

Coed Touch Football Rules (Outdoor)

League Contact Information

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Items highlighted in yellow are changes or clarifications from the previous session

Cancellations

Football is a game of elements. As such, we expect very few cancellations due to weather. However, in the event of a cancellation, there will be a posting on the “Announcements” area of the football session on the league website. In addition, team members may receive an email with notice of cancellation. This could occur as early as 8:00am on the day of the games. However, if games have begun and the field conditions change, it could occur later in the day.

Player Eligibility, Rosters and Team Composition

1. All players must be at least 18 years of age.
2. All players are required to create a Game On! user account and accept the electronic waiver. A player is considered ineligible and may not participate until these tasks are completed. A team may be penalized with a loss for any game in which they use ineligible players, regardless of whether or not a protest was filed.
3. A team roster must have a minimum of 9 players but is limited to a maximum of 18 players.
 - a The roster minimum is designed to help minimize forfeits
 - b If a team does not have the minimum number of players, the league reserves the right to add free agents to their roster.
4. Teams are allowed to ADD to their roster, until they hit the maximum of 18 players. Once a player is listed on a team roster, they CANNOT BE REMOVED.
5. New players may NOT be added to your roster throughout the season. Once registration is closed, rosters are final, with the exception of Guest Pass additions.
6. Rosters are frozen at the end of the registration period.
7. Substitute players may register for a Guest Pass for individual games. See the Guest Pass page, on the main menu bar, on the website for more details.
 - a If a team is using a Guest Pass player or players, we encourage them to alert their opponent, before the game, as a courtesy. This will help minimize confusion or unnecessary roster checks during or after the game.
 - b An individual person may use a Guest Pass no more than 5 times for a team in a single outdoor football session.
 - c If a Guest Pass player **plays 5 games** for a single team, that player may be added to the official team roster as long as doing so does not violate any other roster requirements and/or rules and/or **greatly upset the balance of competition in the division.**

- d If a team needs to retroactively add a player to their roster after the regular season has been completed, they will be limited to adding only one player. All players added for playoffs will be subject to review by Game On! Sports. Game On! Sports retains the right to refuse a team from adding any player to a roster prior to playoffs.
8. Players may be listed on only one (1) team roster in any given division.
 - a A player may be listed on multiple rosters as long as those teams are in different divisions. However, it is not the league's responsibility to guarantee the schedule allows the player to play on all teams for which he/she holds a roster spot.
 - b When playing on multiple teams, you may not have more than 3 players from a single team also playing on additional team(s). The reason for this is if you are using 4 or more players from the same team for an additional team, you are essentially entering the same team in multiple divisions, which can potentially upset the balance of competition in a division.
 9. A team shall field no more than 6 players at a time. A minimum of 2 players must be female.
 10. **SHORT-HANDED RULE: For regular season only. You cannot borrow players for playoff games.** If a team finds themselves short-handed and cannot field a team of six (6) players, they may borrow substitute players from other teams. A team may use only **ONE** of the following combinations of borrowed players to reach a maximum of six (6) players:
 - a one (1) male
 - b one (1) female
 - c one (1) male and one (1) female

This means a team may borrow, at most, only two (2) players to field a squad of six (6) players. A team may never exceed four (4) male and/or two (2) female players when borrowing players.

If after borrowing players, the team still does not have six (6) players, they must play short-handed, or use Guest Passes to add players.

Any borrowed players must be eligible players, meaning on a roster and having accepted the waiver. Any borrowed players beyond the limits set above are considered illegal players. Illegal players may be challenged with a protest at or before the first time they step on the field to play. Once an opponent allows a team to use illegal players, they lose the ability to protest the players. See Protest header for more info.

Uniforms

1. In order to minimize confusion on the field, each team must select a uniform color.
 - a Colors are awarded on a first come, first serve basis of fully registered and paid teams
 - b Captains are asked, at the time of registration, for 2nd and 3rd choices in case their primary choice has been taken.
2. The league will supply uniforms to each member on the team roster.
 - a You are welcome to customize the shirt. However, you must not modify the league logo on the front or any sponsor logo on the back. We also ask that you be tasteful and respectful in your customization.

