

City of Longview PARD

Adult Co-ed Flag Football League Rules

Rules are subject to change prior to start of league.

All rules established, revised and updated by the Texas Amateur Athletic Federation shall apply to the Longview PARD Adult Flag Football League. Below are either alterations, exceptions, points of emphasis or specially adopted rules for Longview and supersede TAAF published rules. PARD reserves the right to amend, edit or adjust any and all rules of the league at any time to protect the best interest of the players, teams and league.

RULE 1: FIELD

1. The field parameters are as follows:
 - The field will be 80 yards from goal line to goal line with 2 end zones of 10 yards each.
 - The field shall be divided into 4 zones of 20 yards each.
 - The field shall be a minimum of 40 yards wide and a maximum of 53 $\frac{1}{3}$ yards wide.

RULE 2: EQUIPMENT:

1. BALL

It is recommended that teams use the Wilson Official NFL ball or its equivalent. However, each team must provide an official size leather covered football that is properly inflated. Each team is responsible for their own ball (retrieving it after an incomplete pass and keeping it dry during adverse weather conditions).

2. UNIFORMS

Uniforms shall be each team's choice as long as it does not include any hard or unyielding surface. All members of the same team must wear the same color jersey with at least an 6-inch high number on the back. Jersey's must be tucked in. No article of clothing may cover any portion of a player's flag (Flag Guarding). Officials should warn violators of this between plays.

The lower uniform may be shorts, warm-ups, pants, or any other type of athletic wear. It is required that no loose fitting pants, or pants with front or side pockets be worn.

3. JEWELRY & HATS

Players may wear no jewelry of any kind. Uniform/Equipment penalty: (a charged timeout or delay of game if no timeouts remain.) Hard-brimmed hats will not be allowed. Ex. Baseball caps.

4. SHOES

Any flat-soled or completely molded cleat shoes are acceptable. (Baseball cleats, 1 inch cleats, track spikes or any shoes that have steel or metal tips are prohibited.) All players must wear athletic shoes. Uniform/Equipment penalty: (a charged timeout or delay of game if no timeouts remain).

5. FLAGS

PARD will furnish flags. Each player on the field will wear 2 flags at the waist, one on each side. Flags must be attached to a belt and the belt will be worn snug around the waist to eliminate

being turned partially around the waist during an attempt deflagging.

Illegal alteration, securing, or substitution of flags or belts will result in removal of player(s) from the game and a 15-yard penalty from the L.O.S. (Line of Scrimmage) of last snap if against the offense, and if against the defense from P.O.I. (Point of Infraction)

Any player not having the required 2 flags will be ruled deflagged immediately at the point at which he/she gains possession of the football. If a player is not wearing flags in the proper position (including flags not turned outwards) he/she will be penalized.

RULE 3: LENGTH OF GAMES AND TIMEOUTS

1. PERIODS

The game shall be played in 2 halves of 20 minutes in length. In all games, the clock will be running continuously, except for timeouts.

With 2 minutes left in the first and second halves, the teams will be given a Two-Minute Warning and told that there are only 7 plays left in that half.

Clock Regulations:

The clock will start each half when the official puts the ball in play.

After a team timeout, the clock will start at the snap of the ball.

Because the clock is continuous, it does not stop during Point After Touchdown (P.A.T.) attempts.

The clock will stop for team timeouts, official timeouts, and at the discretion of the official to retrieve long incomplete passes.

The on-field Captain or quarterback may request the amount of time left in the game from the officials at any time. Officials will be expected to give the correct time.

2. HALFTIMES

Halftime will be the period of non-play between the 1st and 2nd halves. It will be a maximum of 5 minutes.

3. TIMEOUTS

Each team shall have 2 timeouts per half. Each team will be allowed 1 timeout during a tiebreaker. Timeouts will be 1 minute in length. Any player that participated in the last play and is on the field of play may call Timeouts.

If a team exceeds its timeout limit in either half they will receive a 5– yard penalty for delay of game.

4. TIE BREAKER/OVERTIME

Regular season games will not have tie breakers or overtime. Tie Breakers and Overtime will only be played during tournament play. If two teams are tied for end of season standings, placement will go by head to head & then points scored during regular season games.

