

# Flag Football Rules

Revised: August 2014



Any rule not specifically covered will be governed in accordance with the [2013-2014 National Intramural Recreational Sports Association \(NIRSA\) Rule Book](#).

## ASSUMPTION OF RISK STATEMENT

All Intramural Sports participants are responsible for their own medical expenses. Any participant unsure of his/her physical condition should check with their physician or the University Clinic before participating in an Intramural Sports contest.

Teams are responsible for keeping their spectators under control. Misconduct of participants, coaches or spectators can result in an unsportsmanlike penalty, ejection or forfeiture of the game. Team Captains will be held responsible for spectator, team and sideline misconduct. Two ejections from any contest will result in an automatic forfeiture.

## RULES CHANGES

All rules changes for the 2013-2014 seasons have been highlighted for you to easily identify them.

## RULE 1: ELIGIBILITY

- 1. PARTICIPATION:** Participation is limited to currently enrolled, fee-paying University of Southern Mississippi students and faculty/staff members with Recreational Sports Memberships.
- 2. SOUTHERN MISS ID CARD:** A current Southern Miss ID must be presented to the Supervisor to participate at each Intramural Sports activity. No player shall participate that has not signed in with the supervisor.
- 3. NUMBER OF TEAMS:** Players can compete for only one single sex team and one Co-Rec team, regardless of league classification (example: participants cannot play for a men's recreational team and a men's fraternity team).
- 4. SIGNED IN:** Once a participant has signed in for a team, he/she may not transfer to another team.

## RULE 2: TEAM COMPOSITION

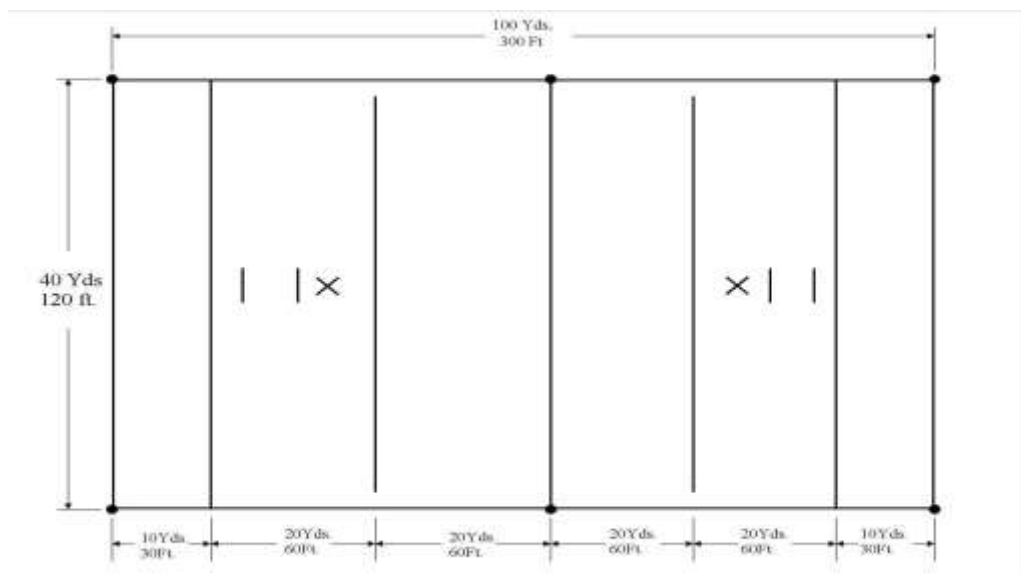
1. **TEAMS:** Each team will consist of 7 players. A minimum of 5 players are required to start the game. If a team drops below 5 players at any time during the game for reasons other than injury, the game shall be recorded as a forfeit.
2. **CAPTAIN:** Each team shall designate a team captain to make all decisions.
3. **PARTICIPANTS:** Team representatives including players, coaches, spectators, and other persons affiliated with the team are subject to these sport rules and all Intramural Sports policies.

