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Rules

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Monday, 25 June 2007

These are up-dated rules for 2009

please remember rules are fluid and change as teams invent new ways to break them..

Rules for spring 2009

Blocking of any kind, including *chop blocking* or running in front of a ball carrier, is not allowed anywhere on the field.

Offensive Penalty- QB over the line of scrimmage- play is blown dead & loss of down.

When the ball is snapped, only *one (1) WR* can be in motion. (moving forward)

Teams on offense must be set – set is described as not moving forward.

The offense has the option to punt on **4th down only**. The opposition then takes possession at their 10-yard line.

Players must be 21 years of age unless granted permission by the commissioner*

General Rules

Male players only can play for one team. If a team uses a male player from another team, the team that borrowed the male player forfeits the game.

A team can borrow only *one (1)* female player from another team, but only if they have two or less girls. *

Fields

The field is 50 yards by 30 yards, with 8-yard end zones.

Offense

Consists of 6 players with a minimum of 2 women.

The offense starts the first possession of each half and each possession after an opponent's touchdown at their 5-yard line.

The offense gets 5 downs to score. At least one of those downs must be a gender play.

A **gender play** occurs when a female player throws a *FORWARD PASS*, runs or catches the ball, including being the first to touch a pass (even if it is subsequently tipped or caught by a male teammate), or is the only intended receiver in an area that the quarterback throws an incomplete pass. **The girl does not have to gain yardage**

Exceptions:

If male QB hands the ball off to a female player & she hands it back to a male player & he throws it. That *is not* a gender play.

If a male QB attempts to throw the ball to a female player, & it is knocked down at the line of scrimmage by the pass rusher and does not cross the line of scrimmage. That *is not* a gender play.

If a team uses 2 gender players during the same offensive series, they receive an additional or 6th down.

If a team only can field four (4) male players, with no females on the field, then their offense only has four (4) downs to score.

The offense now has the option to punt on **4th down only**. The opposition then takes possession at their 10-yard line.

The quarterback cannot run the ball. The quarterback is defined as the offensive player calling the signals.

The ball must be hiked to the offensive player (i.e. quarterback) calling the signals, and the ball must be hiked from the center of the field.

You must have at least 1 player on either side of the ball (no stacking).

When the ball is snapped, only *one (1) WR* can be in motion. They can be moving forward.

Blocking of any kind, including *chop blocking* or running in front of a ball carrier, is not allowed anywhere on the field.

However, running behind the ball carrier (for a lateral) is allowed.

If the offense fails to score by the end of their series, they turn the ball over to the opposing defense at that spot.

If an offensive player leaves the field of play (i.e. goes out-of-bounds) for any reason, they cannot be the first player to touch the ball.

A receiver must have at least one foot in bounds for a legal catch > If a receiver has one foot on the ground out of bounds the receiver is ruled out of bounds.

Scoring

A touchdown is worth **6 points**.

A **gender** TD, which is defined as a female player throwing a TD pass, running or catching a TD, is worth **7-12 points**.

After a TD, the offense attempts an extra point from either the 5-yard line for **1 pt** or from the 10-yard line for **2 pts**.

Safeties are worth 2 points, & the team that scored the safety gets the ball back at their own 5-yard line (the Walker rule).

A hiked ball fumble in the end zone is *not* a safety. The ball is brought back to the original line of scrimmage. Any fumble is ruled a dead ball and placed at the spot.

Overtime (regular season)- there is no overtime – the game is a draw.

Overtime (playoffs)- is *not* sudden death. So even if the team that wins the toss scores first, the opposing team still has a chance to tie the score. Like regulation, teams start at the 5-yard line to begin an offensive series. But if the defense stops the offense on downs or they force a turnover and do not score, the defense *DOES NOT* take over at that spot. Rather, they take over at their own 5-yard line. If the game remains tied after three offensive series by each team, the referee will call a timeout, and have the teams switch sides.

Change Of Possession

After a TD, the defense gets 30 seconds to get on the field and get set before the offense can snap the ball.

Defense

Consists of 6 defenders with a minimum of 2 women.

