

# FOOTBALL RULES

## **RULES:**

5 Men, 3 Women on the field at one time

2 - 22 minute running clock halves

Clock stops on the last 2 minutes of the second half only (regular football rules)

1 time out per half

All players must have uniform shirt on in order to play

25 second snap count

## **Gender Rules:**

1 of every 3 plays must involve a female player catching a forward pass, throwing a forward pass or running the ball for positive yards

**Discrepancies:** If there is a rule discrepancy - only the coach or secondary coach may discuss the situation with the officials. If it can not be resolved, stop the game and call Big Mike to the field and he will help resolve the issue.

**Defensive Coverage on a Forced Gender Play:** all defensive men must be directly across from their mark no more than 5 yards from the line of scrimmage. Male defensive players may not release until the ball is thrown. Male players on the offense may run a route, but may not be the first to touch the ball. Male defenders may not touch the ball until a female player has had a chance to make a play on the ball. Only the person on the QB may have his hands up and actively playing the QB. The ball may be blocked by the defender on the QB only. The next play is still gender.

**If there are 3 female defenders playing against 2 female attackers:** Man to man and the extra defender must stand 10 yards from the line of scrimmage directly behind the ball. That extra female defender may release once the ball is thrown.

**If there are 2 female defenders playing against 3 female attackers:** Man to man and the free female player may be marked by a male defender, but he may only tag her once she catches the ball or knock the pass down if it is a throw to the endzone.

**If a team adds more female players to the field on a forced gender play:**

The defensive team may play regular defense where men mark up on women. In this situation, the male defenders may make a play on the ball before a female has a chance to make a play on the ball. There is no double teaming.

## **Blocking:**

There is NO BLOCKING!

## **Scoring:**

6 points for a touchdown / 7 points for a girl to girl touchdown - 1 extra point - 6 yard mark / 2 extra points - 8 yard mark (NEW this season - gender play still in effect on extra points) **girl to girl extra points are: 2pts - 6 yard mark / 3pts - 8 yard mark**

## **DOWNS:**

**2 completions = a first down (the pass must be caught forward of the line of scrimmage, not caught behind the line of scrimmage and run forward of the line) - You may earn 1 first down in each half of the field and by crossing over the mid line. - The quarterback MAY run the ball on the defensive half of the field - The quarterback MAYNOT run the ball on the offensive half of the field**

## **Rush Count:**

The defense may not cross into the backfield (across the line of scrimmage) until the side judge reaches the 5 second count. If the ball is handed off or a lateral is throw the defense may rush in immediately.

## **Snap Count:**

The 25 second snap count starts when the ball is set on the line of scrimmage. The snap count is in effect on extra points, because the clock runs on extra points except the last 2 minutes of the second half.

## **5 yard penalties:**

offsides (offense or defense) - replay down  
not using a female player in 3 downs - replay down  
too many people on the field - replay down  
snap goes to a player other than the player that calls the cadence - replay down  
Delay of game - loss of down  
illegal forward pass - replay down

## **10 yard penalties:**

illegal contact - loss of down  
face guarding  
pass interference  
Picks by the offense - loss of down  
holding or detaining an offensive player  
illegal diving forward to gain extra yards - from spot of foul  
Stiff arming, contacting - loss of down

**Blocking on an interception:** ball is marked at the spot of the foul

## **CONDUCT:**

Contact is supposed to be avoided at all costs...this is a social league!

No taunting or abusive language should be used. No rough contact or overly aggressive play!

Have fun, meet some new people, get in a good work out!!!!

