



Co-Ed Flag Football

RULES

General Rules:

1. Captains will sign in players 10 minutes before the scheduled game time.
2. Any team not ready to play 10 minutes after the scheduled time will forfeit the match.
3. Official's decisions are final.
4. One 30 second timeout will be allowed to each team per half.
5. Player attire:
 - a. **Pants:** Players may not wear pants or shorts that have belt loops, pockets, or an exposed drawstring. Players may not wear towels that hang from the waist.
 - b. **Headgear:** Players may not wear baseball style caps or other rigid headwear. Knit and stocking caps are permitted. Players may wear a headband no wider than two inches and made of non-abrasive cloth, elastic, fiber, soft leather, or rubber. Bandanas with knots are prohibited. Rubber or cloth elastic bands may be used to control hair.
 - c. **Pads or Braces:** No pads or braces may be worn above the waist. Leg and knee braces made of hard, unyielding material must be covered on both sides and all edges with appropriate slow-recovery padding.
 - d. **Shoes:** All players must wear shoes. Tennis/running shoes, soft-soled shoes, and football shoes are permitted. Metal spikes, baseball-style spikes, and cleats with metal exposed are prohibited. Any player caught wearing spikes will be ejected from the game.
 - e. Participating while wearing illegal equipment is a 10-yard unsportsmanlike conduct penalty.

Game Format:

1. Games will consist of two 12 minute halves of running time.
2. A toss of a coin will determine which team will gain possession of the ball first.
 - a. The team that wins the coin toss has three options:
 - i. First possession of the ball.
 - ii. Defend the goal of their choice. (Note: If a team with first option chooses to defend a goal, the other team automatically gets the ball.)
 - iii. Defer their option to the second half.
3. There will be no kickoffs. In all "kickoff" situations, the "receiving" team will get the ball on their own 10 yard line, 1st and 20. This includes all touchbacks and after touchdowns and safeties. The ball will be spotted at the center of the field at the start of each series in these instances.
4. Half time will be 2 minutes.
5. A 20 second play clock will be enforced, starting at the end of the previous play.
6. A game or half cannot end on a defensive penalty unless the penalty is declined.
7. If the game is tied at the end of regulation it will result in a "TIE". There is no overtime in the regular season.

Team Format:

1. Seven (7) players constitute a team with one (1) female on the field at all times. All players must present their current, valid RUCID Card at the game site to sign-in to participate. Maximum roster size is 14.
2. Teams will have a minimum of 6 players to start the game.
3. One (1) female on the field at all times.
4. Substitutions are allowed after the ball is ready for play and before the snap.

Line of Scrimmage, Required Number of Players:

1. Four (4) offensive players must be on the line of scrimmage at the snap. A player is deemed on the line of scrimmage when facing his/her opponent's goal line with the line of his/her shoulders approximately parallel thereto and with his/her head or foot breaking the plane of the imaginary line drawn through the waistline of the snapper and parallel to the scrimmage line.
2. At any time at or after the ready for play signal, all offensive players must momentarily be at least five (5) yards inbounds prior to the snap.
3. There is no requirement for defensive players to line-up along the line or be at least five (5) yards inbounds prior to the snap. (the defensive player must be inbounds prior to the ball snapped)

Flag Belts and Legal “Tackles”:

1. Each player must wear a flag belt; each team will have a different color.
2. Every player must have their shirt tucked in to their pants/shorts.
3. If a player loses his/her flag belt and has possession of the ball, the defense must touch them with both hands to make the tackle legal.
4. The ball is dead if either knee or elbow of the ball carrier touches the ground at any time.

Field Dimensions and Downs:

1. The size of the field will be 60 yards by 40 yards, with 10 yard end zones.
2. The field will be divided into three 20 yard zones. A team has four downs to cross each consecutive line. When crossing any of the 20 yard lines, a team will be awarded a first down.
3. If a team fails to cross the 20 yard line in four downs will result in a change of possession at the line of scrimmage from the fourth down attempt or where the individual was tackled before reaching the 20 yard line. (Declined to Punt)

Passing:

1. All players are eligible to receive a pass.
2. Only one forward pass per down. (either overhand or underhanded)
3. No forward hand-offs between the quarterback and center is allowed.
4. All incomplete laterals or passes behind the line of scrimmage will be spotted where the ball lands, not ruled as a fumble.
5. At the time of a pass reception, a receiver must have both feet in bounds and control of the ball of the pass to be complete.
6. Any number of backward or lateral passes is permitted. A forward pass will be the decision of the official.

Handoffs:

1. Behind the line of scrimmage and prior to either a runner advancing the ball across the line of scrimmage or a forward pass crossing the line of scrimmage, any offensive player may hand the ball forward or backward to any player.
2. Once the ball has been advanced or thrown across the line of scrimmage (in any downfield plays), an offensive player may only hand the ball backward to another player.

Fumbles/ Interceptions:

1. A fumble is dead at the point the ball touches the ground, if fumbled backwards, or at the spot where the fumble occurred if fumbled forward.