For Tournaments:

Tie Breaker – In the event of a tie game at the end of the 2nd half, the following method will be used:

The ball will be placed on the 40 yard line and each team will have 4 consecutive plays (unless terminated by an interception), in which to score the most points or gain the most yardage. If no team scores, the team that gains the most additional positive yardage shall be the winner. Positive yardage is defined as yardage gained while on offense only and must be in advance of the 40-yard line. If after 4 consecutive downs each, the two teams remain tied in all of the above combinations, additional downs will be played, one down at a time, alternating, until a winner is decided.

RULE 4: PLAYERS AND SUBSTITUTIONS:

1. PLAYERS

Co-Ed Flag Football teams will consist of 8 players with all being eligible receivers. A team may not field less than 6 players with proper equipment at any time or a forfeit will be called. The maximum numbers of players on the field is 8 (standard: 5 men, 3 women); minimum number of players is 6 (minimum of 2 females). If there are only 2 females, then 5 men may play. However, there cannot be more than 5 men on the field under any circumstances. There are no limits to the number of females allowed on the field at one time.

2. SUBSTITUTION

There will be free substitution as long as players being substituted for are off the field prior to the next snap, or are out of the area of play and are departing the field in haste.

Players on another team may not substitute for another team.

3. TEAM ROSTER

A team's regular playing roster shall not exceed 20 players, including a Player/Manager. No new player may be added to a team's regular playing roster after the player addition deadline.

4. PROTEST OF GAME

Judgment calls/interpretations of rules are NOT protestable. Unenforced penalties may be questioned at the time, but not protested. Player eligibility is protestable, and must be filed with the referee before the end of the half in which the player in question is playing.

5. ELIGIBILITY

No player shall be permitted to play Flag Football if he or she is under the age of 16 (As of the first game) presently, or has, during the current season, been a member of any 9th grade, Jr. Varsity, varsity, college, or B-team football team. Any player who has played regular season professional football (NFL, CFL, NFLE, and AFL) shall be ineligible to participate for one year after his last day as a member of a professional team.

Any team violating this rule shall forfeit all games played with ineligible players.

6. PLAYERS BEHAVIOR

Any verbal badgering of officials or derogatory language between opposing players after officials have asked once for Team Captains' control may result in player(s) involved in action being disqualified. The first derogatory action or language will be penalized 15 yards and the team captain warned. The second derogatory action or language will cause player(s) to be disqualified, and a 15-yard penalty against the team of the disqualified player(s).

No alcohol is permitted inside the complex.

RULE 5: PLAYING REGULATIONS

1. COIN TOSS

At the beginning of the game, a coin toss will be held and the winner (team A) will get his choice of offense, defense (goal line to defend), or to defer until second half. The loser of the coin toss (team B) will have the remaining option of either offense or defense depending on what team A choose, or either offense or defense if team A deferred. In the second half, the deferring team chooses first or if there was no deferring team, team B chooses first.

2. BALL IN PLAY

The ball shall be put in play at the beginning of the game, beginning of the second half, after a touchback, and after a score by placing the ball on the 20-yard line of the offensive team with 1st down and “line-to-gain”. At all times the ball shall be put in play from the center of the field or the spot marked by the official ball marker. Penalty Illegal snap, 5 yards from L.O.S.

3. HUDDLE

After the official marks the ball “ready-for-play”, the offense will have 25 seconds to put the ball in play or else be penalized 5 yards for a Delay of Game. It is not necessary to huddle after a play if a team wishes to use predetermined plays or audible

4. SHIFT

Two or more offensive players may be shifting their position at the same time prior to the snap. Their movement may be in any direction but they must become set for one full count (1 second) before the ball is snapped or before another player can go in motion prior to the snap.

5. MOTION

Only 1 player is allowed to be in motion at the snap and his movement must be parallel to or away from the L.O.S. and must be continuous.

6. ENCROACHMENT OFFSIDE

Encroachment Offside shall be called if either the offense or the defense passes over the plane of the L.O.S. before the ball is snapped. A false movement of the football by the center shall constitute offensive encroachment. These are Dead Ball Fouls and the play shall be immediately whistled dead before play begins and 5 yards automatically marked off against the encroaching team unless a 1st down would occur (Captain’s Choice).

7. 1ST DOWN

A team will be allowed 4 downs to advance the ball from one zone to the next. A Zone is 20 yards. The zone will be considered reached when the both hips (flags) are on or over the line marking the next zone, or in this case “the line to gain” when the play is declared dead.

If, after 4 consecutive downs, a team has failed to advance the ball into the next zone, possession shall go to the defense at the spot at the end of the last down.

