

# **BREWTOWN RECREATION:**

## **COED FLAG FOOTBALL RULES**

### **ROSTER RULES**

- A Coed Team consists of 8 players (5 men, 3 women)
  - ✓ To avoid a forfeit, a team will be allowed to play with 5 players (minimum of 1 woman)
  - ✓ Men are NOT allowed to substitute for absent female players
  - ✓ A team can play more women than men, if so desired
- The roster limit is 17 players
- All players MUST be listed on your online roster
- No player is allowed to play on 2 rosters on the same night
- **All players must play in one of the first 4 games to be eligible for the remainder of the season & playoffs.**

### **LEAGUE EQUIPMENT & FIELD SIZE**

- The field is 40 yds x 80 yds and contains 1<sup>st</sup> downs every 10 yards.
- All teams must supply their own ball. Female Quarterbacks may use a Junior ball.
- Flags will be provided by Brewtown Recreation and should be returned after every game.
- Teams must wear matching jersey colors. If both teams have the same color, the AWAY team must wear a different color that week.
- Metal Spikes are NOT allowed

### **SPORTSMANSHIP RULE**

- Please respect the referees, the park and our league. **Any unsportsmanlike behavior (swearing at the refs, causing a disruption on the field, berating an opponent, using any means of physical force, etc.) is absolutely unacceptable and will warrant penalties (i.e. 15 yard unsportsmanlike penalty and/or game ejection).**
  - ✓ 2 Unsportsmanlike Penalties (Individual) = Automatic Ejection & 1 Game Suspension
  - ✓ In Game Ejection = Minimum 2 Game Suspension (possibly more based on offense)
  - ✓ 3+ Unsportsmanlike Penalties and/or 2 Game Ejections (individual) = Season Suspension (all sports)
  - ✓ Teams with 4+ Unsportsmanlike Penalties will be put on probation and may face playoff consequences
  - ✓ Suspended Players will be put on probation, any future infraction will result in playoff ineligibility

### **LATE START PENALTY**

- If a team doesn't have enough players to start at game time, their opponent receives the following:
  - ✓ Choice of offense/defense and goal to defend
  - ✓ 15 yard penalty assessed to their opponent
  - ✓ After 5 minutes, the game score automatically moves to 7-0, and the first-half game clock to 15 minutes.
  - ✓ After ten minutes, the game is forfeited.

### **TEAM SIDELINE DUTY**

- Each team must provide 1 person for the ENTIRE game to perform the following:
  - ✓ Move the chains & Hold the down marker at the line of scrimmage
- If a team doesn't provide sideline duty at the start of the game:
  - ✓ A player will be removed from their lineup to complete the duties (thus they'll play with 7)

- If a team fails to keep up with duties (i.e. the ref has to remind them) the following will occur:
  - ✓ 15 Yard Penalty for every infraction

## **FEMALE RULE**

- A female player must be part of at least 1 of every 3 consecutive downs. The play is considered LEGAL if it crossed the line of scrimmage in one of these scenarios:
  - ✓ Female is QB and attempts a pass
  - ✓ Female is involved in a run attempt and/or pass catch attempt

## **COIN TOSS, GAME CLOCK & TIMEOUTS**

- Coin Toss – the visiting team will make the call
  - ✓ Winner selects: Offense, Defense or Defend Goal Direction
- Game Time – the game will consist of two 20 minute halves.
  - ✓ **1<sup>st</sup> HALF:** The clock will run continuously
  - ✓ **2<sup>nd</sup> HALF:** The clock will run continuously for the first 18 minutes and stop at the 2 minute warning
  - ✓ **2<sup>nd</sup> Half Only (under 2 minutes):** Clock will stop for a Time Out, Penalty, Incomplete Pass, Out of Bounds, Score, Touchback, Fair Catch or Change of Possession.
- Time Outs – Each team will receive (2) timeouts per half
- Overtime – In the regular season, teams will play (1) overtime. If a winner hasn't been determined after overtime, the game will result in a tie. There is no limit in the playoffs.
  - ✓ All overtime periods are played towards the same goal line.
  - ✓ Unless moved by penalty, each team will start 1st and 10 from the **15**-yard line.
  - ✓ In the playoffs, if a 2<sup>nd</sup> overtime is required teams must attempt 2-point conversions.

