



Ohio Sports Club “Co-ed 4 on 4 Flag Football Rules”

Standard Play (NO METAL SPIKES ALLOWED)

- Pull one of Two flags to down the opponent
- If flag falls off without assistance from opponent, two hand touch simultaneously
- Offense starts possession at 5 yard line (marked Offense has 4 plays to get to the Midfield for first down, then 4 downs to get touchdown If Offense does not get first down, ball turns over on downs, play starts at the opposite 5 yard line, NO PUNTS
- Choice of 1 or 2 extra points on PAT's (3 paces/yards for 1 Pt., 8 paces/yards for 2 pts.)
- 2-point conversions can be intercepted and returned for 2-points (Female counts as 3 points)
- 1- point conversion can be intercepted and returned for 1-points (Female counts as 2 points)
- Female 6 point touchdown will count as 7 points
- Female 2 point conversion will count as 3 points
- Female 1 point conversion will count as 2 points
- Two 16-minute halves
- 60 Yard Fields, with one (1) first down opportunities
- **Continuous** running clock except for final two minutes of 2nd half only
- Center must snap ball to quarterback· Offensive quarterback must call cadence and receive snap
- Ball is dead when it hits the ground in all circumstances
- No contact / blocking anytime during game
- Equal possession rules apply for ties in regular and post season
- Receivers need to have both feet in-bounds with possession of the ball for the play be considered a reception.
- **Three timeouts per game**
- **Overtime:** College Rules Apply

1st attempt from the 20 Yard Line

2nd attempt from the 2 pt. conversion

3rd attempt from the 1 pt. conversion

COIN TOSS: The team that wins the coin toss at the start of the game has a choice of two options: 1) Defend 1st half & which goal his/her team will defend 2) Go on Offense. Teams automatically change sides at halftime There is no Kick-offs in Co-

Ed flag. Play starts at the 10-yard line to begin each half and after scores.

OFFENSE/DEFENSE PLAYERS: Each team shall have 4 players on the field, with a minimum of (1) one female (standard is 3 men, one woman) at any one time. Teams not able to field a "Standard" team may play with a minimum of 3 players (2 / men and 1 woman). A team not able to field the minimum number of players (3), 1 player from a Ohio Sports Club roster can be used to avoid forfeit for up to first (4) regular season games male or female, after that, the opposing team automatically wins by forfeit (See Forfeit) and no game is played. All games will start on their respective times. If a team has less than 3 players at official start time, there is a 5-minute grace period. At that time, the short team loses by forfeit.

CO-ED RULES: There is no maximum limit to the amount of females, which must be on the field. To ensure co-ed participation, a penalty will ensue if the offensive team fails to use a female as a primary player within 3 consecutive downs. The penalty is 5 yards and loss of down. Your 3 plays to get it to a female DOES start over! If your only female gets hurt, you can play with only 3 men, but you only have 3 plays instead of 4.

OFFENSIVE HUDDLES: Teams that huddle before plays are required to have all 4 members in the offensive huddle. If teams substitute players they must huddle before the play is run. No-huddle offenses cannot substitute players. Each team is afforded 30 seconds from the time the ball is set on the line of scrimmage and the official blows his whistle to run their next play. Failure to run the play will result in a 5-yard "delay of game" penalty. **Change of possession , no huddle is required**

PRIMARY PLAYER:

The following **defines Primary Player status:**

- The intended receiver in the eyes of the official or receiver of the football
- The ball runner (does not have to cross line of scrimmage)
- The Quarterback from snap to completion or sack.
- The Quarterback can run the ball at anytime.

The following scenarios **do not define Primary Player status:**

- Handing off the football (Female to Male)
- Snapping the ball into play
- Receiving a hand-off only to give it back to a male before crossing the line of scrimmage
- A female pitching the ball to a male behind the line of scrimmage will not result in a female play unless the ball is subsequently passed to a female or handed back to a female who then attempts to either pass or run the ball.