- b Those who miss the Regular Registration, and register under the Late Registration period, may end up with a league-supplied shirt not of the same color as the rest of their team, or may not end up with a shirt at all, depending on when they registered and when the shirt order was placed. In either case, they may end up having to wear a league-supplied scrimmage vest or bring their own shirt to match the rest of their team.
3. Each rostered player is encouraged to wear the league-supplied shirt for their team. This is how the staff and/or referees will be able to quickly tell if you are a registered participant without wasting 15 minutes of playing time doing roster checks for each game.
4. If a person or persons are not wearing their league-supplied uniform, they will not be able to participate until they are verified as a registered participant.
 - a This verification will be performed by a Game On! staff member. Please note, other league duties may take precedence over the verification and may delay the verification.
 - b This verification will require a government-issued photo ID to match against the team roster. If the player cannot provide a photo ID to match against the roster, they will not be allowed to play.
 - c This verification will take place AFTER the scheduled game has begun. The game will not be delayed for this verification. Depending on how many players are without their uniform, this could mean a team loses their opportunity to call a coin toss. It may also mean a team has to play with fewer than 6 players (maybe even 0) on the field, until the verification process is completed.
5. Guest Pass or borrowed players must supply their own shirt of the same (or very similar) color as the team for which they are substituting. If Guest Pass or borrowed players are not wearing the team color, the entire team may have to wear league-supplied scrimmage vests to prevent confusion for opposing players and referees, alike.
6. When teams of the same or similar color (i.e. Navy and Black) play each other, the visiting team (listed first on the schedule) must wear league-supplied scrimmage vests to differentiate the players.

Equipment

1. Metal spikes or cleats are not allowed. If there is any exposed metal on your footwear (this includes metal tipped rubber spikes), the referee has the authority to ask the player to change footwear or remove them from the game.
2. Teams may use their own football for their drives on offense. The following is a list of regulations regarding balls:
 - a Balls must of collegiate or professional size. No youth balls.
 - b Balls must be made of leather or synthetic leather. (i.e. no foam balls)
 - i) Official-sized Under Armor balls made of rubber are allowed.
 - c Balls must be clean and free of foreign substances or debris. Foreign substances are defined as anything that would not be on the ball after it leaves the factory or that is not normally located on the playing field.
3. A team may decide to change balls once an offensive series has begun. If they choose to do so, they must notify the referees and the opposing team.
4. Players may wear gloves when playing. The gloves must be clean and free of foreign substances. Foreign substances are defined as anything that would not be on the gloves after they leave the factory or that is not normally located on the playing field.

Playing Field

1. The playing field shall be drawn with white field paint.
2. The playing field shall be marked with yellow and orange cones.
 - a Yellow disc cones will mark the sidelines
 - b Orange pylon cones will mark the end zones. During windy conditions, the pylon cones may be substituted with disc cones.
3. The playing field dimensions are 30 yards wide by 66 yards long
4. The goal line to goal line dimension is 50 yards
5. Each end zone is 8 yards deep
6. There are **three (3)** point after touchdown (PAT) lines in front of each end zone:
 - a The one (1) point line is five (5) yards from the end zone
 - b The two (2) point line is ten (10) yards from the end zone
 - c The three (3) point line is fifteen (15) yards from the end zone**
 - d Once a line is declared for a try, the team may not change their mind. Even if a penalty or time-out is called on their try.
7. An orange **pylon** will be placed at each corner of the end zone
8. Additional orange cones will be placed on the end line, 10 yards from either sideline, or as needed to help identify the end lines and sidelines of a field.
9. **Six (6)** yellow disc-style cones will be placed along each sideline at the PAT lines.
10. A **seventh (7th)** yellow disc-style cone will be placed on each sideline to designate the middle of the field.

Regulation Game and Time Keeping

1. Prior to the start of the game, a coin toss will decide who starts with the first possession. The team listed on the schedule as the "Away" team will call the coin toss while the coin is in the air.
 - a There is no deferral. The team that wins the coin toss must make one of three choices:
 - i) Choose to start with the ball
 - ii) Choose to start on defense
 - iii) Choose a direction (end zone to defend)
 - b The team that loses the coin toss will make a decision on the remaining choices.
 - c **NOTE:** Possession and end zone defended are reversed when starting the 2nd half.
2. A regulation game will be 50 minutes in length
3. The game will be split into two (2) 25-minute halves, with no half-time.
4. There will be a 30-second play clock. The clock begins when the official spots the ball. The offense must snap the ball prior to the expiration of the 30-second play clock.
 - a The ball is considered spotted when, after the play is over, it is returned to the line of scrimmage.
 - i) Ideally, the referees will be the ones returning the ball to the line of scrimmage. However, sometimes, the players decide to keep the ball themselves. In these cases, the referee must use their judgment and start the play clock when they feel they, as referees, would have the ball to the line of scrimmage. This will prevent teams from slowly walking the ball to the huddle to waste game clock.
 - ii) Sometimes teams prefer not to place the ball on the ground, especially if the ground is wet. It is OK for the teams to keep the ball with them in the huddle. Therefore, the ball does not have to remain at the line of scrimmage. In this case, the play clock would start as soon as the ball reaches the line of scrimmage.

