

Spring 2009 COED FLAG FOOTBALL RULES – DIVISION A

1. **Team Size.** Each team shall field eight players, with at least three women at all times. Teams that are not able to field a complete team may play with a minimum of six players (no more than five men, no less than two women). A maximum of two “pick-up” players (one male/one female, two females) will be permitted only when a team does not have enough of its own players present to field a team. Teams are not permitted to use pickup players when roster players of the same gender are present. Teams that are not able to field at least six players may play a "legal" game with the consent of the opposing captain. It is illegal for a team to have more than eight players on the field of play. Teams with coaches and/or additional players whom enter the field of play without entering the game will be penalized for illegal participation.

Completed rosters and waiver forms are due prior to the second scheduled game of the season. Any team that has not submitted these documents by that time will have its scheduled games declared a “forfeit” until all such paperwork is received. Players may be listed only on one team’s roster per season throughout the league. For a player to be considered “playoff eligible” (eligible to participate in the playoffs), he/she must be listed on a team’s roster and must have played in a minimum of three regular season games for that particular team.

2. **Time.** The game will be divided into two 22 minute halves. Each team is allowed three one-minute timeouts per game. Timeouts may be used in either half. The offensive team will have 30 seconds to snap the ball once the referee has spotted the ball. The official game clock will be maintained by a referee and will run continuously except for timeouts, change of possession on kickoffs or serious injury. The clock will stop during the final 2 minutes of play for the following occurrences:
 - Incomplete pass
 - Player advancing the ball goes out of bounds
 - Either team scores. (The clock will not continue until the opposing team snaps the ball after the PAT attempt. The clock does not run during extra points.)
 - Penalty
 - Declared punt
 - Time Out

****If a team is leading by 17 points or more, the clock will run continuously during the last two minutes of play.****

3. **Beginning of The Game.** Teams must be lined up on opposite sidelines. Before the start of the game the referee will toss a coin in the presence of opposing captains, after first designating which captain shall call the toss. The team that wins the coin flip at the start of the game must choose one of the following:
 - a) Offense;
 - b) Defense;
 - c) To defer the choice of the above options to begin the second half;
 - d) The team that does not choose offense/defense will select which goal to defend

Each half will begin with a kickoff (punt) from the 20 yard line. At the beginning of the second half, the teams will change their direction of play. There will be a maximum five minute “grace period” before each game. The game will be deemed a forfeit thereafter at the discretion of the Field Monitor/Referee.

After all scoring plays, there will be a kickoff (punt) from the 20 yard line. Receiving team must be lined up at or behind its 40 yard line. All kickoffs are “live” and may be fielded by the receiving team after bouncing on the ground. However, if a receiving player “muffs” (touches) the ball and it hits the ground, the play is dead. For any kickoff that goes out of bounds inside of the 20 yard line, the receiving team may elect to take the ball on offense at the 15 yard line (1st and 5) or, the receiving team may elect to have the ball re-kicked with a five yard penalty imposed against the kicking team. Kickoffs that go out of bounds beyond the receiving team’s 20 yard line will be spotted where the ball went out of bounds or the receiving team may elect to have the ball re-kicked with a five yard penalty imposed against the kicking team.

4. **Snapping the Ball Into Play.** To begin each play, the ball must be snapped by a center to the QB. The ball must be snapped to the person calling the snap count and there are no “silent counts”. Players may shift and change formations prior to the snap of the ball, but must be stationary at the time the ball is snapped. A snap from center is not required on declared punts. A minimum of four players must be lined up (set) at the line of scrimmage at the snap of the ball.
5. **Intentional Grounding.** Intentional grounding will be called when a passer due to pressure from the defense, throws a forward pass without a realistic chance of completion.
6. **Inadvertent Whistles.** Should an inadvertent whistle be blown, the ball will be spotted at its location when the whistle was sounded. If an inadvertent whistle is blown during a pass play while the ball is in the air, the play will be declared "dead" and replayed from the original line of scrimmage.
7. **Overtime.** For games that end with a “tie” score, a five minute “sudden death” overtime period will be played with the first team to score declared the winner. The clock will run continuously. Teams will be granted one time out each during the overtime period. Prior

to start of the overtime period, the referee will toss a coin in the presence of opposing captains, after first designating which captain shall call the toss. If neither team scores during that period, then the game shall be scored a tie. (The overtime format may be modified during playoff games.)

8. **Contact/ Blocking – Permitted ONLY AT OR BEHIND the line of scrimmage.**

Blocking at the line of scrimmage or behind is permitted and shall consist of “checking” above the belt (waist) and / or below the neck. Players may extend their hands forward but not laterally and may not hold their opponents while blocking. Note: **Women may block Women ONLY and Men may block men ONLY.** Otherwise, players acting as offensive linemen must have their hands behind their back, crossed in front at chest level or extended straight up in the air when protecting the quarterback from defensive rushers. Offensive linemen can position their bodies at any particular angle in an attempt to direct the rushers to a particular area. **All players must begin play in standing or crouched position. No three point stances are permitted.** Penalty for illegal blocks: 15 yards.