### **RULE 3: DEFAULTS, FORFEITS AND PROTESTS**

1. **FORFEITS:** If a team fails to appear with the required minimum number of players, ready to play, at the scheduled location at the scheduled start of the game, a member of the Intramural Sports staff will declare the contest a forfeit. Teams that forfeit will receive a 'C' for sportsmanship and will be required to pay \$15 to the Payne Center welcome desk. The captain of the forfeiting team will be suspended from play until that payment is made. Teams are only allowed one forfeit per sport per season. If a team forfeits twice, it will be removed from the league for the remainder of the season.
2. **DEFAULTS:** If a team knows that they will be unable to play a scheduled game, the team captain must contact the Intramural Sports office by 12:00 p.m. the day of the contest to declare a default. The defaulting team will receive a loss and a 'B' for sportsmanship but will not be charged the \$15 forfeit fee. Teams are allowed one default or forfeit per sport. Upon the second infraction that team will be dropped from the league.
3. **PROTESTS:** Protests involving rule interpretations will be considered immediately following the incident in question. Play will be suspended until an Intramural Sports supervisor rules on the protest. If a team continues to play without calling the supervisor to the game site, then that team forfeits its right to a protest. Protests will not be honored after play has resumed. Judgment calls cannot be protested. If the protest is not approved, the protesting team is charged with a time out and if the protesting team has no time outs remaining, a 5 yard delay of game penalty will be assess against that team. If the protest is upheld, they delay shall count as an official's time out. Official's judgment calls cannot be protested.
4. **PLAYER ELIGIBILITY PROTESTS:** Protests concerning player eligibility must be made to the Intramural Sports supervisor before, during, or immediately after the contest in question. The protest will be ruled on by the Coordinator of Intramural Sports the following day.

## RULE 4: PLAYING AREA AND EQUIPMENT

- 1. PLAYING AREA:** Games will be played in the intramural sports fields. Each field will be 100 yards by 40 yards with two 10 yard end zones and 4, 20 yard intervals between goal lines. The 3 and 10 yard try-for-point lines shall be 1 yard wide.



- 2. BALLS:** Teams may furnish their own game ball or check-out a game ball at equipment checkout station. If a team wants to use their own game ball, it must be approved by the opposing team.
- 3. FLAG BELTS:** Each player on the field must wear a one piece flag belt (provided by Recreational Sports) at the waistline with three flags presently attached, one flag on each side and one in the center of the back.
- 4. SHOES:** All players must wear athletic, close toed shoes. Tennis/running shoes and rubber molded cleats are permitted. Rounded, smooth metal tips are legal. Officials reserve the right to deem metal unsafe if there is a rigid edge.
- 5. JERSEYS/SHIRTS:** Teams must furnish their own like-colored jerseys with numbers. Jerseys must be tucked in at all times. If a jersey cannot be tucked in, it must be at minimum of 4

inches above the waist. Jerseys may not have arm openings that are larger than 4 inches. Referees will use their fists to measure the distance of the arm opening.

6. **SHORTS/PANTS:** Players may not wear pants or shorts that have belt loops, pockets, or exposed drawstrings. Pants and shorts may not be taped in order to avoid the pockets violation. If they can be turned inside out and there are no bunny ears, this is permissible.
7. **PADS/BRACES:** No pads or braces may be worn above the waist. Leg and knee braces made of hard material must be covered on both sides and all edges with appropriate slow-recovery padding. Tape or bandages on the hand, wrist, forearm, or any other part of the body is prohibited except to protect an injury.
8. **HEADWEAR:** Players may not wear baseball style caps, bandannas with knots, or other rigid headwear. Knit and stocking caps are permitted. Rubber or cloth elastic bands may be used to control hair.
9. **SUNGLASSES:** Players may not wear sunglasses that are metal or rigid.
10. **PLAY BOOKS:** Players may carry a play book inside their clothing as long as it is not made of a hard, unbendable material. If carried on the field, a player must keep the play book on them rather than throw it on the ground in the field of play.
11. **TOWELS:** No towel may hang from a player's waist or otherwise interfere with the possible removal of the flag belt. However, towels may be used and kept on the ground in-between the ball spotters before the snap.
12. **JEWELRY:** No jewelry may be worn. Jewelry must be removed before the participant will be allowed to participate. Medical alert bracelets are permitted but they must be taped down. Taping of all other jewelry is not permitted.
13. **BLOOD RULE:** When a player is bleeding, has an open wound, or an excessive amount of blood on his/her uniform the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the wound is covered, and the bloody uniform is changed.