8. LINE PLAY

Any or all of the 8 players may be on the offensive or defensive L.O.S. at the snap.

The defensive line must be 1 yard off the ball at the snap.

9. SCREENING/RUSHING

No “blocking” is allowed. Only screen blocking is permitted. Screen Blocking shall be defined as obstructing the rusher’s path to the quarterback or ball carrier, as long as it is done behind the L.O.S., as follows: The screener must have arms at his side, have thumbs hooked in his pants or belt or arms locked behind his back; and the screener may not block with his head, hips or legs; the screener may not leave his feet to screen; there can be no independent movement of the elbow.

The rusher may not run over the screener. The rusher may not pull the screener toward him or push the screener away from him. A penalty will be automatically called if the rusher touches the screener’s head as long as the screener is screening upright. The screener may not step into the rusher.

Moving screens behind the L.O.S. for the passer or potential passer is legal. Once the pass or the potential passer crosses the L.O.S., all down field screens must be stationary screens. As the ball crosses the L.O.S. offensive players may maneuver for laterals behind the ball, but in doing so must not deliberately screen any defensive players. They must be clearly in the act of positioning for a lateral. Moving screens shall be penalized from the P.O.I. Penalty: 10 yards and loss of down if it occurs beyond the L.O.S.

“Pick Plays” by receivers on defensive backs or linebackers are illegal if set by receivers within 5 yards of a defender (a form of down field screening).

Roughing the passer when the pass is incomplete will be marked off from the L.O.S. When the pass is complete the penalty will be marked off from the E.O.R. Penalty: 10 - yards and an automatic 1st down.

Defensive player may not have any contact with the passer when he is passing. The defense may rush as many players as it wishes. NOTE: OFFICIALS SHOULD BE AWARE IF CONTACT IS CAUSED BY PASSER STEPPING UP OR MOVING INTO RUSHER. If the rusher touches the quarterback on the head in his attempt to block a pass. If the rusher, while attempting to deflag the quarterback or block a pass, lets his momentum carry him into the passer, Roughing the Passer will be called.

10. PASSING

There can be only one forward pass per play. There can only be 2 exchanges of the football in the air (forward pass or lateral), which are initiated from behind the L.O.S. After the 2nd exchange of the football in the air, if completed behind the L.O.S., the football must be run across the L.O.S. A forward pass is defined as a live ball thrown toward the opponent’s goal line.

Once the ball has crossed the L.O.S. in the air or in possession of a player, it cannot be passed forward, even if the ball is first returned back across the L.O.S. (Illegal Forward Pass).

11. INTENTIONAL GROUNDING

Intentional Grounding shall constitute an illegal forward pass.

A lateral will be any pass thrown overhand or underhand perpendicular to or away from the direction of advancement of the team in possession. Forward laterals are treated as illegal

forward passes if beyond the L.O.S.

Push or Shovel Passes thrown in any direction are legal if initiated behind the L.O.S. Once a player crosses the L.O.S., push or shovel passes are legal if thrown parallel to or behind the ball carrier.

12. RECEIVING

All players of both teams are eligible pass receivers. Each player is eligible, even if he steps out of bounds or out of the end zone, as long as he catches the ball inbounds or comes down first inbounds with at least 1 foot. If a receiver comes down with one foot inbounds and one foot out of bounds simultaneously, the pass is incomplete. The lines marking the sidelines and the extreme back of the end zone shall be considered out of bounds if stepped on any degree.

13. PASS INTERFERENCE

Pass Interference Rules shall apply to any pass made from behind the L.O.S., whether it is a forward pass or a lateral pass, and applies to both offensive and defensive players. After the pass is in the air, neither pass receiver nor defender may touch the other until one of them touches the ball, or else offensive or defensive pass interference may be called. If contact occurs after one of them touches the ball, then pass interference may be called. If contact occurs after one of them touches the ball, then pass interference cannot be called unless one of them catches the ball and the other “strip” the ball from his hands.

Receiver stripping is defined as attempting to take the ball from the grasp of a receiver after he has placed both hands on the ball but before he has brought the ball into a possessive position, in which case, Pass Interference will be called. If the player established possession of the football, the defender must go for the flag and not the ball. (Officials judgment will determine if a catch has taken place). Penalty is same as Pass Interference.

