

VAVi SPORT & SOCIAL CLUB
OFFICIAL 6v6 Beach FLAG FOOTBALL RULES

VAVi Flag Football plays under the guidelines of [NCAA Football](#) with these exceptions for 6on6 Coed:

Beginning of game

There will be a meeting at the beginning of each game between the team captain and the referees that will have a coin toss and a discussion on rules, boundaries and sportsmanship. The team that wins the coin toss at the beginning of the game will have 1st choice of offense/defense or direction first half. The other team has first choice second half.

The Game

The offensive team takes possession of the ball at its 5-yard line and has 4 plays to cross half field which will be marked by cones . If the offense fails to get a first down or score, the ball changes possession and the new offensive team takes over at the line of scrimmage.

All possession changes, except interceptions, start on the offense's 5-yard line.

Teams change sides after the first 20 minutes. There will be a 3-minute half time.

This is a non-contact game.

Basic NCAA rules apply except where otherwise listed.

Coed Rules

Females must have possession of the ball once every four plays. (Being quarterback or an attempt to receive the ball – unsuccessful attempts count) Simply receiving the snap and immediately handing the ball off does not count as a female play. ***If a female is used as quarterback, she must either make a lateral pass backwards or pass beyond the line of scrimmage.*** 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 will reset (a female does not need to be used in the next play). The defensive team will have the choice to DECLINE this penalty if they choose so the play will reset at the line of scrimmage and a female must be used in the next play.

If it is a female play and the 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.

Players/Game Schedules

Teams must field a minimum of 5 players at all times. If at any time a team cannot have 5 players on the field then they must forfeit.

Coed Rule: There is a maximum of 4 males on the field at all times. There is no male minimum.

Teams may have up to 10 members on the roster.

If a team fails to produce a full team at game time the team must forfeit. Both teams are still obliged to play a game with as many players as available just for fun! Official keeps official time.

Timing/Overtime

Games are played with 2 20-minute halves and a 3-minute halftime. The clock is a running clock.

If the score is tied at the end of the game, a coin flip will determine first possession. The winner will be determined by the sudden death.

Each time the ball is spotted, a team has 25 seconds to snap the ball. Teams will receive one warning before the delay-of-game penalty is enforced.

Each team has one 30-second timeout each half.

Officials can stop the clock at their discretion.

Scoring

Touchdown: 6 points

Extra Point: 1 point (played from 5 yard line – throw only) or
2 points (played from 12 yard line)

Safety: 2 points

Punting

No punting. On 4th down the offensive team will either elect to go for the first down or hand the ball over to the other team. If the offense chooses to hand the ball over the team will start with the ball on their own 5-yard line.

Running:

The quarterback cannot run with the ball.

Offense may use multiple handoffs.

“No-running zones,” located 5 yards from each end zone designed to avoid short-yardage, power-running situations.

The player who takes the handoff can throw the ball from behind the line of scrimmage.

Once the ball has been handed off, all defensive players are eligible to rush.

Spinning is allowed, but players cannot leave their feet to avoid a defensive player. (No diving)

The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

Receiving

All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).

Only one player allowed in motion at a time.

A player must have at least one foot inbounds when making a reception.

Passing

All passes must be forward and received beyond the line of scrimmage.

Shovel passes are allowed but must be received beyond the line of scrimmage.

Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.

Dead Balls

The ball must be snapped between the legs, not off to one side, to start play.

Substitutions may be made on any dead ball.

Play is ruled dead when:

- Ball carrier's flag is pulled.
- Ball carrier steps out of bounds.
- Touchdown or safety is scored.
- At the point of an interception.
- Ball carrier's knee hits the ground.
- Ball carrier's flag falls off.

Note: there are no fumbles. The ball is spotted where the ball hits the ground.

Rushing the Quarterback

The quarterback has 7 seconds to throw the ball or the play is dead. Therefore there is no rushing.

Once the ball is handed off, the seven-second rule is no longer in effect, and all defenders may go behind the line of scrimmage. NO blocking or tackling is allowed.

Sportsmanship/Roughing

If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected. FOUL PLAY WILL NOT BE TOLERATED.

Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) If trash talk occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

Fighting will result in immediate rejection from the game. Fighting will result in immediate ejection from tournament. Also VAVi directors will review the incident to determine if the player(s) will be permanently removed from all future seasons.

After the 1st ejection the incident will be reviewed by VAVi directors to deem if further action is required. If the same player is rejected from 2 games in one season the player will be removed from the team for the rest of the season. No refund will be given.

Penalties

All penalties will be called by the referee.

Defense:

Offsides	5 yards
Interference	5 yards and automatic first down
Illegal contact (holding, blocking, etc.)	5 yards
Illegal flag pull (before receiver has ball)	5 yards
Illegal rushing	5 yards

Offense:

Illegal motion (more than one person moving, false start)	5 yards
Illegal forward pass (pass received behind line of scrimmage)	5 yards and loss of down
Offensive pass interference	5 yards and loss of down

Flag guarding	5 yards (from where infraction occurred)
Delay of game	5 yards

Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.

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

Attire

Foot wear can consist of bare feet, socks, tape or sand socks only.

If your team looks the same, you are in the game, beach wear is permissible.

Note: There are no kickoffs, and no blocking is allowed.

In case there is a two-way tie between teams, the following tiebreaker system will be used:

- ~Head-to-head matchup
- ~Point differential
- ~Points scored

Overtime during the playoffs will be treated as follows. Each team will start on the 5 yd line and will be allowed 4 plays. Whichever team gets the furthest will be awarded with the win. There are no first downs in overtime. In the case that both teams scores TD's, they will each be allowed a chance to go for 2 extra points. The 2 point conversions will go back and forth until one team is deemed the winner.