

City of Burleson Adult CoEd Flag Football Rules

PLAYING AREA:

We will be playing at Chisenhall Sports Complex on the open football field.

OFFICIALS:

We will provide officials for all games. Arguing with officials will not be tolerated.

EQUIPMENT:

We will provide all field equipment and flag belts.

Each team is responsible for providing their own football for use while they are on offense. Balls must be regulation collegiate or NFL size. Balls that are severely underinflated or undersized are not permitted.

*****SHORTS OR PANTS WITH POCKETS OF ANY TYPE, SIZE, OR LOCATION ARE NOT ALLOWED*****

Shorts and pants with pockets pose a significant safety concern and are thus not permitted. Taping down pockets or turning inside out does not make shorts or pants legal for play.

*****CUT-OFF SHIRT SLEEVES RESULTING IN EXCESSIVELY LARGE ARMHOLES ARE NOT ALLOWED*****

Players should order the appropriate size shirt so that it is long enough to remain tucked in the pants/shorts during the entire down or short enough so that there is a minimum of four inches from the bottom of the shirt to the player's waistline.

At their own risk, players may wear sunglasses made of a pliable, non-rigid material. Frames that contain metal or glass should be discouraged. The Referee shall be the sole determiner of the legality of any sunglasses worn by players.

The following items are not permitted:

- Shorts or pants with pockets **of any type or location**
- Shoes with metal or ceramic cleats
- Athletic braces or casts made from hard, unyielding material (unless covered on all sides and edges with at least ½ inch of closed cell slow recovery rubber or similar material)
- Headgear containing hard, unyielding, or stiff material (including billed hats)
- Sunglasses made from any hard, unyielding material.
- Jewelry (except for smooth wedding bands and stud earrings)

Special event wristbands must be covered by a sweatband or with athletic tape.

Low profile smartwatches and fitness trackers may be worn provided they are covered by a sweatband or with athletic tape.

PLAYING ROSTER:

The maximum numbers of players on the field is eight. The minimum number of players is six. The maximum number of males is five. The minimum number of females is two.

If a team is short the minimum number of players by game time, the game will be considered a forfeit.

Teams lose the ability to challenge a player's eligibility at halftime, except in the case of a late-arriving player.

Quick, repeated, or feigned substitutions intended to deceive opponents at or immediately before the snap are considered Illegal Participation.

FORMAT:

Each game consists of two 20-minute halves separated by a three-minute halftime intermission.

Possession and direction shall be determined by Rock, Paper, Scissors prior to the beginning of the game. The winning team will have the option of choosing possession or direction in the first half only. The other team will have the remaining option. The team that started on defense in the first half will start on offense in the second half and move in the direction opposite of that which they moved in the first half.

Once the second half is underway, the game may be considered final if cancelled for any reason.

The clock shall run continuously until the final two minutes of the second half. During this time, the clock will only stop for a time-out or injury.

During the final two minutes of the second half, the clock will stop for the following:

- A team or official time-out
- Runner steps out-of-bounds before being deflagged
- Incomplete Pass
- Injury
- Turnover
- Penalty Enforcement
- Touchdown (clock remains stopped during the try)

The clock will not stop for first downs or when a runner is deflagged in-bounds.

If the scoring differential is 20 or more points in the last two minutes of the second half, the clock will not stop, even if the scoring differential subsequently falls to below 20 points.

READY FOR PLAY:

Prior to any offensive down, the referee will declare the line of scrimmage and mark the ball ready for play by announcing the down, zone-line-to-gain, and coed status (open or closed). Once the ball has been made ready for play, the offense shall have 25 seconds to legally snap the ball. The offense shall not snap the ball prior to it being made ready for play.

On a change of possession, the referee will not make the ball ready for play until the defense has had an opportunity to get set (15-seconds maximum).

EXTENSION OF PERIOD:

A half may be extended by an untimed down if any of the following occurs as time expires:

- A foul for which there was an accepted penalty by either team, except that which calls for a loss of down
- A double foul (offsetting penalties)

- A touchdown (The try will be attempted unless in the second half of a playoff game when the points do not affect the outcome.)