Any contact that occurs after the pass is touched (excluding Receiver Stripping) and is either complete or incomplete must be judged by the officials as either unavoidable contact caused by both players “playing the ball” or avoidable contact, which shall be penalized. Penalty will be 10 yards from P.O.I. if incomplete or complete, or judged to be flagrant, the penalized player may be removed from the game and penalty will be 15 yards. If pass is judged to be uncatchable, penalty will be assessed from the L.O.S.

All pass interference calls, whether offensive or defensive, occurring during the “Regulation Play Period”, “7-Play Rule”, “Tie Breaker Period”, or the “P.A.T. Try Period”, which are accepted by the defensive captain shall be marked off 10 yards from L.O.S. with loss of down (and loss of play during “7-Play Period” and “Tie Breaker Period”).

All defensive pass interference calls, whether they are during “Regulation Play Period” or “Tie Breaker Period” which is accepted by the offensive captain shall be marked off 10 yards from P.O.I. and awarded an automatic first down. During P.A.T. try period team will be awarded an additional play (two tries), if needed to score.

Screening a receiver’s eyes by a defender without playing the football is pass interference and shall be penalized as such.

Bump and Run or checking an offensive receiver will be a 10-yard penalty from L.O.S. and Captain’s choice.

14. **DEFLAGGING**

The ball carrier is down and the ball is dead when either flag is detached from the ball carrier's belt or when the ball or either knee touches the ground. A defensive player's feet may leave the ground to pull the offensive player's flag, but he may not make contact while doing so. When a defensive player pulls the ball carrier's flag, he should stop and hold it above his head for officials to see.

Tackling is prohibited. Tackling is defined as grasping or encircling the body of the ball carrier with a hand or arm. Grabbing the ball carrier's clothing shall be penalized as tackling. If the defensive player reaches across the body of a ball carrier to pull his flag and contact is made, the responsibility of the contact lies with the defensive player. The penalty for tackling will be as follows: 10 yards for impeding; 15 yards for tackling (encircling of body), with automatic first down (if tackling) from P.O.I. or L.O.S.; and if, in the opinion of the officials, the act prevented a score, the ball will be placed on the 1-yard line, first down and goal. The offender will be disqualified if the act was in the officials' judgment to be flagrant.

The intended receiver of either a forward or lateral pass may be deflagged only after first touching the ball – even while fumbling or bobbling the ball and before possession is established. The receiver will be considered downed at the point he was deflagged.

If the quarterback's arm was in forward motion when his flag was pulled, the pass is allowed. If the passer is legally deflagged as he is passing the football, and later in that play receives the ball back, he shall be downed at that spot.

Runner Stripping occurs when a defender attempts to strip the ball from the grasp of a player who has the ball in a possessive position. This is a form of Illegal Deflagging.

15. **QUICK WHISTLE**

Pretending to pull an opponent's flag (raising empty hand intentionally) resulting in official's "Quick Whistle" will be penalized 10 yards.

16. **BALL CARRIER**

The responsibility of avoiding contact rests with the ball carrier. He must show the officials he made an effort to avoid contact. The ball carrier will not deliberately run or drive into a defensive player. A ball carrier may spin, but must realize that while spinning or he is in a "State of Non-Control" and should contact occur as a result of his uncontrolled momentum, he will be penalized. The "Stiff Arm" is illegal. Penalty 10 yards from P.O.I. and loss of down if it occurs beyond the L.O.S

The ball carrier shall not protect his flags by blocking with his hand, arm or head, the opportunity to pull his flags. Flag guarding will be marked 10 yards from L.O.S. (if behind the line), or from P.O.I. if beyond the L.O.S. and loss of down.

17. **CENTER SNAP**

A center snap may touch the ground before it gets to the quarterback and remain playable if the quarterback fields it cleanly off a bounce (one) or from the ground. However, if the quarterback muffs the ball to the ground or the ball goes past the quarterback, it is dead where the ball touches the ground.

All center snaps must be made between the center's legs. A false movement of the football by the center after he is set shall constitute encroachment. At all times the ball shall be snapped from the center of the field or the spot marked by the official ball marker.

18. PUNT

If a punt is to be made, the offense must announce it to the referee before the ball can be declared ready for play. The offense must declare within 10 seconds after asked by referee on 4th down play. (Penalty: Delay of Game.) After the offense declares, the referee will mark ball ready for play whereupon the offense will have 15 seconds to punt the ball.

If a punt is to be made, the offense must announce it to the referee before the ball can be declared ready for play. The offense must declare within 10 seconds after asked by referee on 4th down play. (Penalty: Delay of Game.) After the offense declares, the referee will mark ball ready for play whereupon the offense will have 15 seconds to punt the ball.