\*\*\*The Intramural Sports staff has the right to deem certain equipment unsafe or illegal.

#### **RULE 5: LENGTH OF THE GAME AND TIMING**

1. **LENGTH OF GAME:** The game shall consist of one half of 20 minutes. The clock will stop for all whistles in the last two minutes of the half, team timeouts, official's timeouts and injuries. Overtime will be played to determine a winner.

2. **TWO MINUTE WARNING:** Two minutes before the end of the half, the clock will stop and the officials shall inform both team captains of the playing time remaining in the game. The clock will not restart until the next snap.
  
3. **DURING THE FINAL TWO MINUTES:** The clock will stop for the following:
  - a. Incomplete Legal/Illegal Forward Pass – clock restarts on the snap
  - b. Out Of Bounds Play – clock restarts on the snap
  - c. Safety – clock restarts on the snap
  - d. Team Time-Out – clock restarts on the snap
  - e. First down – clock restarts on the ready for play whistle
  - f. Touchdown – clock restarts on the snap (after the extra point try)
  - g. Penalty – clock restarts depending on the result of the previous play
  - h. Official's Time-Out – clock restarts at the discretion of the officiating crew
  - i. Touchback – clock restarts on the snap
  - j. Change Of Possession – clock restarts on the snap
  - k. Inadvertent Whistle – clock starts on the ready for play whistle
  
4. **COIN TOSS:** A toss of a coin or odds/evens will determine which team shall have the first choice. In the postseason, the higher seeded team will have first choice. The winning team shall have the following options:
  - a. To defer their option until the second half
  - b. To receive the ball first or play defense (Selecting defense does not guarantee a team the ball to start the second half)
  - c. To defend a specific goal (This does not guarantee a team the ball to start the second half)
  
5. **OVERTIME:** Regular season games can end in a tie. Overtime will only be played during the postseason. Overtime procedures will be as followed:
  - a. To start overtime, a coin toss will be conducted. The winner of the coin toss has the choice of offense, defense, or direction. If additional overtime periods are played, the order of possession will alternate each new period. All overtime periods are played toward the same goal line.
  - b. Each team will have a series of 4 downs to score from the 10-yard line, unless moved due to penalty. Teams may receive another set of downs by penalty only (automatic first down).
  - c. When a team scores, they may try for 1 point from the 3 yard line, 2 points from the 10-yard line, or 3 points from the 20-yard line.
  - d. If the defense intercepts the ball, the ball becomes dead. The offensive team's series is over when the defense intercepts a pass.

- e. If a team is leading after an equal number of possessions they will be declared the winner.
6. **TIME-OUTS:** Each team is allowed 2 one-minute time-outs per game. Timeouts do not carry over to overtime. Each team is entitled to 1 time-out during the entire overtime.

