

CHICAGO SPORT AND SOCIAL CLUB

OFFICIAL TURKEY BOWL CO-ED FLAG FOOTBALL RULES

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OVERVIEW

8 players on the field (5 Males/3 females)
Two 15-minute halves (NO HALFTIME)
Must cross two 10 yard markers for a first down
6 point touchdowns
Choice of 1 or 2 extra points on PAT's (*3 paces/yards for 1 Pt., 10 paces/yards for 2 pts.)*
NEW RULE: 1) TWO POINT CONVERSION ATTEMPTS MAY BE INTERCEPTED AND RETURNED FOR TWO POINTS, 2) ALL LATERALS CAN NOW BE INTERCEPTED AND RUN BACK FOR A TOUCHDOWN
Dead ball on all fumbles
Quarterbacks cannot snap the ball to themselves
Running clock except for final minute of 2nd half
Pool play games that are tied at the end of regulation will remain a tie
Ties at regulation will be broken by 4 downs and out overtime rules in playoffs
REFEREES WILL BE REPONSIBLE FOR SHOUTING OUT THE RUSH COUNT FOR BOTH TEAMS. THE RUSH WILL BE AS FOLLOWS:
"1-CORONA, 2-CORONA, 3-CORONA, 4-CORONA, 5-CORONA, GO!!"
PLAYERS ACTING AS OFFENSIVE LINEMAN MUST HAVE HANDS BEHIND THEIR BACK WHEN PROTECTING THEIR QUARTERBACK FROM PURSUING DEFENSIVE RUSHERS. THERE IS NO CONTACT AT OR BEHIND THE LINE OF SCRIMMAGE.
Four-Downs-and-Out format applies for ties in the playoffs.
Receivers need only one foot in-bounds with possession of the ball to be considered "in bounds"

COIN FLIP/BEGINNING OF GAME

- The team that wins the coin flip at the start of the game must choose one of two options: 1) which team is to receive, 2) the goal his/her team will defend. Teams flip flop direction, and the team that started the game on defense will start the second half on offense. Teams cannot defer! There are no kick-offs. Play starts 10 paces/yards from the goal-line.

TEAM SIZE

- Each team shall field no more than 8 players, with at least three women (five men, three women.) at any one time. Teams not able to field a "full" team **may** play with a minimum of 6 players (4 men and 2 women). Teams not able to field the minimum number of players (6) may play a "legal" game with the consent of the opposing captain and/or league staff. **(Please note: if a team arrives with less than 6 players a "forfeit win" is also an option for the opposing captain.)** Games will start no later than 5-minutes past the scheduled start time. At that time, it is up to the referee or staff member and opposing captain to allow play.

- If a team substitutes players during the game, they must do so from the same sideline the entire game.
- Eligible receivers must be on the playing field *before* the cadence is started.

CO-ED RULES

- There is no **maximum** limit to the amount of females that must be on the field. To ensure coed participation, a penalty will ensue if the offensive team fails to use a female as an operative player within 3 consecutive downs.





An Operative Player is defined as a player who:

- is the intended receiver in the eyes of the official
- runs the ball as the primary runner (does **not** have to cross line of scrimmage)
- receives the snap as the QB and must attempt to be the person who initiates the ball crossing the line of scrimmage – unless she is sacked.
- receives the snap and immediately spikes the ball at her feet in order to stop the clock in the last 2 minutes.

An Operative Player is NOT defined as a player who:

- hands off the football
- snaps the ball into play
- receives a hand-off only to give it back to a male before crossing the line of scrimmage

Examples:

- a pass deflected by a male and caught by a female **is** a female play
- a pass intended for a female (in the eyes of the referee) that is deflected by a female, **and** caught by a male **counts** as a female play
- a pass thrown by a male, received by a male and immediately pitched to a female (the "hook and ladder") **will not** constitute a female play - no matter how far the female advances with the ball after the pitch
- a pass intentionally grounded by a female in the last two minutes of the second half in order to stop the clock **counts** as a female play
- if a female pitches the ball to a male behind the line of scrimmage this will not result in a female play.

