



## Co-ed Flag Football Rules

1. 7 players – 3 male and 3 female. The 7<sup>th</sup> player may be male or female.
2. NO BLOCKING
3. 3 Downs/10 Yards
4. RUSHERS (of the quarterback) must line up 5 yards from the line of scrimmage.
5. QUARTERBACK must line up 5 yards from the line of scrimmage to receive the snap.
6. Only designated rushers may pursue the quarterback while the quarterback is on their side of the scrimmage. Once the quarterback has passed the line of scrimmage, any opponent may pursue them.
7. Everyone is an eligible receiver.
8. A ball carrier is not allowed to spin, jump or hurdle while carrying the ball.
9. The ball carrier shall not attempt to run through an opponent in order to avoid a tackle. Once the defensive player has assumed their position to attempt a flag pull, the onus is on the ball carrier to avoid any contact other than incidental contact.
10. HOLDING - it is illegal for an opponent to willingly or mistakenly grasp a player or their uniform (10 yard penalty).
11. GUARDING THE FLAG - the ball carrier may not ward off the hands or arms of the other team with their hands or arms. This includes dropping the shoulder to create an obstacle for the opponent.
12. The referee shall rule the play dead at the point where the flag was taken or at the point where the referee feels guarding the flag(s) occurred.
13. THE BALL is in play from the snap until the referee blows the whistle. The ball is

dead anytime it hits the ground; however, an exception to this is on kick-offs and punts when the ball becomes dead after it has touched someone and hits the ground.

14. A player who has their flags wrapped around their belt or has their belt tied (as opposed to clamped) will be charged a 10 yard penalty and a loss of down.
15. If a ball carrier is missing a flag(s), the play will be dead where that person is touched.
16. SCORING:  
Touchdown = 7 points  
  
Conversion = from 5 yards is 1 point /from 10 yards is 2 points  
Touchdown
17. PENALTIES: Range from 5 to 25 yards depending on the call.
18. TIE BREAKER: The game shall be decided by placing the ball on the centre of the field and allowing each team 4 downs to advance the ball towards the opponent's end zone. A flip of the coin will decide who has the first set of offensive downs. The other team shall have choice of wind (which end of the field). There shall be no kicking. An intercepted pass is treated as an incomplete pass.
19. If neither team scores then the team in whose end the ball rests at the completion of the two sets of four downs will be the loser.
20. If a team scores a touchdown in less than 3 downs, the ball will be placed on the centre line again and the team will complete their 3 downs. The opposing team must score a touchdown and progress the ball a greater distance in their 3 downs to defeat such a team.
21. The overtime period will be ultimately decided on the greatest total of yards gained in the 3 offensive downs.