5. The game clock is a running clock and will stop only for the following reasons:
 - a Team time-out: called by and charged to one of the teams. The first two team time-outs are 30 seconds long. The play clock will start after 30-seconds; however, the game clock will not start until the ball is snapped. The defense can use the full 30-second play clock to get ready after a time-out.
 - i) Third (3rd) team time-out will only stop the game clock. There is no 30 second break. The 30 second play clock will start immediately and the defense can use the full 30-second play clock to get ready after the time-out. The game clock will start at the snap.
 - ii) **NOTE:** If a team calls a time-out after a touchdown, but prior to the PAT attempt, the clock will remain stopped through the PAT attempt and will not begin until the first snap of the following offensive series.
 - b Officials' time-out: called by one of the officials to discuss a call or ruling. An Officials' time-out should be kept very brief.
 - c Injury time-out: called by one of the officials when there is a player injury in which the player is laying on the field and/or does not get immediately back into action.
 - i) When this occurs, the player(s) for whom the clock has been stopped must be removed from the field and they must remain off the field for the next play. If a team does not have a substitute, from their own roster, on the sideline, ready to play, they must play short-handed.
 - ii) A team may opt to use their team time-out, providing they have one, to eliminate the need for the player, for whom the injury time-out was called, to sit for a play. The reasoning is a team time-out would take as long as or longer than a normal play might take. If players from each team were asked to sit a play due to the injury time-out, a single time-out called by either team will allow all players to return.
 - d Delay of game penalty in the last 5 minutes of the 2nd half.
6. The game clock and play clocks will be kept by one official on the same timing device.
7. Each team will receive three (3) time-outs per game.
 - a The first two time-outs will be standard 30 second team time-outs.
 - b The third time-out will simply stop the clock and the 30 play clock will begin immediately after the ball is spotted. The clock will start on the snap of the ball.
8. If a game goes to overtime, each team will receive only one (1) time-out to use after the end of regulation time, regardless of how many overtime periods are played.

Overtime Periods

1. Regular Season
 - a There is no overtime in the regular season. A game may end in a tie.
2. Playoffs
 - a The overtime periods will be similar to NCAA rules: each team will have an attempt to score going in the same direction, towards the same endzone.
 - b Each overtime period will consist of one possession for each team.
 - c There will not be a game clock. However, the play clock will be functional.
 - d A coin toss will determine which team gets the first possession of overtime. The home team will call the coin toss for the overtime period.
 - e Each possession will begin at the team's own 5-yard (1-point) line and last until the ball is turned over (via interception or downs) or the team scores a touchdown.

- f If at the end of an overtime period, the score remains tied, there will be a subsequent overtime period.
- g In subsequent overtime periods, the teams will swap order of possession and goal defended. For example, the team that had the ball first in the first overtime period will have the ball last in the second overtime period. In addition, they will be driving toward the end zone they had defended in the previous overtime period. The alternating of possession and goal defended will occur for each overtime period.

Forfeits

1. Everyone looks forward to playing when they get to the field. Especially after a long day at work or getting up early on the weekend. No one looks forward to a forfeit. This is why we take forfeits very seriously.
2. To avoid a forfeit, teams are encouraged to borrow players under the Short-Handed rules or have substitute players register with a Guest Pass.
3. In the event of a forfeit, the teams at the field are **NOT** to pay the referees. The referees will report the forfeit to the league, and the league will pay the referee fee using the refundable forfeit fee of the forfeiting team.
4. The team that forfeited will have 3 days to replenish their refundable forfeit fee. This amount will be used in case the team forfeits a second game. If the team does not forfeit a second game, the money will be returned at the end of the season
5. If the fee is not received within 3 days of the forfeited game, that team will not be allowed to play their next scheduled game. This will, also, be considered a forfeit.
6. A forfeited game will be recorded as a win (W), in favor of the non-forfeiting team. The forfeiting team will also lose one (1) standing point.
7. Forfeiture of a scrimmage game (cancelling or not showing after the schedule is posted) will result in loss of your forfeit fee.
8. Two (2) forfeits may make a team ineligible for playoffs and may result in removal from the league.

