



Official Xoso Coed 5v5 Flag Football Rules

Honor Code

Xoso Coed Flag Football is played on the honor system. It is important to remind yourself and your teammates that everyone in the league is here to have fun and meet new people. Unsportsmanlike conduct will not be tolerated. Alcohol is not permitted at the field.

1. **This is an adult SOCIAL league - relax, have fun, and don't be too serious!**
2. **All players must be registered, paid, and at least 21 years of age.**
3. **By registering and signing the Xoso Release of Liability form, players agree that Xoso and its staff will not be held responsible or liable for any injuries occurring as the result of participation in any Xoso Activity.**

Field, Uniform, and Equipment

1. The field will be 60 yards by 25 yards.
2. All players must wear Xoso team shirts and closed-toe shoes. Shorts/pants WITHOUT pockets are required. Shirts MUST be tucked in.
3. No metal cleats.
4. Flags will be provided and must be worn around the waist with one on each hip.
5. Each offense provides a game ball. Men must use an "Official" sized (NCAA, NFL) and not a youth ball, women QBs may use a Junior/Women's official football.

Teams

1. Team rosters generally consist of 10 players
 - a. COED: teams must have at least 3 men and 3 women.
2. A maximum of 5 players on the field during play and a minimum of 3 are required prevent a forfeit.
 - a. COED: must have 1 man and 1 woman to prevent a forfeit. Maximum of 3 men and non-binary on the field.
3. Teams will have 5 minutes before forfeiting.
4. Only paid Xoso league members are allowed to play. NO EXCEPTIONS. Any team using a player not on their roster who did not register as a sub will forfeit their game. Subs can register at <http://www.xososports.com/page/sub-registration>

Game Time

1. The game consists of two 20 minutes running halves. With one (1) minute left in the game, if the difference in score is less than 10 points, the clock will stop on out of bounds, incomplete passes, penalties, or if a team does not gain yardage (this prevents a team from kneeling out the clock).
2. Two 30 second time out per half per team. Half time will be 3 minutes.
3. A coin toss at the beginning of the game determines possession and direction. Offense will always start at their own 5-yard line to begin the half and after a score.
4. Tied games after regulation will be considered a tie.

Exception: In playoffs a coin toss will determine possession. The winner of the coin toss may choose one of the following options:

1. Offense or defense, with the offense starting at midfield.
2. Which end of the field shall be used for both series of that overtime period.
 - Each team will have an opportunity to score, and which ever team leads after both teams possession will win. Teams must try for 2 point conversions in overtime. If neither team scores, whichever team gained the most yardage wins. Overtimes will continue until one team wins or, if necessary due to permit or daylight restrictions, the official may go to a coin flip to decide the winner.

Forfeits

Two (2) forfeits will result in non-participation in the playoffs.

PLAYING RULES

1. Blocking is NOT allowed anywhere on the field and will be assessed a penalty.
2. Fumbles are dead at point of ground contact.
3. The designated captain of the team is the sole representative to the officials, accepts or declines all penalties, calls time outs and is allowed to talk to an official regarding a call.
4. Players ejected for fighting will be suspended for the remainder of the season.

SCORING

1. Six points for a touchdown, with the option of a two (2) point conversion attempted from the 12-yard line or a one (1)-point conversion attempted from the 5-yard line.
2. Two points for a safety.
3. Conversion return = 2 points
4. For the purposes of tiebreakers, no team shall win or achieve a differential of more than +20, even if the team won by more than 20 points.

COED RULES

Females should have possession of the ball once every three plays. (Being quarterback, receiving a handoff, or an attempt to receive the ball – unsuccessful attempts count). This is a social league, and everyone should get involved. The official may call for a Forced Gender play (at their discretion) if they feel a team is not involving their women.

OFFENSE

1. Offense must have only one (1) player (QB) off the line of scrimmage. Exception: The offense may have one man in motion behind the line of scrimmage.

