



INTRAMURAL SPORTS

**Intramural
7-on-7 Flag Football
Rules**

Table of Contents

I. Governing Rules.....	Page 3
II. The Game, Players, Field, & Equipment	
a. Starting Play.....	Page 3
b. Players.....	Page 3
c. Zone Line to Gain.....	Page 4
d. Player Equipment.....	Page 4
III. Game Time is Forfeit Time	
a. Forfeits.....	Page 7
b. Defaults.....	Page 7
c. 10 Minute Rule.....	Page 7
d. Rescheduling.....	Page 7
IV. Periods, Time Factors, & Substitutions	
a. Game Length.....	Page 8
b. Time-Outs.....	Page 8
c. Substitutions.....	Page 8
d. Tie Breaker.....	Page 9
V. Conduct of Players and Others	
a. Blocking.....	Page 9
b. Batting the Ball & Illegal Participation.....	Page 9
c. Flag Belt Removal.....	Page 10
VI. Snapping, Handing, and Passing the Ball	
a. Snapping.....	Page 10
b. Handing the Ball.....	Page 11
c. Fumbles.....	Page 11
d. Forward Pass.....	Page 11
e. Backward pass.....	Page 12
f. Completed or Intercepted Pass.....	Page 12
g. Punts.....	Page 12
VII. Scoring	
a. Points.....	Page 12
b. Touchdown Verifications.....	Page 13
c. Safety.....	Page 13
d. Mercy Rule.....	Page 13
VIII. Enforcement of Penalties	
a. 5 Yard Penalties.....	Page 13
b. 10 Yard Penalties.....	Page 14
c. Illegal Use of Hands.....	Page 15
d. Pass Interference.....	Page 15
IX. Co-Rec Modification.....	Page 16

I. Governing Rules

1. All Intramural participants must present a valid Skyhawk ID card in order to participate. **No exceptions.**
2. All regulations regarding forfeits, defaults, protests, and rescheduling are outlined in the program handbook. These rules **must** be followed to the letter.
3. Intramural sports are offered to UT Martin students on a voluntary basis and each student participates at their own risk. Participants are responsible for ensuring that they are physically fit to participate in the selected sport(s), and are encouraged to check with their family physician or Student Health prior to participation.
4. The officiating will be done by referees who are in absolute control of the game. The official shall have the power to make decisions on any matters or questions not specifically covered in the rules.

NIRSA Flag Football Rules will govern play with the following modifications:

II. The Game, Players, Field & Equipment

1. Starting Play

- A. Prior to the start of a game, the officials for the game will conduct a captain's meeting in which they will designate which captain shall call the "coin toss". The captain winning the toss will have the option of choosing Offense, Defense, or Defer. The captain not having the first choice of options for a half will exercise the remaining options.
- B. The first possession of each half, after scores, and touchbacks will begin at the offensive team's 14 yard line.
- C. Each team will receive 4 downs (tries) to advance the ball to the next zone line.
- D. The ball must be put into play no more than 25 seconds after the official has placed the ball. **Penalty:** Delay of Game, 5 yards.

2. Players

- A. Games are played by 2 teams of 7 players each (Co-Rec is played by two teams of 8). A minimum of 4 players, 5 for Co-Rec, is needed to start play. The game may continue with less than 4 if the team has a chance to win.
- B. All plays, except punts, must originate with a snap from the center. This snap must be received 2 yards behind the offensive line of scrimmage.
- C. All players not in the game must remain within the 20-40 yard sideline markers and 2 yards off the sideline on their designated side of the field.
- D. Only dressed players and coaches are allowed on the teams' sideline. All spectators must remain on the opposite side of the field behind the fence.
- E. Each team is allowed 2 designated coaches on the sideline; coaches must be registered on the team roster.

