

## **UMLY Coed Touch Football**

8 on 8 Coed Flag Football. One quarterback and the rest are eligible receivers. The quarterback says hike and off the receivers go. There is no blocking and no contact. Every 3 Downs a girl must touch the ball.

**SEASON LENGTH :** Regular season is 6 weeks long with play-offs after the Regular season

**NUMBER OF PLAYERS :** Teams are coed, 8 players of the field (max. 5 men and 3 women)

**AGE LIMIT :** Minimum age is 21 years old.

**EQUIPMENT:** UMLY provides field, footballs, flags, and officials.

### **PLAYER RESTRICTIONS-**

For players to be eligible to play:

- Be 21 by the start of the season
- Be on a team roster
- Be on only one UMLY team
- Have signed the release waiver
- Never have played professional football
- 5 years must have passed if they played college football
- If your team uses an ineligible player they will forfeit all games that were affected by his or her play.
- Remove all jewelry before games or you will be asked to. If you do not comply you will be suspended for that game.
- No metal cleats. You will not be allowed to participate if found to be wearing metal cleats

## **Coed Touch Football Rules and Regulations**

### **CAPTAINS MEETING AND COIN TOSS**

Captains meet with the officials before the start of the game for the coin toss.

The winner of the pre-game toss shall have the first choice of options:

1. Which goal to defend
2. Teams starting the halves with the ball will start on the 10 yard line and vice versa at the beginning of the second half.

Teams switch sides at the start of the second half.

No kickoffs.

The ball always starts on the ten after the halves and after scores by either team.

### **START OF THE GAME**

The clock starts at the predetermined UMLY game time.

If any team is not ready by game time the forfeit rules come into effect.

Teams must have a minimum of 6 players to start the game or a forfeit is declared.

### **GAME CLOCK**

The game shall consist of two twenty minute halves with halftime consisting of 5 minutes. Two (2) one minute time-out per half is allowed (time-outs do not carry over to the second half). The clock will run continuously for the first eighteen minutes (18) unless it is stopped for a time-out or referee's time-out.

During the final two (2) minutes the clock will stop for:

1. Out of bounds
2. Penalties
3. Referee's Time-out/ Injured players
4. Change of Possession
5. Team Time outs

(The clock will only stop for extra points under the two minute warning in the second half)

### **SCORING**

Scoring is the same as college or pros with a few exceptions.

Each touchdown is 6 points.

There are no field goals.

Conversions must be completed from the 10 yard OR the 5 yard line.

Scoring from the 5 gets you 1 point, Scoring from the 10 gets you two

It is possible for the defense to score on the conversions by an interception and run back of the ball to the opposite end zone. That score also results in whatever points the offense was going for.

Safeties count for 2 points.

Safeties occur when the offensive team begins in the end zone and cross out over the goal line, then are stopped for a loss behind the goal line in their own end zone.

Safeties happen if the ball starts outside of the goal line and ends up behind it to end a play.

All touchbacks bring the ball out to the 10 yard line.

### **GENDER PLAYS AND GENDER PLAY DEFENSE:**

Teams MUST use a female player as an Operative Player within 3 consecutive plays, or a penalty will be assessed.

The cycle using a female player within 3 consecutive plays DOES NOT stop after a TD.

If a team runs 2 male plays in a row and scores a TD on the 2nd male play, a female MUST be used as an Operative Player for the PAT.

On 4th down the gender rules do not apply if the offense chooses to punt.

The Gender count resets after each change of possession.

Examples of Accepted Gender Plays:

A Female Attempts a forward pass behind the line of scrimmage.

A Female Receives a hand-off or lateral behind the line of scrimmage and is used as the primary runner.

A Female Is the intended receiver in the eyes of the Referee.

A female plays quarterback and is tagged by the defense.

A female plays quarterback and attempts a forward pass

A female plays quarterback and runs for yardage.

A female runs the ball of as a running back.

A female receives a lateral or hand-off and attempts a forward pass to anyone.

A female is the intended receiver in the eyes of the Referee.

A female catches a deflected pass.

Examples of NON-Gender Plays:

A female plays quarterback and laterals or hands of to a guy.

