

## Co-Ed Flag Football Rules

FLAG FOOTBALL RULES PLAYER RESTRICTIONS: All Jersey Club Sports participants must be at least 21 years old before the season starts.

SUBS: All subs must register online before the start on the game and pay \$10 per game at the field. Click on the "Register a Sub" link on the homepage. Non-roster subs can play 2 games before they must register for the team.

NON-ROSTER SUBS WILL NOT BE ALLOWED DURING THE PLAYOFFS unless the sub is replacing someone injured on the roster.

Any sub found playing illegally will be removed from the game and your team will be charged a forfeit. Ex: player giving another player's name at check-in.

Day of the game- Teams cannot pick up players from other teams before your game unless you are under 8 players. Players must be approved by both team Captains. You can pick up a max of 2 players. Needs to sign up as a sub and pay the sub fee of \$10.

SPORTSMANSHIP: Unsportsmanlike behavior may result in that player or the team being suspended from participating in all Jersey Club Sports. Being ejected from a game may carry a suspension. The referee has the right to remove a player(s) from a game.

### GAME UNIFORMS:

Jersey Club Sports t-shirts are your team's uniforms. All players MUST wear their current Jersey Club Sports t-shirt during games. If you lose your team shirt a new shirt must be purchased for \$10. Shorts or pants with pockets are NOT allowed. No exceptions. No taping of pockets  
Cleats or sneakers. No cleats with metal spikes.

GAME EQUIPMENT: Each team must use a ball that is equal to or greater than the dimensions used in NCAA football.

FORFEITS: Teams without the minimum number of players (5) at the start of the game will have to forfeit the game. Please email Jersey Club Sports by 4pm on the preceding day if you need to forfeit and be charged a \$25 forfeit fee. If your team forfeits your team will lose 1 point in the standing. Your opponent will be awarded a score of 14-0.

PLAYOFFS: Top four teams from each division make the playoffs.

Tie- breaker: Please refer to the standings page

Two 24-minute halves. 1 time out per half (can roll over)

Only need 1 foot in bounds on a catch.

Clock in the second half WILL stop in the **LAST 2 minutes**: only if the game is within 16 points the clock will stop on: timeouts, incomplete pass, a player goes out of bounds, a team scores, first downs (until cone is placed), QB spiking the ball, and penalties.

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.

Ready for Play: After the immediate completion of a play, the referee will place the ball at the line of scrimmage. The offense has 25 seconds to put the ball in play after it is declared ready by the ref. No player shall put the ball in play until referee blows the whistle.

If a player intentionally tries to waste time by stalling, throwing a player's flags, kicking or throwing the ball out of bounds, an unsportsmanlike penalty will be assessed.

SCRIMMAGE: Ball must be snapped from the ground by the center to the quarterback. Possessions in lieu of kick-offs will start on the 5-yard line. All offensive players (except motion player) must be set for one full second before ball is snapped. The man in motion must be continuing in a parallel motion or backward motion to the line of scrimmage at the time of the snap. All remaining players must be on the line or behind their backfield line. **After a play, the line of scrimmage is determined by the location of the HIPS when the flags are pulled.** For example, if a player is holding the ball out in front of them and it crosses the end zone, but their flags and waist do not when pulled, it is NOT a touchdown. One player may be in motion when the ball is snapped and they cannot be moving towards the line of scrimmage when the ball is snapped.

Center Position: The center MUST hike the ball to the QB, no keeping it and sneaking it.

### **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.

**RUSHING THE QUARTERBACK AFTER 3 MISSISSIPPI COUNT:** Defense may not pursue the quarterback behind the line of scrimmage until the REF completes a LOUD, SLOW and CLEAR 3 MISSISSIPPI count. The 3 Mississippi count will begin once the center snaps the ball.

Crossing the line of scrimmage: • After the 3 Mississippi count defense can rush. • The quarterback may not run until the defense chooses to rush the quarterback by crossing the line of scrimmage. • **The quarterback is only allowed to scramble past the line of scrimmage to gain yardage once per 1<sup>st</sup> down.** • After the 3 Mississippi count any number of defenders may rush the quarterback. If the ball changes possession in the backfield the defense may rush immediately.

**Fumble= Dead ball.**

### **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. 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 3 Mississippi.

**The quarterback may only run once per 1<sup>st</sup> down. "No hurdling is allowed", "no diving" or "no sliding" by the runner.**

**BLITZ- 1 per 1<sup>st</sup> down.**

Defender **MUST** yell blitz

Only one player can blitz

QB can run once blitz is called (does not count towards runs)

Blitz can not be used on extra point.

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

**Flag Pulling**

If a player is not wearing flags the ball is down where the ball is caught.

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 an unsportsmanlike conduct foul for 10 yards and an automatic first down

### **Forced Gender Play:**

**It is not the ref's responsibility to remind your team when your forced gender play is.**

### **Female play- every 3 downs.**

A female can be used on any play; however, when the offense has not used a female/operative player within the last two plays, the next play must be a forced gender play. The operative player here is a female who is seen as the intended receiver in the eyes of the official or acts as the quarterback.

If the female is the quarterback, then the play may continue without regard to special defensive coverage. A female QB cannot run unless the real QB has not run for a possession. Once a female is used in any play then the gender count is reset. If the QB is sacked or fumbles the snap on a forced gender play, the play counts as a gender play. The gender count is reset once a TD is made. The gender rule is not in effect during extra points or punts.

**Gender play: if male QB is sacked on a gender play, the next play WILL be a gender play.**

Gender Play:

1. A pass thrown to a female
2. A female receives a hand-off behind the QB.
3. A pass intended for a female (in the eyes of the referee) that is deflected by a woman, and is caught by a male
4. A pass is deflected by a male and caught by a female.
5. A female lines up as quarterback and throws a pass to a male or female.
6. Female sack

NOT a Gender Play:

1. A female receives a hand off only to hand it back to a male behind the line of scrimmage.
2. A female snaps the ball into play.
3. A male QB intentionally throws the ball into the ground at the feet of a woman.

Defensive Coverage for a Forced Gender Play:

Anyone can cover anyone. But a woman should cover a woman and a man should cover a man.

Penalty on Gender Play: If the foul is on the offensive player, the penalty will be assessed and the next play will be gender. If the foul is on the defensive team, the offense will have 2 options: 1) take the 10-yard penalty and repeat the gender play. 2) Decline the penalty, next play is open.

**Punting: No run backs. Down where lands or caught.**

SCORING: 1. Touchdowns are 6 points. When the ball crosses the goal line it is a touchdown. 2. Extra points are two points for a 10-yard conversion and one point for a five-yard conversion. An intercepted extra point or two-point conversion CAN be run back. Only counts for 1 or 2 points. 3. Safeties are 2 points. The scoring team will now go on offense with the ball placed at their own 5-yard line.

## **Summary of Fouls**

### Flag guarding

- 10-yard penalty from the spot of the foul

### 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
- Player sits out 2 plays.
- 10-yard penalty
- Loss of down or automatic