## **RULE 6: PLAYING THE GAME**

1. **BEGINNING A SERIES:** There are no kickoffs. The ball will be put in play from the 14-yard line to begin each half, following a score, touchback, and safety (unless moved by penalty).
2. **SERIES OF DOWNS:** The team in possession of the ball will have 4 downs to advance the ball to the next zone line-to-gain.
3. **ZONE LINE-TO-GAIN:** The zone line-to-gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain. There are a total of three zone lines-to-gain on the field.
4. **FIRST DOWNS:** A team gains a first down when it crosses or touches the zone line-to-gain. Once the first down has been established, the team may not make another first down by crossing the same line during that series of downs.
5. **SCORING:** A touchdown is worth 6 points. Following a touchdown, the scoring team will have the option to go for 1 point (from the 3 yard line), 2 points (from the 10 yard line) or 3 points (from the 20 yard line). A safety is worth 2 points.
6. **PLAY CLOCK:** The offensive team has 25 seconds to put the ball in play after the referee signals “ready for play.”
7. **BALL RESPONSIBILITY:** The offensive team must retrieve the ball after each play.
8. **MINIMUM LINE PLAYERS:** The offense must have at least 4 players on the line of scrimmage at the snap. A player is deemed on the line of scrimmage when facing the opponent’s goal line with the line of his/her shoulders approximately parallel thereto and with his/her head or foot breaking the plane of the imaginary line drawn through the waistline of the snapper. A player in motion is not counted as one of the 4 players needed to be on the scrimmage line.
9. **LEGAL POSITIONING:** Anytime on or after the ball is marked ready for play, each offensive player must momentarily be at least 5 yards inbounds before the snap.

- 10. SNAPPING THE BALL:** When over the ball, the snapper must have their feet behind the scrimmage line (1st ball spotter – orange cone). The snapper must pass the ball back from its position on the ground with a quick and continuous motion with the hand(s). The player receiving the snap must be 2 yards behind the snapper. Four players (five for Co-Rec) must be on the line of scrimmage at the time of the snap.
- 11. HANDING THE BALL:** Any player may hand the ball forward or backward at any time as long as both players touch the ball simultaneously.
- 12. FORWARD PASS:** One legal forward pass may be thrown per down by the offense. A forward pass is legal when both of the passer's feet are behind the offensive line of scrimmage when the ball leaves the hand(s), the pass occurs before a change of possession and it is the first and only forward pass made during the down.  
NOTE: An offensive player may run across the line of scrimmage, then run back behind the line of scrimmage and throw a forward pass or toss the ball backward to another player who can then throw a forward pass as long as such pass abides by the provision of this section.
- 13. FORWARD PASSING:** A forward pass is a ball thrown towards opponent's goal line. All players are eligible to touch a forward pass after it is thrown. The passer may catch his/her own forward pass provided it has been touched by another player first.
- 14. BACKWARD PASS:** A backward pass is a pass that is thrown backward or parallel to the line of scrimmage. There are no restrictions as to the number of backward passes that can be thrown on any down, or where they may be thrown.
- 15. CATCH/INTERCEPTION:** All players are eligible to receive a pass. A player must have control of the ball and one foot or other body part on the ground inbounds before any part of the body lands in the out of bounds area for a legal pass reception or interception. If an interception occurs in the end zone, the player may return it out of the end zone. If the player is de-flagged while running in their end zone, it is a touchback.
- 16. SIMULTANEOUS CATCH:** A simultaneous catch or recovery is a catch in which there is joint possession of a live ball by opposing players who are inbounds. The ball will be blown dead at that spot and possession will be awarded to the offense.
- 17. BLOCKING:** The only type of blocking that is allowed is screen blocking. No contact is allowed between the offense and defense.
- a. The screen blocker must stay within their body frame and have hands at side, across chest, or behind back.
  - b. Any use of the hands, arms, legs, or body to initiate contact is illegal.
  - c. The screen blocker must be on his/her feet before, during, and after the screen block.

- d. The blocker cannot take a position so close to a moving opponent that the opponent cannot avoid contact by stopping or changing direction.

**18. FUMBLES:** A fumble is a loss of player possession of the ball other than by handing, passing, or punting the ball. A fumbled ball is dead as soon as the ball touches the ground. If the ball is fumbled backwards, the ball will be dead at the spot where it touches the ground. If fumbled forward, the ball is dead at the spot where the ball was released. The offensive team will retain possession but an illegal forward pass penalty will be administered. A ball fumbled forward or backward that has not hit the ground can be recovered and advanced by either team.