TIME-OUTS:

Each team is entitled to two one-minute time-outs per game.

If an injury occurs for which the clock is stopped, that player must leave the game for at least one scrimmage down.

SCORING:

The following point values are awarded in SSC Flag Football:

- Touchdown: six points
- Safety: two points
- Try: one point if from the five yard line; two points if from the ten yard line; three points if from the twenty yard line

After a touchdown, the offense shall declare their attempted try value to the referee. Once this declaration is made, it can only be changed if no attempt has been made and that team calls a time-out.

If the defense gains possession of the ball during the offense's try after touchdown, the ball becomes dead immediately.

In the case of a safety, the scoring team will next put the ball in play from its own ten yard line, unless moved by penalty.

LINE OF SCRIMMAGE:

The snapper is the only offensive team player required to be on the line of scrimmage at the snap.

No defensive players may cross the line of scrimmage until the referee's five-second count has elapsed. The five-second count ends if the player who received the snap relinquishes possession to another offensive player.

END OF RUN:

Once a runner has been legally deflagged, the new line of scrimmage shall be determined by the position of the ball when the action to remove the flags occurred.

If a runner's flags fall off on their own, or the flag belt is covered by an untucked shirt, the runner will remain live until he or she has been touched with at least one hand between the shoulders and the knees.

If a runner goes out of bounds, the new line of scrimmage will be determined by the position of the ball when it crossed the boundary line.

Fumbles become dead immediately and cannot be recovered. If fumbled backward, the line of scrimmage on the ensuing down will be the point where the ball first touched the ground. If fumbled forward, the line of scrimmage on the ensuing down will be the point where the ball was fumbled.

FIRST DOWNS:

Except in the case of a penalty or turnover, teams shall begin each possession at their own ten yard line.

First downs are awarded when a team advances the ball to the next zone line-to-gain in four downs or less (except if affected by a penalty), as prescribed by penalty enforcement, or either team obtains legal possession following a punt, penalty, score, or turnover.

Once a team has advanced into a zone line-to-gain, that team must advance the ball into the next zone line-to-gain to obtain a first down, even if that team has retreated into the previous zone line-to-gain.

- For example, if a team has to reach the 40 yard line to obtain a first down, that team must still reach the 40 yard line to obtain a first down if moved back to the 18 yard line due to penalty.

Turnovers can only occur in the case of an interception, punt, or if the offense fails to advance to the next zone line-to-gain in four or fewer downs.

FOURTH DOWN AND PUNTS:

On fourth down, the offensive team must declare their intention to punt the ball or attempt to advance to the next zone line-to-gain. After this declaration, the referee will not make the ball ready for play until the defense has had a reasonable opportunity to get set. Once the defense has set, the offense may not change their declaration unless they call a time-out.

With the exception of the punter, players must remain stationary until the ball has been kicked beyond the line of scrimmage.

The receiving team must have at least five players on the line of scrimmage throughout the return. Remaining players may drop back to receive the punt. If the returner advances past the original line of scrimmage, players originally on the line may trail the runner to receive a backward pass.

The punt may be played off of a bounce if there are no other punting team players in the area. However, the ball becomes dead immediately if it hits the ground after touching any player.

Fake punts are not permitted. Punt blocks are not permitted.

BLOCKING AND CONTACT:

The following is not permitted in SSC Flag Football:

- Blocking (either at the line or in front of the ball carrier)
- Screen Blocking (Running in front of the ball carrier)
- “Chucking”, “Bump and Run” and any other contact at the line
- Excessive Contact

All players must attempt to avoid contact at all times.

OFFENSE:

After a huddle, all offensive team players must come to a stop and remain stationary for a full second prior to the snap or any player going in motion. The offense is allowed to have a single player in motion at the snap. The player may only move parallel to or away from the line of scrimmage.

All snaps are “Shotgun” snaps. This player may not receive the snap directly from the center.

If a snap count is used, whether verbally or nonverbally, only the player that initiates the count may receive the snap.

At the snap, all offensive players must maintain a position at least five yards inbounds from the nearest sideline. If the defensive covers an offensive player positioned within five yards of the sideline, it is not a foul provided the offensive player was at least five yards inbounds from the sideline at any point after the ball has been marked ready for play.