3. Zone-line-to-gain

- A. The playing field is divided into 4, 20 yard zones and 2, 10-yard end zones. The zone-line-to-gain is the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain yardage.
- B. When distance has been lost, the original zone in advance of the ball at the beginning of the series of downs remains the zone-line-to-gain.
- C. A new series of 4 downs shall be awarded when:
 - i. A team moves the ball passed the original zone-line-to-gain free from penalty.
 - ii. A penalty against the opponents moves the ball into the next zone.
 - iii. Either team obtains legal possession of the ball as a result of failure to gain the zone in advance of the ball, a penalty, a punt, or a pass interception.

4. Player Equipment-Required

Should there be any question regarding the legality of any equipment, the supervisor on duty will make the final ruling.

A. Jersey

- i. Players of opposing teams must wear jerseys of contrasting color, without pockets, and numbered on either the front or the back (provided if necessary).
- ii. The jerseys must also be either:
 - a) Long enough to be tucked in, and remain tucked in the pants/shorts during the entire down **OR**
 - b) Short enough so there is a minimum of 4 inches from the bottom of the jersey to the player's waistline.

B. Pants/Shorts

- i. All participants must wear pants or shorts without any belts, belt loops, pockets, or exposed drawstrings. The pants/shorts **must** be of a different color than the flags.

C. Flag Belt

- i. Each player must wear a one piece belt, **without any knots**, at the waistline with three flags permanently attached, one flag on each side and one in the center of the back.
- ii. The flags must be a contrasting color to their opponent's flags.
- iii. No towels may be tucked in or around the waist.

D. Shoes

- i. Shoes shall be made of canvas, leather, or synthetic material, which covers the foot attached, to a firm sole of leather, rubber or composition material.
- ii. Vibrams or any other "toe shoe" will not be allowed.
- iii. Cleats are limited to studs or projections which do not exceed ½ inch in length and are made with nonabrasive rubber or rubber-type synthetic material which does not chip or develop a cutting edge.
- iv. **Metal cleats, street shoes, and bare feet are prohibited.**
- v. At the official's discretion teams may be required to line up and have their shoes/cleats inspected for eligibility requirements.