The penalty for running 3 consecutive plays without a female as an Operative Player will be loss of down (i.e. if it was 1st down during the penalty, it is now 2nd down) and the female must now be the operative player on the next play. If on this play a male catches or runs the ball: loss of down, the play is ruled "dead", and the ball is brought back to the line of scrimmage, and the next play must be a female play.

Plays utilizing a female and resulting in "loss of down" penalties, will still be considered "female" plays. Plays utilizing a female resulting in a non-loss of down penalty will not count as a gender play. The play never existed.

The slate is clean for extra points and punts and everyone is eligible.

THE DREADED SACK

If a male is the QB on a play which could either be to a male or female and the QB is sacked the ball is spotted where he was sacked and the play stands as a male play, no matter who was the intended receiver. If a team was **forced** to use a female as the operative player and the male QB is sacked the play stands as a female play and the offensive team does **not** have to use a female on the next play.

TIME

Play will be divided into (2) 15-minute halves. Teams flip flop direction, and the team that started the game on defense will start the second half on offense. There will be a running clock maintained by a referee except for the final minute of play. During the first 29 minutes, the clock runs continuously with the exception of time-outs and serious injury. Each team is allowed one (30 second) time out per game. In the first 29 minutes if a team takes a time out after a touchdown, prior to the extra point attempt, the clock will not start until the defensive team takes over on offense and snaps the ball.

During the final minute of the game, the referee shall stop the game clock if:

- an incomplete pass is thrown
- a player ends play by going out of bounds





- either team scores (clock will remain off until the opposing team snaps the ball after the PAT attempt; the clock does not run during extra points)
- change of possession
- a penalty which must be marked off occurs
- a team declares a punt and their "30 seconds" (see below) has elapsed - the clock will resume for the punt and the ensuing return. It will be stopped when the returnee is tagged and up until their first snap from scrimmage.
- A team calls a time out.

*****THE CLOCK DOES NOT STOP ON FIRST DOWNS OR FUMBLES**.

For the entire game, the offensive team has **30** seconds to snap the ball once the referee spots the ball. If the referee feels that this is being taking advantage of, they can:

- On the first recognized abuse - Stop the clock.
- On subsequent abuses - Stop clock, and penalize the offense 5 paces/yards.

*** If a team is up by 17 points or more, the clock runs continuously during the last minute of play.*

TIE GAMES/SCORING

Games ending in a tie will utilize a Four-Downs and Out overtime format. Touchdowns are awarded 6 pts. Extra points: 3 paces/yards off the goal line = 1 pt., 10 paces/yards = 2pts.

NEW RULE: ***Two point conversion attempts may be intercepted and returned for two points with the defense retaining possession at the 10 pace/yard line. One point attempts may not be intercepted and returned.***

FIRST DOWNS

Each team shall have 4 downs to either score or earn another first down. First downs are achieved when a team crosses two 10 yd. markers based on their original field position. If a team fails to score or earn a first down, possession will go to the other team. Offensive teams may elect to punt on fourth downs

PUNTS

A punt must be declared and cannot be faked. All punts are "free" punts. A team need not snap during a punt, a dropped snap during a punt is not a fumble. **Punts must be kicked**. Punts cannot be thrown. Punts are "open" plays meaning, there are no **Male/Female rules for punts.** There is no minimum number of players required on the line of scrimmage during a punt. NO DOWNFIELD BLOCKING or BLOCKING AT THE LINE OF SCRIMMAGE. The kicking team may not cross the line of scrimmage until the ball is kicked.

The receiving team may not raise hands or jump to block a punt. If a punt is "shanked" and caught it is a live ball and is returnable. If the ball comes into contact with the ground after it has been punted it is a dead ball, spotted at the point where it hit the ground, and may not be returned. A punt through the end-zone comes back to 10 paces/yards off the goal line. If a player drops the ball in the endzone, the ball is again spotted 10 paces/yards out from the goal line and is **not** counted as a safety.

