

Co-Ed 8's Flag Football Rules

Overview: All rules of the field or facility owners must be obeyed. Failure to abide by those rules may result in ejection from the league.

Equipment: Meet. Play. Chill. will provide the field rental, all appropriate markings for boundary markers, pinnies and flags. Teams are responsible for bringing their own football to use while on offense. Footballs must be high school regulation size or larger. Teams *must* make their own football available to use to their opponent if requested. The offensive team may switch the football they use between plays but there will be no stoppage in time awarded.

Attire: Shoes, shirts and shorts/pants are required. Please note that we do not allow pockets in this league. Players that wear athletic shorts or pants with pockets will be required to be taped over. Please wear appropriate footwear to reduce the chance of injury – absolutely no metal cleats are allowed. If metal cleats are discovered during play, the player offending player will be immediately ejected from the game.

Same colored shirts are required. Numbered shirts are not required. Shirts must be tucked in for flag football. Mouth guards are suggested, but not required. The league does not provide shirts for your team.

Referees: All games must be officiated by at least two referees (head referee and back judge). In the event there are more than two referees, the third referee will act as a side judge. The head referee has final judgment on any calls.

Participants: All players must be 18 years of age by the start of the season. All players must have signed the Meet. Play. Chill. waiver online *prior to playing*. Balances must be paid in full prior to the first team game. **Unpaid teams/players will not be permitted to play.** No outside players are allowed during the playoffs without previous approval from the league office (please see your league email sent at the start of the league).

Gender Ratio: Teams must field of at least 5 players to avoid a forfeit. Teams may not have more than 5 male players on the field (typically teams play 5 males and 3 females). Teams are more than welcome to field an entire team of female players. Teams playing with zero females will only be allowed 3 downs to advance for another first down or score.

Female Plays: Once every 4 plays (not every set of downs) a female player is required to be a substantial part of the play. To be considered a substantial part of the play, the female player must pass, run or catch the football. Examples of a substantial play:

1. A female player is quarterback and attempts to run or pass the ball
2. A female player is the target of an accurately thrown ball (at the refs discretion).

An immediate hand-off will not count as a female play nor will an ineffective or unnecessary lateral be deemed a female play.

The referee will remind the offensive and defensive teams when there is a forced female play in effect.

Game Rules: Teams must carry a minimum of 10 players on the roster. The rest of the rostered players not participating in the current play must stand out of the field of play and must be obstructing to players and officials

Game Start: Your scheduled game time is start time. Please arrive early if you need time to stretch and warm-up. There will typically be additional space to do so at the field location. The home and away team will be dictated by the schedule. If there is a uniform color “clash”, the away team must wear pinnies or an alternative color. If a team causes the game to start late by 10 minutes or more, the team that is ready to play will be awarded 8 points for each 5 minutes the other team is late starting on the 10 minute mark. The home team has the choice to start on defense or offense.

Game Forfeit: Please let the league office know as soon as possible if your team cannot make a game or will be short players. We will do our best to let the opposing team know as soon as possible if their opponent for any match will not be able to attend. We want to ensure the maximum possibility for people to play (that is why you registered to join a sports league!) In the event of a forfeit, the league staff and referees will do their best to keep teams/players behind so that a team can still play in a scrimmage capacity. Forfeits will be scored as a loss and a minus 35 point differential in the league standings.

Game Length: Each game will be scheduled for an hour in length unless the league page explicitly states otherwise. Each half will be 25 minutes in length with a 2 minute half time. Each team will have **one timeout per half** and unused timeouts do not carry over to the 2nd half. In the first half the game clock will run without stop except for any team or official timeouts. The same rules apply in the second half until the 2 minute warning. At the two minute warning, the clock will stop for the following:

1. First downs (clock will restart after ball has been spotted)
2. Running out of bounds (clock restarts after ball has been spotted)
3. A scoring play occurs
4. A defensive penalty (clock restarts on snap)
5. Official or team time out
6. Extra point plays will be untimed downs within the two minute warning.

If the score differential is 16 points or greater, the clock will run. If the score differential drops below the 16 point differential, then clock rules will apply from that moment going forward as long as the differential is 15 points or less.

Time will be announced throughout the half and as requested.

Play Clock: The offensive team has 20 seconds to snap the ball once the ball has been placed by the official. This time will be kept by the head referee and s/he will give a verbal warning once there is 5 seconds left on the play clock. When the clock reaches zero, the referee will whistle the play dead and administer a delay of game penalty.

After each score, teams have **one minute** to be lined up for the next drive.

Scoring: We will use the following scoring:

1. Touchdown – 6 points
2. Safety – 2 points
3. Extra point play from 2 yard line – 1 point
4. Extra point play from 10 yard line – 2 points

A successful score by the defense on an extra point play will be worth the amount of points that the offensive team attempted (1 or 2 points).

Penalties: Our league uses NCAA rules for penalties and yardage with the following clarifications and modifications:

1. Delay of game offense (or intentional delay by defense) – 5 yard penalty
2. Illegal Pass Downfield or Ineligible Receiver – 5 yard penalty & loss of down
3. Offsides – 5 yard penalty
4. Offensive Holding – 10 yard penalty
5. Defensive Holding – 10 yard penalty + 1st down
6. Defensive Pass Interference – 10 yard penalty or spot of foul, whichever is greater & 1st down
7. Offensive Pass Interference – 10 yard penalty
8. Attempting to strip a ball – 1st offense - 10 yard penalty + 1st down; 2nd and subsequent offenses – ejection & unsportsmanlike penalty awarded.
9. Flag guarding/stiff arm or diving to advance the football – 20 yard penalty
10. Unsportsmanlike conduct – 20 yard penalty, 1st down and possible ejection

Fumbles: The play is dead as soon as the ball touches the ground. You may not recover a downed football and possession will remain with the offensive team. The play will be ruled dead on the spot and the ball will be spotted where the ball was fumbled or “recovered”, whichever spot is more disadvantageous for the offense.