Protests

1. A protest may only be made if a team feels their opponent is using ineligible and/or illegal players.

An illegal player is a player who is registered to a team in the program, but playing on a team other than the one to which they are registered, outside of the short-handed rules. This protest must be done prior to the start of the game or prior to the player(s) in question stepping on the field should they arrive to the game after it has started. Once player(s) have participated in the game, their opponent, by default acknowledges them as eligible and legal.

An ineligible player is someone who is not registered to a team in the program or does not have a valid Guest Pass for the game in which they are playing. A protest on an ineligible player may come at any time during or after a game has been played. A team can still receive a forfeit loss, from the league, for using ineligible players even if a protest is not filed.

2. If the protest is due to ineligible and/or illegal players, players from **BOTH** teams must lineup with a valid photo ID (i.e. driver's license or other legal verification) to be verified against their team roster.

- a The player's photo ID must match the name of the player as shown on the roster. If they do not match, then the player cannot be verified and must sit out the game. Therefore, it is very important for players to use their REAL NAMES in their user account which populates their team rosters.
- b If a player does not have photo ID, they cannot be verified and will have to sit out the game until they can be verified.
- c The roster checks will be performed with the game clock running.
- d If an ineligible player (a person not registered at all with the football program or Guest Pass program) is found, the offending team will forfeit the game on the spot. If both teams have ineligible players, both teams will receive a forfeit.
- e If an illegal player (person registered with the program but not appearing on this particular team roster and also violating the short-handed rules) is found, the offending team will give up a male TD and 1-point conversion (7 points) to their opponent, and the illegal player will not be allowed to play. If both teams have illegal players, both teams give up points.
- f If no roster violations are found on the team being challenged and/or if roster violations are found on the roster of the protesting team, then the protesting team will give up a female TD and 2-point conversion (10 points) to their opponent for wasting everyone's time.

Scoring

1. A touchdown will be awarded when the following occur:
 - a The ball breaks the plane of the goal line while in possession of a player.
 - b A player makes a reception with at least one (1) foot in the end zone and is not also declared out of bounds with their other foot while at the same time having both feet cross beyond the plane of the goal line.
 - i) This means you CANNOT have a player place their toes of one foot across the goal line and then stretch out as far as they can toward the 1-point line and reach out for the ball to score a TD.
 - ii) A player making a 1-footed catch along the sides or back of the endzone would still count, as long as their other foot does not come down out of bounds before the catch is complete, because both of their feet would have crossed the goal line in these cases.
 - c **NOTE:** If a player is in the end zone, with BOTH feet in the end zone, the ball does not have to cross the goal line to count as a touchdown. This is a non-contact, two-hand touch league. A player may not be shoved out of the end zone to prevent a score. When a player is tagged down, the ball is spotted where the tag is made. If the player is tagged in the end zone, the ball would be spotted in the end zone. Therefore, a touchdown would be scored.
 - d If a player's knees are down outside of the goal line, they will have been considered to have conceded their ability to advance the ball, and a touchdown will not be awarded, the ball will be placed at the 5 yard line, if there are any remaining downs to be played.
2. A touchdown scored by a male player is worth 6 points.
3. A touchdown scored by a female player is worth 8 points. A female touchdown is defined as a touchdown scored by a female player throwing a touchdown pass, a female player running for a touchdown or a female player receiving a pass for a touchdown.
4. After a touchdown, the offense attempts a PAT from either the 5-yard line for 1 point, from the 10-yard line for 2 points, or from the 15-yard line for 3 points.

- a Once a team declares from which line they will attempt the PAT, they may not change their decision; even if there is a penalty or time-out called during the try.
5. A safety is worth 2 points. The team that scored the safety gets the ball back at their 10-yard (2-point) line.
 - a A fumble in the end zone will count as a safety.

