

# Alameda Co-ed Flag Football Rules

Each Coach is responsible for having a copy of the rules with them at each game.

**This league is scheduled for 9 weeks of play total. 7 weeks of games and 2 weeks of playoffs. Due to these restraints you may not play all teams registered for the league. Playoffs are the top 8 teams.**

**You, as team captain are responsible for your entire team. You can and will be held responsible if your team does not stay under your control. Butler County Parks & Recreation does have the right to dismiss any player causing an issue or safety violation and your team may also be dismissed. You may not at any time ever put any Butler County Staff in an unsafe situation. Butler County Parks & Recreation has a No-Refund Policy. If you or your team is dismissed you will not have the right to a refund.**

**You can replace players that are removed from the league or have medical issues however; players may not be available to play in playoffs without the approval of the Program Manager or the opponent's team.**

For cancellation on games please reach out to Tim at 724-841-6674 or by e-mail at [tealvert@co.butler.pa.us](mailto:tealvert@co.butler.pa.us) at least one hour before the game begins.

## Players/ Roster

- 1) A team may start and finish a game with seven players (two women and five men.). If someone is hurt or ejected, and the total number of players on one team goes to six, the game is over and it becomes a forfeit
- 2) A male must be lined up on a male. A female must line up on a female. No male may block a female when a female lines up in the backfield. When there is a direct snap to a female, male rushers must to an audible 3 one-thousand rush (loud enough for the ref to clearly hear). If a female is lined up in the backfield and does NOT receive a direct snap, and audible count by the rusher is not needed.

\*A male can line up on a female but must be 5 yards off of her.

- 3) Players must be on the team's roster and have played in 50% or more (unless waived by director) of the teams games.

## Game

- 1) There is a 10-minute grace period from the scheduled game time and at the end of the grace period the game will be declared a forfeit. If the missing player(s) show up in the grace period, the team that had all of its players there at the scheduled game time automatically has possession at the start of both halves.
- 2) The game is two halves of a **20-minute** running clock and 5 minute half time which is a total of **45-minute** games. Each team can use 1 time-out per half. The clock will stop during the last 2 minutes of play for the following occurrences: The clock will begin 10 seconds after the ball is placed by an official. At 15 seconds from the setting of the ball, a delay of game penalty will be declared. 5 seconds will be put back on the clock, and time will resume once the ball is hiked.

- . Incomplete pass
- . Player advancing the ball goes out of bounds
- . Either team scores (The clock will not start until the kicking team kicks the ball)
- . Penalty
- . Declared punt
- . Time out

**\*\* If a team is leading by 17 points or more, the clock will run continuously during the last 2 Minutes of play. \*\***

- 3) **Coin Toss-** The captain winning the coin toss shall choose one of the following options: (a) to kick off, (b) to receive, or (c) to designate which goal his or her team will defend. The loser of the toss shall make a choice of the remaining options. **You may not defer.** In the second half, teams will automatically switch the goals that each team defends. Rock, Paper, Scissors may also be used best of out 3 will win.
- 4) Play will begin on the ten-yard line **without** a kickoff.
- 5) **In the event of a tie at the end of regulation time, each team will receive one possession consisting of four downs from the twenty-yard line. In the result of a tie after each team's possession, the game will end as a tie. A coin flip will be made to determine the order of possession. Team that wins the toss will have the choice to go first or second.**

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## General

- 1) **Blocking** - Body blocking only. No blocking in the back. Contact should be limited and non-aggressive in nature. A blocker is allowed to contact only that portion of the opponents' body between the waist and the shoulders. Blocking is accomplished by holding **elbows in** and the hands held to the chest. Illegal blocking will result in a **5-yard penalty**. Repeated infractions may lead to a 15 yard unsportsmanlike penalty and expulsion from the game or league.
- 2) All jewelry must be removed.
- 3) All players must start from the standing position. A three or four point stance cannot be used (a dead ball play **5-yard penalty**).
- 4) Obscene or abusive language and un-sportsman like conduct will not be allowed. **Coaches are responsible** for the conduct of their teams. Obscene language will result in a 15-yard penalty. Teams displaying the above misconduct could be removed from the League.
- 5) In the case of any injury in which blood appears on the skin or on clothing, the player must leave the game and play continues unless a team time-out is taken. He/she may re-enter the game only when: (1) the bleeding has stopped or (2) the injury is covered completely with a bandage or (3) clothing that has blood on it must be changed or covered.

