



RULES

Co-Ed 8x8 Football

EQUIPMENT & FIELD

- Field: The field is forty (40) yards in width and eighty (80) yards in length; contains six (6) 10 yard first down markers with a ten (10) yard end zone on each end.
- Football: The football must be a high school, college, or NFL ball. Each team must supply their own ball, and bring it from the sideline on each possession (play clock starts when referees are ready to spot the ball). Female Quarterbacks may use a Junior ball.
- Gloves: Players may wear gloves which must consist of a soft, pliable and nonabrasive material.
- Shoes: Sneakers, turf shoes, or plastic/rubber spikes are to be worn. No metal spikes are permitted.
- Jerseys: Team shirts will be provided by Brewtown Rec and must be worn for all games by all players.
 - If teams have been sponsored, they will be allowed to wear sponsor shirts.
- Flags: Provided by Brewtown Recreation

UMPIRE/REFEREE FEES

- (2) Referees will be provided for all Regular Season games. (3) Referees will be provided for Championship Games.

PLAYER CONDUCT

- If a player receives (2) unsportsmanlike conduct penalties / personal fouls in the same game, that player will be ejected for the remainder of that game.
- If a team acquires (4) combined unsportsmanlike conduct penalties in one game, the game will end and the team will be given a loss. If the team with the unsportsmanlike penalties is currently winning, the game will end in a 21-0 loss for the team. If the team is losing with the unsportsmanlike penalties, the winning team can either elect to keep the score that it is currently at or be awarded a 21-0 win.
- If a player is ejected from a game, that player is put on probation for the following (2) games. A player will be ejected from a game if charged with one unsportsmanlike conduct penalty or personal foul during his time on probation
- If a player is ejected from a game for a second time during the same season, that player will be suspended. If either ejection was a result of that player being penalized for physical contact made, that player will serve a (2) game suspension. If a player has been ejected from a second game without having any penalty occur because of physical contact, that player will serve a (1) game suspension.

- Once a player serves his suspension, that player is allowed to continue playing but will be on probation for the remainder of that season (including playoffs). If a player is ejected from a third game during a season, that player will be suspended for the rest of that season.
- A punch thrown by any player, unless determined by Brewtown Recreation to have been thrown in self-defense, will result in a permanent ban from Brewtown Recreation.
- If a player is ejected from any game, that player's team may be forced to play the remainder of the game shorthanded, if not enough subs are present.

GAME PLAY

Players

- The game will be played 8x8. The standard lineup is 5 guys & 3 girls (although teams can play more girls if they see fit). A minimum of 5 total players, including one female, is needed to begin the game.
- Players are allowed to play only if they are on a team's roster. A player caught playing who is not on the given team's roster results in a forfeit for that team
- **From weeks 1 through 4, a player must play in at least one or more games to be eligible for the remainder of the season. If a player does not play in one game between those weeks, they are ineligible to play from week 5 through the championship game.**
- Each team is allowed one injury sub per season. An injury sub occurs when a player becomes injured and is out for the remainder of the session. This player can be replaced by a player of the same gender for the remainder of the season. The injured player is not allowed to play again until the following session. Any team found using an injury sub with the injured player playing in a future game in the same session will forfeit every game in which the player has played.
- If not enough players are present to start the game at the time of the coin toss, the opponent receives each of the following:
 - A) Choice of offense/defense, B) Choice of goal to defend and C) 15-yard penalty.
 - After five minutes and the above penalties have been enforced, the game score automatically moves to 7-0, and the first-half game clock to 15 minutes.
 - After ten minutes, the game is forfeited.

Girl Plays

- A female player must be part of at least 1 of every 3 consecutive downs.
- The play is considered legal if it **crosses the line of scrimmage** in one of these scenarios:
 - Female takes snap and attempts a pass
 - Female takes snap and completes a run
 - Female catches (or attempts to catch) a pass
 - Female receives lateral and completes either a run or pass

PERIODS, TIME FACTORS, SUBSTITUTIONS

- Coin Toss: The visiting team will get choice. The winner of the coin toss has three options: Defend a Goal, Defense or Offense. The loser of the coin toss will choose from the remaining options. The second half will automatically start in the exact opposite fashion of the first half.