Offense

1. The opening possession of each half and each possession following a touchdown shall begin at a team's own 5-yard line.
2. The offense has 30-seconds from the spot of the ball to start their play.
3. Prior to snapping the ball on the first down of an offensive series, the offense must check with the defense to see if they are ready. After this, the offense may snap the ball whenever they want within the time of the 30-second play clock.
4. A team will have five (5) downs to score.
5. In order to keep everyone involved in the game, at least one of those five (5) downs must involve a female player. If a team involves a female player in two (2) or more plays during the same offensive series, they will receive an additional or 6th down.
 - a Female involvement is defined as:
 - i) A female player attempting a forward pass
 - ii) A female player running the ball. (The play does not have to gain positive yardage.)
 - iii) A female player being the intended receiver of a pass
 - iv) A female player makes a reception, regardless to whom the pass was originally intended. (i.e. a male player tips/bobbles a ball and a female player chases it down and catches it)
 - b The following attempts do not qualify as female player involvement:
 - i) A male quarterback hands the ball to a female player who then hands it back to a male player to be thrown or run.
 - ii) A male quarterback's pass attempt is intended for a female player, but is knocked down at the line of scrimmage. Since the ball did not travel anywhere, it is difficult to determine to whom the pass was intended.
 - iii) A male quarterback's pass attempt is intended for a female player, but a male player from the same team catches the ball or drops the ball while trying to catch it. If the ball was intended for the female player, the male should not have been involved in the play. Often times, this is a very difficult judgment call; therefore, it will be ruled as a non-female involvement play.
 - iv) A female quarterback (signal caller) hands the ball off to a male player to run or attempt a forward pass.
 - v) A pass attempt at a female player who has gone out of bounds and is now an ineligible receiver.
 - (1) However, if another receiver or defender touches the ball first and the female player **CATCHES** the ball, it would count as female involvement play because after the touch by others she is now eligible and the catch follows rule 5,a, iv above.
 - (a) If she were to drop said pass that was tipped by a male player on her team it would still NOT count as female involvement if touched for similar reasons as rule 5, b, iii above.

6. If a team can only field four (4) male players and zero (0) female players, then their offense has only four (4) downs to score.
7. The offense has the option to punt on any down up to and including 5th down. However, in order to punt, the team must have performed at least one (1) female involvement play prior to punting. If a team has reached the 6th down, they must play the final down without punting.
 - a On a punt, the opposition then takes possession at their 10-yard line.
 - b For further clarification, a team cannot punt anytime the down count ends in 2 (i.e. 1-2, 2-2, 3-2, 4-2, 5-2)
8. If a team decides to huddle between plays (without taking a time-out), the team is only allowed to have six (6) players (with no more than 4 male players) in the huddle. Furthermore, those players in the huddle, when the huddle breaks, are the only ones allowed to participate in the play that follows the huddle unless a time-out is taken. You can substitute players while the team is still huddled.
9. If a team is running a no-huddle offense, once a player becomes set at or near the line of scrimmage, they may not be substituted until after the ensuing play.
10. We do not play on standard football fields. In addition, our fields are often spaced close to each other and oriented in manners for which the various park and open spaces allow. In addition, often times, both opponents share the same sideline or end line. Therefore, we do not have designated bench areas, for substitution, as typical football does. Therefore, when substituting players, they may leave and/or enter the field from any sideline or end line. However, if entering or leaving from an area different than where the majority of the team players seem to be congregating, the player must announce their intentions of leaving or entering the field of play.
11. A legal formation will have at least one (1) player on each side of the ball or center.
12. The offensive team must be set prior to the snap. Being set means no more than one (1) player in motion, at the time the ball is snapped. A player in motion may move in any direction, but may not cross the line of scrimmage prior to the ball being snapped.
13. The ball must be snapped from the middle area (middle 10-yards) of the field to the quarterback.
 - a The center (player snapping the ball) must snap to the quarterback and only the quarterback. A ball snapped to any other player on the field (offensive or defensive) is considered a dead ball and loss of down.
 - b The quarterback is the offensive player calling the signals.
 - i) The quarterback's signal calls must be audible and loud enough for the sideline official to hear so they may start the rushing 5-count appropriately.
 - ii) A silent count is not allowed.
 - iii) The play begins on the QB's call for the ball, not the ball movement. Offensive players can move and the referee will begin the 5-count at this time.
 - iv) If you are a QB using call signals that are drastically different than "Ready, Set, Go" or "Set, Hike", you should review your calls with the referee at the line of scrimmage so they know when to properly begin the 5-count
 - c There must be separation of the ball from the quarterback prior to the actual snap by the center. The quarterback must not contact the ball prior to the snap.
14. If a team decides to change footballs after an offensive series has begun, they must notify the referees and opposing team.