OFFICIAL CLOCK TIME: Play will be divided into (2) 16-minute halves. There will be a running clock maintained by a referee except for the final 2 minutes of play in the 2nd half. Until the final two minutes of the 2nd half, the clock runs continuously with the exception of player and official time-outs. Each team is allowed **three** (one-minute) time outs per game. Officials will stop the clock at their own discretion. Spread larger than 18 points will end game.

DURING FINAL 2 MINUTES OF 2ND HALF CLOCK WILL STOP ON:

- The defensive/offensive captain calls timeout
- A player ends play by going out of bounds
- An incomplete pass is thrown
- Either team scores (clock will remain off until the opposing team snaps the

- ball after the PAT attempt; the clock does not run during extra points)
- Change of possession
- A penalty which must be marked off occurs
- 10 Second run off is in effect

If a team is up by 18 points or more by the 2-minute warning, the game will be considered over at that point. OSC does not warrant teams to occur any unnecessary injuries.

FIRST DOWNS: Each team shall have 4 downs to receive a first down. First downs are earned when a team advances the ball past the first down markers (Midfield) which is permanently fixed on the field.

TOUCH DOWNS: Teams will earn 6 points for each touchdown for male scored or 7 points for female throwing or scoring touchdown. Once the ball has broken the plain of the goal line, this will be considered a touchdown. **The ball must cross the plain** first, not any part of body of the individual attempting to score if the ball has not crossed the goal line 1st.

EXTRA POINT CONVERSIONS: 2 point conversions are worth 2 pts. And can be intercepted and returned for 2 pts. (Female 3 points) Only. 1 point conversions are worth 1 pt. And can be returned for 1 pt. Play is dead immediately.

PLAY ENDS WHEN THE FOLLOWING OCCUR:

- Ball carrier steps out of bounds
- Ball carrier scores
- Ball carrier's knee touches the ground
- Ball touches the ground
- Ball carrier flag (s) is removed by an opponent
- Ball carrier is touched by two hands simultaneously after flag has fallen off not by opponent

PUNTING: NO PUNTING

SPOT OF THE BALL: The location of the ball, not the location of the ball carrier determines the spot of the line of scrimmage on the field at the completion of each play. If the ball breaks the plane of the end zone while in possession of the ball carrier the play results in a touchdown.

DEFENSIVE RUSH: Will start 7 yards from Line of scrimmage

NO CONTACT: there will be NO contact in Co-ed Flag Football.

NO BLITZING: There will be no blitzing allowed in Co-ed touch football.

NO RUN ZONES: NO RUNNING is allowed when a play starts in the "NO-RUN" zone. These will be from each 5 yard line into the end zone. This is to stop power running in a non-contact game. If you do run there will be a 5 yard penalty and replay the down.

NO DIVING: Diving to advance the football is not allowed. Ball will be marked at spot were player left their feet. If player dives into within a 5 yard radius of opponent this will be considered Unsportsmanlike penalty (15 yards) and or Unnecessary roughness (10 yard) and is subject to ejection and 1 game suspension at the discretion of the official.

PENALTIES: Metal Spikes: No individual participant male/female will be allowed to

wear or use metal spikes in any form while participating in Ohio Sports Club activities. This will be Unsportsmanlike penalty (15 yards) automatic ejection and 1-game suspension from the league; this will be the discretion of the official.

- **Illegal contact:** Any blocking results in a 5-yard penalty from the original line of scrimmage and a replay of the down. Excessive contact can result in an additional ten yards. Illegal contact downfield results in a 5-yard penalty from the spot of the foul.
- **Offensive pass interference/picking:** The offensive team may not initiate a pick/block while in motion. It is a 5-yard penalty from the original line of scrimmage and a loss of down. A pick is defined as an offensive player deliberately moving into the path of a defender in order to free a fellow receiver from the coverage.
- **Defensive pass interference:** 10 yards from the original line of scrimmage and an automatic first down.
- **Offside:** The play is ruled dead immediately. 5 yards is marked off and the down is replayed. Penalty cannot be declined. · Early rush: This play will be run in its entirety, thus giving the offense a decision to decline or accept the penalty.
- **Illegal motion:** No more than one player is permitted to be in motion at one time before the snap of the ball. The play is ruled dead immediately and a 5 yard penalty is marked off and the down is replayed. Players may not be in motion toward the line of scrimmage until the ball is snapped. The play is ruled dead immediately and a 5 yard penalty is marked off and the down is replayed.
- **Holding:** Defensive holding will result in a 5-yard penalty from the original line of scrimmage and a replay of the down. The offensive has the option to accept or decline the penalty. The “bump and run” is illegal. Offensive holding will result in a 5-yard penalty from the original line of scrimmage and a replay of the down. The defense has the option to accept or decline the penalty.
- **Unnecessary roughness:** This will be called at the discretion of the game referee. This will result in a 10-yard penalty from the spot of the infraction. If called against a defensive player it will result in an automatic first down. If it is called against an offensive player it will result in a loss of down.

