Flag Football CoRec Rules

1-1-2 The Game. The game shall be played between 2 teams of 8 players, 4 men and 4 women. Teams with 7 players shall be 4 men and 3 women, 4 women and 3 men. If a team has six players, they must have 3 men and 3 women. At least six players are required to avoid a forfeit. Penalty: Forfeit.

1-3-1 The Ball. The regular, intermediate, youth or junior size football shall be used.

7-3-2 Minimum Line Players. Team A must have at least 5 players on their scrimmage line at the snap. Penalty: Illegal formation, 5 yards (S19)

7-5-1 Male Runner. A Team A male runner cannot advance the ball through A’s scrimmage line (on either an Open or Closed play). Penalty: Illegal Advancement, 5 yards from the previous spot (S19) and a loss of down. There are no restrictions: during a run by a male runner once the ball has been beyond the A or K scrimmage line; during a run by a female runner; and after a change of possession (ex: interception).

7-7-3 Male to Male Completion. During the offensive team’s possession, there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the Try. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards. The spot where the ball becomes dead by Rule must be beyond the A scrimmage line (1st ball spotter). There is no foul for a female receiver being deflagged behind the offensive scrimmage line. There are no other restrictions concerning a male passer completing legal forward passes to a female receiver, or female to female, or female to male. The next forward pass completion remains “closed.” A legal forward pass caught jointly by male and female teammates is considered a female reception. Females have no limitations on their advancement behind or beyond the line of scrimmage. Penalty: Illegal Forward Pass, 5 yards from the spot where the 2nd consecutive male to male completed legal forward pass is released, and a loss of down (S35 and S9). Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is “open” or “closed.”

7-7-4 Illegal Forward Pass. If a female passer completes a forward pass to a male receiver behind the A scrimmage line (1st ball spotter) on either an “open” or “closed” play, and any A male runs beyond this scrimmage line, it is an illegal forward pass. Penalty: Illegal Forward Pass, 5 yards from the spot of the pass and loss of down (S35 and S9).

8-3-1 Mercy Rule. If a team is 17 or more points ahead when the Referee announces the start of the 10-play series, the game shall be over. If a team scores during the 10-play series and that score creates a point differential of 17 or more points, the game shall end at that point.

8-4-1 Touchdown Value. If a female player scores a touchdown, the point value is 9. If a female player throws a legal forward pass and a touchdown is scored by any A player, prior to the change of possession, the point value is 9. Exception: If a female completes a pass to a male receiver, that male receiver pitches back to another male receiver and a touchdown is scored, the touchdown is worth 6 points.