

NJ Coed Sports
OFFICIAL 7v7 COED FLAG FOOTBALL RULES
June 2017

Foreword

Our coed game rules will be set up for the maximum enjoyment of all while keeping everyone's safety in mind. We are relaxing certain coed rules with the idea that true sportsmanship will keep every teammate in the game and playing. Rules are subject to change as needed but never in the middle of the season unless there is a safety concern.

Players/Game Schedules

Teams must field 7 players to start the game with a minimum of 5 players at all times. If at any time a team cannot have 5 players on the field then they must forfeit.

There is a 2 female minimum and a maximum of 5 males on the field at all times. There is no male minimum.

Teams may have up to 12 members on the roster.

If a team fails to produce a full team at game time the team must forfeit. Both teams are still encouraged to play a game with as many players as available just for fun. After all, this is a fun game regardless of scores.

Subs

If a team is going to be short players they may bring substitute players to play. Subs must sign a release and pay a \$10 sub fee **at the field**. If a sub is found to be playing without signing a release and/or not paying the sub fee, then that team may be subject to forfeiture of the game. Teams may not exceed their team roster amount when using subs. **Please have your sub bring the same color shirt as your team shirt.**

Borrowing players from other teams is allowed, but a team may only borrow enough players to field the minimum of 6 total players. The majority of team must be roster players.

Beginning of game

There will be a meeting at the beginning of each game between the team captain and the referees that will have a coin toss and a discussion on rules, boundaries and sportsmanship. The team that wins the coin toss at the beginning of the game will have 1st choice of offense/defense. The other team has first choice second half.

The Game

Field is 40 yards wide – 45 yards long with a 10 yd. end zone. Possession starts on 40 yd. line (see Diagram of field) no kick offs or punts

After the offense takes possession, they will have 6 downs to try to score or get another first down at the marker. Team can get maximum of 2 first downs per possession. If the offense fails to get a first down or score, the ball changes possession and the new offensive team takes over, unless the offense elects to punt (see PUNTING below).

This is a non-contact/no blocking game at line of scrimmage or down field.

Timing

-Games are played with two 25-minute halves and a 2-minute halftime.

-The clock is a running clock except for player injury- play stoppage will be determined by referee. Since this is a timed game it is possible game will be shortened if there is an injury time out.

- Each time the ball is spotted and the referee blows the whistle, a team has 25 seconds to snap the ball. Teams will receive one warning before the delay-of-game penalty is enforced. A play cannot begin until after the whistle.
- After a change of possession or change of downs, the offense may snap the ball after the officials mark the ball and blow the whistle.
- Each team has 2 - 30-second timeout each half. TOs do not carry over to 2nd half

During the Play

- A female must be primary player on at least 2 plays per 6 – (QB, Runner or Receiver) (Excludes 6th down punt as a gender play)

- Players may not handoff the ball. The ball must leave one player's hands before entering another's player's hands. (Penalty: illegal handoff: 5 yards from spot of foul)
- If the ball hits the ground on the snap for either a pass or running play, the play is "dead", the ball is spotted where it hit the ground, and it is a loss of down (i.e. if it was 1st down during the bad snap, it is now 2nd down).
- All fumbles will be ruled dead balls with offensive retaining possession at the spot of the fumble.**
- Spin moves and jumping are allowed for the ball carrier.

- A catch made by a receiver where there is contact with ground – sliding catch – play is dead at spot receiver touched ground.
- Any ball carrier that has a flag/belt missing for whatever reason will be called down at that spot.
- Receivers need two feet in bounds for a reception. If the referee determines that a receiver would be able to legally catch a pass but was pushed out of bounds by a defender while in the air, a catch will be awarded and the play may also result in a defensive penalty.
- Receivers that intentionally leave the field of play are ineligible to receive a pass if they are the first person to touch the ball. This includes the back of the end zone. (Penalty: illegal touching, 5 yards, loss of down. No yards will be penalized if turned over on 6th down.)
- The ball will be spotted where the ball is at the time the ball carrier's flag has been pulled. If the ball crosses the plane of the goal line before the ball carrier's flag is pulled, it will result in a touchdown.
- The quarterback may only rush the ball once per possession and only after the defense has crossed the line of scrimmage after the 3 Mississippi count.

First Downs

On offense, a team will have 6 downs to score or earn another first down. First downs are 10 yards downfield – maximum of 2 per possession. If a 2nd first down is earned – team has 6 plays to score from point of 2nd first down. (a team can have a maximum of 12 plays to score)

Passing

All passes must be forward and received beyond the line of scrimmage.
Shovel passes are allowed but must be received beyond the line of scrimmage.
Laterals behind line of scrimmage are permitted

Receiving

All players are eligible to receive passes including the quarterback if the ball has been passed behind the line of scrimmage. No illegal handoff.
No player in motion before snap – all players must be set prior to ball being hiked

A player must have at 2 feet in bounds when making a reception.

No laterals

Dead Balls

Substitutions may be made on any dead ball.

Play is ruled dead when:

-Ball carrier's flag/belt is pulled.

-Ball carrier steps out of bounds.

