

FOOTBALL RULES

RULES:

5 Men, 3 Women on the field at one time / 2 - 22 minute running clock halves / Clock stops on the last 2 minutes of the second half only (regular football rules) / 1 time out per half / All players must have uniform shirt on in order to play / 25 second snap count

Gender Rules:

1 of every 3 plays must involve a female player catching a forward pass, throwing a forward pass or running the ball for positive yards (hook and lateral is an acceptable gender play if the female catches the pass for positive yards before lateraling the football)

Discrepancies: If there is a rule discrepancy - only the coach or secondary coach may discuss the situation with the officials. Coaches, we need your help in controlling your team, please!

***Defensive Coverage on a Forced Gender Play:** All defensive male players must be directly across from their mark no more than 5 yards from the line of scrimmage before the snap. Male defensive players may not release until the ball is thrown, unless they are following their mark. Male players on the offense may run a route, but may not touch the ball first. Male defenders may not touch the ball until a female player has had a chance to make a play on the ball. If the offense snaps the ball before the defensive male players are set within the 5 yards, there is no penalty on the defense (they are still not permitted to interfere with the play). If male defensive players purposefully do not mark up, called by the officials, a delay of game penalty will be assessed to the defense. Continuation of such could result in an unsportsmanlike foul. The male defender designated as the rusher, may defend any pass thrown across the line of scrimmage, at the line of scrimmage. If he is successful, the next play is still gender.

If there are 3 female defenders playing against 2 female attackers:

Man to man and the extra defender must stand 10 yards from the line of scrimmage directly behind the ball. That extra female defender may release once the ball is thrown.

If there are 2 female defenders playing against 3 female attackers:

Man to man and the free female player may be marked by a male defender, but he may only tag her once she catches the ball or knock the pass down if it is a throw to the end zone. The team up a female player may designate which female player the male defender may mark up against - the male defender must be rotated.

If a team adds more female players to the field on a forced gender play:

The defensive team may play regular defense where men mark up on women. In this situation, the male defenders may make a play on the ball before a female has a chance to make a play on the ball.

No Blocking or DOUBLE TEAMS:NO CONTACT AT ALL.

Scoring:6 points for a touchdown / 7 points for a girl to girl touchdown - 1 extra point - 6 yard mark / 2 extra points - 8 yard mark - GENDER carries over to extra points - **girl to girl extra points are: 2pts - 6 yard mark / 3pts - 8 yard mark**

DOWNS: 2 completions = a first down (the pass must be caught forward of the line of scrimmage, not caught behind the line of scrimmage and run forward of the line)

You may earn 1 first down in each half of the field and by crossing over the mid line.

The quarterback MAY run the ball on the defensive half

The quarterback MAY NOT run the ball on the offensive half

Rush Count: The defense may not cross into the backfield (across the line of scrimmage) until the side judge reaches the 5 second count. If the ball is handed off or a lateral/pitch is throw the defense may rush in immediately.

Snap Count: The 25 second snap count starts when the ball is set on the line of scrimmage. The snap count is in effect on extra points, because the clock runs on extra points except the last 2 minutes of the second half.

5 yard penalties:

offsides (offense or defense) - replay down

not using a female player in 3 downs - replay down

too many people on the field - replay down

snap goes to a player other than the player that calls the cadence - replay down

Delay of game - loss of down

illegal forward pass - loss of down

10 yard penalties:

illegal contact - loss of down

face guarding/defensive pass interference - counts as a completion towards a first down

Offensive pass interference - loss of down

Picks by the offense - loss of down

holding or detaining an offensive player

illegal diving forward to gain extra yards - from spot of foul

Stiff arming, contacting - loss of down

Diving Forward to gain more yards - loss of down

Blocking on an interception: 10 yard penalty from the spot of the foul

CONDUCT: Contact is supposed to be avoided at all costs...this is a social league!

Avoiding contact is the responsibility of EVERYONE!!! - A play that may be LEGAL play in regular football, could be considered reckless in coed touch football. Players must be under control at all times!! The referee's judgment in determining whether contact is deemed reckless is final. No taunting or abusive language may be used. No rough contact or overly aggressive play!

Disconseration - any act considered by the official to be an attempt to intimidate or 'rattle' a player attempting to catch a thrown ball. (against the offense - 5 yard penalty and loss of down, against the defense - 5 yard penalty and replay the down)

Attempt to deceive - Any play, deemed by the official, as a play designed to trick or deceive the opponent in an unfair, unsportsmanlike manner, can be deemed an attempt to deceive and is an unsportsmanlike foul.

Any rules not specified above will revert to the NFHS(National Federation of High Schools) Football Rules for 2010. With one specific exception that all 15 yard penalties will be assessed as ten yard penalties due to shortened fields.

Have fun, meet some new people, get in a good work out!!!!