

## Update from Co-Ed Rules

Two 22 minute halves. 1 time out per half.

### **GENDER RULES HAVE NOT CHANGED**

During the last 2 minutes of 2<sup>nd</sup> half the clock will stop for timeouts, incomplete pass, a player goes out of bounds, a team scores, first downs (until cone is placed), QB spiking the ball, and penalties. Clock will not stop if a team is up 15 or more points.

Consecutive penalties against the same player may be considered unsportsmanlike conduct.

If, for any reason, the game is cancelled with the second half already started the game will be considered final.

### **Snapping the ball**

- A player must snap the ball to the QB, either in shotgun formation or “under center”.
- An illegal snap causes the ball to be dead and the down is over.
- The center cannot be touched if their head is down or turned sideways.
- If there is a false start, the result will be a 5 yard penalty and repeat of down
  - The clock will continue to run unless there was a timeout, incomplete pass, out of bounds.
  - If inside of two minutes, the clock will be stopped

### **Passing the ball**

- A forward pass must be made behind the line of scrimmage or at least one foot in the neutral zone (where the ball was snapped)
- A pass must be made into the area of an eligible receiver
  - If the referee deems the ball was not thrown in the area of an eligible receiver, intentional grounding will be called and a loss of 5 yards and the down is over.

## **Pass interference**

Pass interference begins when the ball is snapped and/or when the ball leaves the passers hand.

Pass interference occurs when the offensive or defensive player interferes with an eligible opponent's opportunity to move toward, catch or bat the pass.

Pass interference occurs when any player hinders an opponent's vision without making an attempt to catch, intercept or bat the ball, even though no contact was made.

Unavoidable contact is not considered pass interference. Occurs when two or more eligible receivers, both offensive and defensive, are making simultaneous, bona fide attempt to move toward, catch or bat the pass. Contact occurs away from the direction of the pass. May qualify as unsportsmanlike and is to the referee's discretion

Offensive- all players are eligible receivers. The center is not eligible. Only 1 player may be allowed in motion when the ball is snapped. The player in motion has to be moving parallel to the line of scrimmage or backwards.

Only 3 players are allowed in the backfield at the snap.

Pursuing the QB is allowed after **4 Mississippi** (counted by the Referee) The quarterback may only run once per procession. "No hurdling is allowed", "no diving" or "no sliding" by the runner.

## **RED ZONE**

Running the ball in "RED ZONE". The "Red Zone" is considered to be the space between (including) the five-yard line of the end zone that the offense is attacking up to the goal line. While in the red zone, the ball may not be advanced on a running play.

The defense may rush immediately if a handoff/lateral takes place behind the line of scrimmage.

No blocking.

Defense cannot block/bump a receiver on the line of scrimmage.

No contact may be initiated by either the defense or offense and during a flag pulling action.

Unavoidable contact is subject to the referee's discretion Picking is not allowed and will be subject to the referee's discretion

Any instance of blocking will result in an Illegal Blocking penalty.

### **EXTRA POINT**

1 point (5 yard line) - ball must be passed.

2 point (10 yard line) - can pass or run, provided run was not used during possession generating the touchdown.

### **Flag Pulling**

A player is down when the flags are pulled completely off the waist. If they are caught in the clothes, they are considered down once evident the flags were pulled.

If a player's flags fall off while running the ball, the ball is considered dead at the spot the flag fell off

If a player's flags fall off while running an offensive route, they may continue to run the route, but will be considered down at the spot and if a completion is made

No defensive player shall pull flags intentionally. Result is a unsportsmanlike conduct foul for 10 yards and an automatic first down

## Summary of Fouls

- Illegal forward pass
  - 5 yard penalty
  - Down is over
- Intentional grounding
  - 5 yard penalty
  - Down is over
- Pass interference
  - 5 yard penalty
  - Automatic first down or loss of down
- False start/offside
  - 5 yard penalty
  - Replay down
- Illegal blocking
  - 10 yard penalty
  - Loss of down
- Illegal running of the ball
  - 5 yard penalty
  - Loss of down
- Intentional flag pulling while the ball is not in possession
  - 10 yard penalty
  - Loss of down (offensive foul) or replay down (defensive foul)
- Illegal rushing before the 4 Mississippi
  - Free play, Subject to offense accepting penalty
  - If accepted, results in 5 yard penalty, repeat of down
- Unnecessary roughness
  - Subject to referee discretion
  - 10 yard penalty
  - Loss of down or automatic first down
  - Subject to ejection based on referee discretion
- Unsportsmanlike conduct
  - Subject to referee discretion
  - 10 yard penalty
  - Loss of down or automatic first down
  - Subject to ejection based on referee discretion