CONTINUANCE OF PLAY

Play shall continue until:

- Ball-carrier has at least one flag pulled by an opponent (see flag specifics for the few exceptions/additions concerning flag pulling)
- Ball-carrier leaves the field of play
- Ball-carrier scores
- Ball touches the ground as a result of a fumble, punt or incomplete pass (the ball is not an extension of the arm. If the ball is pinned between the ground and the ball carriers hand, the play is dead)





- Ball-Carrier's knee touches the ground

SPOT OF THE BALL

The ball will be spotted where the ball is at the time the ball carries flag is pulled. If the ball crosses the plane of the goal line before the ball carriers flag has been pulled it will result in a touchdown (ball extension).

TURNOVERS

A change of possession can only occur on an interception of a forward pass or a lateral. A fumble is not a turnover. The ball is dead at the point of the fumble and the offense retains possession. **NEW RULE:** A lateral is not a forward pass and can be picked off in mid-air. A picked off lateral will result in a change of possession, and can be returned for a touchdown. **EXCEPTION. A lateral intercepted in an overtime period of a playoff game cannot be returned for points, this is simply a turnover.**

RUSH

In order to better standardize the rush, all referees will be responsible for shouting out the rush count for both teams. The rush will be as follows: **"1-CORONA, 2-CORONA, 3-CORONA, 4-CORONA, 5-CORONA, GO!!"** (Other acceptable variations can be used: i.e. 1-One thousand…, 1-Mississippi…, etc.) When the ref/counter says "Go", the defense may cross the line of scrimmage and pursue the quarterback.

NO CONTACT AT THE LINE OF SCRIMMAGE

Players acting as offensive lineman must have hands behind their back when protecting their quarterback from pursuing defensive rushers. There is no contact at or behind the line of scrimmage. Offensive lineman can position their body at any particular angle in an attempt to the direct the rushers to a particular area, but they may not physically direct them.

PENALTIES

Normal rules and penalties of the NCAA apply unless exceptions have been made herein.

Some Common Examples of Penalties:

Illegal Contact - At or Behind the Line of Scrimmage:

- In cases where the person(s) acting as the offensive lineman, initiates any contact (at the ref's discretion), it will be ruled a 5 pace/yard penalty from the line of scrimmage and we will replay the down. If this contact is deemed excessive by the ref, an "**unnecessary roughness**" penalty of 10 paces/yards can be assessed in addition to the "illegal contact". Thus making the total penalty 15 paces/yards.

Illegal Contact - Down Field:

- If the illegal contact occurs during play when the offense is advancing the ball, the penalty will be a mark off of 5 paces/yards from the point where the ball carrier is at the time of the infraction. If this occurs during a pass play where the pass is incomplete, the penalty will be a mark off of 5 paces/yards from the line of scrimmage.

Offsides (Offensive):

- 5 paces/yards, play is ruled dead immediately, no option to decline, down is replayed.

Offsides(Defense) Illegal/Early Rush

- The play will continue as a "Free Play" and will NOT BE BLOWN DEAD. If the penalty is accepted by the offense, there is a 5 pace/yard mark off from the line of scrimmage against the defense. If the penalty is accepted,



any yardage gained by the offense will be nullified. If the penalty is declined, the result of the play will stand and it will move on to the next down.

Illegal Motion:

- Players may not be in motion **towards the line of scrimmage** when the ball is snapped. This will result in a dead ball, five yard penalty and repeat the down.

Offensive Picking/Interference:

- The offensive team may not initiate a pick/block while in motion. 5 pace/yard penalty from the line of scrimmage, loss of down (i.e. if it was 1st down during the penalty, it is now 2nd down). If a catch is made after a clear pick, it will be ruled no catch, 5 pace/yard penalty from line of scrimmage, and loss of down.

Remember: Some acceptable incidental contact will occur while running routes and within the normal course of play, and will not be called.

