

**VAVi SPORT & SOCIAL CLUB**  
**OFFICIAL 8v8 COED FLAG FOOTBALL RULES**

VAVi Flag Football plays under the guidelines of NCAA Football with these exceptions for 8on8 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 1<sup>st</sup> choice of offense/defense or direction first half. The other team has first choice second half.

**Ball**

Each team must use a ball that is equal to or greater than the dimensions used in NCAA football.

**The Game**

The offensive team takes possession of the ball at its 5-yard line and has 4 plays to cross each cone. 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 25 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 1<sup>st</sup> through 3<sup>rd</sup> 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 7 players at all times. If at any time a team cannot have 7 players on the field then they must forfeit.

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

Teams may have up to 14 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 25-minute halves and a 3-minute halftime. The clock is a running clock except for the last minute of the first half and the last 2 minutes of the second half.

If time permits and the score is tied at the end of the game, a coin flip will determine first possession. The winner will be determined by the “penetration method.”

The ball will start on the fifty-yard line. Each team will have 4 plays to drive towards the end zone. Possession will alternate each play. At the end of 8 plays whoever has penetrated farther will win.

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 60-second and 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 4<sup>th</sup> 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 there 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 and 5 yards on either side of midfield, are 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 and ball carrier is touched by defensive player.

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 league. Also VAVi directors will review the incident to determine if the player(s) will be permanently removed from all future seasons.

After the 1<sup>st</sup> 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	10 yards and automatic first down
Illegal contact (holding, blocking, etc.)	10 yards
Illegal flag pull (before receiver has ball)	5 yards
Illegal rushing	5 yards

#### **Offense:**

Illegal motion                      5 yards  
(more than one person moving, false start)

Illegal forward pass              5 yards and loss of down  
(pass received behind line of scrimmage)

Offensive pass interference    10 yards and loss of down

Flag guarding                      10 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**

Cleats are allowed, except for metal spikes.

You must wear your team color shirt. (VAVi shirts preferred) Shirts must be tucked in at all times. Shorts with cargo pockets are prohibited. Flag belts must be worn around the waist with flags at the hips.

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

### **Tournament**

The top 4 teams will go to the tournament based on season rankings. The top teams will be determined by record (3 points for a win, 1 point for a tie, 0 points for a loss). If time permits, we will occasionally take more than 4 teams to the tournament (ie. We have 5 or more hours of field time).

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

~Head-to-head matchup

~If there is still a tie or if they played each other twice and both have a 1-1 record we will move on to Head-to-head point differential (Head-to-head points scored minus points scored against)

~Overall season point differential (Overall season points scored minus overall points scored against)

~In the case that a tie still persists, a coin flip will determine the winner.

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

~Head-to-head matchup

~ If the winner of the head-to-head matchup can't be determined (ie. 2 teams played each other twice or each team has a 1-1 record), then the head-to-head point differential will be used and compared for all 3 teams. (ie. Average Points scored minus average points scored against). Whoever has the highest average point differential will take the higher playoff seed.

**\*\*Average point differential will be used when two tied teams in the three-way tie played each other twice. If Team A and Team B played each other twice and Team C only played them once, we will use the average score for Team A and Team B's two games. To determine this, we will add up the points scored for both teams in both games and subtract points scored against. This number will then be divided by 2 to determine the average.**

~Overall season point differential (Overall season points scored minus overall points scored against)

~In the case that a tie still persists, a coin flip will determine the winner.

**\*\*PLEASE NOTE:** If one of these teams in the tiebreaker forfeits anytime during the season, that game will be counted as a 21-0 loss for the forfeiting team.

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.

All other playoff scenarios that occur will be treated on a case-by-case basis by the Sports Director. The Sports Director has the final say on any disputes and will treat each situation in the fairest and most logical way. All questions regarding these rules can be sent to Jessica at [jessica@govavi.com](mailto:jessica@govavi.com).