- **Sideline Duty:** During each team's own game, both teams shall provide two volunteers (home team = 1st half, visiting team = 2nd half), to perform each of the following:
 - Move the chains
 - Hold the down marker at the line of scrimmage
 - Teams failing to keep up with duties will be penalized with the following:
 - 1st Reminder: Warning
 - 2nd Reminder: 15 Yard Penalty
 - 3rd Reminder: Removal of Player to Complete Sideline Duties
 - If Team A asks Team B to help with chains and Team B obliges, Team A will still incur a 15 yard penalty. Fans Volunteers who help a team aren't assessed the 15 yard penalty.
- **Length of Game:** Games will consist of two twenty minute halves with the last two minutes of each half becoming a "pro" clock. Any clock stoppage (inside the last two minutes for injury) will be the referee's discretion.
- **Continuous Clock:** Once the game begins, the clock will run continuously for the first eighteen minutes of each half unless it is stopped for:
- **Stopped Clock:** During the final two minutes of each half, the clock will stop according to the below rules and will resume on the snap of the next play unless otherwise noted:
 - After penalty, the clock will start on the ready for play signal
 - Referee's Time-Out (*starts at his ready-to-play whistle*)
 - Team Time-Out
 - Incomplete Pass
 - Out-of Bounds
 - Score (Touchdown or Safety)
 - Touchback
 - Fair Catch
 - Change of Possession
 - Team attempting to waste time illegally
- **2 Minute Warning:** Approximately 2 minutes before the end of each half; the referee shall stop the clock and inform both captains of the playing time remaining in that half. The referee will announce to the captains the remaining time and status of the clock after every play during the final two minutes of each half.
- **Extended Periods:** A half may be extended by an untimed down when, during the last timed down, one of the following occurred:
 - If there was a foul by the defensive team and the penalty is accepted.
 - If a touchdown was scored, the try is attempted even if the touchdown is scored during the last down of the second half and the point(s) would not affect the outcome of the game
 - If there was an inadvertent whistle, the team in possession of the ball will have the following options:
 - Accept the result of the play at the spot of the ball when the inadvertent whistle occurred.
 - Replay the down from the previous spot.
- **Time-Outs:** Each team is entitled to 2 charged timeouts per half, which do not carry-over.
- **Referee Time-Outs:**
 - The Referee shall declare time-out when he suspends the play for any reason. Each time-out shall be charged either to the referee or one of the teams.
 - The Referee shall declare an official's time-out when a team is illegally manipulating the clock and administer a five-yard penalty.

- The Referee may declare an official's time-out for any contingency not covered elsewhere by the rules.
 - **Captain-Referee Conference** - When a team requests a charged time-out for a misapplication or misinterpretation of a rule, the referees will confer. The request must be made prior to the time the ball becomes live following the play to be reviewed unless the period has officially ended. If the referees determine that the initial ruling was incorrect and proceed to correct the call, the team who requested the time-out will not be charged.
 - An injured or apparently injured player, who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least one down unless the halftime or overtime intermission occurs.
- **Timing Errors:** The Referee shall have the authority to correct obvious timing errors.
- **Delay of Game:** The ball must be put in play promptly and legally and any action or inaction by either team, which tends to prevent this, is a delay of game. This includes:
- Failure to snap within 25 seconds after the ball is ready for play.
 - Putting the ball in play before it is declared ready for play.
 - Deliberately advancing the ball after it has been declared dead.
 - Unfair Tactics - The Referee may order the game clock started or stopped whenever, in his opinion, either team is trying to conserve or consume playing time by tactics obviously unfair.
- **Substitutions:** No substitute shall enter during a down. All substitutions must enter the game during a dead ball.
- **Tie Games/Overtime:** During the regular season, one overtime will be permitted. If a winner has not been determined after 1 overtime, the game will result in a tie. During the playoffs, an unlimited amount of overtimes will be allowed. Officials will bring the captains of both teams to the center of the field. They will discuss the tiebreaker procedures and answer all questions prior to the coin toss.
- The first overtime period begins with a coin toss. The winner of the toss shall be given the options of offense, defense, or direction. The loser of the toss shall make a choice of the remaining options.
 - Each overtime period after the first will start in opposite fashion of the previous overtime (meaning the team on offense first will change).
 - All overtime periods are played towards the same goal line.
 - Unless moved by penalty, each team will start 1st and goal from the **15-yard line**. The object will be to score a touchdown. An overtime period consists of one possession by each team.
 - If the defense intercepts the pass/fumble and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will belong to the defense, as if the offense did not convert their chance. They must convert to win or another period starts. Each team is entitled to one time-out per overtime period.
 - Penalties - The offense should be awarded a new series of 4 downs when the penalty for defensive pass interference or roughing the passer is accepted. Dead ball fouls following a successful try will be penalized from the succeeding spot.
 - **Starting with the 2nd overtime in playoff games, teams must attempt 2-point conversions.**

