

IN THE ZONE

CO-ED Flag Football Rules

GENERAL GAME PLAY

- 7 players on the field (4 Males Max/3 Females Minimum) – You can play with a minimum of six players (at least two must be women and you can never have more than 4 men)
- Two 20-minute halves
- A first down will be achieved each time the ball reaches the 2nd cone from where the ball was originally spotted on first down
- 6 point touchdowns
- Choice of 1 or 2 extra points on PAT's-Point After Touchdown (Three yards for 1 Pt., Ten yards for 2 pts.)
- No Fumbles-Dead ball on all fumbles once they touch the ground
- If a ball is fumbled but caught before it hits the ground it is a change of possession, but the ball can not be stripped or forced free
- No “Ball Stripping” – No stripping or forced fumbles are allowed.
- Quarterbacks can not snap the ball to themselves
- Running clock except for final two minutes of 2nd half (only in games that the margin of difference is less than 17 points)
- ONLY 2-Point conversion attempts may be intercepted and returned for 2 points
- Laterals may be intercepted and run back for a touchdown or yardage.
- Game will be divided into two 20-minute halves. Teams switch direction at the start of the second half. The team that started the game on offense will start the game on defense.
- Teams will have 2 time-outs per game that may be used at any time.
- Referees are responsible for shouting out the rush count for teams
- The rush will be as follows:
“1-INTHEZONE, 2-INTHEZONE, 3-INTHEZONE, 4-INTHEZONE-GO!!”
- Defense may rush on the word “GO.”

- In case of ties, NCAA rules apply.
- Receivers need only one foot in-bounds with possession of the ball to be considered a catch
- The clock does not stop for a 2 minute warning unless there is a dead ball situation when the clock hits 2 minutes.
- Off-sides on the defense will be a free play for the offense. After the play the offense will decide to take the 5 yard penalty or the result of the play
- Each week ITZ will provide referee(s) for each game

SAFETIES- a safety is awarded if:

- * A player's flag is pulled in their own endzone
- * Runs out of bounds in their own endzone
- * Snaps the ball out of the endzone
- * If the offense fumbles the ball in their own endzone

PUNTS

- * A punt must be stated and can't be faked
- * The kicking team can't cross the line of scrimmage until the ball is kicked
- * The receiving team can not raise hands, arms, or jump to block a punt
- * Punts must be kicked
- * If a punt is "Shanked" and caught, it is returnable.
- * Once a punted ball lands on the ground, it is a "dead ball" and may not be returned.
- * A punt that goes into the end-zone is considered a touch-back
- * If a player fumbles the ball in the end-zone, it is considered a touch-back

TURNOVERS

- * A change of possession can only happen on an interception of a pass, a non-forced fumble or of a lateral

FIRST DOWNS

- * Each team has 4 downs to either earn another first down or score.

*First downs are earned when the ball reaches the 2nd cone from where the ball was originally spotted on first down

A Ball-carrier is considered down if they:

- * Have at least one flag pulled by an opponent
- * Leaves the field of play
- * Score
- * Drop the ball
- * Allow their knee to touch the ground
- * The ball touches the ground, even if in the ball carriers hands
- * The ball will be spotted where it is at the time that the ball-carrier's flag has been pulled. (If someone stretches their arm out, the ball is spotted to where the ball is)
- * Once the ball crosses the line of scrimmage the defense may cross line to get the ball carriers flag (even if the ball carrier himself has not crossed the line)

CO-ED SPECIFIC RULES

- Although there must be 3 women on the field at all times (2 at a minimum in the case of only having 6 players), there is no maximum amount of women allowed to play. (For instance, all 7 players could be made up of women)
- Every Third Play must be a "Female" play
a female qb must throw the ball towards the line of scrimmage to be considered a gender play. If the female takes the snap and throws the ball backwards to a male and he throws the ball forward that is NOT considered a gender play.
- A "gender" play is defined as a woman:
 - * Being the intended receiver on a specific play
 - * Receiving the snap as the QB and throws the ball in the direction of the line of scrimmage. (The ball does not have to cross the line of scrimmage)
 - * Receives a handoff and runs the ball. (Again she does not have to cross the line of scrimmage)
 - * Catching a ball that might have been deflected by a male
 - * Deflecting a ball that is eventually caught by a man
 - * IF ON A FORCED FEMALE PLAY, a male quarterback is sacked, this does NOT count as a gender play
- The penalty for running three consecutive plays with a male as the intended target will be loss of down and a loss of five yards. In addition, the next play must be a gender play

- When there is discrepancy on the field between two teams, the referee will only confer with either the captain or coach of both teams, ONLY. Continued arguing by both teams will result in a 10 yard penalty assessed by the referee

FLAG GUIDELINES

- Flag guarding
- 5 yard penalty from infraction. (A player can not guard his/her flag with their own hands/arms)
- Shirt must be tucked in
- If a flag is not accessible to be pulled, the runner will be down at the first point of contact
- If a flag falls out, or is missing and not noticed, will be down at point of first contact
- Spin moves are allowed
- Players on defense may not leave their feet to get a flag

COIN FLIP/BEGINNING OF GAME

- The beginning of the game will start with a coin flip. The winning team will then have one of three options: 1) offense; 2) defense; or 3) direction. Teams flip flop direction, at the start of the second half. The team that started the game on defense will start the second half on offense. There are no kick-offs. Play starts 20 paces/yards from the designated goal-line.
- Each week ITZ will provide referee(s) for each game.