**19. FLAG BELTS:** All players are required to have their flag belt properly secured at the beginning of each play. If failure to wear the flag belt is noticed by the official after the play starts, the play continues with the ball becoming dead when the runner is touched between the shoulders and knees. The defensive team can accept the result of the play or penalize the offense for failure to wear required equipment (5-yard penalty). Any time a runner loses his or her flag during action, play will continue until a defensive player touches the runner with one hand between the shoulders and the knees. Tampering with the flag belt in any way to gain advantage, including tying, using foreign material, or other such acts is unsportsmanlike conduct.

**20. PUNTING:** All punts must be announced to the referee. Once the offense declares to punt, the team may only change the decision after a charged time-out or an accepted penalty in which the down is to be replayed. Below are punting specifications that must be followed:

- a. The kicking team must have 4 players on the line of scrimmage.
- b. The kicker must catch and kick the ball immediately in one continuous motion.
- c. The kicker may not punt barefoot.
- d. Neither team may advance beyond their respective scrimmage line until the ball is kicked.
- e. Once the ball is punted, any of the receiving players may block the kick.
- f. It is a touchback when the punt breaks the plane of the goal line. The receiving team cannot return a punt out of the end zone.
- g. There are no fair catches.
- h. No member of the kicking team may interfere with the ability of the receiving team to catch a kick
- i. 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. If the muffed kick hits the ground, it is dead at the spot and is the receiving team's possession.
- j. Team K may only advance the punt if R blocks the punt and K catches it behind the line of scrimmage.



**21. INADVERTENT WHISTLE:** When an official sounds their whistle inadvertently during a legal pass, while a snap is in flight, or while a kick is in flight, the down will be replayed. If it occurs when a player is in possession or during a backward pass, the team in possession may choose either to accept the result of the play where it is blown dead or to replay the down.

**22. PENALTIES:**

- a. **DELAY OF GAME** (*Penalty: 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:
  - i. Interrupting the 25 second count for any reason, except for a time-out allowed by the referee.
  - ii. Consuming more than 25 seconds in putting the ball in play after it is marked ready for play.
  - iii. Deliberately advancing the ball after it has been declared dead.
- b. **ENCROACHMENT** (*Penalty: Dead Ball Foul, 5 yards from the succeeding spot*): Following the ready-to-play whistle and prior to the snap, defensive players may not encroach, touch the ball, contact opponents or interfere with them in any other way. After the snapper has placed his/her hand(s) on the ball, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball. Players do not have the opportunity to jump across the line and "get back" inside. It is a foul as soon as the player initially enters the neutral zone.
- c. **FALSE START** (*Penalty: Dead Ball Foul, 5 yards from the succeeding spot*): No offensive player shall simulate a charge or start of a play.
- d. **ILLEGAL PROCEDURE** (*Penalty: Live Ball Foul, 5 yards from the previous spot*): When there are less than 4 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. Any time at or after the ball is ready for play, each offensive player must momentarily be at least 5 yards inbounds before the snap.
- e. **ILLEGAL MOTION** (*Penalty: Live Ball Foul, 5 yards from the previous spot*): Only one offensive player may be in motion, but not in motion toward an opponent's goal line at the snap. Other offensive players must be stationary in their positions without movement of their feet, body, head, or arms at the snap.
- f. **ILLEGAL SHIFT** (*Penalty: Live Ball Foul, 5 yards from the previous spot*): A shift is the action of 1 or more offensive players who, after the huddle or after taking set positions, move to a new set position before the ensuing snap. 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.