No downfield blocking/tackling is permitted. Illegal contact includes tripping, contact with the QB, any intentional contact by an opposing player and contact with an opposing player after a ball is tipped. Rough play may result in an unsportsmanlike penalty. Anyone in violation of this rule is subject to penalty, suspension and/or immediate expulsion from the league.

9. **Coed Requirements.** The offense will be penalized if it fails to use a female as an “operative player” at least once within three consecutive downs. The penalty for running three consecutive plays without using a female as an “operative player” will be a five yard penalty, loss of down and a female must be the “operative player” until the requirement is satisfied. For example, if a male player catches or runs the ball on a play that a female must be the “operative player”, the offense will be penalized and must replay the gender requirement until it is satisfied.

On a “forced gender” or “closed” play, a female will satisfy the “operative player” requirement ONLY if she crosses the line of scrimmage by running across the line of scrimmage, receiving a pass across the line of scrimmage or throwing a complete pass to another player who crosses, or is already across, the line of scrimmage. During a “forced gender” play, if a female elects to run the ball, her ENTIRE body must be completely across the line of scrimmage. That is, she may not extend only the ball across the line of scrimmage to satisfy the requirement.

An “operative player” is defined as a player who:

- Is the intended receiver in the eyes of the official
- Runs the ball as the primary runner (must cross the line of scrimmage)
- Receives the snap as the QB and attempts to initiate the ball crossing the line of scrimmage

An operative player on a “forced gender” play is defined as a player who:

- Crosses the line of scrimmage by running the ball across the line of scrimmage (body must be completely across the line of scrimmage)
- Crosses the line of scrimmage by receiving a pass across the line of scrimmage
- Crosses the line of scrimmage by throwing a complete pass to another player across the line of scrimmage
- Female who receives the snap as the QB and runs or throws a complete pass across the line of scrimmage

An operative player is NOT defined as a player who:

- Hands off the football to another player
- Snaps the ball into play
- Pitches the ball to another player behind the line of scrimmage
- Throws a lateral or screen pass

Examples:

- A pass intended for a female that is deflected by a female, and caught by a male counts does not count as a female “operative” play
- A pass deflected by a male and caught by a female across the line of scrimmage is a female “operative” play
- If a female pitches the ball to a male behind the line of scrimmage, this will not result in a female “operative” play

10. **First Downs.** Each team shall have four downs to earn a first down or score. First downs are achieved when a team crosses a 20 yard marker (20, 40, 20) based on its original field position. Offensive teams may elect to punt on fourth downs. All punts are “live” and may be fielded after bouncing on the ground. However, if a receiving player “muffs” (touches) the ball and it hits the ground, the play is dead. If a team does not punt, fails to score or earn a first down the opposing team will obtain possession.

11. **Scoring.** The scoring shall be assigned as follows:

- Touchdown: 6 pts (male QB, male receiver), 8 points (female QB, female receiver)
- Extra Point(s):
From the 5 yd line - 1 point (male QB, male receiver),
2 point (female receiver, female QB)
- From the 10 yd line – 2 point (male QB, male receiver)

4 points (female receiver, female QB)

A defensive player may return an interception for two points on a two point extra point attempt.

12. **Pass Rush.** Once the line of scrimmage has been marked, the referee will walk off five paces in the direction the offense is going and place another marker. This "5 pace" marker is the "RUSH LINE". Only defensive players that are behind this marker when the ball is snapped may cross the line of scrimmage to rush the QB. No players lined up within this "zone", may rush the QB. If the line of scrimmage is between the goal line and the five yard line, the RUSH LINE will be the goal line. The rush line can never be placed inside the endzone.

Note: The RUSH LINE will not be applicable when the QB is lined up directly behind the center to receive the snap of the ball; that is, when the QB is not in a shotgun formation. In such situations, defensive players lined up in front of the RUSH LINE may rush the QB. (A shotgun formation is defined as the QB being lined up at least two full paces behind the center (referee's discretion)).

13. **Continuance of Play.**

Play shall continue until:

- Ball carrier has at least one flag pulled by an opponent (see flag specifics for the few exceptions/additions concerning flag pulling)
 - Ball carrier leaves the field of play
 - Ball carrier scores
 - Ball carrier's knee touches the ground
 - Ball touches the ground
14. **Spot of The Ball.** The ball will be spotted where the ball is at the time the ball carrier's flag is pulled. If the ball crosses the plane of the goal line before the ball carrier's flag has been pulled it will result in a touchdown (ball extension).
15. **Punts.** A punt must be declared and cannot be faked. The receiving team may return a punt once it has hit the ground. The referee shall notify the defensive team prior to a punt. All punts are "free punts". Punts must be kicked and cannot be thrown. A team need not snap during a punt. A dropped snap during a punt is not a fumble. The kicking team may not cross the line of scrimmage until the ball is kicked. Downfield blocking is not permitted. The receiving team may not raise hands or jump to block a punt. If a punt is "shanked" and caught it is a live ball and is returnable. The punting team may down the punted ball if the receiving team makes no effort to gain the ball. A punt through the end zone will be spotted at the 10 yard line. If a player drops the ball in the end zone, the ball is spotted at the 10 yard line and is not counted as a safety.