The ball will not be dead if it touches the ground before the punt is made, even if muffed by the punter. After a punt has been declared, neither team may cross the L.O.S. until the ball is kicked. The offense may have any number of its players on the L.O.S. The punt returning team must have 5 players within 5 yards of the L.O.S. and they must remain in the zone until the punt returner enters that zone, at which time they may provide stationary screens or maneuver for a lateral.

These 5 may not attempt to screen any member of the punting team as they pass through this 5-yard zone. Penalty: 10 yards from E.O.R./P.O.I.

If the punt hits a member of the punting team, who has not crossed the L.O.S., it is dead at that spot. Any member of the punting team may down the punt if it is beyond the L.O.S. and has touched the ground prior to being downed. The punt will be declared dead at the spot where it is first touched by the punting team.

The punt returning team may have 3 returners in deep positions. The 2 returners that do not carry the ball may not act as moving screens. They may run forward and provide stationary screens, or maneuver for a lateral. Penalty: 10 yards from P.O.I.

The punt returning team may field the punt in the air, off a bounce (one or more), or directly off the ground, if fielded cleanly. When a punt touches a player on the receiving team who is inbounds and the ball rebounds into the air, all players become eligible to intercept and advance the ball before it touches the ground. This applies even if the punt hits the ground before first touching the receiving team's player.

The punt returning team must be given the opportunity to field the punt in the air. If the ball is touched in the air by the punting team there will be a 10-yard penalty from the P.O.I.

On a punt play, there is no line-to-gain lines (1st down lines) established. When the punt receiving team is returning a punt, any live ball fouls committed by either team, which are accepted, will result in the penalty being marked off, after which the next line will become the line-to-gain for a first down. As soon as the play is blown dead, the line-to-gain is established. Any dead ball fouls that occur will result in the line-to-gain remaining the same (unless the enforced penalty leaves the ball past the line-to-gain).

If a punt is left unattended, it becomes dead where it rolls to a stop.

No Quick Kicks are allowed. It is a 5-yard penalty from L.O.S and loss of down.

Punts muffed by the receiving team in the end zone before possession, and ball hits in or out

of the end zone, will be touchbacks. If the ball is touched in the air or on the ground by the punting team in the end zone, it is a touchback. If a punt receiver who has gained possession of the punt in the end zone is deflagged prior to crossing the goal line into the field of play, it is a touchback. If the punt receiver remains in end zone 5 seconds after fielding the punt, or downs the punt by knee, or touching the ball to the ground after possession, it is a touchback. If the punt receiver is carried into the end zone by his original momentum (officials judgment) and falls to cross the goal line, it is a touchback. (Punt return rules may also apply to interception return.)

A muffed lateral in the endzone will be a safety.

19. **PENALTIES**

All live ball fouls (fouls which occur while play is in progress) are Captain's choice. All dead ball fouls (fouls which occur prior to the snap or after the ball is blown dead) will automatically be marked off. This means that if a foul occurs during a down and is a live ball foul, and then a dead ball foul occurs both fouls will be enforced. They do not offset, even if against different teams.

After a penalty is called, only the Captain of the penalized team may discuss it with the officials. The official making the call is obligated to give the players' number and the act they committed (without discussion) to the penalized team captain. The official will then give the opposing team captain his options on the penalty.

If, in the judgment of any game official, the following acts are deliberate or flagrant, the player(s) involved shall be ejected from the game:

Using fists, kicking, or kneeling

Illegal use of hands, forearms, or elbows

Tackling

Any deliberate or flagrant act which could cause injury Any act of unsportsman like conduct

Abusive, profane, or insulting language

Any act of unfair or rough play

Threats or harassment of other players/officials Verbal badgering of officials

Sideline interference

Note: Warning is not required.

There will be a minimum of 1- game suspension for any person ejected from a game for any reason.

Note: If a player is ejected they are to leave the complex. If they do not leave, law enforcement will be called. If a player is suspended, they are not to be at the complex the entire day of their suspension.

20. **LOSS OF 5 YARD PENALTIES**

1. DEFENSE

a. Defensive offsides (from the line) – A player is off sides when any part of his body or his person is beyond the line of scrimmage before the snap of the ball or before the five second count is over. The offensive team has the option to accept or decline the five yard penalty.