A female passes to a male behind the line of scrimmage

A female plays center and snaps to a male quarterback.

A female QB takes a knee.

A female QB intentionally grounds or spikes the ball.

Grounding of a pass by a guy at a girls feet purposely in the eyes of a referee.

Any play deemed to be a gender play by the offense that fails to comply with the gender rules. That play is lost and the gender play must be complied with on the next play.

### **PLAYING DEFENSE**

Man to man and zone are both allowed.

On forced gender plays where the offense uses a female for a quarterback:

-The play is run as normal and the defense can use man to man or zone defense

On forced gender plays where the offense uses a male as a quarterback.

1. The female receivers go out for the play.
2. The men must play man to man defense.
3. There is no zone allowed
4. The defensive male players must stay within 5 yards of the line of scrimmage and 5 yards from the man he is guarding
5. The offensive male receivers may not leave the line of scrimmage.
6. Male defenders can leave their man from the line of scrimmage as soon as the female receiver touches the ball.
7. Men are not allowed to cover women on a gender play unless the offense has more female players than the defense.
8. Male defenders within their 5 yard zone may put their hands up to block a pass and play the ball. But they may not leave the 5 yard zone until the ball is touched by another offensive player

### PLAYING DEFENSE

Teams may play man-to-man or zone defense, except during forced gender plays at which time man-to-man is required.

There is no immediate rush.

The defense cannot rush the quarterback until:

A five-one-thousand count followed by word GO! by the Head Referee

The quarterback does a hand-off, lateral, or pass.

The ref's are responsible for the rush count after the ball is snapped. They will count by shouting: "one thousand 1, one, thousand 2, one thousand 3, one thousand 4, one thousand 5...GO!

The defense may not cross the line of scrimmage until the Line Judge says GO!

### BLOCKING AND CONTACT

For safety purposes, blocking is not allowed at the line of scrimmage, in the backfield, downfield, or elsewhere.

Aggressive contact is not allowed.

Bump and run is not allowed.

It is recognized that some contact cannot be avoided, but all players must attempt to avoid contact with other players. Moving picks are regarded as illegal blocking. A player standing still is not considered blocking/picking.

### FIRSTDOWNS

4 downs to get a new one

Two completed passes beyond the line of scrimmage (Laterals don't count as a pass)

Ball crosses the mid-field line

Only 3 total first downs per series

You get one for crossing the mid line. And one for each half of the field

Example:

2 complete passes for a first down on the defensive end of the field, then cross the mid line, then another first down by 2 completions on the other side of the midline

### ELIGIBLE RECEIVERS

All players are eligible receivers; unless they run out of bounds on their own accord, then by rule they are not eligible.

### QUARTERBACK RUNS

The quarterback can run the ball:

At anytime if the offense is on their half of the field (i.e., more than half the field to go).  
If the defense rushes in following the 5 second count (i.e., can run if rushed).  
During a one or two-point conversion anytime after being rushed

### DEAD BALLS

Play continues until:

A defensive player tags the ball carrier with 2 hands.

The ball carrier goes out of bounds.

The ball carrier scores a touchdown or extra point.

The ball carrier's knee or elbow touches the ground.

The defense scores a safety, touchdown or intercepted extra point run back.

The ball touches the ground (incomplete pass, fumble, or dropped punt).Referee sounds a whistle.

If the referee inadvertently blows a whistle after the receiver has caught the ball or is running, the ball is dead at that point. If an inadvertent whistle is blown before the quarterback has thrown or passed the ball, or the ball is in mid-air, then the play will be redone.

### LINE OF SCRIMMAGE

The line of scrimmage at the beginning of the game and after scores is at the 10-yard line.

The line of scrimmage is then established at the location the ball carrier is tagged or runs out of bounds.

The offense must have at least five players at the line of scrimmage before the ball is snapped. Only one man in motion is allowed for each play. He/she may move in any direction before the snap. At the time of the snap, he/she must not be moving in the forward direction.

Offensive players must line up within 15 yards from the ball. No sideline sneak play (or similar).

All offensive players must be set for at least one second before the ball is hiked, except for a man in motion.

