CoRec Flag Football Rules Summary

**The Game:** Both teams can consist of 8 players, 4 men and 4 women. Teams that have 7 players can consist of 4 men and 3 women or 4 women and 3 men. Six players (3 men and 3 women, 4 men and 2 women, or 4 women and 2 men) are required to start the game. Teams can continue to play with less than 6 players but they have to have a minimum of two people of each gender on the field.

**The Ball:** The regular, intermediate, youth, or junior size football can be used.

**Minimum Line Players:** The offense must have at least 5 players on the line of scrimmage at the snap. *(penalty: illegal formation, 5 yards)*

**Open and Closed Plays:** When a male to male completion occurs, the next play shall be ‘closed’. *(A closed play means that a male to male completion will result in an illegal forward pass, 5 yards from the spot where the ball was thrown)* The play will remain closed until either a female passes or receives the ball for positive yardage. A team’s possession will always start as an ‘open’ play regardless of the status of the play at the end of their last possession. Extra points will be ‘open’ or ‘closed’ depending as called for by the previous play. A male to male completion that leads to a touchdown, regardless of whether a female or male scores the touchdown, will result in a ‘closed’ extra point play.

**Penalties:** If there is ANY penalty on a play, the officials will first determine whether the play should be ‘open’ or ‘closed’ and then enforce the penalty. *Exception: If a female completes a pass to a male behind the line of scrimmage and the male player proceeds to run across the line of scrimmage, the penalty should be an illegal forward pass from the spot where the ball was thrown, 5 yards loss of down and the play remains ‘closed’.*

**Male Runner:** An offensive male runner cannot advance the ball through the scrimmage line. An offensive female runner can advance the ball through the scrimmage line. There are no restrictions during the run of a male runner after the ball has been moved beyond the
scrimmage line, or after a change of possession. *(penalty: illegal advancement, 5 yards from the previous spot)*

**Male to Male Completion:** During the offensive team’s possession, there cannot be 2 consecutive legal forward passes from a male passer to a male receiver. If a male passer completes a legal forward pass to male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards. The spot where the ball becomes dead must be beyond the scrimmage line. If a ball is caught by both a male and female receiver, the ball is considered to be a female reception. *(penalty: illegal forward pass, 5 yards from the spot where the 2nd consecutive male to male pass was released, and a loss of down. Any foul whether accepted or declined, will not have any effect on whether the next legal forward pass completion is ‘open’ or ‘closed’.*)

**Illegal Forward Pass:** If a female passer completes a forward pass to a male receiver behind the scrimmage line on either and ‘open’ or ‘closed’ play, and any offensive male runs the ball beyond the scrimmage line it is an illegal forward pass. *(penalty: illegal forward pass, 5 yards from the spot of the pass and loss of down.)*

**Mercy Rule:** If a team is 25 or more points ahead at or beyond the 2 minute warning.

**Touchdown Value:** If a female player scores a touchdown, the point value is 9. If a female player throws a legal forward pass and a touchdown is scored by ANY offensive player, the point value is 9.