

# OFFICIAL CO-ED FLAG FOOTBALL RULES

## 5 on 5

### Co-ed teams

- Max of 8 players.
- 5 players on the field with at least 2 being girls
- Up to 3 subs
- Must have 2 girls on the field at all times.

### Game

- 2-20 minute halves, continues clock
- Sudden death overtime(if necessary)
- Round Robin or Bracket Tournament depending on how many teams

### Clothing

- Jerseys - Players of opposing teams must wear contrasting colored jerseys, and/or pinnies.
- Pants / Shorts - Each player must wear pants or shorts **without** any belt(s), belt loop(s), or exposed drawstrings. The pants or shorts must be a different color than the flags
- Headwear – Players are not permitted to wear hats with bills. Players may wear knit stocking caps, bandana's, or elastic headbands.

### *THE GAME, FIELD, PLAYERS AND EQUIPMENT*

#### **General Rules**

1. The game should be played between 2 teams of 5 players each with up to 3 Subs. Five players are required to avoid a forfeit. There must be at least 2 female players on the field at all times.
2. The game shall be played under the supervision of 1 officials.
3. A speaking captain must be selected to make all decisions and shall be the only one who addresses the officials.

#### **The Field**

1. The field should be a minimum of 40 yards in width, and contain four (4) twenty (20) yard zones with a ten (10) yard end zone on each end.

#### **Game and Player Equipment (Legal)**

1. Football - The official ball shall be the intermediate size. The referee shall be the sole judge of any ball offered for play and may change the ball during play at his/her discretion.
3. Jerseys - Players of opposing teams must wear contrasting colored jerseys, and/or pinnies.
4. Pants / Shorts - Each player must wear pants or shorts **without** any belt(s), belt loop(s), or exposed drawstrings. The pants or shorts must be a different color than the flags.
5. Flag belt - Each player must wear a one-piece belt at the waistline with two flags permanently attached, one flag on each side.  
**Penalty:** Dead Ball Foul - Failure to have flag belt legally attached prior to the snap, 5 yards from the succeeding spot.
6. Gloves - Players may wear gloves which must consist of a soft, pliable and nonabrasive material
7. Headwear – Players are not permitted to wear hats with bills. Players may wear knit stocking caps, bandana's, or elastic headbands.
8. Shoes – Shoes with cleats must be made of soft pliable plastic or rubber. No exposed metal cleats

1. **Game time is forfeit time.**
2. Captains Choice and Pinnies – The second team on the scoresheet shall be the home team and have the choice in the first half or the second half (either a 20 yard line start or defense). Whichever team chooses to start on offense or defense, the other team chooses the direction. The third choice is the Pinnies and can either be worn by either the visiting team or the team which shows up last (referees discretion)
3. Length of game - Playing Time shall be 40 minutes, divided into two halves of 20 minutes each. The intermission between halves shall be 2 minutes. When overtime is used, there will be a 3 minute intermission
4. Continuous Clock - The Clock will start when the ball is legally snapped. It will run continuously:
  - A. Team time-out (clock resumes on snap of next play)
  - B. Referee's time-out (clock resumes on official's ready to play whistle)
5. Tie Game - In case of a playoff game ending in a tie score, the officials must bring all players and coaches of both teams to the center of the field. A coin toss will determine which team receives the ball first for a sudden death overtime.
6. Time-Outs – **Each team is entitled to 2 charged timeouts per game.**
7. Substitutions - No substitute shall enter during a down. All substitutions must enter the game during a dead ball.

### ***SERIES OF DOWNS, NUMBER OF DOWN, & THE TEAM POSSESSION AFTER PENALTY***

1. Each team receives four (4) downs to pass the zone-line for a first down or endzone to score.

### Running and Flag Belt Removal

1. Flag Belt Removal - When the flag belt is clearly taken from the runner in possession of the ball, the down shall end and the ball is declared dead. A player who removes the flag belt from the runner should immediately hold the flag belt above his/her head to assist the official in locating the spot where the capture occurred.
    - A. Players must have possession of the ball before they can legally be deflagged.
    - B. When a runner loses his/her flag belt either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play continues. The deflagging reverts to a one-hand tag of the runner between the shoulders and knees.
    - C. In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play.
    - D. A defensive player intentionally pulling a flag belt from an offensive player without the ball is illegal. The official shall warn the team, any further penalty will result in an unsportsmanlike conduct.
    - E. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal.
    - F. A player may leave his/her feet when trying to remove the flag.
  2. Contact - In an attempt to remove the flag belt from a runner, defensive players may contact the body and shoulders, but not the face, neck or any part of the head of an opponent with their hands. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.
- Penalty:** Defensive Holding, 10 yards from spot

**Penalty:** Flag guarding, 10 yards from the spot of the penalty.

4. Face Guarding – A defensive player may not use their arms and hands to intentionally obstruct the receiver’s view of the ball.