2. All players must be at least five yards from the sidelines at the time of the snap or be considered offsides.
3. The offense has 25 seconds to put the ball in play once the referee spots the ball. The offense cannot move once the center touches the ball. Teams must wait for the official to be prepared to start the play.
4. QB must release the pass within seven (7) seconds or is considered sacked at the point of the time expiring. The Defensive "Rusher" (only one player) must line up 10 yards from the line of scrimmage at an angle to the QB. **The Offense may not impede the rushers progress.**
5. Hand offs behind the line of scrimmage are allowed and eliminate the 7 second pass clock. The person received the handoff may run (except in the no-run zone) or pass from behind LOS.
6. No Run zones are located 5 yards before midfield and the end zones.
7. There is **NO** blocking allowed anywhere on the field. Once a pass is complete (One foot in bounds) or intercepted, all other players on that team must stop and stay out of the play. No laterals beyond the line of scrimmage (LOS) are allowed.
8. The QB may not cross the line of scrimmage to avoid a sack on a defensive rush.
9. Teams may not run "pick" plays.
10. Fumbles are dead at the point of ground contact.
11. Teams have three (3) downs to make it to midfield (first down), and then another 3 plays to score, regardless of where they started. If they fail to reach mid-field or score, it is a turnover and the other team takes over at their 5 yard line.
12. Pivot spinning is allowed. Offense cannot run over defenders who have established position.
13. The offensive player cannot leave their feet to advance the ball or defend a flag. (No hurdling or diving). Leaving your feet to catch a pass is Ok.
14. Receivers must have one foot inbounds to complete the catch.
15. The person with the ball is "down" when at least one flag is pulled or when they step out of bounds. The ball will be spotted where the farthest foot is. One foot must be in the end zone for a TD.
 - a. If a flag inadvertently falls off prior to a catch, the receiver will be down at the spot of the catch and cannot run.

DEFENSE

1. Defensive "rusher" must line up 10 yards off the line of scrimmage at an angle to the QB. Only one defensive player is allowed to rush per play. If the ball is handed off, anyone can rush from anywhere on the field (don't have to be 10 yards out).
2. The defense has the option not to rush and have that player roam or double team.
3. The defense must start 1 yard off the line of scrimmage.
4. **Defensive players must go after the players flags NOT the ball.**
5. Tackling, holding or pushing a player out of bounds is not allowed.

PENALTY YARDS

- Games cannot end on a defensive penalty unless the offense declines it.

DEFENSIVE:

- **Offside/Illegal Rush**
- **Pass Interference or “face guarding”**. Defensive player must turn around and play the ball.
- **Roughing the QB**
- **Illegal contact** (holding, bump and run, blocking). Officials will determine incidental contact which may result from normal run of play.
- **Personal Foul/Unsportsmanlike Conduct** It is football, and contact is expected, but any attempt to harm a player will be an ejection.

All defensive penalties are five yards from the LOS and an automatic first down for the offense. PASS INTERFERENCE is a 10 yard penalty and automatic first down. Unsportsmanlike Conduct and Personal Fouls are 15 yards from the spot of the foul and possible ejection.

OFFENSIVE:

- **Illegal Motion/False Start (not a loss of down)**
- **Passing beyond the LOS**. The QB's entire body must be pass the LOS to be penalized.
- **Offensive Pass Interference** (illegal pick play, pushing off/away defender)
- **Charging**
- **Impeding the rush**
- **Diving/Jumping**
- **Flag Guarding, stiff arming, lowering the shoulder**
- **Delay of Game – Clock stops**

All offensive penalties are a 5 yard penalty and loss of down EXCEPT for flag guarding, stiff arm, lowering shoulder or head, diving or hurdling to extend the ball are all spot fouls. 5 yards from the infraction and down counts. **Also, a false start is the only offensive penalty that is NOT a loss of down (only 5 yards).**

Unsportsmanlike Conduct - 15 yards and possible ejection.

If a penalty occurs on both the offense and defense on the same play, the penalties offset and the down is replayed.

If the official inadvertently blows the whistle, the offense is allowed to replay the down or take the ball where the play was whistled dead.

Protests and Disputes

1. Protests and disputes must be filed on paper with the Xoso staff member on site or by email on the day in question.

2. Team captains may dispute the final score of a match by explaining in detail their reasoning.
 - a. Disputes based on referees judgement calls will not be heard.
 - b. Only rules explicitly outlined in this document shall have grounds for reversal.
 - c. The initial ruling shall be considered accurate, and the burden of proof shall rest with the captain filing the protest.
3. The Xoso staff shall consider all protests and may request additional information/perspectives from other players and witnesses in the interest of making the proper determination and ruling on the protest.

Please email Xoso at disputes@xososports.com if you have any questions about these rules.

These rules may be modified as needed to make the league more fun for everyone.