Women's League Rules

Team Roster

Teams will be allowed to start a game with a minimum of 4 players. All players must read and sign the XFF waiver/ roster before they are eligible to play. It is the team captain's responsibility to verify that each player has filled out the waiver and has read and signed the roster and waiver before any game is played. A roster player may be allowed to help another team in extenuating circumstances (ex. if a team needs enough to play a game), at the discretion of the XFF Field Manager but they are not eligible to play with another team during playoffs/ championships.
Teams may find substitute players to fill spots made by absentee roster players. The "Sub Fee" is $20 per doubleheader or $12 per single game and must be paid to the XFF Field Manager BEFORE being eligible to play. All "Subs" MUST fill out a Substitute Waiver prior to the start of game play. All Subs must be approved by the XFF Field Manager prior to the start of the first game. A "Sub" will only be allowed to play during the playoffs/ championship week if they played at least 2 regular season games.

The Field

Yard markers will denote midfield and end zone pylons will mark the goal line. Cones will mark the 1 PAT (5 yard line) and 2 PAT (10 yard line) and the "No Run" zone (5 yard line) before each End Zone. There will be a shared sideline between fields. No littering! Teams must clean up their sideline immediately after their game. Carry in, carry out. The sidelines/field are for roster players only. Spectators must stay away from the players on the sidelines. Teams are responsible for the behavior of their fans. Please be respectful.

Equipment

All players must wear the same color shirts/jerseys. Team captains will work with the XFF Field Manager to order and collect payment for team shirts/uniforms. The team captain will make payment to the Field Manager for all clothing (and registration fees). All shirts must have a number. Shirts should be tucked in, and flag belts must be worn over a player's shirt.
Flags should sit on a player's hips and should be adjusted, if necessary, after each play.
Baseball caps must be worn backwards. Jewelry is not allowed. Players who wear eyeglasses should wear sport goggles. Those players choosing to wear regular glasses do so at their own risk. All players should wear cleats. All players will use official adult sonic pop flag belts. XFF will have flag belts for your players to borrow for the games. If a player would like to purchase a flag belt from XFF they are $20 each. Youth flag belts are not allowed in any XFLAGFOOTBALL events. Belts are to be worn around the waist with flags on the hips.

Scheduling

XFLAGFOOTBALL reserves the right to modify the schedule and will notify affected team captains as soon as possible. It is the team captain's responsibility to communicate any changes to their players.

XFLAGFOOTBALL Code of Conduct

All players shall respect the calls of the XFF officials. Any player involved in fighting will be immediately ejected from the game and subject to further suspension at the discretion of the league. Games may be "double forfeited" due to fights. If this occurs, both teams get a "LOSS" and the game is over. Teams instigating fights will be expelled from the league. League fees will not be refunded for team expulsion due to fighting. Unsportsmanlike conduct, including trash talking and rough play will not be tolerated. This is a FLAG football league. Anyone not abiding by the XFF Code of Conduct may be ejected from games and potentially suspended from league play. Any player who threatens or abuses (either physically or verbally) an XFF official before, during or after a game will be suspended from the league.

Reinstatement will be determined based on the severity of the incident. Regardless of whether it is intentional or not, players receiving a second personal foul in the same game will be automatically ejected. Counting down the five second play clock out loud is illegal. Officials will give one warning. The second offense is a 15 yard unsportsmanlike conduct penalty. Captains are responsible for distributing and asking their players to read the XFF league rules, waivers and Code of Conduct. Only team captains are allowed to discuss calls and/or decisions with officials during the game. A time out will be charged to the team if a captain chooses to argue a call.
XFF Referees have the discretion to penalize players/teams for violations not clearly outlined in the rules. (For example, having players sit out a series for a near scuffle, trash talking, etc). The ref's decision is final and binding. Players are expected to respect the ref's calls and act as a responsible adult would. Players in violation of this, place their future playing time in the hands of XFF Management. XFF reserves the right to suspend any particular player(s)/team(s) for an indefinite amount of time. XFLAGFOOTBALL's goal is to promote a safe, nonviolent league for players, their friends, family and fans.
Teams are responsible for their sidelines and can be penalized an "unsportsmanlike conduct" penalty for their sideline (15 yards and automatic 1st down). If a fan cannot control themself, they can be asked to leave the premises and failure to do so can result in a forfeit for the team.

