

ANDY'S SPORTS BAR
Coed Flag Football League
Spring 2008 Rules

- 1-1 Seven players per side on the field. No more than four men and no less than three women on the field. Your team may use two women or men if your team is short a player(s) of that sex. The opposing team will have the same option regardless of the amount of players present. If your team has six players, two must be women/men to avoid a forfeit. The opposing team may play seven verses six in this case. If a team has less than six players fifteen minutes after the scheduled start time the game is a forfeit. Exception, if the opposing team agrees, the shorthanded team may add a maximum of two players.
- 1-2 The field size will be 100 x 30 with eighty yards between the end zones. First downs will be fixed 20 yards apart. Professional yard markers will be used.
- 1-3 The defense must have one nose tackle the same sex as the center lined up five yards off the line of scrimmage and may rush the QB after the snap. The nose tackle is considered off sides if at anytime during the snap he/she is in the five yard neutral zone and crosses the line of scrimmage. The offense must notify the referee (centers sex) prior to the ready whistle and after the snap the remaining offensive players may never cut OFF the rusher. One blitz per set of downs is legal (no delayed blitzes) and any amount of player's may blitz from anywhere on the field. Male players cannot line-up over a female center and must avoid female players when blitzing. Double team blocking is illegal. If a bad snap touches the ground the ball is dead and the blitz remains alive. The offense may only use one blocker for pass plays (exception during a blitz). Other rushers may rush the QB if she/he breaks the six yard pocket (three yards on either side of the center) or on a direct hand off.
- 1-4 All teams must have matching color jerseys or T-shirts by the first game. The league will provide flag belts. Each team must have its own regulation football.
- 1-5 There are no fumbles the ball is dead at the spot.
- 1-6 Roster limit is 24 players. All players must sign the league-supplied waiver before each game. Each player must play in four of eight regular season games to be eligible for the play-offs (NO Exceptions).
- 1-7 Open-hand blocking is allowed from the waist to the shoulders only. You may block players of the same sex only (exception, women may block men at their own risk). Men may counter block women! Double team blocking is illegal.

- 1-8 No football pads, metal cleats, or hard knee braces/casts allowed.
- 1-9 Protests for rule interpretations only. The team captain must notify the referee before the next play. Tony Martin, Colin Martin, Frank Rogers, and Jennifer Kozakiewicz will make up the committee for all protests and player/team suspensions. If Mr. Rogers or Miss Kozakiewicz's teams are involved they will be eliminated from those proceedings.
- 2-1 Time: two (2) thirty (30) minute halves with a two-minute warning at the end of each half. Prior to the two-minute warning the only time the clock stops is, during time-outs, and injuries. After the two minute warning the clock stops like in the NFL. (exception 18 point mercy rule)
- 2-2 Each team receives 2 time-outs per half. Time-outs cannot be carried over to the next half.
- 2-3 The offense can only run the ball once per set of downs (includes QB). In addition only one running back can be in the backfield (behind or lateral to the QB)
- 2-4 The referee will give 30 seconds between plays.
- 2-5 Overtime – Shoot-out from ten-yard line (see cdffl rules).
- 3-1 No kick-offs ball placed at the twenty-yard line.
- 3-2 No kicking extra-points. On fourth down the team can elect to go for it or punt. Punts cannot be returned and only two receivers can be more than five yards off the line of scrimmage at the time of the punt (5-yard penalty). The punt will be considered dead if the ball is touched (spot) or goes out of bounds.
- 3-3 TD – 6pts. Extra-points – 2 points from ten-yard line or 1point from three-yard line. Safety 2 points (punt required). If you intercept an extra-point you can return it for two points.
- 3-4 The ball carrier may never: 1) flag shield 2) run directly into a defender 3) crawl/roll 4) dive while in possession of the ball to advance it. All are 10-yard spot fouls and loss of down.
- 3-5 If the flag falls off with out being pulled or touched one hand touch prevails.
- 3-6 A receiver must have two feet in bounds for a legal catch.
- 3-7 The offense must have a center. The center may snap the ball between the legs or to the side of the body. All offensive players are eligible and any formation may be used (exception, running back).

- 3-8 Only one forward pass per play. Any handoff in front of the QB is considered a run.
- 4-1 The ball will be spotted at the location of the flag, at the time the flag clip comes off, unless the player is downed while on the ground, spot of ball.
- 4-2 No ball stripping, personal foul 15-yard penalty.
- 4-3 Enforcement of penalties: Same as the CDFFL adult men's program (www.cdffl.com).
- 4-4 One chuck (block) of the receiver within five yards is legal (same sex).
- 5-1 All players must be 21 years of age!
- 5-2 Each team may have a total of 3 players from the C.D. Flag Football League: Exception, only one player from the "A" division will be allowed on the roster. A team may have one semi-professional (male) player OR "A" division player on the roster. A team can have one semi-professional (female) player on its roster.
- Any player present/past that played for pay (professional) will not be eligible.

QUESTIONS PLEASE CALL 427-8414

Schedules Available On-Line 4-12

www.cdffl.com

NEW: Year end coach's meeting will be held to vote on the all-star team, individual awards, and the NEWLY created hall of fame.