### CHANGE OF POSSESSION

Change of ball possession occurs for the following reasons:

Interceptions

Offense fails to score or earn another first down

Offense punts the ball on fourth down

After a fourth down incomplete pass, the opposing team gets the ball at the previous line of scrimmage. After a score, the opposing team gets the ball on their own 10-yard line. Fumbles cannot be turned over unless the fumble is caught in midair.

If the fumbled ball touches the ground it is dead at that point and the line of scrimmage is moved there.

### PUNTING THE BALL

On fourth down, the referee will ask the offensive team captain to select if they wish to (1) punt or (2) try to reach the zone-line-to-gain. Once a decision is reached, the referee will announce the decision to the defense. If the offense declares to punt, then wants to change their decision, they may do so after a charged timeout or an accepted penalty in which the down is to be replayed.

All punts must be announced to the referee. There are no quick kicks. PENALTY: Illegal kicking, 10 yards from the previous spot

The kicking team must have 4 players on the line of scrimmage during a punt. PENALTY: Illegal procedure, 5 yards from the previous spot.

The kicker must catch and kick the ball immediately in one continuous motion. PENALTY: Illegal procedure, 5 yards from the previous spot.

Neither team may advance beyond their respective scrimmage line until the ball is kicked. PENALTY: Illegal procedure, 5 yards from the previous spot.

Kickers may not punt barefoot. PENALTY: Failure to wear proper equipment, 5 yards from the previous spot.

Punts that have not been touched by a player are NOT dead while bouncing on the ground. When a punt touches a player from either team and then hits the ground, it is dead at that spot and belongs to the receiving team. If a punt is muffed by the receiving team and caught in the air by the kicking team, it is dead at that spot and the kicking team retains possession, first and line-to-gain. If caught in the air by the receiving team, they may advance the ball.

There are no fair catches. Fair catch signals shall be disregarded

## SPORTSMANSHIP

Team are required to shake hands at the end of the game.

Non compliance will result in ejection from the next scheduled game and possible a forfeit may be awarded by the UMLY referee if it is flagrant.

## TEAM STANDINGS

Each team is awarded two points for a win, one point for a tie and zero points for a loss.

Overtime will not be played in the event of a tie during the regular season.

The teams with the top point totals during the six-week regular season will advance to the play-offs.

In the event of a tie, strength of schedule will govern. If there is still a tie, bar attendance will be the determining factor. The number of teams that will make the play-offs will be determined before the start of the season and depends on the number of teams in the league.

## PLAYOFFS

Each team is awarded two points for a win, one point for a tie and zero points for a loss. Overtime will not be played in the event of a tie during the regular season.

The teams with the top point totals during the six- week regular season will advance to the play-offs. In the event of a tie, strength of schedule will govern. If there is still a tie, bar attendance will be the determining factor.

The number of teams that will make the play-offs will be determined before the start of the season and depends on the number of teams in the league

## PENALTIES

Delay of Game - Dead ball foul, 5 yards from the previous spot

The ball must be put in play properly and legally and any action or inaction by either team which tends to prevent this is illegal delay of game. This includes:

1. Interrupting the 20 second count for any reason, except for a time-out allowed by the referee.
2. Consuming more than 20 seconds in putting the ball in play after it is marked ready for play.
3. Deliberately advancing the ball after it has been declared dead.

Encroachment [Offsides] - Dead ball foul, 5 yards from the previous spot

Following the ready-to-play whistle and prior to the snap, no player on defense may encroach, touch the ball, or contact an opponent in any way. It is encroachment for any player to break his/her scrimmage line plane (scrimmage disk)

Players do NOT have the opportunity to jump across the line and "get back" onside. It is a foul as soon as the player initially enters the neutral zone.

False Start - dead ball foul, 5 yards from the previous spot

NO offensive player shall simulate a charge or start of a play.

Illegal Formation - 5 yards from the previous spot

When there are less than four (5) offensive players on the line of scrimmage at the snap, it is a live ball illegal procedure penalty. The player who receives the snap must be at least 2 yards behind the offensive scrimmage line.