## **TEAM POSSESSIONS**

- At the start of the half or after a score, the offense will start with the ball at their own 20 yard-line.
- Each team receives (4) downs to complete a 1st down and maintain possession of the ball.

## **PUNTING & FIELDING THE BALL**

- Only females are eligible to return punts. However, a male may field the punt (without advancing or moving in any direction other than what is necessary to secure the catch) and pitch to a female.
  - ✓ If it's 4<sup>th</sup> down and a mandatory girl-play, the offensive team must have a female punt the ball (if not electing to run a normal play). A female may elect to punt a junior/female ball
- The offense must have all players remain motionless, except the punter, on the line of scrimmage until the punt is made. The ball does not need to be snapped from center during a punt.
- The defense can line up anywhere on their side of the line of scrimmage. The defense cannot rush the kicker, but may place defenders at the line of scrimmage to jump vertically in an attempt to block the punt.
- There are no turnovers on punts/punt returns under any circumstances. If the punted ball touches any player and hits the ground, the ball is dead where it hits the ground. If a player muffs or establishes control of the ball then fumbles, with or without the ball touching the ground, the ball is dead. If a defender intercepts a pitch/lateral, the ball is dead at the spot where the defender made contact with the ball.
- If a punt is not touched, it is dead at the spot where the roll comes to a stop or goes out of bounds.

## **LINEMAN**

- There must be 3 players on the line of scrimmage for the offense (Center and 2 Lineman)
  - ✓ Linemen must line up next to each other so that their feet are no more than arm's length apart.
  - ✓ All linemen are eligible to catch a pass

- A lineman shift must occur before the center touches the ball for the first time for the given play. Once a lineman shifts, they must wait one full second after the center touches the ball to become set.
- Side Step on a rush is LEGAL as long as the player doesn't cross the line of scrimmage

## **SNAPPING, PASSING, RECEIVING, RUNNING THE BALL**

- Prior to the Snap
  - ✓ No player on defense may encroach, touch the ball or in any other way interfere with them.
  - ✓ The snapper, after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped.
  - ✓ Position and Action during the Snap
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  - ✓ The player who receives the snap **must be at least 3 yards** behind the line of scrimmage.
- Pass & Receiving
  - ✓ All players are eligible to throw and catch a pass
- Legal Catch
  - ✓ If (1) foot/knee/arm first lands in-bounds and the receiver has possession and control of the ball, it is a catch or interception.
- Illegal Touch
  - ✓ A player can't run out of bounds, untouched, come back in and make a catch. If they do, the team will be assessed a 5 yard penalty and replay the down.
- Pick Play
  - ✓ This is a legal play at the line of scrimmage ONLY. If a pick play occurs downfield, it is considered Offensive Pass Interference and will be penalized.
- Running
  - ✓ The QB is eligible to run
  - ✓ When a runner's flag is pulled, the ball will be placed at the spot
  - ✓ If a flag falls off during the play, the runner will be down via 1-hand touch
  - ✓ **Direct Handoffs/QB Runs (up the middle) within 5 yards from the goal line are illegal.**
    - **Teams may run jet sweeps, pitches outside the tackles or the option, but no QB/RB can take a snap and run directly up the middle.**

## **TURNOVERS**

- Fumbles
  - ✓ Females – the ball will be considered 'dead' as soon as it hits the ground, including when a female is playing QB.
  - ✓ Males – the ball is live, possession will be determined based on who retrieves the ball.
  - ✓ 'Stripping' of any gender is illegal and will result in a 15 yd penalty.
- Interceptions can be returned at any point on the field.
- A Female interception or fumble recovery for TD = 9 points.

## **BLOCKING**

- Contact blocking is only allowed at the line of scrimmage. Hands must be within the shoulders when blocking. Blockers must be on their feet before, during, and after contact is made with an opponent.
- Blocking must be done on same gender
- Double Team Blocking is allowed on the same gender
- Chop Blocking is NOT allowed
- No intentional forearms, elbows, or grabbing clothing

- A male lineman can run towards an impeding female rusher but may not make contact with the rusher. The male lineman can set basketball picks and absorb a female's rush but may not use their hands or any upper body part to block. Vice versa for female lineman and male rusher.
- A running back in the backfield is allowed to block an impeding rusher, but must be gender specific. See above point for gender indifference.