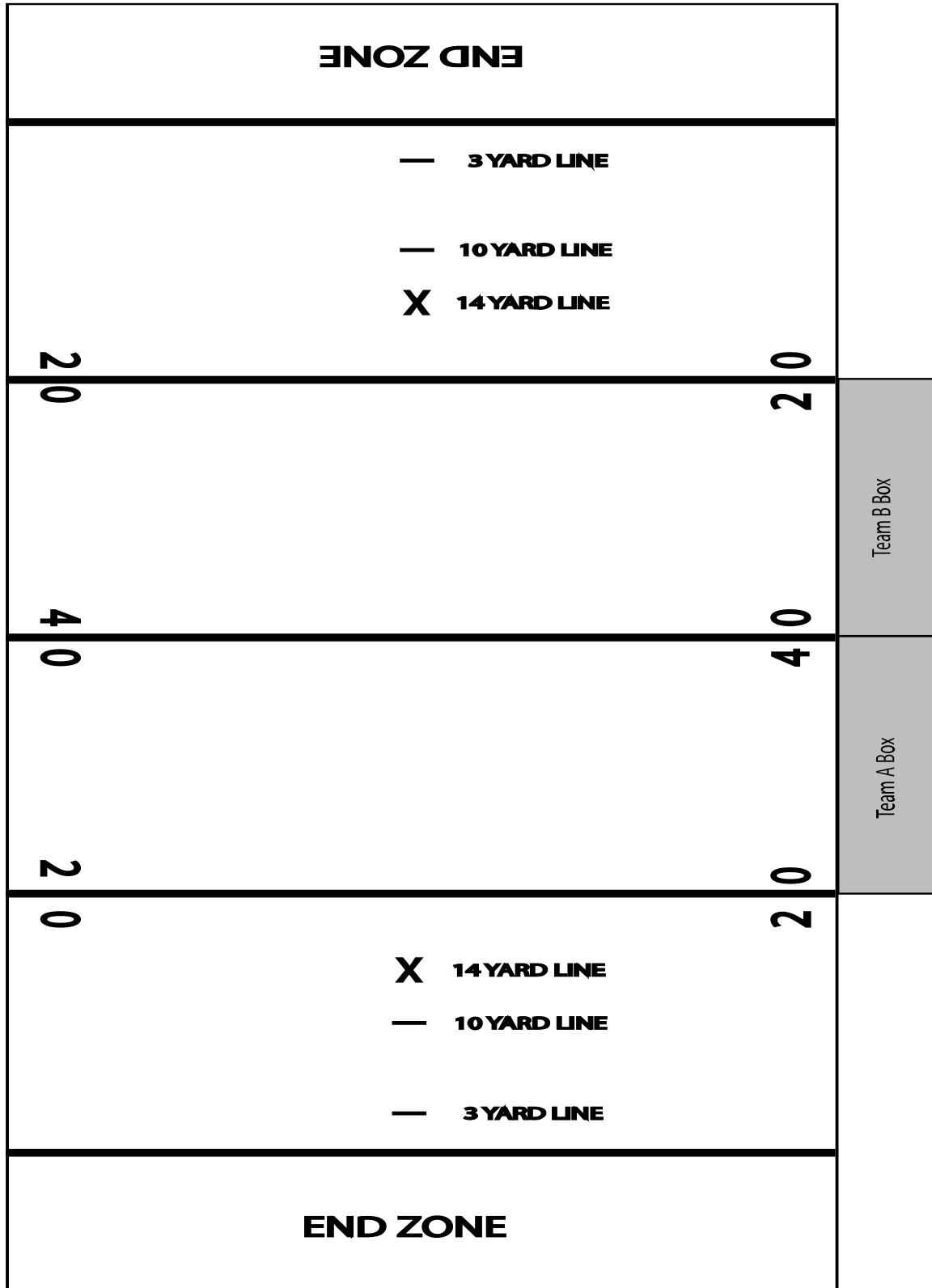
5. Player Equipment-Optional

- A. Gloves and knee pads made of a soft, pliable and nonabrasive material are acceptable.
- B. Players may carry a play book inside their clothing as long as it is not made of an unyielding material. Playbooks may also be worn outside the clothing on a wristband.
- C. Headwear with no hard, unyielding material will be allowed. Knit stocking caps with no bill will be permitted; caps with a knit ball on top are allowable. Players may wear a headband no wider than 2 inches and made of nonabrasive unadorned single-colored cloth, elastic, fiber, soft leather or rubber.

6. Player Equipment-Illegal

- A. A player shall not wear anything potentially dangerous to another player or which the referee considers dangerous or hazardous including:
 - i. Helmets, billed hats, caps, visors, or any headwear with a hard surface (knots, plastic/metal hair pieces, etc.).
 - ii. Jewelry (watches, rings, necklaces, piercings, etc) All piercings must be completely removed. **Taped or covered piercings will not be allowed.**
 - iii. Protective padding is also prohibited.
 - iv. Hard casts, hard splints, and knee braces made of hard unyielding material (unless hinges are covered on all sides with at least ½ inch of closed cell slow recovery rubber or another material of similar thickness and physical properties and all of its edges are overlapped).
 - v. Pants or shorts with any belt(s), belt loop(s), pockets(s), or exposed drawstrings
 - vi. Shirts or jerseys which do not remain tucked in. Any hood on a coat, sweatshirt, or shirt which does not remain tucked in.
 - vii. Equipment which includes computers or any electronic or mechanical devices for communication.
 - viii. Exposed metal on clothes or person (i.e. zippers).

Penalty: Illegal equipment, 10 yard loss from the previous spot. The player will also be removed to correct their equipment and may not return until the next play.