Unnecessary Roughness (Offense):

- This includes any illegal tag such as grabbing jerseys or excessive pushing etc. If the play is going on at the time of the penalty, the penalty is as follows: The penalty will result in a 10 pace/yard mark off from the line of scrimmage. Any catch made will be ruled incomplete and any yardage gained on the ground will not stand. If the penalty occurs after the play, the penalty will result in a 10 pace/yard mark off at the end of the play. **Extreme roughness will result in ejection from the game and or league if deemed necessary by the referee and league staff.**

Unnecessary Roughness (Offense):

- This includes any illegal tag such as grabbing jerseys or excessive pushing etc. If the play is "dead" at the time the penalty is committed and the offense has not advanced the ball, the penalty will be 10 pace/yards marked off from the line of scrimmage and an automatic first down will be awarded. If the play is going on or the offense has advanced the ball at the time of the penalty, the penalty will be 10 paces/yards added on to the end of the play and an automatic first down will be awarded. **Extreme roughness will result in ejection from the game and or league if deemed necessary by the referee and league staff.**

Defensive Pass Interference:

- Ball is spotted at the point of the infraction and offense is awarded an automatic first down. If the pass interference is in the end-zone, the ball comes out to the 1 pace/yard line and it will be 1st down.

Defensive Holding:

- 5 pace/yard penalty from line of scrimmage, replay down. Offense can accept or decline the penalty.

Defensive Checking:

- 5 pace/yard penalty from line of scrimmage, replay down. The "bump and run" will not be allowed. No player may initiate contact at the line of scrimmage. There is no 5 yard Bump Zone.

Safeties:

- A safety will be scored if a player is:
  1. - tagged down in their own endzone (not on a punt return)
  2. -runs out of bounds in their own endzone
  3. -snaps the ball out of the endzone
  4. -if the offense fumbles the ball in their own endzone





As a result, the team on defense, receives 2 points, and the team on offense must now punt a "free" kick from their own 10 paces/yard line.

Also, a player having intercepted a pass or received a punt in the endzone, cannot be tagged in the endzone for a safety unless he/she has previously crossed the plane of the endzone with the ball.

Intentional Grounding

- This penalty will be called when a passer facing an imminent loss of yardage because of pressure from the defense, throws a forward pass, without a realistic chance of completion. This will result a loss of down (i.e. if it was 1st down during the penalty, it is now 2nd down). And the ball being spotted at the point of infraction (QB's point of release).

Fighting

- Fighting is not allowed and will NOT be tolerated. All parties involved in fighting will be subject to ejection from the game at the referees discretion and subject to ejection from the league or tournament at CSSC staff discretion.

Miscellaneous:

- Sneak Plays:
  - If the player calling the cadence does not receive the snap, the play will not stand and result in a 5 pace/yard penalty and repeat of the down .
  - One person must call the cadence and receive the snap – violation of this will result in a 5 pace/yard penalty and repeat of down.
  - Silent snaps will not be allowed – violation of this will result in a 5 pace/yard penalty and repeat of down.
- The QB may not be in motion and then receive the snap – this will result in a 5 pace/yard penalty and repeat of down.
- If the QB crosses the line of scrimmage and then throws a forward pass the defense can either decline the penalty or it will be a 5 pace/yard penalty from the line of scrimmage and loss of down (i.e. if it was 1st down during the penalty, it is now 2nd down).
- If the ball hits the ground on the snap for either a pass or running play, the play is "dead", the ball is spotted where it hit the ground, and it is a loss of down (i.e. if it was 1st down during the bad snap, it is now 2nd down).
- The QB may NOT snap the ball to him/herself. If the QB does snap to him/herself, play will stop immediately and it will result in a five yard penalty and repeat the down.
- Loss of down penalties, which occur on fourth down, will result in change of possession.
- Receivers need only one foot in bounds for a reception. If in the referees eyes a receiver would be able to legally catch a pass, but was pushed out of bounds by a defender while in the air, a catch will be awarded.
- **Diving is allowed.** Offensive players may dive to further the ball as long as they do not initiate contact. When this occurs the ball is spotted where it is whenever the ball carrier is touched with two hands, his/her knee touches the ground, or when the ball touches the ground. Diving in to or over a defensive player will resulting the player being down at the point of takeoff and there will be a 5 pace/yard mark off against the offense and loss of down.
- A player who catches the ball and lands with 1 or 2 feet across the goal-line, but is tagged after possession and before he/she pulls the ball across the plane of the goal, will not be awarded a touchdown. The ball will be spotted at the point of where the ball was at the time he/she was called "down."