## **DEFENSIVE RUSH**

- A '3 Apple' count must be called upon the snap before linemen can rush the QB.
- The count must be audible, clear, and spoken at a reasonable speed.
  - ✓ If count is not audible, teams will receive 1 warning. After that, a 5 yard penalty will be assessed.
  - ✓ Rushers may start their forward progress toward the QB prior to completing the third 'Apple' provided they do not cross the line of scrimmage
- A maximum of (3) players may rush the QB, lined up by matching gender to the offensive line
  - ✓ Eligible rushers include the player opposite the center, and the two players directly opposite the players on each side of the center
  - ✓ Rushers must line up directly across from the offensive lineperson he/she is rushing against (cannot be staggered or offset more than 12 inches off their opponent), and rush against that same person
- Stunting is allowed so long as it is behind, not on or past, the line of scrimmage
- A defensive lineman can jam an offensive lineman as long as no other body part other than their hands cross the line of scrimmage before the '3 Apple' count. Linemen are allowed to jam because all players are eligible to catch a pass.
- ALL OUT RUSH – any player is eligible to rush when the following occurs:
  - ✓ The QB leaves the pocket (the pocket is as wide as the three linemen) or crosses the line of scrimmage
  - ✓ The snap hits the ground or the ball is fumbled by a MALE
  - ✓ There is a handoff, pitch, or backwards pass
  - ✓ There is a fake handoff or pitch
- A defensive player hitting a QB's arm while he/she is in the act of throwing, shall result in a 15-yard penalty.

## **TACKLING**

- Players are considered down when their flag is completely pulled off by their opponent or belt becomes detached.
  - ✓ If a player elects to wear a towel and the towel is pulled out by a defender, this is considered a flag and the runner is ruled down.
- If Players flag inadvertently falls off, the player won't be down until the opponent completes a 1 hand touch
- Flag Penalties
  - ✓ Flag Guarding (10 yds)
  - ✓ Illegal Tying of the Flags (15 yds)
  - ✓ Failure to have flags on at time of snap for every player on the field, including defense (5 yds)

## **DIVING**

- Diving is **legal** and may be used to advance the ball and/or complete a tackle.

## **GAME SCORING**

- Male Touchdown = 6 points.
- Female Touchdown = 9 points
- Extra Point (5 yd line) = 1 point
- Extra Point (10 yd line) = 2 points
- Extra Point INT or Fumble Recovery Returned for Score = 2 points

## **ONSIDE KICK**

- Onside kicks are only allowed in the 2<sup>nd</sup> half with **2:00 minutes or under** remaining in the game.
- After a score, if a team elects to onside kick, they must go for a 2-point conversion from the **30 yd line**. If successful, they win another possession starting from their own 20 yd line.
- If a defensive pass interference occurs in the end zone, the offense will get to replay the conversion at the 1 yd line.

## **MERCY RULE**

- If the winning team is up 40+ points with 5 minutes to go in the second half, the game will end.
- If the winning team is up 30+ points with 2 minutes to go in the second half and the losing team has possession, the clock will stop only on timeouts.
- If the winning team is up 23+ points with 2 minutes to go in the second half and has possession of the ball, the game will end.

## **LEAGUE PENALTIES**

- NCAA Football Rules will be enforced (with the exception of the following):
  - ✓ Pass Interference (Spot Foul)
  - ✓ Face Guarding **MUST** have contact if it's deemed Pass Interference

## **PLAYOFF TIEBREAKERS**

- The tiebreaker for the playoff tournament will be the following:
  - Overall Record → Head to Head → **Points Allowed**

## **FORFEIT RULE**

- If your team has to forfeit, please respect the league and notify us **24 hrs prior to your game time**
- Last minute forfeits will be charged a ***\$60 fine***. This fine must be paid **PRIOR** to playing next scheduled game
- If a game is forfeited prior to kickoff, the winning team will receive a score of **28-0**.