III. Game Time is Forfeit Time

1. Forfeits

- A.** If a team does not report to their designated field for their game at the scheduled time they will be assessed a forfeit.
- B.** All forfeits will be assessed a \$20.00 Forfeit Fee that *must* be paid prior to the team's next game.
- C.** Teams will only be allowed 1 forfeit per sport. After the second forfeit is assessed the team will be dropped from that sport and will still be required to pay the forfeit fee. If payment is not received the team could potentially be dropped from considered participation for future sports.
- D.** The score for a forfeit will be 10-0.
- E.** After two forfeits a team will be removed from the league.

2. Defaults

- A.** If a team knows ahead of time that they will not have enough players to play a legal game, then they may default.
- B.** The team captain must notify the Coordinator of Intramurals of their team's default by 3:00pm the day of the game, or 5:00pm the Friday before a Sunday game.
- C.** No fees will be assessed for defaults.
- D.** After a team has received 1 default in one sport future defaults within that sport will be considered forfeits.
- E.** The score for a default will be 1-0.

3. 10 Minute Rule

- A.** If, at game time, a team does not have enough players to start a legal game the opposing team's captain will have the option of waiting an additional 10 minutes for the other team to obtain enough players to play a legal game.
- B.** If the 10 Minute Rule goes into affect the game clock will start at the scheduled game time and play will commence once enough players from the offending team have arrived.
- C.** If a team exercises their option to grant a 10-minute grace period for a late team, then 6 points will be awarded per minute to the team who granted grace.

4. Rescheduling

- A.** If a team knows they will not be able to make it to their scheduled game but would like to reschedule the game they must contact the opposing team's captain and both captains must communicate with the Coordinator of Intramurals to find a time to reschedule.

- B. A game can only be rescheduled once. If a team attempts to reschedule a game that has already been rescheduled, if they are unable to play the game they will be assessed a forfeit.

IV. Periods, Time Factors, & Substitutions

1. Game Length

- A. A regulation game consists of two 16 minute halves with a continuously running clock except for the last 2 minutes of each half. Halftime will be 3 minutes in duration.
- B. Teams will choose which side of the field to play in the second half based off options decided during the coin toss.
- C. In the last two minutes of each half the clock will stop for a(n):
 - i. **Incomplete legal or illegal forward pass**-starts on the snap
 - ii. **Out-of-Bounds**-starts on the snap
 - iii. **Safety**-starts on the snap
 - iv. **Team time-out**-starts on the snap
 - v. **First down**-dependent on the previous play
 - vi. **Touchdown**-starts on the snap (after the Try)
 - vii. **Penalty and administration**-dependent on the previous play (**Exception: Delay of game**-starts on the snap)
 - viii. **Referee's time-out**-starts at their discretion
 - ix. **Touchback**-starts on the snap
 - x. **Change of possession**-dependent on the previous play
 - xi. **Team attempting to conserve time illegally**-starts on the ready
 - xii. **Team attempting to consume time illegally**-starts on the snap
 - xiii. **Inadvertent whistle**-starts on the ready
- D. Each half will end when time expires. Extra time will only be allowed if:
 - i. There was a foul by either team and the penalty is accepted.
 - ii. There was a double foul.
 - iii. There was an inadvertent whistle.
- E. Should a game in progress be called off due to inclement weather, a completed first half and half of the second half will constitute a game.
- F. A game can end in a tie.
- G. PAT attempts will be un-timed in the last 2 minutes of each half.

2. Time-Outs

- A. Each team is allowed 2, 1-minuted time-outs during each half. Time outs cannot be carried over
- B. A time-out may be called by either team only during a dead ball situation.
- C. No time-outs are allowed during Tie-Breaker play.

3. Substitutions

- A. Substitutions may occur only during a dead ball and must be immediate.
- B. The player entering the field may obtain a flag belt from the player they are substituting for.

