

**Alice Lloyd College  
Intramural Athletics  
Official Co-Ed Flag Football Rules**

**General Rules**

1. The game should be played between 2 teams of 8 players, 4 men and 4 women. Teams with 7 players shall be 4 women and 3 men. 6 players, 3 men and 3 women, or 4 women and 2 men are needed to avoid a forfeit.
2. A speaking captain must be selected to make all decisions and shall be the only one who addresses the officials.
3. Team representatives, including players, substitutes, replaced players, coaches, and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of officials assigned to the game.

**Game and Player Equipment (Legal)**

1. Jerseys - Each member of the team is required to wear the same colored shirt.
2. Pants/shorts - Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s), or exposed drawstrings. The pants or shorts must be a different color than the flags.
3. Flag belt - Each player must wear a one-piece belt at the waistline with three flags permanently attached, one flag on each side and one in the center of the back

**Penalty: Dead Ball Foul - Failure to have flag belt legally attached prior to the snap, 5 yards from the succeeding spot.**

1. Shoes - Shoes with cleats must be made of soft pliable plastic or rubber. No exposed metal cleats are permitted.
2. Each play must alternate between a male and female making forward progress.
3. If an option is ran, a female quarterback may pitch it to a male as long as she has already passed the line of scrimmage.

**Game and Player Equipment (Illegal)**

1. A player wearing illegal equipment shall not be permitted to play. This applies to any equipment, which, in the opinion of the Referee, is dangerous or confusing. Types of equipment or substances which shall always be declared illegal include.
  1. Headgear containing any hard, unyielding, or stiff material, including billed hats.
  2. Jewelry
  3. Pads or braces worn above the waist.
  4. Shoes with metal, any team found wearing illegal equipment will be penalized 15 yards, and the second warning results in a forfeit.
  5. Shirts or Jerseys, which do not remain, tucked in. Any hood on a coat, sweatshirt, or shirt, which does not remain tucked in.
  6. Pants or shorts with any belt(s), belt loop(s), pocket(s), or exposed drawstring(s).
  7. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped, and any other hard substance is covered with at least ½ inch of closed cell slow recovery rubber or other material of similar thickness and physical properties.
  8. Towels attached at player's waist (flag only)
  9. During the offensive team's possession there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver.
  10. During the offensive team's possession, each team must alternate touches from male to female. A male cannot touch the ball on two consecutive snaps but a female can touch the ball on every snap.
  11. Males are not allowed to rush.

### **Periods, Time Factors, Substitutions**

- Length of Game- Playing time shall be 40 minutes, divided into two halves of 20 minutes each. The intermission between halves shall be 2 minutes. When overtime is used, there will be a 3 minute intermission.
- Extended Periods- A half may be extended by an untimed when, during the last timed down, one of the following occurred:
  - If there was a foul by either team, and the penalty is accepted.

- If there was a double foul.
- If there was an inadvertent whistle and the down is to be replayed.
- If a touchdown was scored, the try is attempted unless the touchdown is scored during the last down of the second half and the point(s) would not affect the outcome of the game or playoff qualifying.
- Continuous Clock- The clock will start when the ball is legally snapped. It will run continuously for the first half unless stopped for:
  - Team time-out (clock resumes on snap of next play)
  - Referee's time-out (clock resumes on official's ready to play whistle)
- 2-Minute Warning- Approximately 2 minutes before the end of each half the referee shall stop the clock and inform both captains of the playing time remaining in that half. The referee will announce to the captains the remaining time and status of the clock after every play during the final 2 minutes.
- Stopped Clock- During the final 2 minutes of the game the clock will stop for the following and resume on the snap of the next play unless otherwise noted:
  - Incomplete pass
  - Out-of-bounds
  - Score (touchdown or safety)
  - Team time-out
  - Fair catch
  - Penalty and administration
  - Referee's time-out - starts at his/her discretion
  - Touchback
  - Change of possession
  - Team attempting to conserve time illegally
- Timing Errors- The referee shall have the authority to correct obvious timing errors if discovery is prior to the second live ball following the error unless the period had officially ended.
- Tie Game- In case of a game ending in a tie score, the officials must bring all players and coaches of both teams to the center of the field. They will discuss the tiebreaker procedures and answer all questions prior to the coin toss. After this meeting they field captains will stay while the remaining players and coaches return to their respective sidelines.

- A coin will be flipped or odd/even choice by the captain will determine the options as in the start of the game. The winner of the toss shall be given the options of offense, defense, or direction. The loser of the toss shall make a choice of the remaining options. Each overtime period begins with a coin toss or odd/even choice.
- ALL OVERTIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE.
- Unless moved by penalty, each team will start 1st and goal from the 20 yard line. The object will be to score a touchdown. An overtime period consists of one possession by each team. If the score is still tied after one period, they go to a second period or as many as needed to determine a winner. If the first team which is awarded the ball scores, the opponent still has a chance to win the game. If the defense intercepts a pass and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will belong to the defense, as the offense did not convert their chance. They must convert to win or another period starts. Each team is entitled to one time-out per overtime period.
- Penalties- The offense should be awarded a new series of 4 downs when the penalty for defensive pass interference or roughing the passer is accepted. Dead ball fouls following a successful try will be penalized from the succeeding spot.
- Time-Outs- Each team is entitled to 2 timeouts per half.

## **Rules and Procedures**

1. Mercy Rule
  1. If a team is 35 or more points ahead at halftime, the game shall be officially called.
  2. If a team is 35 or more points ahead at any point in the 2nd half, the game will be officially called.
  3. If a team is 19 or more points ahead with 5 minutes to go in the second half, the game shall be officially called.

2. THERE WILL BE ABSOLUTELY NO DIVING WHILE RUNNING WITH THE BALL. A receiver may dive to catch the ball.
3. Conduct of Players and Others- Results in a 15 yard penalty (a possible ejection from game and/or season if staff deems necessary) when one of these occur:
  1. Any acts of unfair play.
  2. Using acts or words prior to the snap in attempt to interfere with the offense's signals or movements.
  3. Intentionally kicking at an opposing player.
  4. Intentionally swinging an arm, hand or fist at an opposing player.
  5. Using profanity, insulting others, or using vulgar language or gestures.
  6. Disrespecting an official
  7. Indicating objections to an official's decision.
  8. Intentionally contacting a game official physically during or after the game.