Tackling *is not* allowed. Rather, a DB must touch the WR with both hands & shout that they have tagged them.

Defensive players are allowed to hold onto a receiver's shirt with one hand, while trying to tag them with their second hand.

Hitting or blocking *is not* allowed.

“Bump-and-run” defenses *are not* allowed.

If the defense stops the offense on downs, then the defense takes over at that spot.

A lineman may rush the QB after a 5 second count. The lineman must simulate 5 seconds. If the count is too fast, the referee can issue one warning before penalizing that team. If the problem persists, then the referee will count for both teams.

The Line-person who counts must be within 5 yards of the ball. After the count any player can rush.

After the 5 second count as more than 1 player can rush the QB.

Any contact (even accidental) by a male to a female is illegal. If a female runs into a male there is no foul.

If a female is hurt on any play in any way the ref may blow the whistle and stop play.

Special Rules

A team gets 30 seconds to snap the ball after the referee places it on the line of scrimmage.

Teams must establish a bench side of the field. All players must stay on that side of the field. Players that leave the side of the field other than the bench side will be flagged for illegal procedure.

Dead ball – teams that bring in a different ball than the one that was used on the play before must inform the ref. The ref will hold up the play until they feel the defense has enough time to reset.

Fumbles are dead at the spot of the fumble.

Each half is 25 minutes long. The clock does not stop unless there is an injury, or a team calls a timeout.

Each teams receives 1 timeout per half.

The team that wins the coin toss has two choices, either start on offense first OR defend a particular end zone. If you choose to start on offense first, then the other team decides which end zone they will defend in the 1st half. When the second half starts, however, the teams simply switch ends and the team that started the 1st half on offense, now starts the 2nd half on defense, and vice versa.

At the end of the game, If there is a change of possession with less than 30 seconds the offense gets 1 play.

If a team calls a timeout after a TD, but before the extra point attempt, then *both* the extra point and the defense’s 30 seconds to get set occur during the time out. The clock does not start until the opposing offense snaps the ball.

The game or a half cannot end on a defensive penalty, even if there is no time left on the clock.

Any delay of game penalty in the last **5 minutes** of the game will stop the clock. Two offside or two delays of the game penalties in one series will result in an additional 5 yards and stopping the clock.

Clocks will stop on any change of possession within the last 2 minutes of any game. The clock does not start until after the extra point.

Penalties

Offense

No gender attempts- [if a male QB throws to a male receiver on “*5th and 2*” (5th down and 2 gender plays needed to get to 6th down)]- 10 yards & loss of down.

Illegal formation - [all players line-up on one side of the ball] - 5 yards & repeat down.

QB over the line of scrimmage- play is blown dead & loss of down plus a 5 –yard penalty.

Off sides –5 yards & repeat down. PLAY STOPS.

Pick play - [WR must make a *deliberate* attempt (i.e. stopping their pass pattern and using their arms to block) to impede a DB’s progress] - 5 yards & loss of down.

Blocking - ball is dead at point of infraction.

Offensive pass interference - [WR pushes off a DB to create separation between himself and the DB]- 5 yards & loss

of down.

Delay of game - [offense gets 30 seconds to snap the ball after the referee sets it] - 5 yards & repeat down

Special - with 5 minutes or less a delay of game penalty stops the clock.

Off sides - 5 yards & repeat down.

Grounding – any pass attempt thrown to the ground behind the line of scrimmage and without a receiver within 10 yards is a 10 yard penalty and loss of down.

Defense

Defensive holding - [grabbing a WR, or a WR's shirt, when the WR does not have the ball] - 10 yards & repeat down.

Defensive pass interference - ball is moved to spot of foul & repeat down. And if the intended receiver was a female player, then the play still counts as a gender play, even though the down will be repeated.

An unsportsmanlike conduct penalty (**ten yards and repeat the down**) will be assessed against any defensive player calling fake signals to draw an offensive player offside, or yelling at a receiver to do so.

Further, rough or unsportsmanlike conduct will not be tolerated. Referees can and will remove a player(s) or a captain(s) for a play, series, half, or the remainder of the game.

Running into a girl – illegal contact – 10 yards and repeat down.

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