Kick-offs: This league does not use kick-offs. Teams will start on the 10 yard line after a score, to start the game or start the 2nd half.

Punting: Punts must be announced before the play begins to the officials. The officials will notify the defense of the intention of the offensive team to punt. The defense may not attempt to block or rush the punter. The punting team must immediately punt the ball. Any intentional delays to run the clock will result in a stoppage of play by the official and the defense taking possession of the ball at the original line of scrimmage. There are no “fake punts” – once a punt is announced, teams must punt. Punts must be completed behind the

line of scrimmage. If punt travels out of bounds, the ball will be placed where the ball went out of bounds. There is no downfield active blocking. Blockers must travel in a straight line and stop with their arms crossed in front or behind them. A moving block will be penalized. An unannounced quick punt is allowed on 3rd down.

Downed Contact: Flags must be grabbed cleanly for a downed contact. Flag guarding is strictly prohibited. If the flag falls off before or during play, the player will be downed on any contact by the defense (one hand touch). If an offensive player's flag falls off before the play (and is not corrected before the snap), they will be considered an ineligible player and may not touch the football. The referee will not stop the play clock for flags that fall off between plays.

Starting Play: All plays must start with a snap between the center's legs to the quarterback. Center hand-offs are allowed between the legs. You may not side arm snap.

QB Rush: Defensive players must wait until a 5 count by the head referee to rush the quarterback. The referee will call out One-Thousand, Two-Thousand ... on the last "thousand" utterance, any defensive player may rush the quarterback.

First Downs: Fields will be set up with cones 20 yards apart to mark the line of gain required for a new set of downs.

Blockers: Teams may have as many blockers as they wish. Blockers must keep hands behind their backs to block. Downfield blocks are legal only if the defensive player comes to a complete stop to set up a screen. Any "blind" blocks downfield are considered extremely dangerous plays and will be ruled an unsportsmanlike penalty and may face an ejection. For a blocker to be considered an eligible receiver, they must immediately advance beyond the line of scrimmage to be considered a legal target.

In-bounds catch: Players must have full control of the ball and one foot down in play to be considered a completed catch.

Unsportsmanlike Conduct: Acting in an unsportsmanlike manner will result in an ejection from the game and a suspension for the following week. Two ejections from any Meet. Play. Chill. event, social or sport in a 1 year period will result in a 1 year suspension from all Meet. Play. Chill. events. This includes sponsor venues -- reports of disruptive behavior or causing a disturbance will not be tolerated and may result in additional suspensions not limited to the rules listed above.

Disputing Calls: Calls may only be discussed with the referee(s) by the captain or assistant captain of either squad. Verbally abusing a referee will result in ejection and further punishment may be handed down.

Physicality of play: Flag football inherently has a certain degree of physical contact between opposing teams during play. It is our goal to limit as much dangerous or

potentially harmful contact during the games, but there will still be physical contact between players. Referees will have authority to allow minor contact during plays.

Sportsmanship & Fighting:

- At Meet. Play. Chill., we facilitate fun! We hope that all participants keep that in mind when becoming involved in our leagues and social events. Although the games may become intense, you still can be competitive while maintaining good sportsmanship.
- Any behavior deemed unacceptable by staff may result in ejection from the game and/or suspension from a game or the league, even if the event did not result in an ejection at the time.
- Any player or fan is encouraged to root for their own team but rooting against teams or use of disparaging language is discouraged and could result in penalties of players or dismissals of fans. Any fans of teams may be asked to leave by Meet. Play. Chill. staff. Refusal to leave could result in forfeiture of games
- Fighting is not allowed and will NOT be tolerated. All parties involved in fighting will be subject to ejection from the game at the umpire's discretion and subject to ejection from the league at the discretion of Meet. Play. Chill..
- Any player that gets ejected from a game may face league suspension for one or more games.
- Meet. Play. Chill. reserves the right to remove a player or team from the league after just one incident depending on the severity of the situation.
- Multiple ejections, even across multiple seasons, may result in permanent suspension from all Meet. Play. Chill. activities.

Schedules/Standings:

- League Schedule and Standings will be posted on-line throughout the season.

Playoffs:

- All eligible teams make the playoffs (teams that have not abused any policies are eligible or have had 2 or less forfeits during the season).
- Only players on the roster are allowed to play in the playoffs. Teams can add to their roster any time prior to the final game of the season.
- Once a player has signed their team's roster they CANNOT be replaced or removed from the roster.
- If it is deemed that a player is not on a roster or has not signed the roster before the end of the game, the player will be removed and team penalized up to and including a forfeit of the game. This will be determined by Meet. Play. Chill. staff.
- It is the responsibility of the team captains to make sure all players in their line-up card are eligible players for all games.
- Playoffs are single elimination.
- Depending on schedule and facility constraints, some teams may need to play more than one playoff match per day.

- If a playoff game is still tied after end of regulation, we use a college football style system of overtime. Each team will have an opportunity on offense starting from 20 yards out from the end zone. Teams must attempt a 2 point extra point. Teams will rotate turns between offense and defense for each extra period required.
- RANKING-Teams are ranked according to (1) winning percentage, (2) run differential, (3) head-to-head, (4) coin flip

