

The first and foremost rule of the game is to have fun! PlayAction sports is all about playing a social game, having fun and meeting new people. Absolutely no whining will be tolerated during the course of a game. The only players allowed to communicate with the referees are the CAPTAIN and CO_CAPTAIN . Any abuse (verbal or otherwise) of the referees or other players will constitute an immediate ejection from the game. Repeated offenders will be banned from the league. No exceptions.

(Coed 8v8)

Basic Rules

- Five males maximum on the field, at least three females (to have a full team)
- Minimum of five players to start the game, at least one of which is female
- Running clock with 22 minutes per half (clock only stops in the second half under two minutes)
- One timeout per half (does not carry over)

Game

- Players must wait five seconds on the line to rush the QB
- Each team gets a blitz once every set of first downs. You do not have to yell “blitz” on a blitz
- Men cannot blitz on gender plays
- All receivers are eligible
- NO blocking at all
- NO flag guarding
- NO rushing inside five yards of the opponent’s end zone
- To score, only the ball needs to break into the end zone
- Any fumble is a dead ball (if a punt hits the ground it is dead at the spot.)
- QBs are allowed to run on any play except within the 5-yard line, and male QBs in gender plays.
- If your team has used the automatic blitz during the scoring set of downs, you do not have a blitz for the conversion. Ex: You blitz on second down and offense scores on third down. Your team cannot blitz on the conversion. You can rush the QB after a 5 count.

Gender Plays

- The Offense must have one female involved in play once every three plays.
- If the QB is male, all defensive men but one must play 10 yards back until the ball is thrown.
- Once the ball is thrown, male defensive players are able to break inside of 10 yards make on the ball/ball carrier. Exception: If the offense puts more than the minimum number of females on the field, then the defense can designate a male to cover the extra female.
- One male can stay on the line of scrimmage to guard a male QB. He may rush after five seconds, but cannot
- On a gender play, if the operative female gets her flags pulled behind the line of scrimmage, the next down will be a repeat gender play.
- A female can blitz the QB.
- If the QB is female on a gender play, then the defense is only allowed to have a female rush the QB. The rest of the defense can line up however they would like.

- A female score counts for one point extra on touchdowns and conversions. If a female throws to another female on a scoring drive, it is only worth one extra point, not two.
- A female cannot hand off to a male- she can throw it forward to a man, but he must gain positive yardage past the LOS.
- If a woman drops back 5 yards and throws the ball 3 yards to a male, gender is only good if the male then gains positive yardage past the line of scrimmage.
- The Offense must inform the referee if switching from a male to a female QB

Punts

- The offensive team must declare that they are going to punt.
- No fakes or blocks allowed.
- All offensive players must stay 10 yards off the line of scrimmage until the ball is punted.
- The ball does not need to be hiked, but it must be kicked.

Forfeits

- Teams should be present at least ten minutes prior to their scheduled game.
- Teams will have ten minutes after the scheduled game time to have the minimum number of players present- if not, they will forfeit.
- All teams make the playoffs at the end of the season unless a team has forfeited twice.