15. The quarterback cannot run the ball past the line of scrimmage, after receiving the ball from the center. If the QB hands the ball off to another player and then is the recipient of a subsequent hand-off or a forward pass, then they may run the ball past the line of scrimmage.
16. If an offensive player leaves the field of play (i.e. goes out-of-bounds) for any reason, they cannot be the first player to touch the ball.
 - a If the player is a female and ball is thrown to them, it DOES NOT count as a female involvement play because they are an ineligible receiver until the ball is touched by another receiver or defender. See rule 5, b, v above for further detail.
17. A receiver must have at least one foot in bounds for a legal catch. If a receiver has one foot on the ground out of bounds, either before or at the time of the reception, the receiver is ruled out of bounds. The white paint used for marking field boundaries is considered out of bounds.
18. A catch or possession of the ball is defined as having control of the ball and making a football move.
19. A fumble is considered a dead ball. The ball will be spotted at the feet of the player who fumbled or the spot where the ball hit the ground, whichever is farther from the end zone.
20. An offensive player carrying the ball is considered tagged down when a defensive player touches the offensive player with two (2) hands and verbally acknowledges the tag.
 - a The ball is an extension of the player's body.
 - i) A hand on the ball is considered a hand on the body for purposes of tag
 - ii) An attack on the ball (for example, in an effort to knock it free) is considered an attack on the player's body, and will therefore be ruled as Unsportsmanlike Contact.
 - b If possession is unclear at the time of the tag, by default, with the action of the tag, the defensive player acknowledges a catch and possession by the offensive player.
 - i) For example, if an offensive player makes a catch in the air, but has not, yet landed, thus verifying control and possession; but a defensive player tags them while still in the air, by default of the tag, the defensive player acknowledges the offensive player has caught the ball and the player will be ruled down at the spot of the tag.
 - ii) This also means that if an offensive receiver, gets tagged while attempting a catch in the air, but then drops the ball on the way down, he is still awarded a catch and the ball is spotted where the tag was made. This should minimize the unsafe, hard tags in mid-air or attempted push outs in mid-air.
 - iii) As always, if a tag is made prematurely, (i.e. before the ball reaches the player), then a Pass Interference call should be made.
21. Blocking of any kind is not allowed. Running in front of a ball carrier (moving screen or moving pick) is considered blocking.
22. This is a non-contact league. Other than being tagged, there should be no other contact made.
23. If the offense fails to score by the end of their series, the ball is turned over on downs. The opposing team will begin their offensive series at the last spot of the ball.
24. The game will end with the expiration of the official game clock. If a play is in progress when the clock expires, the teams will be allowed to finish the play. The score at this time will decide the winner of the game. If the score is tied at this point, overtime rules will apply for post-season play only.
25. Any play that ends between the 5-yard line and the end zone toward which the player is advancing the ball (i.e., the defensive team's side of the field) will be spotted at the 5-yard line. There tends to be heightened levels of physicality and contact during goal line

situations. This rule was enacted to minimize risk of injury by removing these situations from the game.

Defense

1. This is a non-contact league. Hitting, blocking, bump-and-run, shoving and tackling are not allowed.
2. After a change of possession, or a time-out, the defense has 30 seconds to get set before the offense can snap the ball. This 30-second coincides with the 30-second play clock. The defense only gets this time consideration on the first play of an offensive series or after a time-out.
3. A defensive player must tag the ball carrier with two (2) hands and verbally acknowledge the tag.
 - a A defensive player MAY NOT hang onto a ball carrier's clothing with one hand while trying to tag them with their other hand.
4. If the defense stops the offense on downs, then the defense takes over at the last spot of the ball.
5. If a defense intercepts a pass or lateral, they may advance the ball until they are tagged down.
6. The defense may rush the quarterback after the referee (at the line of scrimmage) completes a 5-second count. The count must simulate 5-seconds.
7. The defensive player(s) who will rush the quarterback may line up anywhere on the defensive side of the ball. After the count any player or multiple players can rush the quarterback.
8. Defenders may faceguard an offensive receiver, as long as no contact is made. Face guarding is the act of waving the hands or positioning the body in a manner to prevent the offensive player from seeing the ball.