4. Tie Breaker

- A. If a game ends with a tie score, a Tie will be recorded as the score

B. Playoffs

- a. Coin Toss Procedures:

Prior to the beginning of a Tie Breaker the officials will meet with both captains to discuss the Tie Breaker procedures and answer any questions the captains may have. After all questions have been answered a "Coin Toss" to determine first possession and which end zone to play on will take place. The captain that **did not** choose first at the beginning of the game will choose first for the Tie Breaker.

All overtime periods are played toward the same goal line.

- b. Tie Breaker play:

- i. Each team will be given 4 downs from the same 10 yard line. If the team in possession of the ball first scores a touchdown, the second team will have 4 downs to attempt to win/tie the game.
- ii. Penalties shall be interpreted according to the regular rules of the game.
- iii. Time-outs are not permitted during overtime periods.

V. Conduct of Players and Others

1. Blocking

- 1. Screen blocking is the only permissible form of blocking and is only legal on or behind the line of scrimmage. No blockers may intentionally interlock legs in anyway.
- 2. Stationary blocking is the only permissible form of blocking allowed past the line of scrimmage.
- 3. Screen blockers shall have their hands and arms at their side or behind their back. Any use of the hands, arms, elbows, legs, or body, to initiate contact is illegal. A blocker may use their hand or arm to break a fall or to retain their balance. Players must be on their feet during and after screen blocking. **Penalty:** Personal Foul, 10 yards.
- 4. A blocker shall not:
 - A. Take a position closer than a normal step when behind a stationary opponent.
 - B. Take a position so close to a moving opponent that they cannot avoid contact by stopping or changing direction.
 - C. After assuming their legal screening position move to maintain it, unless they move in the same direction and path of his/her opponent.
- 5. If contact is made flush into the body the foul will be assigned defense.

6. If contact is made on the side of the body the foul will be against the offense.

2. Batting a Ball & Illegal Participation

1. Players shall not bat a loose ball other than a pass or fumble in flight.
2. A backward pass in flight shall not be batted forward by the passing team.
3. No player shall participate by touching the ball or hindering an opponent after having been out-of-bounds. This does not include being illegally blocked or pushed out-of-bounds.

3. Flag Belt Removal

1. When the flag belt is taken from the runner, the down shall end and the ball is declared dead. The spot of the ball is determined at the point where the clip of the flag belt becomes detached, not where the belt falls to the ground.
2. The player must have possession of the ball before they can be legally de-flagged.
3. A player who removes the flag belt from the ball carrier should immediately drop the flag at the spot of the capture.
4. If during a play, the ball carrier's flag belt inadvertently falls off, play continues, and the de-flagging reverts to a one-hand touch of the ball carrier between the shoulders and the knees.
5. In attempt to remove the flag belt from the ball carrier, defensive players may contact the body of an opponent with his/her hands. A defensive player may not hold, push or knock the ball carrier down in an attempt to remove the flag.
6. No player shall attempt to steal the ball, trip an opponent, contact an opponent who is on the ground, make unnecessary contact with an opponent, deliberately dive or run into an opponent or tackle the ball carrier. **Penalty:** Personal Foul, 10 yards (flagrant offenders will be ejected).
7. The ball becomes dead when:
 - a. A legal de-flagging occurs
 - b. The ball carrier touches the ground with any part any part of their body other than their hands or feet.
 - c. The ball contacts the ground.
 - d. A snap from the center touches the ground.

VI. Snapping, Handling, Passing, & Kicking the Ball

1. Snapping

- A. The snapper, after assuming position, both feet behind their own line of scrimmage, for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped. Any infraction of this provision may be penalized, whether or not the ball is snapped; and the penalty for any resultant encroachment or contact foul by an opponent shall be cancelled. **Penalty:** False Start, 5 yards.

