



Special Rules

Players must be 21 years of age unless granted permission by the commissioner*

General Rules

Male players only can play for one team. If a team uses a male player from another team, the team that borrowed the male player forfeits the game.

A team can borrow only one (1) female player from another team, but only if they have two or less girls.

Offense

Consists of 6 players with a minimum of 2 women.

The offense starts the first possession of each half and each possession after an opponent's touchdown at their 5-yard line.

The offense gets 5 downs to score. At least one of those downs must be a gender play.

A gender play occurs when a female player attempts to throw a FORWARD PASS, runs or catches the ball, including being the

first to touch a pass (even if it is subsequently tipped or caught by a male teammate), or is the only intended receiver in an area that the quarterback throws an incomplete pass. *The girl does not have to gain yardage.*

Exceptions:

If male QB hands the ball off to a female player & she hands it back to a male player & he throws it. That is not a gender play.

If a male QB attempts to throw the ball to a female player, it is knocked down at the line of scrimmage by the pass rusher and does not cross the line of scrimmage. That is not a gender play.

If a team uses 2 gender players during the same offensive series, they receive an additional or 6th down.

If a team only can field four (4) male players, with no females on the field, then their offense only has four (4) downs to score.

THERE IS NO PUNTING INDOOR..

The quarterback cannot run the ball. The quarterback is defined as the offensive player calling the signals.

The ball must be hiked to the offensive player (i.e. quarterback) calling the signals, and the ball must be hiked from the center of the field.

You must have at least 1 player on either side of the ball (no stacking).

When the ball is snapped, only one (1) WR can be in motion. They can be moving forward.

Blocking of any kind, including chop blocking or running in front of a ball carrier, is not allowed anywhere on the field.

However, running behind the ball carrier (for a lateral) is allowed.

If the offense fails to score by the end of their series, they turn the ball over to the opposing defense at that spot.

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 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 the receiver is ruled out of bounds.

Scoring

A touchdown is worth 6 points.

A gender TD, which is defined as a female player throwing a TD pass, running or catching a TD, is worth $7^{1/2}$ points.

After a TD, the offense attempts an extra point from either the 5-yard line for 1 pt. or from the 10-yard line for 2 pts.

Safeties are worth 2 points, & the team that scored the safety gets the ball back at their own 5-yard line .

A hiked ball fumble in the end zone is not a safety. The ball is brought back to the original line of scrimmage. Any fumble is ruled a dead ball and placed at the spot.

Overtime

(regular season)- there is no overtime – the game is a draw.

Overtime (playoffs)- is not sudden death. So even if the team that wins the toss scores first, the opposing team still has a chance to tie the score. Like regulation, teams start at the 5-yard line to begin an offensive series. But if the defense stops the offense on downs or they force a turnover and do not score, the defense DOES NOT take over at that spot. Rather, they take over at their own 5-yard line. If the game remains tied after three offensive series by each team, the referee will call a timeout, and have the teams switch sides.

Change Of Possession

After a TD, the defense gets 30 seconds to get on the field and get set before the offense can snap the ball.

If the possession is changed with 30 seconds left *In the game* the offense gets to run 1 play.

Defense

Consists of 6 defenders with a minimum of 2 women.

A DP must touch the WR with both hands & **shout** that they have tagged them. If no call is made by the defensive player the ref may ignore the tag.

Defensive players are allowed to hold onto a receiver's shirt with one hand, while trying to tag them with their second hand. If a player was deemed to pull the player down while holding the shirt and trying to tag a penalty may be called.

Hitting or blocking is not allowed.

“Bump-and-run” defenses **are not allowed**. Any contact between defensive player and receiver is not allowed.

If the defense stops the offense on downs, then the defense takes over at that spot.

A lineman may rush the QB after a 5 second count. The lineman must simulate 5 seconds. If the count is too fast, the referee can issue one warning before penalizing that team.

The Line-person who counts must be within 5 yards of the ball.

After the count any player can rush.

After the 5 second count as more than 1 player can rush the QB.

Any contact (even accidental) by a male to a female is illegal. If a female runs into a male there is no foul.

Special Rules

A team gets 30 seconds to snap the ball after the referee places it on the line of scrimmage.

Teams must establish a bench side of the field. All players must stay on that side of the field. Players that leave the side of the field other than the bench side will be flagged for illegal procedure.

Dead ball – teams that bring in a different ball than the one that was used on the play before must inform the ref. The ref will hold up the play until they feel the defense has enough time to reset.

Fumbles are dead at the spot of the fumble.

Each half is 25 minutes long. The clock does not stop unless there is an injury, or a team calls a timeout.

Each team receives 1 timeout per half.

The team that wins the coin toss has one choice, either start on offense first OR defend a particular end zone. If you choose to start on offense first, then the other team decides which end zone they will defend in the 1st half. When the second half starts, however, the teams simply switch ends and the team that started the 1st half on offense, now starts the 2nd half on defense, and vice versa.

If a team calls a timeout after a TD, but before the extra point attempt, then both the extra point and the defense's 30 seconds to get set occur during the time out. The clock does not start until the opposing offense snaps the ball.

The game or a half cannot end on a defensive penalty, even if there is no time left on the clock.

Any delay of game penalty in the last 5 minutes of the game will stop the clock. Two offside or two delays of the game penalties in one series will result in an additional 5 yards and stopping the clock.

The clock does not start until after the extra point.

Penalties

Offense

Delay of game - [offense gets 30 seconds to snap the ball after the referee sets it] - 5 yards & repeat down.

Special - with 5 minutes or less a delay of game penalty stops the clock.

Off sides - 5 yards & repeat down.

Grounding – any pass attempt thrown to the ground behind the line of scrimmage and without a receiver within 10 yards is a 10 yard penalty and loss of down.

Defense

Defensive holding - [grabbing a WR, or a WR's shirt, when the WR does not have the ball] - 10 yards & repeat down.

Defensive pass interference - ball is moved to spot of foul & repeat down. And if the intended receiver was a female player, then the play still counts as a gender play, even though the down will be repeated.

An unsportsmanlike conduct penalty (ten yards and repeat the down) will be assessed against any defensive player calling fake signals to draw an offensive player offside, or yelling at a receiver to do so.

Further, rough or unsportsmanlike conduct will not be tolerated. Referees can and will remove a player(s) or a captain(s) for a play, series, half, or the remainder of the game.

Running into a girl – illegal contact – 10 yards and repeat down.