

## **Roster:**

All players must be 21 or older

Each team must consist of a minimum of 10 players and maximum of 16 players

The game is 8 v 8, you must have a minimum of 3 females on the field at a time

A team must have at least 6 players at the start of the game to avoid a forfeit, and at least 2 must be females

The opponent does not have to play short if your team is down players

You may only be signed up for one team

## **Game Logistics:**

A game will consist of two 20 minute halves with a 5 minute half time.

Running clock. The clock will only stop for time outs and for injuries. If an injury occurs the player must leave the field for one play.

2 minute warning: The ref will notify the teams when 2 minutes are left in each half. The clock will stop for the following, during the final 2 minutes of the second half:

1. Incomplete pass
2. Offensive player goes out of bounds prior to being touched
3. A team scores. Clock will re-start on the PAT
4. Possession Change
5. Defense commits a penalty
6. A time out is called

If the time expires while the ball in play the game will continue until the play is finished.

If a touchdown occurs after time has expired the team will be allowed the PAT.

If a foul is committed by the defense the game will continue for one play.

A coin toss will take place prior to the game. The winner can chose to decide if they want to play offense or defense or decide what direction to defend. The opponent will chose the remaining option. You may not defer your choice until the second half.

Teams will switch direction at half.

Each team will be allowed one 1 minute time out per half.

There is no overtime during the regular season.

**Time Between Plays:** The offensive team is allowed 30 seconds between plays including kickoffs. The 30-second clock begins when the linesman sets the ball for the next play.

There are no kickoffs/punts to begin games or after touchdowns. Instead, the ball will be placed on the offensive team's 12 yard line.

There are four sideline 1st down markers every 12 yards.

1st downs are completed when the ball crosses the next 1st down marker from the original line of scrimmage.

## **Offense**

- The team on offense must have **5** players on the line of scrimmage.
- The football must be snapped from the ground
- All members of the offense are eligible receivers.
- A ball carrier IS DOWN when his/her knee or body touches the ground.
- A receiver is **not** down if their flags are pulled before they have possession of the ball.
- If a receiver's flags are pulled prior to catching a ball he/she will be downed by the one hand touch method
- Possession of the ball means: control of ball and one foot on the ground in bounds.
- An offensive player may not advance the ball by diving or jumping.
- There is no flag guarding allowed (flag guarding is described as an offensive player purposely swatting an opponent's hand away from their flag or by obstructing a defensive player from pulling their flag when they have possession of the football).
- Offensive blockers may not use their hands or arms in an aggressive or forceful manner, including pushing, pulling or grabbing. Elbows must be kept at the side of the body.
- A woman must be actively involved in a minimum of every 3rd play of the team's offense. "Actively Involved" is defined by intent to pass, carry the ball forward, or throwing a pass to an intended women receiver. A lateral (side or backward) pass thrown by a woman to a man does not count as a women play, nor does the "hook and ladder" play.
- In order for an incomplete pass to be ruled a Girl Play the pass from the male QB must be a clear attempt towards a female player - a referee's judgment call.
- Whoever catches the ball shall be deemed the intended receiver. If a male catches the ball during any play, it shall be ruled a male play (unless thrown from a female quarterback). Likewise, if a female catches the ball during any play, it shall be ruled a female play.
- A sack of a male QB during the mandatory Girl Play results in a failure to utilize the girl play and a penalty will be assessed. If the penalty is declined, the play counts as if a girl play was used.

A pulled flag behind the line of scrimmage on the quarterback while the ball is in his/her hands results in a sack regardless of whether the QB's arm is in motion for a pass or not.

Quarterbacks may pump fake to avoid a sack.

The only penalties that include loss of down is intentional grounding and illegal forward pass

## **Scoring & Extra Points**

- A touch down is worth 6 points.
- Extra points are worth:
  - **1 point** - from the 3 yard line
  - **2 points** - from the 10 yard line

Extra points may be scored by either running or throwing the ball into the end zone

An interception of an extra is a dead ball; no defensive points may be scored

**Mercy Rules:** If a team is ahead by 17 points at or after the 2nd half two-minute warning, the clock does not stop.

### **Special Teams & Fumbles**

- On 4th down, teams must announce their intention to either punt or play out the 4th down situation. There are no fake punts.
- In a punting situation neither the offensive nor defensive team may cross the line of scrimmage until the ball is punted.
  - All offensive players other than the punter must stand on the line of scrimmage until the ball has been kicked.
  - The defense must keep four players on the line of scrimmage.
  - When the ball is punted, the ball is downed when:
    - Touched by the kicking team
    - The receiving team touches the ball and then it hits the ground
    - If the punted ball hits the ground first, it is still a live ball

**Blocking down field - only screen blocking is allowed - no contact is allowed.**

**MINOR INCIDENTAL CONTACT IS THE MAXIMUM CONTACT PERMITTED!!!**

**There are NO FUMBLE RECOVERIES.** All fumbles are a dead ball when it hits the ground. The new line of scrimmage will be marked at the point of the fumble. (No fumbling the ball forward)

### **Defense**

- The defense must line up behind the defensive line of scrimmage (approximately 2 yards back from the line of scrimmage). A cone will mark the defensive line on each play.
- Defensive rushers must be lined up on the line of scrimmage from a standing position.
- There is no 3 point or 4 point stance's allowed
- If a team scores a safety, they will be awarded 2 points and the ball on their own 12 yard line.
- NO running rushes permitted. A running rush is described as a defensive player running forward towards the line of scrimmage while saying the rush count.

- The Referee will Count the 4 second rush. When the referee signals RUSH the defense may begin to move/run toward the QB.
- Defensive rushers may not use their hands or arms in an aggressive or forceful manner, including pushing, pulling or grabbing. Elbows must be kept at the side of the body.

