

# BREWTOWN RECREATION:

## COED 7v7 FLAG FOOTBALL RULES



### SECTION 1: GAME FORMAT

- 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.

### SECTION 2: ROSTER REQUIREMENTS

- Limit is 14 players and are considered full time & eligible for championship prizes
- Eligible Players must:
  - Be on your online roster
  - Play at least 1 regular season game
- Roster jumping is not permitted (i.e. you cannot 'sub' for another team if you're already on a roster)

### SECTION 3: ON FIELD PLAYER ELIGIBILITY

- There should be no more than 7 players in the field
- Standard is 4 men, 3 women
- Teams are allowed to play more women than men, but the max number of men is 4
- Men cannot replace an absent woman, said team would simply have to play with a player down
- Teams are eligible to play with 5 players with a minimum of 1 woman

### SECTION 4: FIELD SIZE AND EQUIPMENT

- The field is 35 yds in width x 100 yds in length (including endzones) and contains **1<sup>st</sup> downs every 20 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

### SECTION 5: 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.

## SECTION 6: 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.

## SECTION 7: 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 and the pass is beyond the line of scrimmage and deemed a catchable pass to a receiver
  - Female is involved in a pass catch attempt where it is deemed that the pass was catchable to the female

## SECTION 8: LINEMAN

- **Offense:** All teams must have a Center to snap the ball. No other OL are allowed.
- **Defense:** All defensive players can line up at the line of scrimmage to play press coverage, but will not be allowed to cross the line of scrimmage until a pass is attempted.

## SECTION 9: 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
  - The player who receives the snap **must be at least 3 yards** behind the line of scrimmage.
- QB Rules
  - The player throwing the ball has a 6 second timer from the snap of the ball to release the ball out of their hands and attempt to make a forward pass
- Pass & Receiving
  - All players are eligible to throw and catch a pass, including the center
- 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 Plays
  - Running is not permitted. All offensive plays must be the result of a pass attempt or completion.

## SECTION 10: BLOCKING

- There is no blocking PERIOD. This also includes the center on any blitz plays (See Section 15)
- Players are allowed to do "moving basketball picks" within the field to get in the way of the defender (no matter the gender), but cannot make any contact with said defender
  - Any engaged blocking on advertent will be considered a 10 yard penalty and loss of down

## SECTION 11: PULLING A FLAG

- Once a pass is made and completed (forward pass or lateral, in front of the line of scrimmage or behind), or a handoff is made from one player to another, any players on the defense can run and attempt to pull the ball carriers flags.
  - They do not have to wait until the player crosses the line of scrimmage
- 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)

## SECTION 12: DIVING

- Diving is **legal** and may be used to advance the ball and/or complete a tackle at the players own discretion

## SECTION 13: TURNOVERS

- Fumbles
  - **Females** – the ball will be considered 'dead' as soon as it hits the ground, including when a female is playing QB or if the snap goes over the head of a female QB
  - **Males** - the ball is considered a LIVE ball, with the exception of punt returning (See Section 14)
- Interceptions can be returned at any point on the field.
- 'Stripping' of any gender is illegal and will result in a 15 yd unsportsmanlike penalty.
- A Female interception or fumble recovery for TD = 9 points.
- An extra point interception on either a 1 pt or 2 pt try = 2 points

## SECTION 14: 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.

## SECTION 15: BLITZING

- Each team will be allowed **1 Blitz PER HALF**
- The blitzing player can be male or female
- Once the ball is snapped, player must yell "BLITZ" for the opposing QB and both referees to hear
  - Failure to do so will result in a loss of your Blitz play and a 5 yard penalty.

- The blitzing player:
  - Must be at least 2 yards off the line of scrimmage
  - Is allowed to blitz immediately upon calling out their intention
  - If the defensive player makes contact with the throwing arm of the QB, they will be assessed a 15 yard roughing the passer penalty.
- A blitz play can be declared by the defense on any regular plays or extra points in regulation or overtime, but cannot be called on a punting play
- No extra blitz plays will be awarded in overtime

### **SECTION 16: 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 **midfield**. If successful, they score the 2 point conversion and 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.

### **SECTION 17: 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

### **SECTION 18: 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.

### **SECTION 19: 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

### **SECTION 20: RULE CLARIFICATIONS**

- The captain is the only player eligible to clarify a rule with the referee
- In the case a rule clarification is required, the captain should ask for a clarification in between possessions or at halftime

### **SECTION 21: SPORTSMANSHIP**

- All teams are required to abide by our standard code of conduct which consists of fair play and mutual respect of our players, fans and referees.
- In the unfortunate case this doesn't occur, teams will receive a 15 yard unsportsmanlike penalty.
- The following infractions will result in a penalty:
  - Trash Talking of an opponent (on or off the field)
  - Berating or Swearing at an opponent, referee or fan

- Aggressively throwing a ball at an opponent
- Aggressively arguing a call with the referee
- Inappropriate behavior/commentary from fans towards the referee or the other team
- Teams who receive more than 1 bench warning
- Any player (other than the captain) questioning a rule
- Any team/player attempting to instigate their opponent into an unsportsmanlike penalty
- Any other infraction deemed inappropriate by the referee
- **1<sup>st</sup> Unsportsmanlike Penalty** – 15 yard penalty assessed to the next play
- **2<sup>nd</sup> Unsportsmanlike Penalty (same player)** – will be an immediate ejection and an additional 1 game suspension
- After the 1<sup>st</sup> unsportsmanlike penalty is issued, all players are eligible for ejection and no additional warnings will take place
- **3 Unsportsmanlike Penalties (same team)** – game will end in a 21-0 forfeit
- **4+ Unsportsmanlike Penalties (same team and season)** – team will be ineligible for the playoffs

### SECTION 22: PLAYOFF TIE BREAKERS

- The order of tiebreakers = Overall Record > Head to Head/Like Opponents > Total Points Allowed

### SECTION 23: FORFEIT RULE

- Any forfeit must be communicated 24 hours prior to game time.
- Same day forfeits will result in a \$60 fine. Fine must be paid to be eligible for future games.
- Any team with more than 2 forfeits will not be eligible for the playoffs.