, the play is ruled dead. In the case of a fumble or unsuccessful backward lateral, the spot will be marked where the ball hit the ground. If a possession of the ball. A ball may not be fumbled forward for positive yardage.
- All substitutions must be made between downs and on the same side of the field. Any player who is bleeding or has an open wound must clean off the blood and /or dress the wound before coming back onto the field.
- Female Play-within every three plays a woman must be involved. A legal female play can be one of the following:

1. A legal forward pass completion for positive yardage. Either a male throws directly to a female, or female throws to any player on the field. The end result of the play must be for positive yardage.
2. A legal forward pass for positive yardage that is incomplete, again either thrown by a female, or the intended receiver to be a female. This is at the official's discretion whether the intended receiver was in a position to catch the ball or not (i.e. throwing the ball at the feet of another player will not constitute a valid attempt).
3. A female quarterback is sacked.

Penalty enforcement-If the attempt does not involve a female:

- a. loss of down and the next play is still a female play
 - b. If an offensive penalty occurs, then the next play is still a female play.
 - c. If a defensive penalty occurs the next play will be open.
- Running out of bound or downing the ball at the 1-yard line- A player runs purposely out of bound within the 5-yard line, downs the ball purposely, or stops purposely within the 5-yard line. If a player is deflagged within the 5-yard line the spot will be marked where the ball is when the player is deflagged. This decision will be made at the official's discretion. Penalty enforcement for intentional downing before the end zone: the next play will imitate at the 5-yard line.
 - The quarterback is not required to throw a pass within the proximity of an offensive player. If, however, the QB is being rushed in his or her own end zone and intentionally grounds the ball by throwing a pass directly into the ground, a safety will be awarded.

SCORING

- Touch downs = 6 or 8 points
- If a female is the receiver of a legal forward pass and scores a touch down it will be worth 8 points. If a female throws a legal forward pass to any teammate and that teammate scores the touchdown, it is worth 8 points. If a female QB runs the ball in, it will also be worth 8 points. All other touch downs are worth 6 points.
- Extra Points= 1, 2 or 3 points. There will be no kicking for extra points of field goals. Following the same rules as the touchdown if a female scores or throws the extra point attempt it will be worth more points and all other successful attempts will be worth original points.
- There will be two option for extra points:
 1. From the 5-yard line –male to male reception will be worth 1 point. Female extra point will be worth 2 points.
 2. From the 10-yard line-male to male reception will be worth 2 points. Female extra point will be worth 3 points.

3. Defense can intercept an extra point attempt and run it back to their end zone for two (2) points.
- Safety = 2 points. A safety is awarded when an offensive player is de-flagged, fumbles the ball, or receives an intentional grounding penalty in his or her own defending end zone. The defense is then awarded change of possession and the ball on their own 5-yard line.
 - Mercy Rule- If at any point in the second half one team is ahead by 28 points, the game will be stopped, the team leading will be declared the winner.

PASSING/RUNNING/BLITZ

- Only one legal forward pass may be made on each down (even if the forward pass is behind the line of scrimmage)
- A player may not pass to him/herself. However, as long as a pass attempt first makes contact with someone other than the passer, the passer may then catch and advance the ball.
- A pass is considered complete as long as the receiver has control of the ball and one foot has touched completely in bounds. If one foot is out of bounds at the moment that the reception is completed, the player is considered out of bounds and the pass is not complete. The side and back end zone lines are considered out of bounds.
- No runner may use his/her hands to push away a defender while advancing the ball. This is equivalent to flag-guarding and will result in a 10-yard penalty.
- On each play the official will start a count to five starting from the snap of the ball (One-one thousand, two-one thousand, three-one thousand, four-one thousand, and five). After the count of 5 is reached, any member on the defending side may rush (cross the line of scrimmage) the quarterback. The quarterback may not advance past the line of scrimmage until a defensive player has crossed the line of scrimmage.
- Each team will be allowed to cross the line of scrimmage and rush the quarterback, or blitz, before the count has finished 5 times per game. The normal rules of rushing apply once a defensive player blitzes. If a penalty happens after a blitz has occurred, it will count toward the total five blitzes.

BLOCKING

- There is NO contact blocking allowed. Any contact initiated by any player will be penalized. Offensive players who are down field from a ball carrier may not intercept the path of a defensive player or otherwise attempt to clear a path for the ball carrier.
- Defensive player must try to avoid contact and go around offensive players. Players must remain on their feet at all times. Hurdling or diving to gain yardage will result in a penalty.
- Tackling is prohibited. All players must go for the flags and not the body of a ball carrier. If a defensive player tackles a ball carrier that, in judgment of the officials, had an open field for a touchdown, a touchdown will be awarded. The player who tackled may be ejected from the game.

