



Official Xoso Coed 5v5 Self-Officiated Flag Football Rules

Honor Code

Xoso Coed Flag Football is played on the honor system. It is important to remind yourself and your teammates that everyone in the league is here to have fun and meet new people. Unsportsmanlike conduct will not be tolerated. Alcohol is not permitted at the field.

1. **This is an adult SOCIAL league - relax, have fun, and don't be too serious!**
2. **All players must be registered, paid, and at least 21 years of age.**
3. **By registering and signing the Xoso Release of Liability form, players agree that Xoso and its staff will not be held responsible or liable for any injuries occurring as the result of participation in any Xoso Activity.**

FIELD, UNIFORM, and EQUIPMENT

1. The field will be 60 yards by 25 yards.
2. All players must wear Xoso team shirts and closed-toe shoes. Shorts/pants WITHOUT pockets are required. Shirts MUST be tucked in.
3. No metal cleats.
4. Flags will be provided and must be worn around the waist with one on each hip.
5. Each offense provides a game ball. Men must use an "Official" sized (NCAA, NFL) and not a youth ball, women QBs may use a Junior/Women's official football.

TEAMS

1. Team rosters generally consist of 10 players
2. A maximum of 5 players on the field during play and a minimum of 3 are required to prevent a forfeit.
 - a. Teams must have 1 man and 1 woman to prevent a forfeit. Maximum of 3 men and non-binary on the field.
3. Teams will have 5 minutes before forfeiting.
4. Only paid Xoso league members are allowed to play. NO EXCEPTIONS. Any team using a player not on their roster who did not register as a sub will forfeit their game. Subs can register at <http://www.xososports.com/page/sub-registration>

SPORTSMANSHIP POINTS

1. Each team will rate their opponent's sportsmanship on a scale of 1-3 after the game. Teams start with a 3 rating and may be docked based on their spirit and sportsmanship during the game. Teams may change a rating for a team to be higher, but never lower.
2. Xoso Staff may overrule a sportsmanship rating they believe to be given in bad faith.
3. See Playoff Eligibility below.

PLAYOFF ELIGIBILITY

1. Forfeits: Two (2) forfeits will result in non-participation in the playoffs.
2. Sportsmanship Score: Teams need an average greater than 2.5 to qualify for playoffs.

TIME KEEPING

1. A Xoso Staff member will be on site to keep track of time and determine the end of your game.
2. The game consists of two 20 minutes running halves. With three minutes to go in the half (game), there will be 5 plays left in the half (game). The Xoso Staff member will give a warning indicating the final five (5) plays remaining and signal the end of the half/game.
3. One 30 second time out per half per team. Half time will be 3 minutes.

GAME TIME

1. Rock/Paper/Scissors will decide which team starts with the ball or side. The winning team may choose either to kick/receive OR which side they want. The losing team chooses the other option. For the 2nd half, the roles from the first half are reserved (other team receives, switch sides).
2. Offense will always start at their own 5-yard line to begin the half and after a score.
3. Tied games after regulation will be considered a tie.

Exception: In playoffs a coin toss will determine possession. The winner of the coin toss may choose one of the following options:

1. Offense or defense, with the offense starting at their opponents 5 yard line. Teams will have only 1 down to score a touchdown.
2. Which end of the field shall be used for both series of that overtime period.
 - Each team will have an opportunity to score, and whichever team leads after both teams possession will win. Overtimes will continue until one team wins or, if necessary due to permit or daylight restrictions, the official may go to a coin flip to decide the winner.

PLAYING RULES

1. Blocking is NOT allowed anywhere on the field.
2. Fumbles are dead at point of ground contact.
3. If a player carrying the ball slips/falls and one knee touches the ground, the play is dead and the defense does not have to remove a flag for the play to stop. PLEASE OBSERVE THIS RULE CAREFULLY! It helps immensely in promoting safer play.
4. Players ejected for poor sportsmanship may be suspended for the remainder of the season and/or future leagues at the discretion of Xoso staff.

5. **Self-Officiating:** Players are responsible for their own penalties and line calls. Players resolve their own disputes. If the player committing the penalty disagrees with the call, the play is redone. Penalties that occur in the endzone will result in possession starting at the goal line.
 - a. Disputes about a possible infraction are to be discussed amongst the people involved in the play. If an agreement cannot be reached, don't waste time arguing the play - simply redo the down. Please play safely and with good spirit.
6. **Spirit of the Game** - Xoso stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

SCORING

1. Touchdowns are counted as ONE (1) point. There are NO conversions. "Breaking the plane" is not enough for a TD. One foot must be in the endzone before a flag is pulled.
2. A Safety results in the defense taking possession at midfield. No points.
3. For the purposes of tiebreakers, no team shall win or achieve a differential of more than +5, even if the team won by more than 5 points.

COED RULES

Females should have possession of the ball once every three plays. (Being quarterback, or an attempt to receive the ball – unsuccessful attempts count). This is a social league, and everyone should get involved. The opposing team may ask for a Forced Gender play (at their discretion) if they feel a team is not involving their women.

