

# Coed League Rules

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## Team Rosters

- Maximum 12 players per roster.
- Players may be added through the 5th game.
- All players must sign the XFF waiver and be on the official roster before playing.

## The XFF Grid

- Field: 80 yards x 30 yards (60-yard playing field + two 10-yard end zones).
- Midfield/line-to-gain at the 30-yard line.

## Equipment

- Same-color jerseys with permanent numbers, tucked in at all times.
- No jewelry of any kind.
- Official Sonic pop flag belts worn on hips.
- Molded or detachable cleats are allowed. No metal cleats.
- Caps must be worn backward (no bills forward).

## Code of Conduct

- Respect all officials at all times.
- Fighting results in immediate ejection, suspension, and possible expulsion, plus forfeiture of the forfeit bond.
- Trash talking is not tolerated.
- No littering, including sunflower seeds.
- Zero tolerance for verbal or physical abuse of officials.
- 1st personal foul: player sits out one series.
- 2nd personal foul: automatic ejection.
- Counting the 5-second clock aloud is illegal: warning first, then 15-yard penalty.
- Only team captains may discuss calls.
- Officials' decisions are final.

## Game Clock

- Two 20-minute halves.
- 3 timeouts per half per team. No timeouts allowed if leading by 28+ points.
- 25-second play clock.
- Last 2 minutes: clock stops (if within 14 points) on incomplete passes, out-of-bounds, extra-point attempts, winning-team penalties, sacks, 5-second violations, turnovers, first downs, defensive offsides, and offensive penalties.

## Scoring

- Touchdown = 6 points
- PAT from 5-yard line = 1 point
- PAT from 10-yard line = 2 points
- Safety = 2 points
- Interception return on a PAT attempt = 2 points

## Forfeits

- Minimum 4 players required to start; fewer = forfeit.
- Forfeiting team surrenders a \$60 forfeit bond.

## Overtime

- College-style overtime from the 10-yard line.
- Coin toss determines first possession.
- Starting in the 3rd overtime, teams must attempt the 2-point PAT.

## Matriculation (Series of Downs)

- Offense starts at own 10-yard line.
- 4 downs to cross midfield (30-yard line).
- 4 downs to reach the 10-yard line.
- 3 downs to score from the 10-yard line.
- Rush cone is placed 7 yards downfield from the line of scrimmage.

## Game Play - No Contact Coed Format

- Minimum 2 female players on the field at all times for each team.
- Every 3rd play, a female player must be the intended receiver or must attempt a pass.
- No trips formation; only lateral motion is allowed pre-snap.
- QB has 5 seconds to release the ball.
- No blocking beyond the line of scrimmage.
- Pass rusher must start at least 7 yards from the line of scrimmage.
- No bump-and-run coverage.
- Face guarding is NOT pass interference - physical contact is required for PI.
- Interceptions are live and returnable.
- Fumbles are dead at the spot.
- No kicking; a declared punt automatically gives the opponent the ball at their 10-yard line.
- Outlawed plays: QB cannot pass to themselves; QB cannot bounce off the center's back.

## Offensive Penalties

Foul	Penalty
Offsides	5 yards, replay down
Delay of game	5 yards, replay down
Holding / Illegal block	5 yards + loss of down
QB crossing LOS before pass	5 yards + loss of down
Forward pass behind LOS	5 yards + loss of down
Illegal procedure (trips)	5 yards, replay down
Offensive pass interference	5 yards + loss of down
Flag guarding	10 yards + loss of down
Unsportsmanlike conduct	15-yard personal foul
Impeding the rusher	5 yards + loss of down

## Defensive Penalties

Foul	Penalty
Holding / Illegal flag pull	+5 yards from end of run
Stripping the ball	+5 yards from end of run
Roughing the passer	10 yards + automatic first down
Illegal rush (not 7 yards back)	5 yards, replay down
Bull rush	10 yards, replay down
Illegal contact	10 yards, replay down
Pass interference	Automatic first down at spot
PI in end zone	1st & goal at 1-yard line
Unsportsmanlike conduct	15 yards + automatic first down
Force out	Spot foul + automatic first down