PASSING:

A forward pass is completed or intercepted when a player secures possession of the ball and first makes contact inbounds with any part of the body.

If a player steps out-of-bounds, that player becomes ineligible to touch a forward pass unless first touched by any other player.

RUNNING:

An offensive player may advance the ball across the line of scrimmage if:

- the defense crosses the line of scrimmage, whether legally or illegally.
- the player did not receive the snap.

An offensive player may not advance the ball across the line of scrimmage if:

- the defense has not yet crossed the line of scrimmage and the player received the snap.
- it is a closed play and that player is male.

Jumping or hurdling over players is not permitted unless absolutely necessary to avoid contact.

Diving is not permitted by a ball carrier in an attempt to gain yardage or otherwise avoid being deflagged.

Charging or stiff-arming an opponent is not permitted.

FLAG GUARDING:

A runner shall not use his or her hands, arms, or the ball in a manner that clearly denies flag belt access to a defender attempting to deflag the runner.

This includes placing or swinging a hand or arm over the flag belt, placing the ball over the flag belt, or lowering the shoulder in a manner that places the arm over the flag belt.

PASS INTERFERENCE:

The following constitutes Pass Interference:

- Illegal Contact beyond the line of scrimmage with an eligible receiver or defender during a legal forward pass.

EXCEPTION: If an eligible receiver and a defender both initiate simultaneous and equitable contact while making an equal attempt to reach, catch, or bat a pass, there is no illegal contact or pass interference.

- Hindering an opponent's vision without making an attempt to catch, intercept, or bat the ball, even though no contact is made (also known as "Face Guarding"). Note: The player must place one or both hands in front of the opponent's face or wave their hands or arms near the opponent's face.
- Deflagging or tagging an eligible receiver beyond the line of scrimmage during a legal forward pass.

CO-ED PLAY:

The referee will declare the coed status prior to each play.

Teams must use a female as an operative player within three consecutive downs.

To be considered operative, a player must:

- have been targeted for an attempted legal forward pass
- have been targeted for an attempted backward pass behind the line of scrimmage
- receive a handoff behind the line of scrimmage and run the ball, regardless of whether or not positive yards are gained
- attempt a legal forward pass
- receive the snap and attempt a backward pass behind the line of scrimmage
- receive the snap and run the ball, regardless of whether or not positive yards are gained

Note: The intent is to be included as a primary part of the play (running, receiving, or passing) regardless of its success. Receiving a pitch or handoff beyond the line of scrimmage would not satisfy and reset the coed count.

If a female has not acted as an operative player after two consecutive downs, the succeeding down shall be a closed play.

All other plays, including extra point attempts, shall be considered open.

The coed count shall reset once a female has been used as an operative player or after a change of possession has occurred.

DEFENSE DURING CLOSED PLAY:

If a male is in position to receive the snap on a closed play:

- The defense must declare only one player to guard the quarterback. This player may move laterally across the line of scrimmage with the quarterback with his arms below his shoulders until the five-second count has elapsed, after which the player may cross the line of scrimmage only in an attempt to deflag the quarterback.
- All other male defensive players must line up in the area of male offensive players and remain stationary with their arms down until the ball has been advanced or legally touched beyond the line of scrimmage.
- Except where allowed by rule, male defensive players may not touch a forward pass until it is first touched by a female offensive player.
- An interception by a male player is only possible if a forward pass is first contacted by a female offensive player and caught by a male defensive player who was originally restricted to the line of scrimmage during the play.

If a female is in position to receive the snap on a closed play:

- All defensive players are permitted to participate as if the status of the play was open.

The following shall be considered Illegal Procedure by the Defense on a Closed Play:

- A male defensive player makes contact with, or otherwise denies a female offensive player a reasonable opportunity to catch, a legal forward pass unless allowed by an uneven player ratio or first deflected by a female offensive player.
- Any male defensive player leaves the line of scrimmage prior to a legal forward pass being touched beyond the line of scrimmage.

