



Official Xoso Coed Flag Football (Passing Only) 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 80 yards by 40 yards, broken into three (3) 20 yard zones with two 10 yard endzones.
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. Must be "Official" sized (NCAA, NFL) and not a youth ball.

Teams

1. Team rosters generally consist of 8 – 14 players, with at least 4 of each gender.
2. A maximum of 7 players on the field during play and a minimum of 5 are required (2 of each gender) prevent a forfeit. A team must have 2 of each gender to prevent a forfeit. Maximum of 4 men on the field. Teams will have 5 minutes before forfeiting. Forfeiting team will lose 7-0.
3. Only paid Xoso league members are allowed to play. NO EXCEPTIONS.

Game Time

1. The game consists of two 20 minutes running halves. At the conclusion of the second half, there will be an additional 6 "bonus" plays that are untimed, provided that neither team leads by more than 8 points. "Punting" and PAT/2pt conversions do not count as one of the six bonus plays. If the leading team scores during the bonus plays and the lead grows beyond 8 points, the game will end immediately. (These bonus plays are to discourage time wasting by the leading team.)

2. Two 60 second time outs per game per team. Half time will be 3 minutes.
3. A coin toss at the beginning of the game determines possession and direction. Offense will always start at their own 5-yard line to begin the half and after a score or punt.
4. 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:

- Offense or defense, with the offense at the opponent's 20-yard line to start the first series.
- Which end of the field shall be used for both series of that overtime period.
- Each team will have an opportunity to score, and which ever team leads after both teams chance will win.

Forfeits

Two (2) forfeits will result in non-participation in the playoffs.

PLAYING RULES

1. This is a "Passing Only" league. Blocking is NOT allowed anywhere on the field and will be assessed a penalty.
2. Fumbles are dead at point of ground contact.
3. The designated captain of the team is the sole representative to the officials, accepts or declines all penalties, calls time outs and is allowed to talk to an official regarding a call.
4. Players ejected for fighting will be suspended for the remainder of the season.

SCORING

1. Six points for a touchdown, with the option of a two (2) point conversion attempted from the 15-yard line or a one (1)-point conversion attempted from the 5-yard line.
2. Two points for a safety.
3. Conversion return = Equal to attempt
4. For the purposes of tiebreakers, no team shall win or achieve a differential of more than +10, even if the team won by more than 10 points.

COED RULES

Females must have possession of the ball once every three plays. (Being quarterback or an attempt to receive the ball – unsuccessful attempts count) An OPEN PLAY will be called by the referee if a gender player is not required on the current play. If a team has not used a female/operative player within the last three plays, it will be a FORCED GENDER PLAY (Female must be used or targeted, as either the QB or intended receiver) for the upcoming play.

Defense must guard female receivers with females (man-to-man coverage) on a FORCED GENDER PLAY unless the QB is a female. A male may not intercept the ball on a forced gender play unless it is deflected by the female receiver first. If the offense plays more than 3 women on the field (or the defense is short a female) for a forced gender play, then a man may cover a woman, but must play man-to-woman. A man covering a female may shadow throughout the play but may not converge on a woman until the ball is caught.

If a female is not used in the female play and it is the 1st through 3rd down, a 5 yard penalty will be issued to the offensive team, the down will remain the same and the female plays

count will *not* reset (a female needs to be used in the next play). The defensive team will have the choice to DECLINE this penalty, and if they choose to do so, the play will reset at the line of scrimmage and a female must be used in the next play (FORCED GENDER PLAY). If it is a female play and fourth down and the offensive team does not use a female in the play, the ball is forfeited to the opposing team at the line of scrimmage.

If the defense commits a penalty on a FORCED GENDER play, the offense can either take the penalty repeat the FORCED GENDER play, or decline the penalty and have an open play. If the offense commits a penalty on a FORCED GENDER play, the penalty will be assessed and the next play will remain a FORCED GENDER play.

OFFENSE

1. Offense must have only one (1) player (QB) off the line of scrimmage. Exception: The offense may have one man in motion behind the line of scrimmage. All other offensive players must be on the line of scrimmage.
2. All players must be at least five yards from the sidelines at the time of the snap or be considered offsides.
3. The offense has 30 seconds to put the ball in play once the referee spots the ball. The offense cannot move once the center touches the ball.
4. Game is passing only. QB must release the pass within six (6) seconds or is considered sacked at the point of the time expiring. Hand offs behind the line of scrimmage are prohibited. The Defensive "Rusher" (only one player) must line up 10 yards from the line of scrimmage. **The Offense may not impede the rushers progress.**
5. 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 are allowed.
6. The QB may not cross the line of scrimmage to avoid a sack on a defensive rush.
7. Teams may not run "pick" plays.
8. Fumbles are dead at the point of ground contact.
9. Teams have four downs to make the next line, regardless of where they started. On fourth down, they can "punt" (no kick; receiving team starts at the 5 yard line) or attempt to make the next line for a first down.
10. Pivot spinning is allowed. Offense cannot run over defenders who have established position.
11. 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.
12. Receivers must have one foot inbounds to complete the catch.
13. 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 FLAG IS PULLED, NOT WHERE THE BALL IS.
 - 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. Defensive "rusher" must line up 10 yards off the line of scrimmage. Only one defensive player is allowed to rush per play.
2. The defense has the option not to rush and have that player roam or double team.
3. The defense must start 1 yard off the line of scrimmage.
4. **Defensive players must go after the players flags NOT the ball.**

5. Tackling, holding or pushing a player out of bounds is not allowed.

PENALTY YARDS

- Games cannot end on a defensive penalty unless the offense declines it.