OVERTIME

- Overtime will be played in all regular season games.
- Another coin toss will take place. The winner of the coin toss will have the option to take the ball or defend first.
- The ball will be placed on the 10-yard line of the designated end zone. Each team will have 4 downs to successfully score and go for an extra point. All rules apply in this situation.
- If the defense intercepts the ball, there is an automatic change of possession, and there is no points awarded for running the ball back.
- If a team scores before the fourth down after the try for the extra point, the ball will be turned over to the defense.
- After each team has completed the 4 downs if the score is still tied another series will follow. After each series the team with the higher score will be the winner.

TOURNAMENT PLAY

- The league champion and runner-up shall be determined by a Single elimination tournament.
- All players must be present for one (1) regular season game to be eligible to participate in tournament play. *Exception being a verifiable injury exemption. (Proof must be provided either at the beginning of the season or when the injury happens.)

I. CODE OF CONDUCT

MCPRD WILL ENACT A ZERO TOLERANCE POLICY FOR COACHES, PLAYERS & SPECTATORS

1. All managers/coaches are responsible for the eligibility of their players and the conduct of their team and spectators. **Suspension of coaches, players and other team affiliated persons will occur if any eligibility and/or conduct guidelines and procedures are not adhered to.**
2. Only managers/coaches and the team captain(s) will be permitted to consult with an official. **This must be done in a sportsmanlike manner. PENALTY: Any manager/coach ejected from a game will be subject to a two (2) game suspension for the first offense and then a one (1) calendar year.**
3. Only the players and the team manager/coach will be allowed to sit on the bench.
4. Any player ejected from a game for unsportsmanlike conduct will receive a one (1) **game suspension for the first offense and a one (1) calendar year suspension for the second offense.** Any player ejected from a game for fighting will receive **at least** a three (3) game suspension. Depending on the severity of the situation participant(s) could be suspended for an entire calendar year.
5. If a team forfeits three (3) times in a season, it will be subject to dismissal from the league, pending review of the incident.

II. SUSPENSIONS

1. Any violation while under suspension will constitute a second offense.
2. Any player and/or manager/coach that are suspended from league play will not be allowed to participate in league play as a coach/manager or player during their suspension.
3. Should a player/manager, coach be suspended for a calendar year they must re-apply to participate in the league in writing.

PENALTIES

- All penalties will be enforced in 5, 10, or 15 yard increments, with the exception of taunting/profanity. If a 10 or 15-yard penalty occurs within 20 yards of the goal line it will be marked off as half the distance (A 5-yard penalty within 10 yards of the goal line will also be marked off as half the distance). Some penalties may be marked with a loss of down, or automatic first down.
- Taunting/Profanity- Taunting and / or profanity is defined as:
 - a. Direct cussing to the referee or opposing player
 - b. Any conversation to the referee other than questions made by the captain.
 - c. Taunting or “smack talking” to the opposing. Team
- This penalty will be enforced by:
 - a. First violation-A team warning (this may be issued before the game starts)
 - b. Second violation- Individual(s) involved must sit out for the duration the current offensive or defensive series. The team may NOT substitute a player in for the one removed. When a change of possession or a touchdown occurs, that player may enter back into the game.
 - c. Third offense- Individual removed from the game and suspended for the next game.

5-YARD PENALTIES

- Illegal Procedure-Either team moving into the neutral zone before the ball has been snapped, lining up in the neutral zone or the quarterback in motion before the ball is snapped. Enforcement: 5 yards from the line of scrimmage- replay the down.
- Delay of Game-Not snapping the snapping the ball within the allotted 25 seconds, taking too long to return the ball to line of scrimmage. Enforcement: 5 yard from the line scrimmage-replay the down.
- Illegal Equipment- An offensive player starting play without having three flags. Enforcement: 5 yards from the line of scrimmage- replay the down.
- Batting or stripping the ball- Any attempt to strike to grab the ball away from the ball carrier. Enforcement: 5 yards form the spot foul
- Illegal Forward Pass-Throwing from in front of the line of scrimmage. Enforcement: 5 yards form the line of scrimmage and a loss of down

- Illegal QB Run- QB crosses the line of scrimmage without being rushed by a defensive player. Enforcement: 5 yards from the line of scrimmage and a loss of down
- Illegal Forward Lateral-Handing or pitching the ball forward down field.
Enforcement: 5 yards from the spot of the foul
- Defensive Flag Guarding-pulling the offense's flags before the player receive the ball.
Enforcement: 5 yards from the line of scrimmage if the play is incomplete- replay the down. If the pass is complete- 5 yard from the spot of the foul, or result of the play.