TEAM POSSESSIONS

- At the start of either half or after an opposing score, the offense will start with the ball at their own 20 yard-line.
- Each team receives four (4) downs to complete a first down and maintain possession of the ball.
- A new series of downs shall be awarded when a team completes a first down; or a penalty against the opponents moves the ball into the next zone; or an accepted penalty against the opponents involves an automatic first down; or either team has obtained legal possession of a ball as a result of a penalty,

protected scrimmage kick, touchback, pass interception, or failure to gain the zone in advance of the ball.

- If offsetting fouls occur during a down, that down shall be repeated.
 - *Exception: If each team commits a penalty during a down in which there is a change of team possession, the team last gaining possession may retain the ball, provided its foul was not prior to the final change of possession and it declines all penalties for its opponent's fouls, other than unsportsmanlike.*

PUNTING & FIELDING THE BALL

- Kickoffs: There are no kickoffs in this league.
- Punt (Protected Scrimmage Kick)
 - Prior to making the ball ready for play on fourth down, the referee will ask the offense if he wants a protected kick (punt). The referee must communicate this decision to the defensive captain and the other officials; while allowing the defense enough time to make an adjustment to the decision made by the offense. Once the kicking team has decided that it will punt, no fake punts are allowed. A delay of game penalty or time out must be taken in order to change the original choice.
 - The delay of game will be called immediately as the foul occurs; stopping both the clock and the play.
 - During the replayed down, the clock will not start until the ball is punted.
 - The offense must have all field players except the punter on the line of scrimmage. The ball does not need to be snapped from center during a punt. However, all players on the offensive line of scrimmage must remain motionless until the kick is made.
 - The defense, however, can line up anywhere on their side of the line of scrimmage. The defense cannot rush the kicker, but may place defenders at the line of scrimmage that may jump vertically in an attempt to block the punt.
 - Any punt caught by the receiving team behind the line of scrimmage cannot be advanced.
 - There are no turnovers on punts/punt returns under any circumstances. If the punted ball touches any player and hits the ground, the ball is dead where it hits the ground. If a player muffs or establishes control of the ball then fumbles, with or without the ball touching the ground, the ball is dead. If a defender intercepts a pitch/lateral, the ball is dead at the spot where the defender made contact with the ball.
 - If a punt is not touched, it is dead at the spot where the roll comes to a stop or goes out of bounds.
 - Only females are eligible to return punts. However, a male may field the punt (without advancing or moving in any direction other than what is necessary to secure the catch) and pitch to a female.
 - If it's fourth-down and a mandatory girl-play, the offensive team must have a female punt the ball (if not electing to run a normal play). A female may elect to punt a junior/female ball

LINEMAN

- There shall be at least 3 players on the line of scrimmage for the offense (Center and 2 Lineman)
- A lineman shift must occur before the center touches the ball for the first time for the given play. Once a lineman shifts, they must wait one full second after the center touches the ball to become set. This allows the defense to line up accordingly.
- Linemen must line up next to each other so that their feet are no more than arm's length apart.
- All linemen are eligible to catch a pass

SNAPPING, PASSING, RECEIVING, RUNNING THE BALL

Prior to the Snap

- Following the ready for play and until the snap, no player on defense may encroach, touch the ball, nor may any player contact opponents or in any other way interfere with them. This includes standing in the neutral zone to give defensive signals, or shifting through the zone. After the snapper has placed his hands on the ball, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball.
- The snapper, after assuming position 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.