- B.** The snapper shall pass the ball back from its position on the ground with a quick and continuous motion of the hand(s). The ball shall leave the hand(s) in this motion.
- C.** Players on offense and defense may use a two, three, or four point stance.
- D.** After the ball is ready for play and until it is snapped, no player on defense may encroach, touch the ball, nor may any player contact opponents or in any way interfere with them.
- E.** All offensive players must momentarily be inbounds and within 15 yards of the ball before it is snapped.
- F.** One offensive player who is at least 3 yards behind the line of the scrimmage may be in motion, but not toward the opponent's goal line.
- G.** All offensive players, with the exception of the one in motion, must remain stationary for one full second without movement prior to the snap.
- H.** No offensive player, while on the scrimmage line may receive a snap. The player who receives the snap must be at least 2 yards behind the offensive scrimmage line.
- I.** The offense has 25 seconds to put the ball in play each down after the officials has signaled the ball ready for play.
- J.** Offensive players are responsible for retrieving the ball after a down has ended.

2. Handling the Ball

- 1. Any player may hand/pass the ball backward at any time.
- 2. During a live ball play, a team player may hand the ball forward behind the line only:
 - a)** To any line player who has clearly faced their goal line by moving both feet in a half-turn and is at least 1 yard behind the line when they receive the ball.
 - b)** To a teammate who, at the snap, was behind their scrimmage line or on an end of their line and was not the snapper.

3. Fumble

- 1. Fumbles are dead when the ball touches the ground.
- 2. The ball is put into play at the point where the ball first touched the ground.
- 3. Any passed or fumbled ball that does not touch the ground may be advanced by any player catching the ball.
- 4. A ball fumbled into the offensive team's own end-zone will result in a safety. Balls fumbled into the opponent's end-zone will result in a touchback (opponent's ball on their 14-yard line.)

4. Forward Pass

- 1. All players are eligible to touch or catch a pass.
- 2. A forward pass is illegal:
 - a)** If the passers foot is beyond their line of scrimmage when the ball leaves their hand(s).
 - b)** If the ball is thrown after team possession has changed during the down.

- c) If the ball is thrown intentionally to the ground or out-of-bounds to save a loss of yards.
 - d) If there is more than one forward pass per down.
 - e) If a passer catches their own pass, unless touched by a defender first.
3. An offensive player who goes Out-of-Bounds on their own volition during a passing play is not eligible to receive a pass until the ball is touched by an opponent.

5. Backward Pass

- 1. A backward pass or fumble may be caught in flight inbounds by any player and advanced.
- 2. A backward pass or fumble which goes out-of-bounds between the goal lines belongs to the team last in possession at the out-of-bounds spot unless lost on downs. If out-of-bounds behind a goal line it is a touchback or safety.

6. Completed or Intercepted Passes

- 1. A pass is ruled complete when caught inbounds by a legal player with a part of their body, normally one foot, touching the ground first, after the catch.
- 2. A legal pass caught simultaneously by members of opposing teams becomes dead and belongs to the offensive team.

7. Punt

- 1. The offensive team may choose to kick the ball (punt) on any down. All scrimmage kicks must be announced to the referee who will immediately inform the defense of the decision. Once the decision is announced, it is final. However, if a team time-out is called, or a penalty is assessed, the kicking team must re-declare their intent to punt or play.
- 2. Neither the kicking nor receiving team may cross their respective scrimmage line until the ball is kicked. Each team is required to have 5 players on the line at the time of the snap. If a team only has 5 players, they must have 4 players on the line of scrimmage. If a team only has 4 players, they must have 3 players on the line of scrimmage.
- 3. Once the ball is kicked the receiver has the option of receiving the kick or letting it strike the ground.
- 4. If the ball goes out-of-bounds the ball becomes dead and is spotted at the spot where the ball crossed the plane of the side line.
- 5. Once a punt has crossed the scrimmage line and the receiving team has caught the ball in the air, it can be advanced by the receiving team. If the ball is caught by the kicking team, the ball is dead at that spot. If the ball touches the ground it is dead at that point and is in possession of the receiving team.