OFFENSE DURING CLOSED PLAY:

The offense must declare who will receive the snap on a closed play. Only that player may attempt a forward pass or, as allowed by rule, advance the ball across the line of scrimmage. The referee will not make the ball ready for play until the defense has had a reasonable opportunity to get set.

If the ball is grounded to stop the clock or the player receiving the snap takes a knee on a closed play, the ensuing down will remain a closed play, regardless of who received the snap.

If a male is in position to receive the snap on a closed play:

- All other offensive males must remain stationary until the ball has been legally touched beyond the line of scrimmage.
- Once the ball has been legally touched beyond the line of scrimmage, any offensive player may trail the runner in order to receive a backward pass.
- If the snap is fumbled or the quarterback is sacked, the ensuing down will remain a closed play.

If a female is in position to receive the snap on a closed play:

- All offensive players are permitted to participate as if the status of the play was open.
- If the snap is fumbled or the quarterback is sacked, the coed count shall reset and the ensuing down will be an open play.

The following shall reset the coed count:

- A female is determined by an official to be the intended target of a legal forward pass.
- A female is determined by an official to be the intended target of a backward pass behind the line of scrimmage.
- A female receives the snap and attempts a legal forward pass.
- A female receives the snap and attempts a backward pass behind the line of scrimmage.
- A female receives the snap and attempts to advance the ball across the line of scrimmage.
- The offense accepts the penalty for an Illegal Procedure foul but declines the yardage.

The following shall not reset the coed count:

- A female snaps the ball to a male player.
- A female receives the snap and hands the ball off to a male player.
- A quarterback intentionally throws the ball to the ground near a receiver without a reasonable expectation of a reception.
- A forward pass is deflected by a stationary defensive male during a closed play.

The following shall be considered Illegal Procedure by the Offense on a Closed Play:

- A male receives the snap and advances the ball across the line of scrimmage.
- Any male offensive player leaves the line of scrimmage prior to a legal forward pass being touched beyond the line of scrimmage.
- A male player not receiving the snap attempts a forward pass.

If a male quarterback intentionally throws a pass into a defensive player in an obvious attempt to draw a penalty, an Unsportsmanlike Conduct penalty will be assessed against the quarterback.

UNEVEN RATIOS ON CLOSED PLAYS:

The following situations assume a male quarterback during a closed play.

Two female offensive players; three female defensive players:

- The defense may use all female players to guard the female offensive players .

Four or more female offensive players; three female defensive players:

- A male defensive player may cover an additional female offensive player one-on-one without a cushion. The male may make contact with a pass intended for his receiver only, but an interception will result in an incomplete pass.

Three offensive female players; two defensive female players:

- A male defensive player may cover a female offensive player one-on-one with a three yard cushion and must allow a reasonable opportunity to catch a pass.
- If a female offensive player first contacts the ball and it is subsequently recovered by a defensive male in coverage, the result will be an incomplete pass.

Three offensive female players; four or more defensive female players:

- The additional female defensive players must individually line up against a male offensive player and remain stationary with her arms down until the ball has crossed the line of scrimmage.

OVERTIME RULES:

If at the end of regulation both teams are tied, the game will proceed into overtime.

Overtime periods are untimed. The game is over when the tie is broken at the conclusion of an overtime period.

Each team is entitled to a single one-minute time-out during the entire overtime. Time-outs do not carry over from the regulation period.

Scoring rules do not change in overtime periods. Coed rules do not change in overtime period.

Prior to the first overtime period, both team captains will play Rock, Paper, Scissors. The winning captain will have the option of choosing possession or which side of the field the overtime periods will take place. The other captain will have the remaining option.

Each team will have the opportunity to score from the opposing team's 20 yard line in four or fewer downs, unless affected by penalty.

If a pass is intercepted in overtime, the ball becomes dead and the defense will begin its possession from the 20 yard line.

Teams will change the order of possession after each overtime period.

Starting with the third overtime period, any team that scores a touchdown must attempt a two point conversion on the try.

FOULS AND PENALTIES:

Any penalty may be declined. Unless otherwise noted, acceptance of a penalty does not change the coed status.

The result of a play, including the end of the run and whether the line to gain was reached, shall be determined after application of penalties for live-ball fouls.