Position and Action during the Snap

- The player who receives the snap **must be at least 3 yards** behind the line of scrimmage.
- The offensive team must have at least 4 players on their scrimmage line at the snap.
- One offensive player may be in motion, but not in motion toward the opponent's goal line.
- Two players may not be in motion at the same time.

Passing and Receiving

- All offensive players are eligible to throw and catch a pass.

Illegal Forward Pass

- If all of the passer's body and the ball is beyond the line of scrimmage when the ball is released.
- If intentionally thrown to the ground or out-of-bounds to save loss of yardage.
- **Two forward passes, which results in a 5 yard penalty and loss of down**

Legal Catch

- If a player attempts a catch or intercept while in the air, the player must contact the ground inbounds with the ball in his possession prior to touching out-of-bounds in order for the ball to be declared caught.
- If one foot/knee/arm first lands in-bounds and the receiver has possession and control of the ball, it is a catch or interception.
- A player may, while jumping in the air to attempt a catch, pass/tip the ball forward provided he has not touched the ground yet.

Running

- The quarterback is eligible to run.
- When a runner's flag is pulled, the ball will be placed at the spot.
- **If any player's knee, arm or butt touch the ground without their flags or belt being pulled, they may get up and continue to run.**

Fumbles

- **Females:** Fumbles will be declared a dead ball as soon as the ball hits the ground, including when a female is playing QB. Bad snaps from either gender center will be blown dead and the ball is spotted where it touched the ground.
- **Males:** Fumbles are a live ball, possession will be determined based on who retrieves the ball. Male QB's fumbles are live balls, including bad snaps.
- A backward pass or fumble that goes out-of-bounds between the goal lines belongs to the team last in possession at the out-of-bounds spot. If out-of-bounds behind a goal line, it is a touchback or safety.

- Shielding your flags and belt with the ball or your hand/arms where contact is made with the flags or belt is considered flag guarding and will be penalized.
- If an offensive player fumbles the ball forward, the ball will be placed where the runner last had possession of the ball.
- If an offensive player fumbles the ball forward prior to reaching the end zone and the ball lands in the end zone, the offensive team shall retain possession at the spot of the fumble.
- **Stripping of any gender is illegal.**
 - A 15 yard penalty occurs for each attempted strip. It is under the referee's discretion whether the penalty is upgraded to unsportsmanlike. Every time thereafter, a player is given a 15 yard unsportsmanlike penalty. See Player Conduct section regarding player/team unsportsmanlike penalties.
 - If an unintentional strip occurs, which would be going for the flag or flag belt, the ball is ruled dead at the spot where the ball is released from the player's hands. This includes ball hitting the ground, ball landing in opponent's possession, or ball landing in teammate's possession.

Line of Scrimmage

- The line of scrimmage remains throughout the play. A team may advance the ball across the line of scrimmage by running the ball; then retreat or lateral the ball back behind the line of scrimmage, but may not attempt a forward pass.
- Duel possession will result in the catch being rewarded to the offense.

BLOCKING

- Contact blocking is only allowed at the line of scrimmage. Hands must be within the shoulders when blocking. Blockers must be on their feet before, during, and after contact is made with an opponent.
- Blocking must be done on same gender
- Double Team Blocking is allowed on the same gender
- Chop Blocking is NOT allowed
- No intentional forearms, elbows, or grabbing clothing
- A male lineman can run towards an impeding female rusher but may not make contact with the rusher. The male lineman can set basketball picks and absorb a female's rush but may not use their hands or any upper body part to block. Vice versa for female lineman and male rusher.
- A running back in the backfield is allowed to block an impeding rusher, but must be gender specific. See above point for gender indifference. Once the QB breaks the pocket, the running back cannot block any longer. A block outside of the pocket is considered downfield blocking and will be assessed a penalty.

