

The Complete FSU IM Flag Football Rulebook is Available Online at fsu.campusrec.com/im

Team Composition

Eight players, four men and four women, constitute a team. A team may have as few as six players with the makeup of the team being 3 men and 3 women. A team can participate with seven players, with the composition being 4 men and 3 women or 3 men and 4 women. At no time shall the number of males over females exceed one.

Equipment

Regular or intermediate size footballs may be used.

Scoring

Points will be awarded as follows:

If a female scores a touchdown, the point value is nine (9). If a female throws a legal forward pass to any member of her team that scores a touchdown prior to change of possession, the point value is nine (9). All other touchdowns are six (6) points.

PATs count the same regardless of who scores, 1 point from the 3-yard line, 2 points from the 10-yard line, and 3 points from the 20-yard line.

Open and Closed Plays

Whether OPEN or CLOSED, the following plays are NEVER allowed in a co-rec game:

- (1) Male ball carrier runs the ball across the line of scrimmage (unless already possessed beyond the line).
PENALTY: Illegal Procedure, 5 yards from previous spot, replay down.
- (2) Male receiver catches a forward pass behind the line of scrimmage then he or any other male runs it across the line of scrimmage.
PENALTY with MALE QB: Illegal Procedure, 5 yards from previous spot, replay down (next play CLOSED).
PENALTY with FEMALE QB: Illegal Forward Pass, 5 yards from where the pass was thrown, and loss of down (next play CLOSED).

Whether OPEN or CLOSED, the following plays are ALWAYS allowed in a co-rec game:

- (3) Female ball carrier runs the ball anywhere on the field including across the line of scrimmage.
- (4) Male quarterback completes a forward pass to a female receiver anywhere on the field.
- (5) Female quarterback completes a forward pass to a female receiver anywhere on the field.
- (6) Female quarterback completes a forward pass to a male receiver beyond the line of scrimmage.
- (7) Female quarterback completes a forward pass to a male receiver behind the line and the ball is never carried across the line of scrimmage.
- (8) Female quarterback completes a forward pass to a male receiver behind the line and it is handed off to a female who carries it across the line.

When the play is OPEN, in addition to plays 3-8 listed above, the following play is LEGAL:

- (9) Male quarterback completes a legal forward pass to a male receiver anywhere on the field.
BUT: If caught behind the line of scrimmage...
If a male does NOT run the ball across the line of scrimmage (hands off to female OR downs ball behind line), there is NO penalty.
If a male does run the ball across the line of scrimmage, it is Illegal Procedure (see play 2). In both cases, the next play is CLOSED.

When the play is CLOSED, only plays 3-8 listed above are legal, the following play is ILLEGAL:

- (9) Male quarterback completes a forward pass to a male receiver anywhere on the field.
PENALTY: Illegal Forward Pass, 5 yards from where the pass was thrown, and loss of down. The next down remains CLOSED.

Changing from OPEN to CLOSED occurs only when a

- (9) Male quarterback completes a legal forward pass to a male receiver anywhere on the field.

Changing back from CLOSED to OPEN occurs when a

- (4) Male quarterback completes a legal forward pass to a female receiver (anywhere) and the play ends with POSITIVE yards gained.
- (5) Female quarterback completes a legal forward pass to a female receiver (anywhere) and the play ends with POSITIVE yards gained.
- (6) Female quarterback completes a legal forward pass to a male receiver (beyond line only) and the play ends with POSITIVE yards gained.
- (8) Female quarterback completes a legal forward pass to a male receiver (behind the line) who hands off to a female who crosses the line and the play ends with POSITIVE yards gained.

Run plays do NOT affect the OPEN or CLOSED status of the play. Backward passes (laterals) do NOT affect the OPEN or CLOSED status of the play.

OPEN and CLOSED plays are determined by the action of a legal forward pass and catch. Therefore, throughout a play there may be multiple possessions by males or females but the status of the next play is determined by the initial pass and catch.

No penalty, accepted or declined, will affect the OPEN/CLOSED status of the following play. For example, on a 1st down OPEN play, a male completes a forward pass to a male receiver. The play is called back due to an illegal block, 10 yards and replay the down. It is 1st down again, but the play is CLOSED due to the completed male-to-male pass in the previous play. OPEN/CLOSED status is determined before any penalties are marked off.

At the start of each half and following a change of possession, the initial series begins with an OPEN play. Following a score, OPEN or CLOSED status applies to the PAT based on the play that scored the touchdown.