- g. FLAG GUARDING (*Penalty: Live Ball Foul, 10 yards from the spot of the foul*): Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt.
- h. ILLEGAL CONTACT: No player shall make contact of any nature with an opponent that is deemed unnecessary.
  - i. COMMITTED BY THE OFFENSE: (*Penalty: Live Ball Foul, 10 yards from the spot of the foul*): Offensive players must avoid contact. Deliberate charging of an opponent is against the rules. Officials will use the same judgment on charging and blocking by offensive and defensive players as in basketball. "Brushing contact" and unavoidable contact is not willful "charging." The ball carrier may dive or spin around defenders to avoid de-flagging; however, the ball carrier must remain in control of his/her body during such moves, and may not initiate contact in doing so. If the foul is intentional or unsportsmanlike, then 10 more yards will be added to the penalty and the player will be disqualified.
  - ii. COMMITTED BY THE DEFENSE: (*Penalty: Live Ball Foul, 10 yards from the end of the run*): If a defensive player reaches across the body of the ball carrier to pull the flag 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. If the foul is intentional or unsportsmanlike, then 10 more yards will be added to the penalty and the player will be disqualified. De-flagging an opponent before they are in possession of the ball also constitutes as illegal contact.
- i. ILLEGAL FORWARD PASS & INTENTIONAL GROUNDING (*Penalty: Live Ball Foul, 5 yards from the spot of the foul and loss of down*): A pass thrown in violation of the legal pass guidelines listed above is considered illegal. A pass that is intentionally thrown to the ground or out of bounds to avoid a loss of yardage is also illegal.
- j. ROUGHING THE PASSER (*Penalty: Live Ball Foul, 10 yards from the previous spot or end of the run*): Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown forward legally. No defensive player shall contact the passer who is standing still or fading back as he/she is considered out of the play after the pass. Roughing the passer restrictions do not apply if the forward pass is thrown from beyond the offensive line of scrimmage

- k. OFFENSIVE PASS INTERFERENCE (*Penalty: Live Ball Foul, 10 yards from the previous spot*): 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.
  
- l. DEFENSIVE PASS INTERFERENCE (*Penalty: Live Ball Foul, 10 yards from the previous spot*): Restrictions exist for the defense from the time the pass is thrown until it has been touched by a receiver. 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.
  
- m. OTHER PERSONAL FOULS (*Penalty: 10 yards from the end of the run [defense], 10 yards from the spot of the foul [offense]*): Any act prohibited hereunder or any other act of unnecessary roughness is a personal foul.
  - i. No player shall punch, strike, strip, steal, or attempt to steal the ball from the player who has possession.
  - ii. There shall be no tripping or clipping.
  - iii. There shall be no hurdling. Hurdling shall be interpreted as an attempt by the runner to jump with either feet or knees foremost over a player or between players. (You can jump, dive, or spin away from players to avoid having your flag pulled, as long as no contact is made with the opponent).
  - iv. Tackle the runner by grasping or encircling with hand(s) or arm(s) and taking the opponent toward the ground as in tackle football.
  - v. If the act is deemed flagrant, the individual(s) involved will be ejected from the contest and ineligible for Intramural competition until reinstated by the Intramural Coordinator.
  
- n. UNFAIR ACTS (*Penalty: Unfair Acts, Live Ball Foul, 10 yards from the spot of the foul, or previous spot*): No player, substitute, coach, or others subject to the rules shall use words or phrases to commit any act not in accordance with the spirit of fair play for the purposes of confusing the opponent.

## **RULE 7: SPORTSMANSHIP**

1. **RATING:** Each team will begin the contest with a 4 sportsmanship rating and shall be rated by the officials at the end of the contest. The authority of the officials' ratings exists prior to, during, and following all contests to which that official is assigned, and extends to all persons on, at, or near the playing site. Sportsmanship ratings shall be marked on the score sheet prior to captain signing off on the score and sportsmanship rating.