## Defense

- 1) No bumping/ chucking. If a male deliberately bumps a female this will constitute a personal foul (**15-yard penalty**).
- 2) Male defenders may not immediately rush the quarterback unless the quarterback is a male also. A male defender may rush a female quarterback after he has verbally counted a "3 one thousand" count loud enough that the referee can hear it. Each team may blitz on every down, following the above rules.
- 3) **If a female lines up in the backfield**, there can be no male rushers, or male blockers on the line of scrimmage within 5 yards to either side of center, and males must be 5 yards off the line of scrimmage, or center. The center (unless they are female) will not be permitted to block females. The exception will be if the offense has a male lined up in the backfield then a male defender may line up opposite and defend against the male only. A male defender may also line up opposite a male center
- 4) All females can rush at any time

## Offense

- 1) First down is awarded when a team moves the ball beyond the 25 yard line (mid-field), and a female has either thrown a completed forward pass, caught a pass, or run with the ball for **positive** yardage within four downs.
- 2) A player only needs one foot in bounds for a legal catch.
- 3) If a **huddle** is formed (**4 or more players**), all players must be in the huddle before the huddle breaks. Huddles are no more than 15 seconds. 5 yard penalty.
- 4) The "center sneak" play, in which the center doesn't let go of the ball, but instead holds it behind themselves until a player from the backfield runs by and takes it from the centers hands, has been ruled illegal. The snap must be a continuous motion.
- 5) The quarterback cannot line up underneath the center. Shotgun formation only. Direct snaps to the blockers are legal.
- 6) Player may go in motion on the offense. The person in motion can either start at the line of scrimmage or behind.
- 7) A team will have 15 seconds from the time the official places the ball to hike put the ball in play. A delay of game and 5 yard penalty will be incurred for infractions.
- 8) Play will continue until:
  - Ball carrier has the flag pulled off, leaves the field of play, or scores a touchdown.
  - The ball carrier's knee touches the ground.
  - The ball touches the ground at any time.
- 9) A punt must be declared and cannot be faked. The referee will notify the defensive team prior to a punt. All punts are free punts, and must be kicked not thrown. The kicking team may not cross the line of scrimmage until the ball is kicked. If the ball comes in contact with the ground after it has been punted it is a dead ball and will be spotted where it hit the ground. A punt through the end zone will be spotted at the 10 yard line. If a player drops the ball in the end zone, the ball is spotted at the 10 yard line and is not counted as a safety.

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- 10) A change of possession can only occur due to downs or an interception. A fumble is not a turnover and the ball is considered dead at the point of the fumble. A lateral may be intercepted and returned by the opposing team.
- 11) Flag guarding is not allowed. Flag guarding is defined as any action that is made with the arms, hands, or legs that prevent a player from being able to pull another player's flag. Dead ball foul at the spot of the foul
- 12) Intentional grounding will be called when a passer due to pressure from the defense, throws a forward pass without a realistic chance of completion. (spot foul and loss of down)
- 13) If a ball carrier has one or all flags missing, he/she will be considered stopped. It is a penalty for a ball carrier to stiff arm, charge into, dip their shoulder into a defender, or deliberately try to knock over a defensive player. In addition, a ball carrier may not leave his/her feet (jump/dive) in an effort to gain extra yardage.
- 14) Defenders may not leave their feet to grab a flag.

## Scoring

- 1) A touchdown scored by a female will be worth eight (8) points. Also if the quarterback is a female and she throws a forward pass (**the pass must cross the line of scrimmage**) to a man or woman and he/she scores eight (8) points. A female running for a touchdown will also be worth 8 points.
- 2) The player's hips must cross the plane of the end zone for a touchdown, not the ball.
- 3) **Extra Point**- a team will be awarded **1 point** for a successful (pass) from the 5 yard line. **2 points** for a successful (run, pass) from the 10 yard line. Points are 2 points and 3 points if a female operative is used for the score.

## Equipment

- 1) Flags **must be** of a contrasting color.
- 2) All jerseys must be tucked into the pants unless they are the waist-length jerseys, and those must hang at least **four inches above the** flag belt. Jerseys that hang more than 1 inch below the flag belt must be tucked in.
- 3) **NO** metal spikes.

**Co-ed Requirements.** The offense will be penalized if it fails to use a female as an “operative player” at least once within four consecutive downs. The penalty for running four consecutive plays without using a female as an “operative player” will be a five-yard penalty, and loss of possession. For example, if a male player catches or runs the ball on a play that a female must be the “operative player”, the offense will be penalized and lose possession.