DEFENSIVE:

If full penalty cannot be enforced due to the endzone, half the distance to the goal will apply.

Off Sides – 10 yards. On defense, if a player enters the neutral zone (1 YARD FROM LINE OF SCRIMMAGE) that player is off sides.

Pass Interference – Ball is down at the spot of the foul and automatic first down.

Illegal Contact (holding, blocking, etc.) – 10 yards and automatic first down.

Illegal Flag Pulling (pulling flag before catch) - 10 yards from the end of the play and repeat the down.

Illegal Rushing (starting rush inside 10 yard marker, or more than one rusher) – 10 yards and automatic first down.

Unsportsmanlike Conduct - 15 yards and automatic first down. Subject to cards/ejection.

OFFENSIVE:

Illegal Motion/False Start (more than one person in motion) – 10 yards. On offense, once the players are set they cannot move except one player who may go into motion.

Illegal Forward Pass (pass received behind the line of scrimmage or Pitches/Laterals) - 10 yards and repeat down.

Offensive Pass Interference (illegal pick play, pushing off/away defender) – 10 yards (from line of scrimmage) and loss of down.

Diving/Jumping - 10 yards from the spot of the foul and loss of down.

Flag Guarding – 10 yards from the spot of the foul and loss of down.

Delay of Game – Clock stops, 10 yards and repeat down.

Unsportsmanlike Conduct - 15 yards and loss of down. Subject to cards/ejection.

Sportsmanship and Cards

1. Any player or team may be removed from the league for the remainder of the season, and denied registration for subsequent seasons due to unsportsmanlike conduct at the complete discretion of Xoso if it is in the best interest of the league.
2. Officials and Xoso staff members may give **YELLOW** and **RED** cards at their discretion for unsportsmanlike conduct without prior warning.
 - a. Games will be whistled to a stop to issue the card.
 - b. Suspensions as a result of YELLOW/RED cards may be reviewed by Xoso staff members who may alter or amend punishment as they deem necessary.
3. **Warnings, Yellow Cards, and Red Cards**
 - a. **Warning:** No suspension, but if conduct is repeated there should be a card given.
 - b. **Yellow Card:** Player must sit out the remainder of the current GAME. The team shall play minus one player for the remainder of the game.
 - c. **Red Card:** The player in question shall be ejected from the remainder of the current GAME and the following GAME. The team shall play minus one player for the date the player received the card. The following week the team may play full strength but without the player in question. The player must leave the premises. Two Red Cards

- for any player in a season shall prevent that player from participating in or registering for any Xoso league for one year.
- d. 2 Yellow Cards = 1 Red Card
 - i. A player receiving two Yellow Cards on the same day (before, during, or after a game) will result in a Red Card and immediate ejection from the game, and facility.
 4. If a **Yellow** or **Red Card** results in a team's inability to meet the 2/2 gender requirements to play in a game it shall count as a forfeit for said team. The forfeited game or match shall count as suspension time served for the offending player.
 - a. If the opposing team must forfeit it shall also count as suspension time served.
 5. **Some Causes for Cards**
 - a. Drug and alcohol use on or near the playing court/field.
 - b. Arguing calls, especially by non-captains with other players, referees, or Xoso staff members.
 - c. Unsportsmanlike communication between opposing teams, both verbal and non-verbal:
 - i. Arguing, yelling, pointing, questioning, misleading or confusing the other team with incorrect rules, swearing and other foul language.
 1. Warnings should be given to BOTH teams at first.
 - ii. Moving in an intentional or threatening manner, physical abuse or posturing shall result in an immediate RED CARD.
 - d. Foul language or behavior directed towards referees, spectators, players, or Xoso staff members.
 - e. Intentionally throwing a ball at a referee, Xoso staff member, or spectator.

Protests and Disputes

1. Protests and disputes must be filed on paper with the Xoso staff member on site or by email on the day in question.
2. Team captains may dispute the final score of a match or the receipt of a Yellow or Red Card for a team member by explaining in detail their reasoning.
 - a. Disputes based on referees judgement calls (safe, out, etc.) will not be heard.
 - b. Only rules explicitly outlined in this document shall have grounds for reversal.
 - c. The initial ruling shall be considered accurate, and the burden of proof shall rest with the captain filing the protest.
3. The Xoso staff shall consider all protests and may request additional information/ perspectives from other players and witnesses in the interest of making the proper determination and ruling on the protest.

Please email Xoso at disputes@xososports.com if you have any questions about these rules.

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

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