16. **Turnovers.** A change of possession (not after a score) can only occur due to downs or an interception. A fumble is not a turnover and the play is considered dead at the point of the fumble. A lateral may be intercepted and returned by the opposing team.

17. **Flag Requirements.** Flag guarding is not allowed. Flag guarding is defined as any action that is made with the arms, hands, or legs that prevents a player from being able to pull another player's flag. A player engaging in flag guarding will be penalized. It is illegal to pull the flag of a player who does not have possession of the football. Throwing flags is not allowed.

Shirts and belts must be tucked in and flags must be securely attached. If a ball carrier has one or both flags missing, he/she will be considered stopped upon a one-handed touch. It is a penalty for a ball carrier to stiff arm, charge into, or deliberately try to knock over a defensive player. In addition, a ball carrier may not leave his/her feet (jump/dive) in an effort to gain extra yardage.

18. **Sportsmanship.** FABB Sports endorses the principles of good sportsmanship. Unsportsmanlike conduct will not be tolerated. Unsportsmanlike conduct can include the following: Fighting, pushing, verbal/physical abuse directed toward an official or opponent, profanity/obscene gestures, flagrant/violent fouls, taunting/trash talking/baiting, cheating, throwing/abusing equipment and physical intimidation. A player may be ejected from a game (or a team may be evicted from the field of play) for engaging in Unsportsmanlike Conduct. An official may call a forfeit for unsportsmanlike conduct. Even if the game has ended, an official may call a forfeit. The League has the authority to suspend and/or expel a player or team from the league and/or future game(s) at its discretion with no refund of monies for such acts. These guidelines apply to players and spectators.

COED FLAG FOOTBALL PENALTIES

- **Defensive Penalties:**
 - Off Sides = 5 yards/Repeat Down
 - Pass Interference = Spot Foul/First Down
 - Holding = 5 yards/Spot of Foul/First Down
 - Illegal Flag Pull = 5 yards/Spot of Foul
 - Illegal Rushing = 5 yards/Replay Down
 - Illegal Contact = 5 yards/First Down
 - Tripping
 - Contact with the QB
 - Any intentional contact by an opposing player (referee discretion)
 - Contact with an opposing player after a ball is tipped
 - Rough play may result in an unsportsmanlike penalty
 - Illegal Stripping = 5 yards/Spot Foul

- It is illegal to bat or strip a ball from a player's hand.
 - A game cannot end on a defensive penalty even if time expires. One untimed down will be required to complete the game.
- **Offensive Penalties:**
 - Illegal Motion/False Start = 5 yards/ Replay Down
 - These are “dead ball” fouls and do not carry a loss of down. These penalties may not be declined
 - Illegal Pass = 10 yards/Line of Scrimmage/Loss of down
 - Intentional Grounding = Loss of Down/Spot Foul
 - Gender Violation = 5 yards/Loss of Down/Next play remains “closed”
 - Offensive Pass Interference = 10 yards/Previous Line of Scrimmage/Replay Down
 - Illegal Contact = 5 yards/Loss of Down
 - Illegal Contact
 - Pushing Off
 - Any other intentional contact by an offensive player on a defensive player in the field of play
 - Flag Guarding = 5 yards/Spot of Foul/Loss of Down
 - Jumping/Diving = 5 yards/Spot of Foul/ Loss of Down
 - Off Sides = 5 yards/Repeat Down
 - Blocking = 10 yards/Spot of Foul
- **Unsportsmanlike Conduct**
 - Arguing with Officials = 10 yards/Possible Ejection
 - Use of (towards players, referees, league staff, coaches, sidelines, spectators) = 10 yards/Possible Ejection
 - Excessive Contact/Rough Play
 - 1 - 10 yards and loss of down (offensive)/First Down (defensive)
 - 2 - If official determines that contact was initiated "with intent to harm", the offending player will be ejected from the game. The player must leave the field of play immediately. If the player does not leave the field his/her team may be charged with a forfeit for the game regardless of score or time remaining. Any player ejected from a game may not play in any other games that day.
 - 3 - The ejected player may not play in future games without league approval.
 - 4 - An official may call a forfeit for unsportsmanlike conduct. Even if the game has ended, an official may call a forfeit.
 - 5 - The League has the authority to suspend and/or expel a player or team from the league and/or future game(s) at its discretion with no refund of monies for such acts.

- **Fighting**
 - 1 - Automatic ejection from the game
 - 2 - Once ejected, a player must leave the field. If the player does not leave the field his/her team may be charged a “forfeit” for that game, regardless of score or time remaining. Any player ejected from a game may not play in any other games that day.
 - 3 - The ejected player may not play in future games without league approval.
 - 4 - An official may call a forfeit for unsportsmanlike conduct. Even if the game has ended, an official may call a forfeit.
 - 5 - The League has the authority to suspend and/or expel a player or team from the league and/or future game(s) at its discretion with no refund of monies for such acts.