VII. Scoring

Defaulted Game-----	1 point
Safety-----	2 points
Touchdown-----	6 points
Touchdown by female (Co-Rec Only) -	9 points
Forfeited Game-----	10 points

Point after Touchdown (PAT)

3 yard line-----	1 point
10 yard line-----	2 points
20 yard line-----	3 points

A Defensive player may not return a turnover on an extra point. Play will be blown dead.

1. Touchdown verification

The player scoring the touchdown must raise his/her arms so the nearest official can de-flag the player. If the player is not de-flagged with one pull, and the official determines the flag belt has been secured illegally, the touchdown is disallowed and the player is ejected. **Penalty:** Illegal Equipment, 5 yards from the previous post, loss of down.

2. Safety

It is a safety when:

1. A runner carries the ball from the field of play to or across their own goal line, and it becomes dead there in their team's possession.
2. A player forces a loose ball from the field of play to or across their goal line by their pass, fumble, snap, muff, or bat and the ball subsequently becomes dead there in their team's possession. This includes when the ball is declared dead on or behind their goal line. However, it does not apply to a legal forward pass which becomes incomplete.
3. After a safety, the scoring team will attain possession of the ball on their own 14 yard line, unless moved by penalty.

3. Mercy Rule

1. If a team is up by 50 points after halftime the game will be declared complete.
2. If a team is up by 19 points or more in the last two minutes of a Men's or Women's game, the game will be declared complete.
3. If a team is up by 25 points or more in the last two minutes of a CoRec game, the game will be declared complete.

VIII. Enforcement of Penalties

1. 5 yard penalties:

- A. Required Equipment Worn Illegally
- B. Delay of Game, False Start, or Encroachment(Dead Ball)
- C. Illegally Conserving or Consuming Time
- D. Illegal Substitution(s)
- E. Illegal Formation, motion, shift, snap, or procedure
- F. Helping the runner
- G. Illegal position(offensive player not within the hash marks)
- H. **Advancement of a male runner(Co-ed only)**
- I. Intentionally throwing a backward pass or fumble Out-of-Bounds(**Loss of Down if by offense**)
- J. Illegal Forward Pass(**Loss of Down if by offense**)
- K. Intentional Grounding(**Loss of Down**)
- L. **Illegal Forward Pass-2 Consecutive Male to Male Forward Pass Completions(Loss of Down)(Co-ed only)**

2. 10 yard penalties:

- A. Illegal Equipment
- B. Quick Kick
- C. Kick Catch Interference
- D. Two or more consecutive encroachment penalties during the same interval between scrimmage downs
- E. Pass Interference
- F. Illegally Secured Flag Belt on a Touchdown-Defense(**Offense-Loss of Down & Player Ejection)(Defense-Automatic First Down & Player Ejection)**
- G. Unsportsmanlike conduct(players, coaches, OR fans)
- H. Spiking, kicking, or throwing the ball during a dead ball
- I. Stripping or attempting to strip the ball
- J. Contact with opponent on ground
- K. Obstructing, tripping, tackling, hurdling, or throwing a player to the ground
- L. Unnecessary contact of any nature
- M. Driving or running into a player
- N. Roughing the passer(**automatic first down**)
- O. Illegal offensive screen blocking
- P. Interlocked interference
- Q. Flag guarding
- R. Batting a Free Ball
- S. Illegal substitution or participation
- T. Illegal flag belt removal