#### **Immediate rush is allowed only when:**

- The QB hands the ball off or throws to another player including laterals and balls thrown to a receiver behind the line of scrimmage.
- The QB makes an obvious attempt to advance the ball beyond the line of scrimmage by tucking the ball into the body. This does not include a QB roll-out or plays of this type.
- If the ball is snapped to a player who is not lined-up in the QB position.

#### **Once the ball has been snapped:**

- The 5 yard cushion is no longer in effect.
- All defensive players are released and free to cover any offensive player anywhere on the field.
- The Referee will Count the 4 second rush. When the referee signals RUSH the defense may begin to move/run toward the QB.

#### **PENALTIES**

1. **Not using a female player on a forced gender play.** The penalty will be reassessed until a gender play is used. If the penalty occurs on fourth down, a turnover will occur. The penalty will be assessed from the line and results in a loss of down.
2. **Double teaming a female on a forced gender play,** unless the female player is the quarterback or if the offense is down one female player. The offense may either reset the gender count or repeat the gender play. The penalty will be assessed from the line.
3. **Playing zone defense on a forced gender play** except when a female player is quarterback. The offense may either reset the gender count or repeat the gender play. The penalty will be assessed from the line.
4. **Delay of game.** The penalty will be assessed from the line and the ball is dead.
5. **Illegal participation.** A team cannot have more than 8 players on the field or have more than 5 male players on the field. The penalty will be assessed from the line.
6. **Offensive offsides.** An offensive player is offsides when his/her body is beyond the scrimmage line before the snap. The penalty will be assessed from the line and the ball is dead.
7. **Defensive offsides.** A defensive player is offsides when any part of his/her body is beyond his line of scrimmage before the snap or before the five second count is over. The offense may accept or decline the penalty and accept the succeeding spot (the spot where the ball would next be put in play if no distance penalty were to be enforced). The penalty will be assessed from the line.
8. **Defensive encroachment.** Encroachment occurs when any part of a defensive player's body is in the neutral zone and contacts an offensive player before the snap. The official must blow his whistle immediately. The penalty will be assessed from the line and the ball is dead.
9. **Illegal shift.** After a shift or huddle all offensive players must remain stationary for at least one second before the snap. The penalty will be assessed from the line and the ball is dead.

10. **Illegal motion.** No player is permitted to be moving forward towards his opponent's goal line at the snap. The penalty will be assessed from the line and the ball is dead.
11. **Illegal forward pass.** There is only one forward pass per play. The offense may make one forward pass from behind the line of scrimmage provided the ball does not cross the line and return behind the line before the pass. When an offensive player catches the illegal pass, the ball is dead immediately, the pass will be ruled incomplete, and the penalty will be assessed from the line. A penalty will be assessed from the line of scrimmage.
12. **Quarterback illegal forward pass.** If the quarterback crosses the line of scrimmage and throws a forward pass, the pass is incomplete and will be assessed from the line. The penalty also will result in a loss of down.
13. **Intentional grounding.** A passer, facing an imminent loss of yardage because of defensive pressure, throws a forward pass without a realistic chance of completion. Exception: a passer, except on a gender play, may stop the clock legally to save time if immediately upon receiving the snap he begins a continuous throwing motion and throws the ball directly forward into the ground. The penalty will be assessed from the line and results in a loss of down.
14. **Illegal Diving.** No player may leave his/her feet to gain positive yards. If the dive is an attempt to score, the penalty will be assessed from the original line of scrimmage. The penalty will be assessed at the spot of the foul.
15. **Sleeper/Sideline Play.** All players must be within 15 yards of the ball (3 yards from the sideline) when the referee declares ready for play. A substitution must report to the huddle or in no huddle situations must report to the referee. The penalty will be assessed from the line.

### Ten Yard Penalties

1. **Extended Arm.** The ball carrier may not extend an arm to prevent a defensive player from touching him and may not charge into a defensive player. The penalty will be assessed at the spot of the foul.
2. **Blocking.** No player may use his hands to block his/her opponent or run down the field to become a blocker. No picks. No Shadow Blocking (shielding). The penalty will be assessed from the spot of the foul.
3. **Illegal Contact/Holding on the Defense.** A defensive player may not make original contact with a receiver, use his/her hands or arms to hang onto or encircle a receiver, extend his/her arms to cut off or hook a receiver causing contact that impedes and restricts the receiver as the play develops, or maintain contact with the receiver. If the penalty was on a gender play, then the gender count is reset. The penalty will be assessed from the line and will result in a first down.
4. **Offensive Picking.** The offense may not initiate a pick/block while in motion. A pick is defined as any action, regardless of whether contact occurs, that delays or prevents an opponent from reaching a desired position. If a catch is made after a clear pick, it will be ruled no catch. The penalty will be assessed from the line.
5. **Offensive Pass Interference.** See Defensive Pass Interference. The penalty will be assessed from the line.
6. **Defensive Pass Interference.** Occurs when any player movement beyond the offensive line significantly hinders an eligible player's progress or opportunity to catch the ball during a forward pass. When players are competing for position to make a play on the ball, any contact shall be considered incidental unless prohibited. Prohibited conduct occurs when a player physically restricts or impedes the opponent in a manner that is visually evident and materially affects the opponent's opportunity to gain or retain position to catch the ball. If a player has gained position, he/she shall not be considered to have impeded or restricted his/her opponent in a prohibited manner if all of his/her actions are a bona fide effort to catch the ball. The penalty will be enforced as follows: first down at spot of the foul; if the interference occurs in the end zone, the ball will be spotted at the 1-yard line. If the penalty occurs on a forced gender play, the gender