- Only the ball needs to cross the plane of the goal-line in order for a touchdown to be awarded.
- Any player who attempts to knock the ball out of the quarterbacks arm or hits the arm of the quarterback while in delivery will receive an Unnecessary Roughness penalty. If contact is made on the quarterback's follow through there will be no penalty.

FLAG SPECIFICS

1) No flag guarding *** **Will result in a 5 paces/yard penalty from the spot of infraction. Defensive player returning an interception, who flag guards, will be penalized 5 paces/yards from the spot of infraction.**
2) Shirt must be tucked in and flags must be securely attached. Loose hanging articles (i.e. sweatshirts, long T-shirts, etc.) that are held/ripped will not result in a holding penalty, unless in ref's eyes player was not attempting to go for flag.
3) Any ball-carrier whose flags are (in ref's opinion) not accessible to be pulled will be down at 1st point of contact with the defense.
4) Any ball-carrier who has a flag or both flags missing for whatever reason (falls out, accidentally pulled before reception, not noticed before snap, etc.) will be down at the first point of contact.
5) Players may leave their feet to pull flag.
6) Spin moves will be allowed.
7) Belt grabbing will result in a 5 paces/yard penalty from end of play.
    - any belt grabbing at the end of a half or game will result in a 5 paces/yard penalty from point of infraction and replay of down.

If this penalty occurs within 5 paces/yard of the endzone, the ball will be spotted at the one yard line and the offense will receive one play.

OVERTIME

Pool play games that are tied will remain a tie. During playoffs, all ties will be broken by using the Four-Downs and Out format. Things will start with a coin toss with the winning team deciding on first or second possession. Teams will attempt to score in the same end zone. Each team will then have 4 downs to score from 10 paces/yards from the goal line. If a team scores, they will have the opportunity to go for one or two on the PAT. A female must be used once within the first three plays or on the 1st and 4th downs when applicable. An interception will result in a team losing its possession. The game will be decided when one team scores more points in the rotation. No first downs will be awarded in overtime except in the case of a penalty. Interceptions will result in a turnover and may not be returned for any points. If the tie has not been broken after both teams have gone through the Four-Downs and Out format two full cycles, both teams will be forced to go for two points after all touchdowns until a winner is decided.

MISCELLANEOUS

- Receivers need only one foot in bounds for a reception. If in the referees eyes a receiver would be able to legally catch a pass but, was pushed out of bounds by a defender while in the air a catch will be awarded.
- Receivers intentionally leaving the field of play are ineligible to receive a pass. This includes the back of the endzone.
- Excessive roughness can get a player/team ejected from the game and or league.
- Diving into or over a defensive player, where offensive player is initiating contact (in the eyes of the referee) will result in the player being down at his point of takeoff





- A player who catches the ball and lands with 1 or 2 feet across the goaline, but has his/her flag pulled before he/she pulls the ball across the plane of the goal will not be awarded a touchdown. The ball will be spotted at the point of where the ball was at the time he/she was called "down".

PLAYOFF CRITERIA

The top two teams out of each pool advance to a single elimination playoff. Ties will be decided by the following criteria:

1) **Overall Record**
2) **Head-to-head competition between teams that are tied.**
3) **Point differential between teams that are tied.**
4) **Overall point differential through pool play.**

If a team drops out/forfeits during pool play, all games involving that team will not be counted!

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