

Stamford Recreation Services

Coed Flag Football Rules

ELIGIBILITY

- All Players must be 18 years of age as of opening day of the current season.
- Teams may add players up until week four.
- Players must participate in three games to become eligible for the playoffs.
- Teams must wear shirts or jerseys exact in color by their first game. Penalty: Teams will lose one time-out per player.
- The game will begin with 3-men and 3-women per side.
- *If both teams agree, a game may start with 4-men and 2-women per side.*
- A team will forfeit if the player eligibility requirements are not met 10-minutes after the scheduled start time.
- Two team forfeits in one season will eliminate the team from post-season play.
- The color of the flag belt cannot match the player's shorts or pants.
- The roster limit is 15-players.

TIMING & SCORING

- Each half consists of 20-minute halves. The clock will stop at the 2-minute warning of each half.
- With less than 2-minutes remaining in the half the clock stops per regular football rules
- At the 2-minute warning of the second half and one team leading by 18 or more points the game will end.
- Each team receives 2-time-outs per half.
- Prior to the 2-minute warning the clock stops for timeouts, injuries, and referee discussions lasting more than one-minute.
- Between plays the referee will set the ball and blow the whistle starting a 30-second play clock.
- During a punt with the clock stopped the clock will re-start on the kick.
- Scoring consists of the following; 6-points for a TD, 2-points for an extra-point at the 10-yard line, 1-point for an extra-point at the 5-yard line, 2-points for a safety and 2-points for a returned extra-point.
- Overtime: Each team will be given a chance to score from the 10-yard line closest to a goal line. Teams will alternate possessions and during the 3rd period must attempt a 2-point XP.

OFFENSE

- Offensive team has 4 downs to make 20 yards.
- Possession starts at 20 yard line unless the start of the possession is after a punt or loss of downs
- **A female player must “touch” the ball once every four downs**
- Prior to the ready whistle the QB must notify the referee of the sex of the center.
- Any time the ball touches the ground the ball is dead (no fumbles). Succeeding spot is from where the ball strikes the ground
- Open hand blocking is from the waist to the shoulders and same sex only. **Females may block males at their own risk.**
- Double team blocking is illegal. Once engaged blockers may pass the rusher off to another blocker.
- You may never leave your feet to block.
- A forward hand off behind the line of scrimmage is considered a run and cannot be passed.
- A forward pass behind the line of scrimmage will be considered a passing play.
- The ball carrier may never flag shield (contact), run directly into a defender, crawl/roll/, jump forward into a defender causing contact or dive to advance the ball while in possession.
- If the flag belt falls off without being pulled or touched one-hand touch by the defense prevails.
- A receiver must have two-feet in bounds for a legal catch.
- The center may snap the ball between the legs or to the side of the body. When snapping the ball to the side the foot will not be considered off-sides.
- **All players are eligible and only the center has to start the play on the line of scrimmage. Four players have to start in front of the quarterback. Receivers may never cross into the nose tackles path.**
- Any part of the passers body that crosses the line of scrimmage prior to a forward pass is illegal.
- At the end of a play the ball will be spotted at the location of the flag clip separating, unless the player is on the ground at the end of the play. (spot at ball)

DEFENSE

- A nose tackle the same sex as the center must line up head to head with the center. In addition the nose tackle will be two yards from the center at the snap.
- The nose tackle can rush the QB at the snap, but will be considered off-sides if inside the 2-yard neutral zone. (Free Play)
- With the exception of the nose tackle all other defensive players may line-up in any formation.
- A defensive player other than the nose tackle will be considered off-sides if in the neutral zone during the snap. (Dead Play)
- The defense can blitz once per set of downs and it must be immediate.
- Defenders may never cross into the nose tackles path.
- Male defenders cannot cover female receivers (man-to-man).
- During a non-blitz play defenders may cross the line of scrimmage if the passer breaks the pocket. (3-yards on either side of the center.)
- The defense must grab (pull) one of the three flags attached to the offensive players waist.
- One open hand "chuck" is allowed within five yards of the line of scrimmage. (same sex)

SPECIAL TEAMS

- On 4th down the offense may declare a punt. The punter must be a minimum of 2-yards from the center at the snap.
- The punter may not move outside the tackle box.
- The receiving team may place two players down field to retrieve the punt. All other players must be within 10-yards of the line of scrimmage.
- Punts cannot be returned.
- Extra points for one or two points will be attempted after a TD.
- The defense is given a free blitz on all extra-points.
- No kickoffs (ball placed at the 20-yard line).
- No kicked field goals or extra-points.

MISCELLANEOUS

- No hard football pads, metal cleats, or hard knee braces/casts allowed.
- Field Size will be 80 yards by 40 yards with fixed first downs every 20-yards.