

## ELIGIBILITY

- 1.1 All Players must be minimum 18 years of age. Players 16 & 17 years of age must identify themselves on the team roster and provide parental consent form
- 1.2 All participants must sign the league supplied waiver before the game starts
- 1.3 Teams must wear shirts or jerseys of the same color. Penalty: Teams will lose one time-out per player (pink is not red, light blue is not dark blue)
- 1.4 The game will begin with 4-men and 4-women per side when possible
  - 1.4a A team may start the game with 2-men or 2-women if short-handed
  - 1.4b A team may start the game with 6-players provided rule 1.4a is followed. The opposing team will play seven players
- 1.5 A team will forfeit if the player eligibility requirements are not met 8-minutes after the scheduled start time
- 1.6 The color of the flag belt cannot match the player's shorts or pants
- 1.7 The roster limit is 16 players and ALL teams must post a mandatory roster prior to tournament

## TIMING & SCORING

- 2.1 Each game consists of 2 15-minute halves with a continuous clock and a 5-minute halftime. The clock will stop at the 1-minute warning of each half
  - 2.1a The championship game will consist of 2 25-minute halves
- 2.2 With less than 1-minute remaining in the half the clock stops for out of bounds and incomplete passes
- 2.3 At the 1-minute warning of the second half and one team leading by 18 or more points the game will end

2.4 Each team receives 2-time-outs per half

2.5 Prior to the 1-minute warning the clock stops for timeouts, injuries, and referee discussions lasting more than one-minute

2.6 Between plays the referee will set the ball and blow the whistle starting a 30-second play clock

2.7 During a punt with the clock stopped the clock will restart on the kick.

2.8 Scoring consists of the following; 6-points for a male TD & 7 for female TD, 2- points for an extra-point at the 10-yard line, 1-point for an extra-point at the 3-yard line, 2-points for a safety and 2- points for a returned extra-point.

2.9 Overtime: Each team will be given a chance to score from the 10-yard line closest to a goal line. Teams will alternate possessions and during the 3rd period must attempt a 2-point XP.

## OFFENSE

3.1 Prior to the ready whistle the QB must notify the referee of the sex of the center

3.2 Any time the ball touches the ground the ball is dead (no fumbles)

3.3 If the snap touches the ground during a blitz the blitz remains live

3.4 Open hand blocking is from the waist to the shoulders and same sex only. **Females may block males at their own risk**

3.5 Double team blocking is illegal. Once engaged blockers may pass the rusher off to another blocker with the exception of the nose guard

3.6 You may never leave your feet to block.

3.7 The offense may only run the ball once per set of downs and only one running back may be in the back field at the snap

3.8 Any forward hand off and/or pass behind the line of scrimmage is considered a run (provided yardage is gained) and cannot be passed

3.9 The ball carrier may never flag shield (contact), run directly into a defender, crawl/roll/, jump forward into a defender or dive to advance the ball while in possession

3.10 If the flag belt falls off without being pulled or touched one-hand touch by the defense prevails.

3.11 A receiver must have one foot in bounds for a legal catch.

3.12 The center may snap the ball between the legs or to the side of the body. When snapping the ball to the side the foot will not be considered off-sides.

**3.13 All players are eligible and only the center has to start the play on the line of scrimmage. Six players have to start in front of the quarterback. Receivers may never cross into the nose tackles path unless the NG immediately drops into coverage.**

3.14 Any part of the passers body that crosses the line of scrimmage will be considered a run; any part of the body that leave the tackle box makes the play eligible for a “free blitz”

3.15 At the end of a play the ball will be spotted at the location of the flag clip separating, unless the player is on the ground at the end of the play. (spot of ball)

# DEFENSE

4.1 A nose tackle the same sex as the center must line up head to head with the center. In addition the nose tackle will be five yards from the center at the snap.

4.2 The nose tackle can rush the QB at the snap, but will be considered off-sides if inside the 5-yard neutral zone. (Free Play)

4.3 With the exception of the nose tackle all other defensive players may line-up in any formation.

4.4 A defensive player other than the nose tackle will be considered off-sides if in the neutral zone during the snap. (Dead Play)

4.5 The defense can blitz once per set of downs; there is NO delayed blitz

4.6 Defenders may never cross into the nose tackles path after the snap.

Exception: If the NG drops into coverage **immediately**.

4.7 Male defenders cannot cover female receivers (man-to-man). 5-yard penalty replay down.

4.8 During a non-blitz play defenders may cross the line of scrimmage if the passer breaks the pocket. (3-yards on either side of the center.)