Penalties

1. OFFENSIVE
 - a **No female involvement:** If at the end of their 5th down, the offense has not had a play with female involvement.
Result: Loss of down, resulting in a turn over on downs. When the opposing offense takes over, the ball will be spotted at the line of scrimmage for this past 5th down.
 - b **Illegal formation/procedure:** An illegal formation occurs when all offensive players lineup on one side of the ball or the team is not set prior to snapping the ball (i.e. multiple players in motion). An illegal procedure may be anything that goes against the rules of play.
Result: 5 yard penalty & repeat down.
 - c **Quarterback over the line of scrimmage:** When the quarterback crosses the line of scrimmage with the ball in his/her hand.
Result: Play is blown dead & loss of down.
 - d **Offsides/false start:** When a player crosses the line of scrimmage prior to the ball being snapped. The referee will drop a flag to identify the foul, but the play will continue to the end. At this time the referee will ask the defense if they would like to accept or decline the penalty.
Result: 5 yard penalty & repeat down

- e **Offensive pick play:** When an offensive player makes a deliberate attempt (i.e. stopping their pass pattern and using their arms to block) to impede a defensive player's progress.
Result: 5 yards & loss of down.
- f **Blocking:** When an offensive player physically blocks a defensive player or is running in front of the offensive ball carrier.
Result: Play stops and the ball is spotted at point of infraction or where the ball carrier is located, whichever is farther from the end zone.
- g **Offensive pass interference/illegal contact:** When an offensive player makes illegal contact with a defensive player or pushes off of a defensive player to create separation between himself and the defensive player.
Result: 5 yards & loss of down.
- h **Delay of game:** Occurs when after the referee spots the ball, the offense takes longer than 30-seconds to snap the ball for the next play.
Results: 5 yards & repeat down.
Exception: If there is less than 5 minutes remaining in the 2nd half, and the offense is leading in scoring, the game clock will stop until the ball is snapped.
- i **Grounding:** Occurs when the quarterback's attempted pass is thrown to the ground or thrown out of bounds without a receiver within 10 yards.
Result: 10 yard penalty and loss of down.
Exception: If there is less than 5 minutes remaining in the 2nd half, and the offense is leading in scoring, AND the ball is thrown out of bounds and must be chased after, this should also be treated as *Delay of Game*, and the clock should be stopped.
- j **Unsportsmanlike Conduct:** The penalty may be assessed if a referee deems a player's conduct may be unsportsmanlike. This may include but is not limited to yelling at another player or official, offensive language and taunting.
Result: 10 yards & repeat down. Referees have the ability to remove players and non-playing captains/coaches for a play, offensive series, remainder of the half or remainder of the game

2. DEFENSIVE

- a **Defensive holding/Illegal Contact:** When a defensive player grabs the body or jersey, or makes any form of illegal contact with an offensive player that is not carrying the ball.
Result: 10 yards & repeat down.
- b **Defensive pass interference:** Occurs when a defensive player makes contact that interferes with an offensive player's pass route or ability to catch the ball.
Result: The ball is moved to spot of foul & repeat down. If the intended receiver was a female player, the play will counts as a female involvement play, even though the down will be repeated. If the infraction occurs in the end zone, the ball is spotted at the 5-yard line, or half the distance between the original line of scrimmage and the goal line, whichever is closer.
- c **Unsportsmanlike Conduct:** Occurs when a defensive player calls fake signals to draw an offensive player offsides. The penalty may also be assessed if a referee deems a player's conduct may be unsportsmanlike. This may include but is not limited to yelling at a player who is attempting to catch a pass, offensive language and taunting.
Result: 10 yards & repeat down. Referees have the ability to remove players and non-playing captains/coaches for a play, offensive series, remainder of the half or remainder of the game.

- d **Offsides:** Occurs when a defensive player crosses the line of scrimmage prior to completing a 5-second count. The referee will drop a flag to identify the foul, but the play will continue to the end. At this time the referee will ask the offense if they would like to accept or decline the penalty.
Result: 5 yard penalty & repeat down
- e **NOTE:** A half cannot end on a defensive penalty. Even if time has expired, the offense will get to repeat their down.

