

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

Number of Players

Co-rec flag football is 8-on-8. Teams need a minimum of 6 players to start a game (3 males & 3 females). The only legal combinations of players on the field for a team in a co-rec game are 4 males / 4 females, 4M / 3F, 3M / 4F, or 3M / 3F.

Equipment

Regular or intermediate size footballs may be used.

Scoring & Mercy Rule

If a female scores a touchdown (runs across goal line or receives a pass in the end zone), the point value is 9. If a female throws a legal forward pass in a play which results in a touchdown by any offensive player, the point value is 9. All other touchdowns (by male players) score 6 points. Successful PATs count the same for both genders (1, 2, or 3). The mercy rule is 25 points at the 2:00 mark of the 2nd half.

Line of Scrimmage

The offense must have at least 5 stationary players on the line at the time of the snap.

Run Plays / Action Before a Pass Reception / Illegal Male Advancement

Male Runner (Ball Carrier) > Prior to the reception of a legal forward pass by any player, a male runner cannot be the first player to advance (carry) the ball beyond the line of scrimmage.

Female Runner > There are no restrictions on any run by a female player at any time.

Male Restrictions In Effect > During the period between the snap and when a legal forward pass is thrown.

Male Restrictions in Effect > During the period between the snap and the time when the ball is legally possessed beyond the line of scrimmage by any player.

Male Restrictions End > When any player has caught a legal forward pass anywhere on the field. Complete a pass, eliminate the restrictions.

Male Restrictions End > When the ball has been legally possessed beyond the line of scrimmage by any player.

Restricted Play > Once a male runner has carried the ball across the line of scrimmage illegally, it is an Illegal Male Advancement foul, regardless of future gain or loss of yardage on the play.

PENALTY > The penalty for Illegal Male Advancement is 5 yards from the previous line of scrimmage AND loss of down.

Pass Plays / Open and Closed Status / Illegal Male Pass Reception

Announcement > Prior to each play, the game referee will announce both the down and either "open" or "closed" status for the upcoming play.

Open Status > The term "open" means any player can complete a legal forward pass to any other player anywhere on the field (male to male forward passes are permitted).

Closed Status > The term "closed" means a male player may not complete a legal forward pass to any other male player anywhere on the field. The next legal forward pass completion must involve either a female throwing the pass or receiving the pass (male to male forward passes are NOT permitted).

Open to Closed > The status changes from "open" to "closed" on any legal male to male forward pass completion, regardless of a gain or loss of yardage on the play.

Closed to Open > The status changes from "closed" to "open" on any legal male to female, female to male, or female to female forward pass completion, that results in positive yardage gain.

Restricted Play > Any male to male forward pass completion during a "closed" play is considered an Illegal Male Pass Reception foul.

PENALTY > The penalty for an Illegal Male Pass Reception foul is 5 yards from the previous line of scrimmage AND loss of down.

Open and Closed Status - Specifics

Initial Series Starts Open > Following any change of possession or at the start of a half, the first play for an offense's series shall be open.

Laterals and Backwards Passes > There are no restrictions on any lateral or backward pass.

Only First Forward Pass Matters > 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.

Positive Yardage Gain > The spot where the ball becomes dead by rule (before penalty enforcement) must be beyond the Team A scrimmage line.

Run Plays Have No Effect > Any run play or play that does not involve a legal forward pass has no effect on open/closed status.

Penalties Have No Effect > The enforcement of a penalty has no effect on open/closed status.

PAT Attempts > Open/closed status for a PAT attempt is determined by the previous play (that scored the TD) just like a normal down.

Co-Rec Restricted Plays - Summary

There are two restricted (illegal) plays in co-rec flag football.

(1) Prior to the reception of a legal forward pass by any player, no male runner (ball carrier) can be the first player to advance the ball across the scrimmage line. Any play with this action, regardless of positive or negative yardage gain, is a foul.

(2) On a "closed" pass play, a male passer may not complete a pass to a male receiver anywhere on the field. Any closed play with this action, regardless of positive or negative yardage gain, is a foul.

PENALTY: In both cases, the penalty is a 5-yard mark-off from the previous spot and a loss of down (the loss of the right to repeat the down).