



8 v. 8 Co-Ed Flag Football Rules

Game Rules

- Two 20 minute halves
- Running clock until the last 2 minutes of each half
- Each team will have 2 timeouts per half
- 20 second play clocks
- 5 minute halftime
- A game of rock, paper, scissors between the two captains to start the game
 - Winner decides whether or not they want to start the game on offense or defense
- No Kickoffs
- Each team will start on the opposing team's 5 yard line for the following situations:
 - Start of game
 - Start of 2nd half
 - After touchdowns
- On punts, the opposing team will begin their possession where the punt landed or where the punt returner had their flags pulled
- On turnovers, the opposing team will begin their possession where the turnover occurred
 - On interceptions, the opposing team will begin their possession where the player that intercepted the ball had their flags pulled
- Touchdowns are 6 points
 - Extra Points: 1 point try (4 yard line) , 2 point try (8 yard line) , or 3 point try (12 yard line)
- First downs- There are 2 designated first downs that are 20 yards apart
 - Offenses will have 4 plays to get a first down
 - First down lines are set in stone
 - This means that an offense might have less than 20 yards for a first down on some possessions throughout the game

Players

- 8 v. 8 (Maximum of 6 males and Minimum of 2 females)
 - Need at least 5 players to play
 - One of those players needs to be female
- Minimum of 8 players per team

- Maximum of 12 players per team

Offense

- 4 players need to be lined up on the line of scrimmage
- Every player on offense is an eligible wide receiver
- No designed QB runs
 - QB can run if being rushed
- Hand-offs are allowed
- If a player's knee, shin, forearm, or elbow hit the ground they will be ruled down
- Receivers need to get at least one foot in bounds to be considered a catch
- Offense will have for 4 plays to get a first down
- Offensive line
 - When blocking you cannot use your arms
 - Your arms should be behind your back
 - No tripping pass rushers
- No flag guarding
- No stiff arms
- No slapping opposing players' hands or arms away
- No intentional contact
 - No trying to run over a defensive player
- No diving for a touchdown, first down, or to get extra yardage
- False starts will be called (moving before the ball is snapped)
- Too many players in motion will be called (1 player in motion)
- If a player fumbles the ball, it is dead where it hits the ground
 - Fumbles are not a live ball and cannot be recovered by the defense

Defense

- No Unnecessary contact
 - Tackling, tripping, pushing, etc.
- Rushing the passer is allowed after a 5 second count
 - Pass rusher must go for the quarterback's flags
 - If the pass rusher hits the quarterback's throwing arm it will be a penalty
- No going through a blocker or offensive line player
 - Most try to avoid contact with opposing player
 - Intentional and unnecessary contact on an offensive lineman while pass rushing will be a penalty
- No face guarding wide receivers
- No intentional pulling of opposing teams clothing
- Off-sides will be called
- No trying to strip the football from an offensive player
 - Must attempt to grab the players' flags instead of trying to strip the ball away

- A defender intercepting the football needs to get at least one foot in bounds for the interception to count

Punts

- Punts are allowed on 4th down
- The offense must announce before the play that they are punting the ball.
- Both teams must be still until the ball is punted
- If the punt is caught in the air by the receiving team, then they can return the punt
 - Once the punt returner is down, the offensive possession will start from that spot.
- If the punt hits the ground, the ball is dead where it lands
 - The new offensive possession will start where the ball landed.

Overtime

- **Regular season games can end in a tie**
- If the game is tied at the end of regulation there will be an untimed overtime period.
- Each team will have the opportunity to possess the football.
- Overtime will start with a game of rock paper scissors
 - Winner will decide to either start overtime on defense or offense
- Each team will start from the opposing team's 20 yard line
- They will have 4 plays to score a touchdown
- If they score a touchdown they will have the option of 1 point, 2 point, or 3 point extra point
- If the team possessing the football first throws an interception, the defense will have a chance to return that interception for a game winning touchdown.
- If the team possessing the football first fails to score a touchdown, then the opposing team will start with the football at the 20 yard line
- If the team possessing the football first fails to score a touchdown and the opposing team then scores a touchdown on their possession the game will end.
- If the team possessing the football first scores a touchdown but fails to get an extra point and the opposing team scores a touchdown and an extra point then the game will end.
- If the team possessing the football first scores a touchdown and a 1 or 2 point extra point, but then the opposing team scores a touchdown and scores a 2 or 3 point extra point then the game will end.
- If after the first overtime period both teams are tied then the overtime process will be repeated while having the team that possessed the football first in the overtime period possessing the football last in the second overtime period.
 - In the second overtime period, both teams have to attempt a 3 point extra point.
- If after the second overtime period both teams are tied, then the game will end in a tie.
 - In playoff play, the overtime process will continue until there is a winner.

Penalties

- False starts- 5 yards
- Illegal blocking- 5 yards
- Illegal formation (not enough players lined up on the line of scrimmage)- 5 yard penalty
- Too many players in motion- 5 yards
- Flag guarding- 5 yards
 - Includes- stiff arms and slapping hands away
- Diving- 5 yards
- Illegal pass rush- 5 yards
- Off-sides- 5 yards
- Intentional grabbing of clothes- 5 yards
- Unnecessary roughness- 10 yards
- Face guarding- 10 yards
- Pass interference (offensive and defensive) - 10 yards
- Unsportsmanlike conduct- 10 yards

NOT ALLOWED

- No Fighting
 - Could lead to an ejection from the game
- No yelling/cursing at referees or other players
 - Could lead to an ejection from the game
- No intentional/unnecessary contact
 - Could lead to an ejection from the game
- No wearing hats during games
- No jewelry
- No metal spikes

Forfeits

- Teams must have 5 players and at least 1 female by game time.
 - If teams do not have a minimum of 5 players and 1 female at game time, then they forfeit that game.
- First Forfeit- the team loses that game (they also lose their guarantee of 6 regular season games)
- Second Forfeit- the team loses that game and potential removal from postseason play
- Third forfeit- Potential removal from the league
- If you know that your team will be forfeiting a game in advance, please let us know beforehand.