2. OFFENSE

- a. Delay of game (from the line/dead ball)–The offensive team must put the ball into play 25 seconds after referee has placed the ball.
- b. Illegal participation (from the line) – Each team may not have more than 8 players on the field at one time or more than 5 men on the field. Penalty will be assessed after discovery.
- c. Illegal cadence (from the line/dead ball) – If the play calling the cadence does not receive the snap, the play will not stand and the down will be repeated. If the snap is not called verbally, the ball must still be snapped to the offensive player who is lined up as QB. On a forced gender play, the offense must clearly designate which gender will be receiving the snap (QB must raise their hand).
- d. Offensive off sides (from the line/dead ball)- When any part of the offensive player’s body or his person is beyond the line of scrimmage line before the ball is snapped.
- e. Offense not stationary for one full second (from the line/dead ball)- After a shift or huddle all offensive players must assume a set position come to an absolute stop (except one man in motion).
- f. Offensive player illegally in motion at snap (from the line/dead ball)– No player is permitted to be moving forward toward his opponent’s goal line until the snap.
- g. Illegal forward pass (from the spot of the pass)- The offensive team may make one forward pass from behind the line during each play from scrimmage provided the ball does not cross the line and return behind line before the pass. The defense can either accept or decline the penalty.
- h. QB illegal forward pass (from the line/loss of down)– If the QB crosses the line of scrimmage and then throws a forward pass, the defense can either decline the penalty or it will be assessed from the line of scrimmage and loss of down (i.e. if it was first down during the penalty, now it is second down).
- i. Illegal Diving / Jumping (spot of foul)– No player may leave his or her feet in order to gain positive yards. The penalty is assessed here (spot of foul)
- j. Offensive Pass Interference (from the line/repeat down)

LOSS OF 10 YARD PENALTIES

1. ANY PLAYER

- a. Flag guarding- intentionally or unintentionally obstructing the flag with your arm or the ball while the defender is in a position to pull it.
- b. Stiff-arm, running into opponent (spot of foul)– The ball carrier may not use a “stiff-arm” (extended arm) to ward off any opponent attempting to touch, may not charge into a defensive player.
- c. Blocking (from the spot)– No player may use his hands to block opponent. Offensive players may not run down field in front of or parallel to the ball carrier, whether you intended to block or not. They may run behind to receive a lateral.
- d. Intentional foul/penalty (from the line/gender will be reset/automatic first down) — If a player intentionally commits a penalty or foul of any kind in order to gain an advantage for his team, may be ejected.

2. DEFENSE

- a. Illegal contact/holding (from the line)– Defender may not use their hands or arms to hang onto or encircle a receiver. The defender cannot extend their arms to cut off or hook a receiver causing contact that impedes and restricts the receiver as the play develops, nor may he maintain contact with the receiver. This includes holding on to an opponent’s uniform or apparel while attempting to pull the flag. Illegal stripping of a receiver who has established possession also falls under illegal contact.
- b. Illegal Gender Defense (from the line)– The offense has three options: 1) Take the ten yard

penalty and repeat the gender play & down. 2) Take the penalty without yardage and the next play will be open (repeat down). 3) Decline the penalty.

3. OFFENSE

- a. Offensive Picking (from the line/ if this occurs in a forced gender situation, then gender will be replayed)– The offensive team may not initiate a pick/block while in motion. Action by a player who with/without contact delays or prevents an opponent from reaching a desired position.
- b. Offensive Pass Interference (from the line)
- c. Illegal Gender Offense (from the line)– defense has two options: 1) Take the 10-yard penalty and repeat the down (next play will still be gender) OR 2) the defense may decline the penalty.
- d. Intentional Grounding on Forced Gender Play (from the line)– if the male QB on a forced gender play is deemed to have thrown a purposefully uncatchable ball at the feet of a female player in order to attempt to satisfy a gender play, the offense will be penalized (illegal gender offense).