- a. The ball goes to the team who last had possession with the resulting loss of down.
 - b. Bad snaps are dead at the spot they hit the ground.
2. An Interception is a ball that has not hit the ground that can be recovered (in the air) by the defensive team. This includes snaps by the center that are not caught by an offensive player in the air (i.e. quarterback).
 - a. An intercepted ball cannot be advanced by the defensive team. The interception will result in a change of possession at the point of the interception.
 - b. If a player intercepts the ball in the end zone, it is a touchback.

Blocking:

1. The only type of blocking that is allowed is screen blocking. **No contact is allowed** between the offense and defense. Penalty: Personal foul, 10 yards.
2. The screen blocker must have his/her hands at his/her side or behind his/her back.
3. Any use of the hands, arms, legs or body to initiate contact is illegal.
4. The player must be on his/her feet before, during and after the screen block.

Retrieval of Ball after a Play:

1. The offensive team must retrieve the ball after every play from scrimmage. The snapper will maintain control of the ball and bring the ball from the huddle to the line of scrimmage.

Punting:

1. On fourth down, the referee will ask the offensive team captain to select if they wish to (1) punt or (2) try to reach the zone-line-to-gain ("go for it"). Once a decision is reached, the referee will announce the decision to the defense. If the offense declares to punt, then wants to change their decision, they may do so after a charged timeout or an accepted penalty in which the down is to be replayed.
2. All punts must be announced to the referee. There are no quick kicks.
3. The kicking team must have 5 players on the line of scrimmage during a punt.
4. The kicker must catch and kick the ball immediately in one continuous motion.
5. Neither team may advance beyond their respective scrimmage line until the ball is kicked.
6. Kickers may not punt barefoot.
7. The ball is dead when it first comes in contact with the ground and this will be the receiving teams' line of scrimmage to start their offensive drive.
8. When a punt touches a player from either team and then hits the ground, it is dead at that spot and belongs to the receiving team.

9. If a punt is muffed by the receiving team and caught in the air by the kicking team, it is dead at that spot and the kicking team retains possession, first and line-to-gain.
10. If caught in the air by the receiving team, they may NOT advance the ball.
11. When a punt breaks the plane of the receiving team's goal line, it is a touchback.
12. Punts may not be returned out of the end zone.
13. There are no fair catches. Fair catch signals shall be disregarded.

Scoring:

1. **Touchdown: 6 points**
 - a. A Touchdown is defined as an act of carrying, receiving, or gaining possession of the ball across the opponent's goal line for a score of six points.
2. **Safety: 2 points**
 - a. A Safety is when a member of the offensive team is tackled behind its own goal line that counts two points for the defensive team.
3. **Point after touchdown:**
 - a. From 10 yard line: **1 points**
 - b. From 20 yard line: **2 points**

Penalties:

5 yard penalties:

1. Delay of game or illegal substitution
 - a. Failure to Retrieve Ball After Play
2. Interference with opponent or ball before snap
 - a. Encroachment - when a player enters the neutral zone and makes contact with an opponent before the ball is snapped.
3. Player illegally in motion (only one player may be in motion at a time)
4. Illegal forward pass or handoff
5. Offsides (Offense and Defense)
 - a. A player is offside when any part of his body is beyond his scrimmage or free kick line when the ball is snapped or kicked.

10 yard penalties:

1. Delaying the start of either half
2. Holding, illegal block, or blocking below the waist

3. Striking, kicking, kneeling (also result in ejection at official's discretion)
4. Clipping, hurdling, or tripping
5. Illegal participation
6. Unsportsmanlike conduct
7. Pushing runner or flagrant interference (at referee's discretion)
8. Illegal use of hands or arms
9. Roughing the passer
10. Defensive/Offensive pass interference

Overtime (Playoffs Only):

1. A coin toss will be conducted to start the overtime period. The winner of the coin toss has the choice of offense or defense. If the game goes to a second overtime, the team which lost the toss at the beginning of the first overtime has the choice to start on offense or defense for the second overtime. The choice will then alternate for each succeeding overtime period.
2. Each team will have a series of 4 downs to score from their opponent's 10-yard line. Teams which begin their overtime period outside of the 20-yard line due to penalty must score in 4 downs and will NOT receive any first downs for crossing zone-line-to-gains in the process. Teams may receive another set of downs by penalty only (automatic first down).
3. When a team scores, they will attempt an extra point (1 or 2 points).
4. The team on defense first will have its chance to score and attempt an extra point.
5. Overtime will continue until a winner is declared.
6. When the defense secures possession of the ball during overtime, the offense's series shall be over and the ball declared dead. The defense may not return the ball for a touchdown.

Conduct:

1. Only the captain may speak to the official about an official's call. All concerns must be made when the ball is not in play.
2. The official has the right to eject anyone from the game for any reason the referee deems appropriate; including (but not limited to) consistent arguing, obscene language, etc.