DEFENSIVE RUSH

- A maximum of three players may rush the QB, lined up by matching gender to the offensive line
- There is no minimum number of defensive linemen
- Eligible rushers include the player opposite the center, and the two players directly opposite the players on each side of the center
- Rushers must line up directly across from the offensive lineperson he/she is rushing against (cannot be staggered or offset more than 12 inches off their opponent), and rush against that same person
- Stunting is allowed so long as it is behind, not on or past, the line of scrimmage
- A 5 yard bump and run is allowed for defensive players
- A '3 Apple' count must be called upon the snap before linemen can rush the QB. The count must be audible, clear, and spoken at a reasonable speed

- Rushers may start their forward progress toward the QB prior to completing the third 'Apple' provided they do not cross the line of scrimmage
 - A defensive lineman can jam an offensive lineman as long as no other body part other than their hands cross the line of scrimmage before the '3 Apple' count. Linemen are allowed to jam because all players are eligible to catch a pass.
- Any player can rush as soon as:
 - The QB leaves the pocket (the pocket is as wide as the three linemen) or crosses the line of scrimmage
 - The snap hits the ground or the ball is fumbled
 - There is a handoff, pitch, or backwards pass
- A defensive player hitting a QB's arm while he/she is in the act of throwing, shall result in a 15-yard penalty.

TACKLING

- Players are considered down when their flag is completely pulled off by their opponent or belt becomes detached
- Player's flag inadvertently falls off, the player won't be down until the opponent completes a 1 hand touch
- Flag Guarding (10 yard penalty)
- Illegal Tying of the Flags (15 yard unsportsmanlike penalty)
- Failure to have flags on at time of snap (5 yard penalty)

DIVING

- Diving is **legal** and may be used to advance the ball and/or complete a tackle. Diving, however, is done at the player's risk.

SCORING and END OF GAME RULES

- Touchdown (male) = 6 points.
- Touchdown (female) = 9 points
- Extra Point from 5-yard line = 1 point
- Extra Point from 10-yard line = 2 points
- Safety = 2 points
- Extra Point Interception or Fumble Recovery Returned for Score = 2 points

Extra Point Attempts

- The Referee must speak to the field captain, asking him whether the try shall be from the 5 or 10 yard line. Once the scoring team makes the choice, he may change the decision only by taking a charged team time out or a delay of game. **Delay of game still enforces a 5 yard penalty. Changing from a 1 point to a 2 point try with a delay of game will be from the 15 yard line.**
 - If a double foul occurs during the down, the down shall be replayed. When a distance penalty is incurred by the offense during a successful try, the down will be repeated, if accepted.
 - However, if the offense penalty carries a loss of down, the try has ended and will not be repeated.

Safety

- It is a safety when a runner carries the ball from the field of play to or across his own goal line, and it becomes dead there in his team's possession.

- A safety is also when an offensive player commits a foul for which the penalty is accepted and the measurement is from the spot of the foul that is in the end zone.
- When a safety is scored, the team having surrendered the safety shall put the ball in play from their own 20 yard line via a punt/free kick.

Mercy Rule

- If a team is 17 or more points ahead with 2 minutes to go in the second half, the game will end unless:
 - The offensive team, which is trailing, has the ball and desires a final possession.
 - The next score brings the game differential under 17 points.
- If the defensive team, which is leading, returns a punt, interception, or fumble for a touchdown, that play is live and the score counts, but the game ends after that score (no PAT or ensuing drive).
- If a team is 30 or more points ahead with 2 minutes to go in the second half and the losing team has possession, the clock will stop only on timeouts.

Forfeit Policy

- If a game is forfeited prior to kickoff, the winning team will receive a score of 21-0.
- If a team forfeits prior to 48 hours to kickoff, the team acquires a \$60 forfeit fee and must be paid before the team's next game.

PENALTIES

NCAA Football Rules will be enforced (with the exception of pass interference which shall be a spot foul).