4.9 The defense must grab (pull) one of the three flags attached to the offensive players waist.

**If there is a towel or playbook inside the flags and the playbook or towel is pulled the play will be considered dead at the spot.**

4.10 One open hand "chuck" is allowed within five yards of the line of scrimmage. A male cannot "chuck" a female.

4.11 "Screaming" at potential male/female receivers is an unsportsmanlike penalty

## **SPECIAL TEAMS**

- 5.1 On 4th down the offense may declare a punt. The punter must be a minimum of 2-yards from the center at the snap.
- 5.2 The punter may not move outside the tackle box.
- 5.3 The receiving team may place two players down field to retrieve the punt. All other players must be within 10-yards of the line of scrimmage.
- 5.4 Punts cannot be returned.
- 5.5 Blocked punts will be dead at the spot it's caught or hits the ground.
- 5.6 Extra points for one or two points will be attempted after a TD.  
See 2.7
- 5.7 The defense is given a free blitz on all extra-points.
- 5.8 No kickoffs (ball placed at the 20-yard line).
- 5.9 No kicked field goals or extra-points.

## **MISCELLANEOUS**

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6.1 No hard football pads, metal cleats, or hard knee braces/casts allowed.

6.3 COACHES CHALLENGE: A team will be allowed one coach's challenge per game. The challenge will be for rule interpretations only and a time-out must be taken. Teams winning the challenge will receive their time-out back.

<u>Penalty Name</u>	<u>Yards</u>	<u>Assess From 1</u>	<u>Down</u>
Ball Stripping	15	Play	First
<b><u>Back to Back Run Plays</u></b>	5	Scrimmage	Counts
Breaking-Up Pass with Contact 16	15	Spot	First
Block Below Waist	15	Spot	Counts
Block In Back	10	Spot	Counts
O.P.I. Blocking Downfield	10	Scrimmage	Replay
Charging	10	Spot	Counts
Clipping	15	Spot	Counts
Crawling with Ball	10	Spot	Counts
Defensive Pass Interference	10	Spot	First
Delay of Game	5	Scrimmage	Replay
<b><u>Delayed Blitz</u></b>	5	Scrimmage	Replay
Diving with the Ball	10	Spot	Counts
Encroachment (Defensive Offside)	5	Scrimmage	Replay
False Start (Offensive Offside) s	5	Scrimmage	Replay
Flag Shielding	10	Spot	Counts
Flagrant Foul Offense (ejection) 18	15	Spot	Counts
Flagrant Foul Defense (ejection) 18	15	Spot	First
Helping the Runner	5	Spot	Counts
Holding (Offense) behind LOS 17	10	Scrimmage	Replay
Holding (Offense) beyond LOS	10	Spot	Replay
Holding (Defense) 6	5	Scrimmage	First
Illegal Blitz (Second Blitz B/C Div.)	5	Scrimmage	Replay
Illegal Blocking	10	Spot	Counts
Illegal Chuck on Receiver	5	Scrimmage	First
Illegal Flag Pull	15	Play	First
Illegal Formation	5	Scrimmage	Replay
Illegal Forward Pass 7	5	Spot	Counts
Illegal Participation 8	15	Scrimmage	Replay
Illegal Procedure / Motion 9	5	Scrimmage	Replay
Illegal Sleeper	15	Scrimmage	Replay
Illegal Substitution	5	Scrimmage	Replay
Illegal Stiff Arm	15	Spot	Counts
Illegal Tackle Eligible	5	Scrimmage	Replay
Illegal Equipment	5	Scrimmage	Replay
Imitating the Offensive Calls	5	Scrimmage	Replay
Ineligible Player Downfield	5	Scrimmage	Replay
Ineligible Receiver Catch	5	Scrimmage	Replay
Intentional Grounding 10	5	Spot	Counts
Jumping into defender (contact	15	Scrimmage	Replay
<b><u>Male Blocking Female</u></b>	10	Spot	Counts
Not Enough Players on Line	5	Scrimmage	Replay
Obstruction of Nose Tackle	10	Scrimmage	Replay

Obstruction of Ball-Carrier	10	Play	Replay
Offensive Pass Interference 11	10	Scrimmage	Counts
Personal Foul (Offense)	15	Scrimmage	Replay
Personal Foul (Defense)	15	Spot	First
Punt Return Neutral Zone Violation	5	Scrimmage	Replay
Push Out of Bounds 12	15	Spot	First
Roughing the Passer 13	15	Play	First
Roughing the Holder/Center/Kicker	15	Play	First
Tackle	10	Spot	Replay
Toss to Self 15	10	Spot	Counts
Tripping (Offense or Defense)	10	Spot	Replay
Unsportsmanlike Foul (defense)	15	Scrimmage	Reply