Divisions, Rankings & Playoffs

1. Division Assignments
 - a Divisions are created to allow teams of similar talent levels to play against each other and make the league more enjoyable for all teams.
 - i) The number of divisions may fluctuate based on how many teams are in the league
 - ii) Teams are “graded on a curve” and placed within divisions accordingly
 - b Veteran teams are known quantities and usually play in the same division as the previous season.
 - i) If you win your division championship, you will be moved up one or more divisions
 - c New teams are encouraged to participate in scrimmage week so the league may determine which is the best division for them
 - d Game On! reserves the right to move a team into any division to maintain balance within the league
2. Team Rankings
 - a Teams are ranked by a point system. A team will receive 2 points for a win, 1 point for a tie, 0 points for a loss, and -1 point for a forfeit.
 - b In the event 2 or more teams are tied in points, the following tie-breaking criteria will be used to separate teams. If more than 2 teams are tied, the tie-breakers are applied to find a single leader amongst the tied teams. Once that leader is determined, the remaining tied teams will begin at the top of the tie-breaking criteria. This process will continue until all ties have been resolved.
 - i) Overall Greater # of Wins
 - ii) Head-to-Head Record
 - iii) Lower Total Points Against (shown as PSA in the standings)
 - iv) Coin Toss
3. Playoffs
 - a Roster Checks will be completed by a Game On! Staff member prior to all playoff games.
 - i) If a player's name is not on the official Game On! Roster at the time of the playoff game, they will not be allowed to participate in any playoff game.
 - b Teams ranked in roughly the top 2/3 of their division will earn a spot in the Divisional Playoffs.
 - i) For 4, 5 or 6-team divisions: The top 4 teams will make the playoffs
 - ii) For 7 or 8-team divisions: The top 5 teams will make the playoffs
 - iii) For 9 or 10-team divisions: The top 6 teams will make the playoffs
 - iv) For 11- team divisions: The top 7 teams will make the playoffs
 - v) For 12 or greater-team divisions: The top 8 teams will make the playoffs
 - c Teams will NOT be re-seeded after each round of the playoffs. Teams will advance straight through the bracket, similar to NCAA basketball tourney. This eliminates teams waiting around all day to find out who won the other quarterfinal game and who plays who and at what time in the semifinals.
 - d This is a social league that usually has a title sponsor providing food and drink specials and hosting challenges. As such, requests for specific playoff game times will be granted based on the team’s performance and/or attendance at the title sponsor.
 - e There is no “games played” requirement for participating in the playoffs.
 - f Only players from your roster will be allowed to participate in the playoffs.
 - g You may NOT borrow any players, or use Guest Passes for playoff games.

Other

1. **Please be sure to remove all items from the fields at the end of your game. This includes any trash (bottle, paper, wrappers, etc.). When the grounds crews have to clean up after us, it reduces the time they can be spending on upkeep of the playing surfaces.**
2. The league has a zero tolerance policy regarding fighting. The player(s) fighting will be immediately and indefinitely expelled from the league and/or the team forfeits the game and/or season.
3. **Player Ejection**

If an official ejects a player from a game, the player will not be eligible to play in the next scheduled game for which he/she is a team member.

 - a Example 1: A player is a member of multiple teams (i.e. different divisions) in the same league, Team A and Team B. Team B is playing at 10a, and the player gets ejected for swearing at the referee. Team B has no other games that day, but Team A has a game scheduled for 2p. The player will not be eligible to play in the 2p game.
 - b Example 2: A player is a member of multiple teams in the same league, Team C and Team D. Team D has a double header at 9a and 11a. Team C has a game at 10a. The player is ejected from the 9a game, for repeated and excessive illegal contact offenses. The player will not be able to play the 10a game with Team C. However, the player will be eligible for the 11a game with Team D.
 - c **NOTE:** This does not apply to a player who is asked to sit for a play or a series of plays. The player must be ejected for the remainder of the game for this to take effect.
4. **Schedule Requests**

For some reason, we get an abnormal amount of special scheduling requests for football. Oftentimes, we see over 400 requests for a 200 game schedule. This causes a great delay in publishing the league schedule. To help minimize the requests and expedite the delivery of the schedule we have implemented a special request policy.

 - a A team is allowed up to 3 special schedule requests for outdoor sessions.
 - b We will guarantee those requests with the exception of playoff weeks.
 - c Any request beyond 3 will incur a \$5 fee per request.
 - d Requests to play ALL of your games between 10a and 2p will not be granted regardless of fees paid.
 - e Requests to not play your games at the same time as another team will count as 1 per scheduled game (10 requests for a full regular season).
 - f Requests to play ALL of your games before or after a certain time will count as 1 per scheduled game (10 requests for a full regular season).
 - g It is possible that a request might not be feasible due to a combination of other requests. In which case, we will refund the Schedule Request Surcharge Fee on a pro-rated basis.
 - h All Schedule Request Surcharge Fees will be invoiced after the close of registration and must be paid by the following Wednesday.
5. **Rescheduling of Games**

If you elect to reschedule a game (with both parties in agreement and other logistics being covered), the new date and time must be known at the time of the reschedule. You may not have an if/then/maybe or otherwise open-ended game assignment.
6. The online copy of the rules is always the most current and accurate version.
7. Game On! Sports reserves the right to alter, modify, or change these rules at any time, for any reason, and without notice.