SNAPPING THE BALL: The person who calls the cadence (Quarterback) must also receive the snap. There are no silent snaps. The quarterback may not be in motion before receiving the snap. A center must snap the ball to another player; the player/Quarterback must be 3 yards behind center. Violation of the snap rules will result in a 5-yard penalty and a replay of the down.

FORWARD PASS: All forward passes must be thrown from behind the line of scrimmage. Violation of this rule results in a 5-yard penalty and a repeat of the down. Players intentionally leaving the field of play are ineligible to receive the pass. This includes the back of the end zone.

FORFEITS: Forfeits will be considered a win to the team that fields at least 3 players with minimum one female. (Score of game will be 7-0)

REFEREES: The referee will have final say on all game rulings and will have the authority to initiate any of the penalties for on field violations – including the right to disqualify any player from the game he or she is refereeing. The referee will also make recommendations for the disqualification of any player for the season. If a player or players have been disqualified (thrown out) of a game, it will result in an automatic 1 game suspension from the league. It will be up to the referee’s discretion if the suspension warrants multiple game suspensions.

EJECTIONS: Any player ejected is an automatic 1 game suspension. (The teams next scheduled game) All ejections are final from the discretion of the official.

PLAYOFFS: All teams make the playoffs. Playoffs are single elimination and seeding is based on winning percentage and best versus worst record.

ROSTERS: All rosters are final after the fifth game of the season. The League Commissioner must approve any subsequent roster changes. No players from any other roster can be used for another roster to avoid a forfeit.

STANDINGS: Standings will be posted at ohiosportsclub.com within 24 hours after league action.

TIE BREAKERS: Tie breakers will be as follows,

- 1st - Head to head regular season games results.
- 2nd - Total points scored for the regular season per team.
- 3rd - Total points scored against for regular season per team
- 4th - Winning percentage against league opponents

WAIVERS: Before participating in any Ohio Sports Club Leagues, all players must sign a waiver form. A player's signature for a particular sport makes that player eligible to participate in that sport for the entire year.

PLAYER ELIGIBILITY: A formal protest may be filed before a game if an opposing player's eligibility is in question. The player in question will be required to provide his/her player information (name, address, phone #, and signature) in writing to an Ohio Sports Club staff member prior to the start of the game. This qualifies as an official protest. The game will then be played in its entirety as scheduled. Teams will be notified of all rulings on the identified eligibility discrepancy by the following business day – decisions will not be made on site. If the protest is proven to be legitimate, it will result in the forfeiture of the game in question. Games subsequent to the protested game may be rescheduled. Once the game begins Ohio Sports Club have the discretion to accept or deny player eligibility protests. Once the game is completed, **NO PROTESTS WILL BE ACCEPTED REGARDING PLAYER ELIGIBILITY**

LEAGUE PLAY CANCELLATIONS: Leagues may be cancelled due to existing weather conditions, dangerous or unplayable field conditions, facility constraints, etc. Ohio Sports Club will not cancel games unless it is absolutely necessary and will also involve the referee's for their advice and or opinion as well. Weather reports and all cancellations will be posted on our website and team captains will be notified by phone, and when reasonable, by e-mail. Schedule changes and updates will be posted on the website within 24 hours. All players affected by any changes will be notified by e-mail within 24 hours of the changes.