



GENERAL RULES co-ed tournament

A coin flip will decide who takes the ball in the 1st half or 2nd and side.

teams are made up of at least 2 women and 4 men (teams may play more girls on the field then 2 but still has to have 6 players)

there are 2 - 15 minute half's.

there is a 1 minute warning in both half's - the clock stops in the both halves at the 1 minute warning.

Each team gets 1 time out per half. - they don't roll over.

OFFENSE

Teams start at the 5 yard line.

The offense must have at least 1 player on each side of the ball

Quarterbacks **can never run.**

Quarterbacks can hand off and that second player can run or throw.
The ball can only be pitched or thrown forward **once per play.**

teams get 5 downs to score (no 1st downs)

In one of the 5 plays the offense must **attempt** a gender play - A girl must **attempt** to run throw or catch. If the team scores before 5th down without using a gender play the TD counts. If a team attempts **2 gender plays** by 5th down they receive an additional 6th down. The 2nd. attempt cannot be on 6th down.

If a girl tips a pass to a guy it is a gender play - if a guy tips a ball to a girl it is not. a flea flicker where a girl takes a hike and tosses it back to a guy to throw is NOT a gender play. again the girl A girl must **attempt** to run throw or catch.

A player must have 1 foot in bounds for a catch to count.

If a player steps out of bounds they can't be the 1st player to touch the ball.

Offense must set or stay in place for 1 second before snap.

Only the player designated as the quarterback can start the play by saying hike. No silent snap hikes.

Fumbles are **dead** at the spot.

The offense gets 30 seconds to get a play off from the time of the spot. The ref will give a 10 second warning.

If a player's knee touches the ground they are down.

If the ball is handed off the count is suspended and the linemen may go right in (blitz).

If an offense does not score the ball is turned over at the spot.

There is No Punting during a tournament.

SCORING

a guy TD is 6 pts.

gender TD is 8 pts.

safety is 2 points

DEFENSE

defense consists of 6 players - 4 guys 2 girls.

One player must line up within **5 yards** of the ball as a lineman.

In order to rush the quarterback the linemen must count **out loud** for 6 seconds. After 6 seconds more than 1 player can rush. The linemen cannot hinder any player from going out to catch a pass.

This is a non-contact tournament. No bump or run defenses.

If a girl is bumped by a guy while attempting to catch it is a penalty for roughing - 10 yards and the gender play counts. It is the referees discretion.

If the ball is handed off the count is suspended and the linemen may go right in.

On change of possession the defense gets 30 seconds to set. All other plays they must be ready.

If there is a change of possession with less than 30 seconds left the offense gets 1 play.

A guy player cannot scream in a girls face when she is trying to catch the ball.

penalties:

OFFENSE

all offensive penalties - are 5 yards and loss of down.- except delay of game - loss of down.

Grounding happens when the ball is thrown and does not reach the line of scrimmage. loss of down.

Blocking - the play will be blown dead at the spot of the foul.

DEFENSE

fast count - down over

Pass interference - spot foul and repeat down.

offsides - repeat down.

Illegal contact - 5 yards repeat down screaming in a girls face when she is trying to catch
- repeat down.

SPECIAL RULES

The ball must cross the goalline for there to be a score.

You can have your say after a play but the argument ends after the next play starts even if you are just talking to another player and you are loud enough for the ref to hear. That includes agreeing with refs or other players.

At the end of each game the winning team must bring the score card to the scoring table

Teams receive:

100 pts. for a win

50 for a tie

25 for a loss

1/2 point for each point score

1/4 point for point differential.