

Co-ed Indoor rules

Game times

There are 2 - 25 minute halves – coin flip for possession
3-4 minute halftime.

Each time gets a 30 second time-out per half. The clock also stops with 1 minute left in the half and game.

Teams have 6 players on the field. A minimum of 2 girl players must be on the field.

Offense

5 downs to score **no first downs.**

You must use a girl in one of the 5 downs – the girl need only **attempt** to catch, throw or run.

Again for the one gender play to count the girl doesn't have to catch the ball but it clearly needs to be near the girl.. The refs will call it.

If you get 2 gender plays you get an additional play (6th)

The offense gets 30 seconds to run a play after the ball is spotted

A guy can score before a girl play is used.

Guys score its 6 points

Girls score 8 points.

Quarterbacks can run – from the 10 yard line until the 10 yard line – After the 5 count.

if a qb hands off that person can run. If the quarterback hands the ball off the count at the line is suspended and the linemen may blitz in.

The QB must line up behind the center – the QB can be the only one to call “hike”.

There is No blocking – after a ball is caught – stand still or follow for a pitch back – do not run in front of receiver.
All players are eligible to go out and catch.

One player must line-up on the other side of the center – all 4 receivers can't be on one side of the ball.

The quarterback can lateral to a player and that player may throw a forward pass. There can only be one forward pass per play.

Defense

**Tags – tagging the ball is the same as tagging a person
Grabbing a shirt and tagging as long as the defender doesn'**

One lineman must line-up over the ball – the lineman must count to 5 and simulate 5 seconds (not faster) – after a 5 count the lineman may rush the quarterback.

If the quarterback hands off the ball the lineman may blitz.

A team can blitz the passer once per half.

Defensive players cannot impede the offensive receivers in any way. The lineman must move and let the center pass.

The center must line-up 5 yards from the center.

Punting. Teams can punt on 4th down only. The defense gets the ball on their 10 yard line.

Change of possession-

The defense gets a full 30 seconds to change personnel. The ref will ask if the defense is ready and will signal that the offense can start the play.

If there is a change of possession before the end of the half or game with less than 30 seconds the defense gets to set but the offense will run a play.

Special Rules

Remember no blocking or obstruction of defenders after a catch. Offensive players ahead of the receiver should stand still or move out of the way.

An interception can be returned for a td but if a guy laterals to a girl its only 6 points.

Penalties

Offense – Offense. Play is blown dead and the ball is moved back 5 yards

Offsides, illegal procedure, - delay of game 5 yards.

Delay of game – offense moves the ball back 5 yards and repeat of down.

special rule - If the offense take a delay of game in the last minute of play the ball is moved back 5 yards and the clock is stopped.

Defense

Holding – 10 yards

Pass interference – point of foul – down over

Gender pass interference – ball is moved up – down over – gender play counts

Roughing a girl – 10 yards repeat down.

Fast count – replay the down

Arguing Rule is in effect. – If a player continues to argue with a ref or another player 10 yard penalty.