1. If a fight occurs on the playing field, the players involved will be ejected, and the game will be subject to termination. The ejected players will be required to meet with the Intramural Coordinator or the Assistant Director of Campus Recreation prior to being eligible for their teams' next game.
2. The offended team may have its choice of the penalty or the result of the play.
Note: If there is a foul by the defense during a down that results in a successful touchdown, the scoring team may choose to have the foul enforced during the PAT or the ensuing possession.
3. When both teams commit an infraction during the same live ball play, regardless of the severity, the down is automatically replayed, provided there is no change of possession. If an ejection is warranted, this may occur even though no yardage is assessed.
4. When a live ball and dead ball penalty occurs, each is handled on its own merit, regardless of whether the penalties are on the same or opposing teams.
5. A player receiving an unsportsmanlike conduct foul must sit out the next play. If the team involved is playing with the minimum allowable it is acceptable to play down one player for the play involved.
6. If a player receives a second unsportsmanlike penalty, that player will be ejected from the game. They must meet with the Intramural Coordinator or the Assistant Director of Campus Recreation prior to being eligible for the teams' next game.

3. Illegal Use of Hands

1. The ball carrier shall not grasp a teammate or be grasped, pulled, or pushed by a teammate.
2. Ball carriers shall not guard their flags (any act to prevent the defender from removing the flag) or obstruct an opponent with extended hand or arm.
3. Defensive players shall not hold, grasp, or obstruct forward progress of a ball carrier when attempting to remove the flag belt or make a legal tag.
4. Defensive players must go around the offensive player's screen block.
5. Teammates of a runner or passer may interfere for him/her by screen blocking, but shall not use interlocked interference by grouping or encircling one another in any manner.

4. Pass Interference

1. During a down in which a legal forward pass is thrown, contact by either the offense or defense which interferes with an eligible receiver who is beyond the scrimmage lines is pass interference unless it occurs when two or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass.
2. It is pass interference if the eligible receiver is de-flagged/flagged prior to touching the ball on a pass thrown beyond the line of scrimmage.

IX. Co-Rec Modifications

1. Co-Rec teams will consist of 4 males and 4 females. A team may play with an uneven number of men and women so long as the number of either gender does not exceed 4. A minimum of 5 players are needed to begin and continue play.
 - A. **Breakdown of Co-Rec player numbers**
 - 1) 8 Players (4 Men & 4 Women)
 - 2) 7 Players (4 Men & 3 Women OR 4 Women and 3 Men)
 - 3) 6 Players (3 Men & 3 Women OR 4 Women & 2 Men)
 - 4) 5 Players (3 Men & 2 Women OR 3 Women & 2 Men)
2. **Open/Closed Plays**
 - A. A team will begin every offensive series with an “open” play. During “open” plays there will be no restriction to who throws or receives a completed pass.
 - B. During a “closed” play, either the passer or receiver (or both) **MUST** be a female and must gain positive yardage.
 - C. No male may run the ball across their own line of scrimmage while on offense.
Penalty: Illegal Male Advancement, 5 yards from the previous spot.
3. During the offensive team's possession there may not be 2 consecutive forward pass completions from a male passer to a male receiver. If during an “open” play a male passer completes a forward pass to a male receiver, the next play will be “closed”.
4. During a “closed” play, a forward pass completion **MUST** involve either a female passer or a female receiver for positive yards. If a female is involved as the passer and/or receiver during a completed legal forward pass for positive yardage, the next play will be declared “open”.
5. A running play or any other play in which a forward pass was not completed **will not** result in the following play becoming “open”.
6. Any penalty, whether accepted or declined, shall have no effect on whether the play from scrimmage is "open" or "closed".
7. Males are prohibited from carrying the ball over the scrimmage line, unless thrown a forward pass behind the offensive team’s scrimmage line and then runs beyond the scrimmage line. **Penalty:** Illegal Male Advancement, 5 yards from the previous spot.
8. A regular, intermediate, junior or youth size football may be used. The offensive team is responsible for getting the desired ball in play.
9. During a punt, players can not advance beyond the scrimmage line until the ball is kicked. Male receivers may advance the ball on a punt.
10. If a female player is involved in scoring a touchdown, catching, running, or throwing a pass to any member of their team, the point value is 9. All other touchdowns will be worth 6 points.