-Ball carrier's knee hits the ground.

-Ball carrier's flag/belt falls off and ball carrier is touched by defensive player.

Note: **there are no fumbles**. The ball is spotted where the ball hits the ground.

Punting

There are no punts. A team, on 6th down will be asked by referee if they are going to play 6th down or punt ball. If a team decides to punt referee will inform defensive team. And place ball on 40 yard line. **Remember we are only having scoring in one direction**

Scoring

-6 point male touchdowns

-7 points female touchdowns

- An intercepted pass can be returned for a touchdown – interception is run back past 40 yard line. If interception is not run in for TD line of scrimmage for offense will be determined by starting at 45 yard line and subtracting where player who intercepted pass was flagged (example player intercepts ball on 20 yd line and is immediately deflagged. – 45-20 ball placed on 25 yard line since that is how many yards team would now have to go to score)

Defense

- No defensive player can cross the line of scrimmage until the referee has completed the 3 Mississippi count and says, "Go". After the count any defender may rush the quarterback.

- Passes may be intercepted and run back.

- Defensive players on line of scrimmage must be set during 3 count by referee -

Sportsmanship/Roughing

If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected and a 15 yard penalty will be assessed from the spot of the foul. FOUL PLAY WILL NOT BE TOLERATED.

THIS IS NJ COED SPORTS. This league will always remain fun because we have a ZERO TOLERANCE POLICY when it comes to unsportsmanlike conduct.

Penalties

All penalties will be called by the referee.

A penalty cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line. If the penalty is greater than this, the ball is place halfway from the enforcement spot to the goal line.

Defense:

Offsides: Defender crosses neutral zone and past the offensive line of scrimmage before the snap. 5 yards dead ball foul from line of scrimmage.

Neutral Zone Infraction: Defender is in the neutral zone when the ball is snapped. Free play for the offense with the option to accept/decline the penalty after the play.

Pass Interference: Defender may not initiate contact with an offensive player in such a way that he obstructs the player from attempting to make a catch. 10 yards and automatic first down

Illegal contact (not ball carrier): When a defender extends or uses their hands, arms, or body to make contact with an offensive player or knock them to the ground. 5 yards from line of scrimmage, replay down.

Illegal contact (ball carrier): When a defender extends or uses their hands, arms, or body to make contact with an offensive player or knock them to the ground while they are in possession of the ball. Incidental: 5 yard penalty added to end of play. Intentional: 10 yards added to the end of the play

Illegal flag pull: Flag pulled before receiver has ball. 5 yards from line of scrimmage, replay down

Illegal rushing: Defender crosses the line of scrimmage before the referee has completed the 3 Mississippi count 5 yards from line of scrimmage, replay down

Offense:

False Start: Once a player is set no player can move before the snap. 5 yards, dead ball.

Illegal motion: Players may not be in motion towards the line of scrimmage before the ball is snapped. 5 yards from the line of scrimmage, dead ball.

Flag Guarding: No player shall obstruct their flags with the hand, arm, ball, clothing, etc...so that defender cannot pull the flag. Spot foul where infraction occurred, loss of down.

Illegal Contact: Offensive player extends or uses their hands, arm or body to make contact with a defender. This includes initiating block and picks. Incidental: 5 yard penalty, replay down. Intentional: 10 yard penalty, replay down

Offensive pass interference: An offensive player may not initiate contact with a defender in a way that they gain an advantage to make the catch. 10 yards from the line of scrimmage, loss of down.

Delay of game: Offense must snap the ball within 25 seconds after the referee places the ball. 5 yards from scrimmage, dead ball.

Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.

Games cannot end on a defensive penalty, unless the offense declines it.

Attire

Cleats are allowed or turf shoes (no metal spikes)

You must wear your team NJ Coed Sports team shirt.

-Shirts must be tucked in at all times. Shorts with pockets are not prohibited but also not recommended.

-Flag belts must be worn around the waist with flags at the hips.

Tournament

The top 4 teams will go to the tournament based on season rankings. The top teams will be determined by record (3 points for a win, 1 point for a tie, 0 points for a loss. In case there is a two-way tie between teams, the following tiebreaker system will be used:

~Head-to-head matchup

~If there is still a tie or if they played each other twice and both have a 1-1 record we will move on to Head-to-head point differential (Head-to-head points scored minus points scored against)
~Overall season point differential (Overall season points scored minus overall points scored against)
~In the case that a tie still persists, the team with the most forfeits, will rank lower. In the even that a tie persists; a coin flip will determine the winner.

Overtime during the playoffs will be treated as follows. Each team will start on the 40 yd. line and will be allowed 6 plays. Whichever team gets the furthest will be awarded with the win. There are no first downs in overtime. In the case that both teams scores TD's, they will each be allowed a chance to go for 2 extra points from the 10 yard line

. The 2 point conversions will go back and forth until one team is deemed the winner.

All other playoff scenarios that occur will be treated on a case-by-case basis by the NJCS. NJCS has the final say on any disputes and will treat each situation in the fairest and most logical way. All questions regarding these rules can be sent to Jay at jay@njcoedsports.com