LOSS OF 15 YARD PENALTIES

- a. Tying flags (or modifying / rendering flags to make it more difficult for the defense to pull). If a player is discovered to have tied their flags, the 15-yard penalty will be assessed from the previous line of scrimmage (ie, if a TD was scored, the penalty will be assessed from the original line of scrimmage).
- b. Unsportsmanlike conduct (from the line/ If penalty is on the defense, automatic first down/ If penalty is on the offense, 15 yds. from the line/ If penalty is after a TD, yardage added to extra point conversion)– Abusive/insulting language or gesture to another player or referee, as well as taunting opponents or similar theatrics before or after the touchdown. The player may be disqualified for above actions if judged by the referee to be flagrant and will be suspended for next week’s game. If that player(s) is caught playing next week, the team will forfeit that game. In a severe case of unsportsmanlike conduct, the player will be suspended from playing any Austin SSC sport for a year or more. Disqualified players’ names must be given to the staff or referee. Unsportsmanlike conduct will not be tolerated.
- c. Defensive Pass interference – Defense- 15 yard penalty or spot of the foul if less than 15 yard attempted. Prohibited conduct shall be when a player physically restricts or impedes the opponent in a manner that is visually evident and materially affects the opponent’s opportunity to gain position or retain his position to catch the ball. If a player has gained position, he shall not be considered to have impeded or restricted his opponent in a prohibited manner if all of his actions are a bona fide effort to go to and catch the ball.

21. PLAY RULE PERIOD

The period goes into effect at the 2 minute warning of the 1st and 2nd half.

22. OFFSETTING PENALTIES

If offsetting fouls occur during a down, while the ball is ready for play, that down shall be played over.

RULE 6: GENDER RELATED PLAY

1. OPEN.GENDER PLAY:

Teams must use females as an operative player with three consecutive downs. An open play will be called by the referee if a gender play is not required on the current play. For an open play, the ball may be advanced by either a male or female (ex. 2nd down/goal/open). If a female was not used within two downs, then the forced gender rule is put into effect. This means that a female must be an operative player used in play.

2. FORCED GENDER PLAY

A female can be used on any play, however when the offense has not used a female as an operative player within the last two plays, the next play must be a forced gender play. The operative player here is a female who is seen as the intended receiver in the eyes of the official, or acts as the quarterback (even if

positive yards are not gained). If the female is the quarterback, then the play may continue without regard to special defensive coverage. Once a female is used in any play then the gender count is reset.

A thrown ball cannot be intercepted by a male on a forced gender unless a female is the QB or if the ball is first tipped/ touched by a female receiver and deflected back to one of the males originally lined up on the line of scrimmage. In the scenario that a male must guard a female on a forced gender play, the covering male must give the female 3 yards of cushion and, if a deflection occurs and the ball is “intercepted” by the covering male, the ball will be ruled an incomplete pass. If a male QB is sacked or fumbles the snap on a forced gender play, the next play must be gender. If a female QB is sacked or fumbles the snap on a forced gender play, gender will be satisfied and the next play will be deemed “open.”

The gender count is reset once a touch-down is made. The gender rule is not in effect during extra point conversions or punts.

EXAMPLES/SCENARIOS:

Satisfies a Forced Gender Play:

-MALE QB: A forward pass thrown across the line of scrimmage to a female (completion or no completion)...A forward pass thrown across the line of scrimmage intended for a female (in the eyes of the referee) that is deflected by a female, and is caught by a male... A pass is deflected by a male and CAUGHT by a female...

-FEMALE QB: A female takes the snap and runs across the line of scrimmage...a female QB throws a forward pass across the line of scrimmage to an offensive player...

Does NOT Satisfy a Forced Gender Play:

MALE QB: QB hands the ball off to a female player only to hand it back to a male behind the line of scrimmage...A female snaps the ball into play...A female receives a hand-off...A male QB intentionally throws the ball into the ground at the feet of a woman without a reasonable expectation of a completion...Spiking the ball on a forced gender play to stop the clock

(equivalent to a sack resulting in loss of down and repeat of forced gender play).

FEMALE QB: A female QB grounds the ball to stop the clock (this is an illegal gender offense penalty)...A female QB throws a pass that does not cross the line of scrimmage while in the air (even if the receiver catches the ball behind the line and proceeds to move across the line of scrimmage)...a female QB takes the snap but hands it off to a male player.

Defensive Coverage for a Forced Gender Play (assuming a male QB): Males cover males and females cover females. The defensive males must play “man-to-man” and may not use a zone defense on a forced gender play with a male QB. Defensive players can only leave their “man-to-man” assignment after the ball is in the air and must initially line up on their “man” within 3 yards of the line of scrimmage.

Only one person may “guard” the QB on a forced gender play and that player must designate themselves by raising their hand prior to the snap. The male defending the male QB may rush the QB and pull the flag after the five-count has been established but the defensive player cannot bat or deflect a pass (this would be considered illegal gender defense).