Illegal Motion and Shift - 5 yards from the previous spot

Only one offense player may be in motion, but not in motion towards the opponent's goal line (or line of scrimmage), at the time of the snap. After a huddle, all offensive players must come to a stop and remain stationary for 1 second before an offensive player may go in motion. If two or more players shift/go in motion simultaneously prior to the snap, both must come to a stop and reset prior to the snap.

Illegal Contact by the Ball Carrier - Personal foul, 10 yards from the spot of the foul

The ball carrier must run to avoid tacklers. Deliberate charging of an opponent is against the rules. Officials will use the same judgment on charging by offensive and defensive players as in basketball. "Brushing contact" and

unavoidable contact is not willful "charging." The ball carrier may spin or jump around defenders to avoid being tagged; however, the ball carrier must remain in control of his/her body during such moves. If the foul is intentional or unsportsmanlike, then 10 more yards will be added to the penalty and the player will be disqualified.

Holding or blocking is not allowed in the PSS -

10 yards from the end of the run [defense],

10 yards from the spot of the foul [offense]

Holding is grasping or encircling an opponent with the hand or arm in any way that impedes his/her movement. A defensive player may not hold, push, or knock the ball carrier down. Similarly, an offensive player may not hold an opponent to prevent movement.

Tripping - 10 yards from the end of the run

Tripping is using the lower leg or foot to obstruct an opponent (including the ball carrier) below the knees.

PENALTY: 10 yards from the end of the run.

Illegal Contact by the Defense & Tackling - 10 yards from the end of the run

If a defensive player reaches across the body of the ball carrier to tag and contact is made, the responsibility of the contact lies with the defensive player. A runner shall not be thrown to the ground. There shall be no contact with an opponent who is on the ground. If a defensive player tackles the ball carrier, who in the opinion of the referee, would have scored except for being tackled, a touchdown shall be awarded. Deliberate tackles will result in disqualification.

Roughing the Passer -10 yards from previous spot, if incomplete pass thrown; 10 yards from end of run following completed pass

Defensive players must make a definite effort to avoid charging into a passer. Contact with the passer shall be avoided except in cases where the defensive player is attempting to tag the passer. Excessive contact is not permitted at all times. Contact with a thrown ball (hitting the ball then the passer in the same motion) does NOT affect this rule and roughing the passer may still be called. Roughing the passer does not apply on illegal forward passes; however, illegal contact may be called.

Offensive Pass Interference -10 yards from the previous spot & loss of down

Pass interference occurs when a player contacts another eligible receiver who is beyond the line of scrimmage. Restrictions exist for the offense from the time that the ball is snapped until it has been touched by a receiver.

Defensive Pass Interference - 10 yards from the previous spot & automatic first down

Restrictions exist for the defense from the time the pass is thrown until it has been touched by a receiver. Face guarding with no intent to catch, intercept, or bat the ball is also considered pass interference. Note: Contact or interference by the defense prior to when the pass is thrown is still considered illegal and will be penalized as a personal foul.

Other Personal Fouls 10 yards from the end of the run [defense], 10 yards from the spot of the foul [offense]

1. Any act prohibited hereunder or any other act of unnecessary roughness is a personal foul.
2. No player shall punch, strike, strip, steal, or attempt to steal the ball from the player who has possession.
3. There shall be no tripping or clipping.
4. There shall be no hurdling. Hurdling shall be interpreted as an attempt by the runner to jump with both feet or knees foremost over a player or between player.

Unsportsmanlike Conduct (all enforced from dead ball spot, 10 yards)

No player shall commit unsportsmanlike acts during play or intermission including:

Using words similar to offensive audibles or quarterback cadence prior to the snap in an effort to interfere with the offense's signals or movements.

1. Intentionally kicking the ball (other than a punt)
2. Intentionally kicking an opponent or swinging an arm, hand or fist at any opposing player or official.
3. Disrespectfully addressing an official or indicating objections to an official's decision.
4. Using profanity, taunting, insulting or vulgar language or gestures.
5. Fighting or leaving the sidelines and entering an alternation.

Two unsportsmanlike fouls by the same player or non-player results in disqualification. A player or non-player can be disqualified following the first unsportsmanlike foul