**An “operative player” is defined as a player who:**

- Is the intended receiver in the eyes of the official
- Runs the ball as the primary runner (must achieve forward progress; does not have to cross the line of scrimmage)
- Receives the snap as the QB and attempts to initiate the ball crossing the line of scrimmage.

**An operative player is NOT defined as a player who:**

- Hands off the football to another player
- Snaps the ball into play
- Pitches or throws the ball to another player behind the line of scrimmage

## Examples:

- A pass intended for a female that is deflected by a female, and caught by a male counts as an “operative” play for a female but does not qualify the first down.
- A pass deflected by a male and caught by a female across the line of scrimmage is a female “operative” Play, and does qualify as a first down.
- If a female pitches the ball to a male behind the line of scrimmage, this will not result in a female “Operative” play.

The following guidelines are used for controlling abusive behavior by any individual or team, and will be mandatory procedure for such action. **It is the responsibility of the team and its players** to effectively prevent any player who is suspended from future games from participating therein. Failure to do so will result in forfeiture at those games in which the ineligible player participates.

- Players will be ejected from a game for fighting, regardless of who initiated the conflict. Additional action may be taken for incidents occurring between opposing players either before or after scheduled games on county property.
- Players ejected from a game for fighting may be ineligible for their team's remaining games.

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- Any player touching an official during a game will be automatically be ejected. Players who attempt to strike, or do strike an official before, during, or after a scheduled game will be automatically escorted off the property by the Butler Township Police Department, and charged accordingly.

## COED FLAG FOOTBALL PENALTIES

- Defensive Penalties:**

- Off Sides = 5 yards/Repeat Down
- Pass Interference = Spot Foul/First Down
- Holding = 5 yards/Spot of Foul/First Down
- Illegal Flag Pull = 5 yards/Spot of Foul
- Illegal Rushing = 5 yards/Replay Down
- Illegal Contact = 5 yards/First Down

*Includes: Tripping, Contact with the QB, Any intentional contact by an opposing player (referee discretion), Contact with an opposing player after a ball is tipped, Rough play may result in an unsportsmanlike penalty*

- Illegal Stripping = Spot Foul
  - It is illegal to bat or strip a ball from a player's hand
- A game cannot end on a defensive penalty even if time expires. One untimed down will be required to complete the game.

- Offensive Penalties:**

- Illegal Motion/False Start = 5 yards/Replay Down
  - These are "dead ball" fouls and do not carry a loss of down. These penalties may not be declined.
- Illegal Pass = 5 yards/Line of Scrimmage/Loss of down
- Intentional Grounding = Loss of Down/Spot Foul
- Gender Violation = 5 yards/Loss of Down/Next play remains "closed"
- Offensive Pass Interference = 5 yards/Previous Line of Scrimmage/Loss of Down
- Interference/Illegal Contact = 5 yards/Loss of Down

*Includes: Pushing Off, Any intentional contact by an offensive player on a defensive player in the field of play*

- Flag Guarding = 5 yards/Spot of Foul
- Jumping/Diving = 5 yards/Spot of Foul/Loss of Down
- Off Sides = 5 yards/Repeat Down
- Personal Foul = 10 yards/Loss of Down. *Includes: Lowering of the head or shoulders while running, Stiff Arm*

- Unsportsmanlike Conduct**

- Arguing with Officials = 10 yards/Possible Ejection
- Use of profanity (towards players, referees, league staff, coaches, sidelines, Spectators) = 10 yards/Possible Ejection
- Excessive Contact/Rough Play
  - 10 yards and loss of down (offensive)/First Down (defensive)
  - If official determines that contact was initiated "with intent to harm", the offending player will be ejected from the game. The player must leave the field of play immediately. If the player does not leave the field, his/her team may be charged with a forfeit for the game regardless of score or time remaining. Any player ejected from a game may not play in any other games that day.
  - An official may call a forfeit for unsportsmanlike conduct. Even if the game has ended, an official may declare a forfeit.
  - The Program Director and Butler County Parks and Recreation Department has the authority to suspend and/or expel a player or team from the league and/or future games(s) at its discretion with no refund of monies for such acts. The ejected player may not play in future games without the Program Director's approval.

- Fighting**

- Automatic ejection from the game
- Once ejected, a player must leave the field. If the player does not leave the field, his/her team may be charged a "forfeit" for that game, regardless of score or time remaining. Any player ejected from a game may not play in any other games that day.
- The ejected player may not play in future games without league approval.
- An official may call a forfeit for unsportsmanlike conduct. Even if the game has ended, an official may call a forfeit.
- The League has the authority to suspend and/or expel a player or team from the league and/or future games(s) at its discretion with no refund of monies for such acts.