Scenarios on Forced Gender Plays:

OFFENSE PLAYS MORE THAN 3 FEMALES

A defensive male may cover a female, but must play man-to-woman. In this situation, a defensive male

who is covering a fourth offensive female may play man-to-woman coverage without a cushion but may not intercept the ball and advance it for yardage (an “interception” in this scenario will result in an incomplete pass). The remaining three female defensive team players may cover the women by either using a zone defense or man-to-man defense.

DEFENSE PLAYS MORE THAN 3 FEMALES

Assuming the offense has 3 females, the additional female on defense must still “cover” and line up on one of the males at the line of scrimmage. The extra defending female may not be used to double team or play in a defensive zone against the other females.

DEFENSE PLAYS TWO FEMALES, OFFENSE PLAYS THREE

If a defensive team is down a female player (5 males & 2 females on the field), a male may cover an opposing team’s female on a forced gender play. However, he must give the female receiver an opportunity to catch the ball with at least a 3-yard cushion and may not converge on the female receiver until the ball is caught. Again, it is worth noting that in this situation, the defending male may NOT touch the ball before the female receiver does (this would be an illegal gender defense penalty). In the case that there is a deflection off the female receiver and the ball ends up in the male defender’s hands, the ball will be whistled dead (incomplete pass) and no penalty will result.

OFFENSE PLAYS TWO FEMALES, DEFENSE PLAYS THREE

If the offensive team is down a female player on a forced gender play (only two females), the defense is permitted to use ALL three of their female defenders in any type of defensive strategy (ie, double-team, zone, etc).

Further Forced Gender Play Clarifications:

- Assuming a male QB, neither the males on offense nor on defense can leave the line of scrimmage UNLESS the ball has been thrown / released (in which case the males on defense may attempt to pull a flag). If a defensive male starts or drops back into coverage before the ball is thrown, an “Illegal Gender Defense” will be called. If an offensive male leaves the line of scrimmage (travels more than three yards) down field on a gender play, it will result in a penalty on the offense (Illegal Gender Offense).
- It must be clear before the offense is set who the operative QB is on the forced gender play (ie, cannot be ambiguous or left to guess whether a male or female is the QB for that play).
- The QB who receives the snap on a forced gender play is THE only player who can attempt to throw a forward pass on that play (ie, no laterals behind the line of scrimmage).
- Assuming a male QB, if the male lined up on the QB knocks down or deflects a pass, the result is illegal gender defense. If the male defensive player does everything in his power to AVOID knocking down or deflecting the ball (ie, a bad pass from the QB), the result will be illegal gender offense. If it is deemed the QB throws into the male defender ON PURPOSE with the hopes of gaining a penalty, a 15-yard unsportsmanlike penalty will be thrown on the offense.

Penalties on Gender Play:

If the foul is on the DEFENSE = offense will have 3 options: 1) Take the ten yard penalty and repeat the gender play. 2) Take the penalty without yardage and the next play will be open. 3) Decline the penalty.

If the foul is on the OFFENSE = defense will have 2 options: 1) Take the 10-yard penalty and repeat the down (next play will still be gender) OR 2) the defense may decline the penalty.

RULE 7: SCORING

1. TOUCHDOWN

A touchdown scores 6 points. A touchdown occurs when both hips which flags are attached are on the goal line or in the end zone.

Female to Female Play. If a female to female pass results in a touchdown, the offense will receive seven

points (instead of six). Teams will still then have the option for a one or two point conversion. Female to female conversion completions will NOT count for additional points.

2. POINT AFTER TOUCHDOWN

The points awarded after a touchdown are:

1 point- Run or Pass from the 3 yard line

2 points- Run or Pass from the 10 yard line.

3. SAFETY

A safety scores 2 points. The team scored against will then punt the ball from their 20-yard line. Receiving team must have 5 players on the 20-yard line. Punt rules apply (6.18).

4. “17 POINT RULE”

A safety scores 2 points. The team scored against will then punt the ball from their 10-yard line. Receiving team must have 5 players on the 20-yard line. Punt rules apply (6.18).

RULE 8: RAIN OUTS

1. On rain out days, call the PARD Athletic Recorder at 903- 237-1118 after 3 pm.
2. Rain out games will be reschedule by PARD Athletics. Coaches will receive a rain out schedule by email giving the date, time and field of their makeup game.
3. Check schedule and standings at longviewtexas.gov/parks-and-recreation