



## GENERAL RULES

A coin flip will decide who takes the ball in the 1st half or 2nd and side.

teams are made up of at least 2 women and 4 men ( teams may play more girls on the field then 2 but still has to have 6 players )

there are 2 - 25 minute half's.

there is a 1 minute warning in both half's - the clock stops in the second half at the 1 minute warning.

Each team gets 1 time out per half.

## OFFENSE

Teams start at the 5 yard line.

the offense must have at least 1 player on each side of the ball

Quarterbacks can never run.

Quarterbacks can hand off and that playe can run or throw.

The ball can only be pitched or thrown forward once per play.

teams get 5 downs to score ( no 1st downs )

In one of the 5 plays the offense must **attempt** a gender play - A girl must attempt to run throw or catch. If the team scores before 5th down without using a gender play the td counts. If a team attempts 2 gender plays by 5th down they receive an additional 6th down. The 2nd. attempt cannot be on 6th down.

If a girl tips a pass to a guy it is a gender play - if a guy tips a ball to a girl it is not. a flea flicker where a girl takes a hike and tosses it back to a guy to throw is NOT a gender play.

A player must have 1 foot in bounds for a catch to count.

If a player steps out of bounds they can't be the 1st player to touch the ball.

offense must set or stay in place for 1 second before snap

Only the player designated as the quarterback can stat the play by saying hike. No silent snap hikes.

Fumbles are dead at the spot.

The offense gets 30 seconds to get a play off from the time of the spot. The ref will give a 110 second warning.

If a players knee touches the ground they are down.

If the ball is handed off the count is suspended and the linemen may go right in.

If an offense does not score the ball is turned over at the spot.

Teams may "punt" on 4th down only. The ball is placed on the other teams 10 yard line.

after a TD a team can go for a 1,2 or 3 extra point.

## **SCORING**

a guy TD is 6 pts.

gender TD is 8 pts.

safety is 2 points

extra point can be 1,2 or 3 points.

## **DEFENSE**

defense consists of 6 players - 4 guys 2 girls.

One player must line up within 5 yards of the ball .

In order to rush the quarterback the linemen must count out loud for 6 seconds. After 6 seconds more than 1 player can rush. The linemen cannot hinder any player from going out to catch a pass.

This is a non-contact league. No bump or run defenses.

If a girl is bumped by a guy while attempting to catch it is a penalty for roughing - 10 yards and the gender play counts. It is the referees discretion.

If the ball is handed off the count is suspended and the linemen may go right in.

On change of possession the defense gets 30 seconds to set. All other plays they must be ready.

If there is a change of possession with less than 30 seconds left the offense gets 1 play.

penalties:

## **OFFENSE**

to save time - all offensive penalties - are loss of down no yardage - that includes offsides, illegal procedure, crossing the line to throw offensive pass interference ( illegal forward pass).

Blocking - the play will be blown dead at the spot of the foul.

## **DEFENSE**

fast count - down over

Pass interference - spot foul and repeat down.

offsides - repeat down.

## **SPECIAL RULES**

The ball must cross the goaline for there to be a score.

The ball is part of the body to tag the ball is a tag - if someone tries to rip the ball from a player it is a tag.

If a shirt is grabbed when trying to tag the player has a second to let go. Don't drag the player down.

A referee can remove ANY PLAYER for a play, series, half o game for rough play.

M/ile sportsmanship rule (anti-augment rule):-

You can have your say after a play but the argument ends after the next play starts even if you are just talking to another player and you are loud enough for the ref to hear. That includes agreeing with refs or other players.