**Penalty:** Face guarding, 10 yards, automatic first down.

5. Stiff Arm – A runner shall be prohibited from contacting an opponent with an extended hand or arm which includes the use of a “stiff arm” to flag guard

**Penalty:** Stiff Arm, 10 yards from the spot of the penalty

## BLOCKING

1. Offense Blocking – The offensive blocking shall take place without contact. The blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive block is illegal.

**Penalty:** Personal Foul, 10 yards from the spot of the penalty

2. Interlock Blocking - Teammates of a runner or passer may interfere for him/her by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner.

3. Defensive Rush and Use of Hands – Defensive players must attempt to go around the offensive blocker. Defensive players must not use any part of his/her arms, hands, elbows, or any part of the body to contact the offensive player.

**Penalty:** Personal Foul, 10 yards from previous spot

4. Pass Interference - Contact that interferes with an eligible receiver who is beyond the line of scrimmage is pass interference unless it occurs when 2 or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass. It is also pass interference if an eligible receiver is deflagged/tagged prior to touching the ball on a pass thrown beyond the line of scrimmage.

A. Offensive Pass Interference - after the ball is snapped, and until a receiver has touched it, there shall be no offensive pass interference beyond the line of scrimmage.

**Penalty:** Offensive Pass Interference, 10 yards from previous spot, loss of down

B. Defensive Pass Interference - after the pass is thrown, and until it is touched, there shall be no defensive pass interference beyond the line of scrimmage while the ball is in flight.

**Penalty:** Defensive Pass Interference, 10 yards from previous spot, automatic first down

5. Roughing the passer – Defensive players must make a definite effort to avoid charging into the passer after it is clear the ball has been thrown, also there should be no attempts to hit the player’s arm during a throwing motion.

**Penalty:** Roughing the Passer, 10 yards, automatic first down

## SCORING

### Touchdown

1. All touchdowns are 6 points

Extra Point Try = 1, 2, or 3 Points

1. An opportunity to score 1 point from the 3-yard line or 2 points from the 10 yard line, or 3 points from the 20 yard line shall be granted to the team scoring a touchdown. While time is out there shall be one scrimmage play, unless changed by penalty.

2. The Referee must speak to the field captain, asking him/her whether the try shall be from the 3 or 10-yard line. Once the scoring team makes the choice, he/she may change the decision only by taking a charged team time out

1. No player shall commit non-contact acts during a period or intermission. Examples include, but are not limited to:
  - A. Any acts of unfair play.
  - B. Using disconcerting acts or words prior to the snap in an attempt to interfere with the offense's signals or movements.
  - C. Intentionally kicking at any opposing player.
  - D. Intentionally swinging an arm, hand or fist at any opposing player.
2. Dead Ball Player Fouls
  - A. Intentionally kicking the ball.
  - B. Spike the ball into the ground.
  - C. Throw the ball high into the air.
3. Prohibited Acts - There shall be no unsportsmanlike conduct by players, substitutes, coaches or others subject to the Rules. Examples include, but are not limited to:
  - A. Attempting to influence a decision by an official.
  - B. Disrespectfully addressing an official.
  - C. Indicating objections to an official's decision.
  - D. Holding an unauthorized conference, or being on the field illegally.
  - E. Using profanity, insulting or vulgar language or gestures.
  - F. Intentionally contacting a game official physically during the game by persons subject to the rules.
4. Personal Fouls - No player shall commit a personal foul during a period or an intermission. Any act prohibited hereunder or any other act of unnecessary roughness is a personal foul. No player shall:
  - A. Punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
  - B. Trip an opponent.
  - C. Contact an opponent who is on the ground.
  - D. Throw the runner to the ground.
  - E. Contact an opponent either before or after the ball is declared dead.
  - F. Make any contact with an opponent that is deemed unnecessary of any nature including using fists, locked hands, elbows, or any part of the forearm or hand, except according to Flag Rules.
  - G. Deliberately drive or run into a defensive player.
  - H. Clip an opponent.
  - I. Tackling the runner.