OFFENSE

1. Offense starts on their own 5 yard line to start the half, or after a touchdown or turnover on downs.
2. Teams have three (3) downs to make it to midfield (first down), and then another 3 plays to score, regardless of where they started. If they fail to reach mid-field or score, it is a turnover and the other team takes over at their 5 yard line.
3. Offense starts at the line of scrimmage (no one in motion). The ball must be on the ground to snap the ball, and can not be in the QB's hands behind the line of scrimmage. The QB can snap the ball to himself, or receive the ball from a center but must shout "Hike/Hut" loud enough for everyone to hear and know the play has started.
4. The LOS (Line of Scrimmage) will be set for the next play at the spot of the flag pull.
5. From the time the ball is placed on the line of scrimmage, the offense has 30 "alligators" to start the next play. Running down the clock with an unnecessarily long huddle is not an acceptable strategy.
6. QB cannot run/cross the line of scrimmage unless the defense has rushed (after the 5 "alligator" count).
 - a. The defense must loudly count five (5) "alligators" before rushing the QB. While counting, the defense must line up at or behind the LOS. **The Offense may not impede the rushers progress.**
7. Hand offs and laterals behind the line of scrimmage are NOT allowed.

8. There is **NO** blocking allowed anywhere on the field. Once a pass is complete (One foot in bounds) or intercepted, all other players on that team must stop and stay out of the play. No laterals beyond the line of scrimmage (LOS) are allowed.
9. Teams may not run "pick" plays.
10. Ball Carriers may not protect/cover/block their flag. If the ball carrier blocks the defenders hand from grabbing their flag, the play is dead where the block occurred.
11. Flags should be placed on the outside hips before each play. Flags must be on top of other clothing. Shirts need to be tucked in, and shorts without pockets worn to provide clear access to the flag.
 - a. An offensive player that is missing a flag may still make a play on the ball but will be down at the point of the catch.
12. Fumbles are dead at the point of ground contact.
13. Pivot spinning is allowed. Offense cannot run over defenders who have established position.
14. The offensive player cannot leave their feet to advance the ball or defend a flag. (No hurdling or diving). Leaving your feet to catch a pass is Ok. If a ball carrier breaks this rule, the play is dead at the point where the player stood before the infraction.
15. Receivers must have one foot inbounds to complete the catch... The first point of contact after the catch must be in-bounds.
16. The person with the ball is "down" when at least one flag is pulled or when they step out of bounds. The ball will be spotted where the farthest foot is. One foot must be in the end zone for a TD (breaking the plane with the ball is not enough).
 - a. If a flag inadvertently falls off prior to a catch, the receiver will be down at the spot of the catch and cannot run.

DEFENSE

1. Once the ball is placed on the line of scrimmage, the defense may start counting 30 "alligators" to prevent the offense from running the clock too long in the huddle.
2. The defense must loudly count five (5) "alligators" before rushing the QB. While counting, the defense must line up at or behind the LOS. **The Offense may not impede the rushers progress.**
3. Once the ball leaves the QB's hands, anyone can rush from anywhere on the field (don't need to count five "alligators" or wait for the receiver to cross the LOS).
4. The defense has the option not to rush and have that player roam or double team.
5. The defense must start 1 yard off the line of scrimmage.
6. **Defensive players must go after the players flags NOT the ball.**
7. Defensive players may not pull a flag until the ball carrier has the ball.
8. If the defense sacks the offense in the endzone, no points are scored, but the defense will receive the ball at midfield.
9. Interceptions may be returned. If the defense intercepts the ball in the endzone and is tackled before they leave the endzone, the defense will start their possession on the five yard line.
10. Tackling, holding or pushing a player out of bounds is not allowed.

SAFE PLAY

1. A defender may not step in front of the ball carrier or block a running lane if it has the potential to create an unsafe play. Likewise, an offensive player should not run with their

head down, in an attempt to run through the defenders. In other words, incidental contact is inevitable, but players should not be run over. Please use your best judgment.

2. At no time should any player hold onto the clothing of another player in an attempt to slow them down or impede their play.
3. Any rough or physical play may result in immediate expulsion from further league play and may result in a lifetime league expulsion. It is recognized that incidental contact between players is inevitable; however, all players should go out of their way to avoid creating an unsafe play. This rule supersedes all others.
4. Please note that on-site staff members have full autonomy when supervising games. Games may be stopped entirely, players may be asked to leave the playing area or be removed from the game entirely under their discretion.

OTHER

1. Other minor NFL rules WILL NOT APPLY (e.g. it is NOT a foul if a defensive player has their back to the ball and inadvertently blocks a pass with their arms or back of the head).

PENALTYS

Defensive:

- **Offside/Illegal Rush:** Offense needs to tell the defense to back up before snapping the ball, otherwise it's too late to call offsides.
- **Pass Interference or "face guarding":** Face guarding is not a penalty. Both players have the right to go for the catch. No pushing off/away. Offense can take the ball at the spot of the foul, replay the down, or decline.
- **Personal Foul/Unsportsmanlike Conduct/Rough Contact:** Offense can take the ball at the spot of the foul, replay the down, or decline.

Offensive:

- **Illegal Motion/False Start (not a loss of down):** Replay the down
- **Passing beyond the LOS.** Loss of down
- **Offensive Pass Interference** (illegal pick play, pushing off/away defender): Loss of down
- **Delay of Game –** Loss of down
- **Personal Foul/Unsportsmanlike Conduct/Rough Contact:** Loss of Down

If a penalty occurs on both the offense and defense on the same play, the penalties offset and the down is replayed.

These rules may be modified as needed to make the league more fun for everyone.