FORFEITS

- Teams will have until 10 minutes past the designated start time to field a legal team. Shorthanded teams may play a legal game with a minimum of 6 players, with at least 2 of them being females. Teams fielding less than 6 players or without at least 2 women will receive a forfeit.
- Exception: Teams may play a “legal game” with less than 6 players or less than 2 females with the opposing teams consent. Teams who agree to play

under these conditions will lose the option of receiving a forfeit win. Each team's waiver will be used as its final roster. Only players on the waivers may play.

- A "legal game" may also be played if the opposing team allows the "short" team to pick up existing players from other teams to fill out their roster. The players must be approved by the opposing team. Teams who agree to play under these conditions will lose the option of receiving a forfeit win.
- Teams will be required to pay a \$30 forfeit fine before the start of their next game in cash to the manager on site. If this fine is not paid at the second game, the fee is doubled. If the fine is paid the second week that team is disqualified from the season and will not receive a refund.
- Play will be divided into (2) 20-minute halves. Teams flip flop direction at the start of the second half. The team that started the game on defense will start the second half on offense. Teams will have 2 time-outs per game that may be used at any time.
- During the final 2 minutes of the game, time will be stopped if:
 - * An incomplete pass is thrown
 - * A player ends a play by going out of bounds
 - * Either team scores. (The clock will not start until the next play AFTER the pat attempt by the opposing team)
 - * A team calls a time out
 - * A change of possession (interception or turnover on downs)
- The offensive team has 30 seconds to snap the ball once the ball has been placed

PENALTIES

- Standard rules and penalties of the NCAA apply unless duly noted
- Clear description of common penalties
 - * Illegal Contact- any contact other than going for the flag will result in a 5 yard penalty from line of scrimmage and will result in replaying the down.
 - * Off-sides/Early Rush (Defensive) - Play will be a free play and is not

blown dead. Offense has the option to accept 5 yard penalty/repeat of downs or Decline and play will stand as it is

* Off-sides/Early Rush (Offensive) - 5 yard penalty, play is ruled dead immediately, defense has no option to decline. Down is replayed

* Illegal Motion - Players may not be in motion towards the line of scrimmage when the ball is snapped. 5 yard penalty, repeat of down

* Unnecessary Roughness

- Holding of jerseys
- Excessive pushing
- Offense – 10 yard penalty loss of down
- Defense- 10 yard penalty added on end of play and automatic first down

* Extreme Roughness

- Anything deemed extreme by referees or 2 incidents of unnecessary roughness
- Intentional hitting
- Ejection from game (automatic)
- Optional ejection from the league

* Offensive Picking

- Use of offensive players to “pick/block” a defensive player intentionally. 5 yard penalty and loss of catch. There is no blocking. A player may set a screen for a player running but may not block with his/her hands or elbows and must not be moving while setting the screen.

* Offensive pass interference, loss of down and 5 yard penalty

* Defensive Pass Interference

- Ball placed at the point of infraction
- If in the endzone, comes out to the 5 yard line

* Defensive Holding

- 10 yard penalty from line of scrimmage, replay down. Offense can accept/decline

* Defensive Hand Checking

- 5 yard penalty, replay down. Offense can accept/decline

* Intentional Grounding

- Player throws a pass under pressure without a serious hope of completion. Loss of down, 5 yard penalty

* Diving/Jumping

- A ball carrier may not jump or dive (unless in an attempt to catch a thrown pass or lateral) 5 yard penalty from the spot of the foul

* There is NO bump and run coverage allowed AT ALL

* Automatic ejection from game means player does not play next week

* Rosters and waivers are due BEFORE the 3rd game of the season

* No more than 20 people on the roster

* There is no rule against anyone being on multiple rosters as long as they are a paid participant on all teams

* A roster check may be initiated by an opposing team or league officials at any time, so all rosters must be accurate when turned in

* All players MUST have a number on their shirt/jersey for identification purposes

* All players must have on a set of flags to be on the field

* Whoever receives the snap is the QB and no one may rush him/her until after the four count or after the ball is over the line of scrimmage.

* In order to be an eligible player you must play in one of the first three games of the season and play in 3 games total minimum all season