- A. (4.0) – Excellent Sportsmanship:** Players cooperate fully with the intramural sports staff and opposing team members. If necessary, the captain converses calmly with officials about rule interpretations and calls.
- B. (3.0) - Good Sportsmanship:** Team members verbally complain about some decisions made by the intramural sports staff and/or show minor dissent which may or may not merit a conduct warning (unsportsmanlike penalty / technical foul / yellow cards / etc.). Teams that receive one conduct warning will receive no higher than a "B" rating.
- C. (2.0) - Mediocre Sportsmanship:** Team constantly comments to the intramural sports staff or the opposing team. The team captain exhibits little or no control over teammates or him/herself. Teams that receive one ejection or two conduct warnings (unsportsmanlike penalty / technical foul / yellow cards / etc.) will receive no higher than a "C" rating.
- D. (1.0) - Below Average Sportsmanship:** Team constantly comments to the intramural sports staff or the opposing team. The team captain exhibits little or no control over teammates or him/herself. Teams that receive one ejection and one conduct warning or a combination of three conduct warnings (unsportsmanlike penalty / technical foul / yellow cards / etc.) will receive no higher than a "D" rating and the game will be forfeited.
- F. (0) - 1 - Unacceptable Sportsmanship:** Team is completely uncooperative. Captain has no control over teammates and/or him/herself. Any team that receives two ejections or four conduct warnings (unsportsmanlike penalty / technical foul / yellow cards / etc.) will receive a "F" rating and the game and season will be forfeited.

## **RULE 8: COREC CLARIFICATIONS**

- 1. TEAM COMPOSITION:** Each team will consist of 8 players are on the field. A minimum of 6 players are required to start the game.
  - a. 8 players are on the field – 4 males and 4 females
  - b. 7 players are on the field – 4 males and 3 females or 3 male and 4 females
  - c. 6 players are on the field – 3 males and 3 females or 4 males and 2 females or 2 males and 4 females
- 2. FOOTBALLS:** Each team must furnish its own game ball or check one out from the equipment building. The game ball must be pebble-grained leather or rubber and meet the recommendations of size and shape for a regulation football. There are no requirements regarding ball pressure and markings. The regular, intermediate, youth, or junior size football shall be used for coed games.
- 3. MINIMUM LINE PLAYERS:** The offense must have at least 5 players on the line of scrimmage at the snap. A player is deemed on the line of scrimmage when facing the opponent's goal line with the line of his/her shoulders approximately parallel thereto and

with his/her head or foot breaking the plane of the imaginary line drawn through the waistline of the snapper. A player in motion is not counted as one of the 5 players needed to be on the scrimmage line.

4. **MALE BALL CARRIERS:** (*Penalty: Illegal Advancement, Live Ball Foul, 5 yards from the previous spot*): A male runner or receiver cannot advance the ball across the line of scrimmage unless it occurs after:
  - a. The ball has been touched by any player beyond the scrimmage line.
  - b. A run by a female runner.
  - c. A change of team possession.
  
5. **PASSING:** During the offensive team's possession, there may not be 2 consecutive legal forward pass completions, from a male passer to a male receiver. Each series will begin with an "open" play. Once a male to male forward pass is completed, the following plays will be "closed" until a male to female, female to male, or female to female forward pass is completed for positive yards.
  - a. **OPEN PLAYS:** During an "open" play, any player can complete a legal forward pass to any other player.
  - b. **CLOSED PLAYS:** During a "closed" play, the next completion for positive yardage must be a legal forward pass with either a female throwing the pass or receiving the pass (*Penalty: Illegal Forward Pass, 5 yards from where the pass was released and loss of down*).

Open and closed plays are determined by the action of a legal forward pass and catch. Therefore, throughout a play there may be multiple possessions by males or females but the status of the next play is determined by the initial pass and catch. No penalty, accepted or declined, will affect the open/closed status of the following play. The open/closed status of a play is not affected when a team scores a touchdown. The PAT's status is determined by the previous play that scored the touchdown.
  
6. **SCORING:** If a female scores a touchdown, the point value is 9. If a female player throws a legal forward pass and a touchdown is scored by any offensive player, prior to a change of possession, the point value is 9. All other touchdowns are 6 points.
  
7. **MERCY RULE:** If a team is ahead by 45 points or more at any time during the second half that game shall be over. If a team is 25 or more points ahead when the referee announces the 2 minute warning for the second half or anytime thereafter, the game shall be over.