

RULES:

Fielding a Team: 5 Men, 3 Women on the field at one time, To start game teams must have at least 6 players, in which 2 must be women.

Game: 2 - 22 minute running clock halves / 1 time out per half

Forfeit Time: A forfeit will be call 10 minutes after game time, if you are unable to fulfill a full team of 8 players , 5 guys and 3 girls. If a forfeit is called a \$60 fee will be asset. The team will not be able to play until fee is paid in full. A fee will not be asset if coach calls before day of game and lets league know team will not be able to make it.

Sideline Officiating: All teams are required to sideline officiate. If you do not show up for your schedule time to officiate a fine of \$35 will be asset and cannot play until fee is paid. Sideline officials are an important part of the game, let make sure all players understand they are to help keep score and help official with watching the sidelines.

Clock Stops:

First half, the first 21 minutes of the first half of the game will be a running clock. The last minute of play the clock will stop after a , turnover, penalty and/or a time out.

The Official will allow 1 minute after an attempted conversion or change of possession for teams to substitute players in the last minute of the first half. After the official has blown whistle for play to begin the offense may snap the ball and clock will begin.

Second half, the first 20 minutes of the second half is a running clock under two minutes. The clock is stopped for touchdowns, dead balls, out of bounds, incomplete passes,turnover, penalties, injuries and time outs. The clock will start on the next snap by the offensive team.

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

Gender Rules:

1 of every 3 plays must involve a female player catching a forward pass, being the intended receiver, 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)

*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)...the player marked up on the quarterback on a gender play can knock the ball down at the line of scrimmage but can NEVER intercept the ball unless a girl touches it first. 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.

****AT NO TIME CAN THE MALE COVERING THE FEMALE INTERCEPT, EVEN IF THE FEMALE TOUCHES FIRST****

If gender play takes place in the end zone, a male player can make an attempt on the ball to only knock down the pass. Male player needs to be within five yards of the line of scrimmage during the gender play, can only make a play on the ball once the ball is released by the quarterback. Interception is not allowed at any point by male player during a gender play even in the end zone.

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 two extra points are: 3pts - 6 yard mark / 4pts - 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 ran forward of the line)

You may earn ONLY 2 first downs per possession and they may come at any time after 2 completions are made.

The sideline NO LONGER means 1st down

The quarterback MAY run the ball on the defensive half of the field only.

The quarterback MAY not run the ball on the offensive half of the field.

BLITZING:

You are allowed ONE blitz per four downs, except gender plays. Meaning three blitzes per defensive possession. You CANNOT use more than one blitz per four downs, meaning, once you blitz, you cannot blitz again until the downs reset. When blitzing one or all players can blitz.

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. **After the 5 count, the defense may rush as many players they like**

Snap Count: The 25 second snap count starts when the ball is set on the line of scrimmage.

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- loss of down

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

Stiff arming, contacting - 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 co-ed 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!

Disconcertion: 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 2019. 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!!!!