Game Clock

Games will consist of two 17 minute halves. The timing of the halves may need to be adjusted due to unforeseen circumstances. Each team may use two 30 second time outs per half.
Halftime is 1 minute. The timing of time outs and halftime may also need to be adjusted due to unforeseen circumstances. If a team is leading by more than 20 points in the second half, they may not use their remaining time outs. The offense has 25 seconds between plays (officials count down time from setting the markers). Delay of game is a penalty (5 yards, replay the down). The game clock will be kept by an XFF official and may be stopped at their discretion.
The clock will stop during the last two minutes of the second half if the score is within 14 points (14 points or less) ("Regulation Clock") in the following situations:

1. Incomplete passes
2. Receiver steps out of bounds
3. Extra point attempts
4. Penalties by the team that is winning the game
5. Quarterback sacks (if the team that sacks is losing)
6. "Five Second" penalties (If the team is winning)
7. Turnovers / Changes of possession
8. If a game is tied, then the team who makes a sack can decide is the clock runs or not.

During Regulation Clock play, the clock will stop until the ball and markers are set in the following situations:

1. First downs
2. Defensive offsides (if that team is winning)
3. Offensive penalties (excluding quarterback sack and "Five Second" penalty).
4. The clock NEVER stops on a penalty if the foul is made by the team who is losing the game.

Scoring

- Touchdown: 6 points
- 5 yard PAT: 1 point (pass only in red zone)
- 10 yard PAT: 2 points (pass only in red zone)
- Safety: 2 points
- Interception return on a PAT attempt: 2 points

As far as clock stoppage in the last 2 minutes of the game, if the score is within 14 points, the clock is stopped if an infraction is committed by the team that is winning but we do not stop the clock if a penalty is committed by the team that is losing. If it is a tie game, the opposing team gets to choose if the clock stops or not. If the team that is losing gets a sack the clock is stopped.

Forfeits

A game will be forfeited if a team is unable to start (or complete) a game with at least 4 players. A forfeited game will be scored as 6-0.

Overtime

If a game is tied at the end of regulation play, a tiebreaker will be played to determine the winner. Captains will meet with the official for a coin toss to determine possession of ball and what direction OT will go. Both teams are given 2 plays, with no time outs, from the same 10 yard line (similar to the college football overtime). If the first team is unsuccessful in scoring, the opposing team takes possession at the 10 yard line and has 2 plays to score. If they score, they win. If they are unsuccessful, they start with the ball for the next attempt. If the first team is successful in scoring, they have the option of going for 1 or 2 points. The opposing team then tries their 2 plays to score and, if successful, attempts a conversion to either tie or win the game. If the opposing team does not score a touchdown or does not match the first team's extra points, the game is over and the first team wins. If an interception occurs during overtime, the defense will take over at the 10 yard line unless the INT is returned for a TD. In this event, the defense will be awarded 6 points and the game will be over. If the game goes to a 3rd overtime, both teams must attempt 2 point conversions.

Coin Toss

Officials will call each team captain for the coin toss prior to the game. Winner of the coin toss chooses to be on either offense or defense. Loser of coin toss decides direction of ball. After halftime, the teams switch sides. The team that started the game on defense gets the ball.

Matriculation

Teams start possession at the 10 yard line. The offense has 4 downs to reach midfield and then 4 downs to get to the 10 and 3 downs to score. If a team does not score on their possession, the opposing team will get the ball at their 10 yard line.
Penalties will remain 5, 10 and 15 yards as described in the rule book.

Game Play

There must be at least one player on each side of the center and quarterback. The ball may not be snapped with a "trips" formation. Teams may line up with three receivers on one side but must motion out of that formation before the snap of the ball. Motion must be parallel to the line of scrimmage. The receiver must have control of the ball with at least one foot in bounds. Where the ball is when the flag is pulled determines the LOS or end of the play. If the ball crosses the plane (in the end zone or 1st down line) it is a TD or 1st down. The receiver must not leave their feet (jumping/diving) to avoid a defender. This will result in a 5 yard penalty.
Taking a knee does not stop the clock. Play clock will run until ball carrier is touched by a defender. The quarterback may intentionally ground the football. It is a legal play and there is no penalty. In the event of an inadvertent whistle, the offense has the option to either replay the down or to take the play at the point the whistle was blown (unless the inadvertent whistle occurs during an interception return, in which case the ball will be spotted where it was when the whistle was blown). All players are eligible to catch a forward pass so long as they are beyond the line of scrimmage.
The quarterback has 5 seconds to pass or hand off the ball. The QB may also run with the ball. In the event that the QB crosses the line of scrimmage before 5 seconds has occurred there is no more 5 second clock. Count starts on the snap of the ball. If the ball is not thrown or handed off within 5 seconds, it is a 5 yard penalty and loss of down. The 5 second rule is in effect during a muffed snap, which is a live ball and may be recovered by the offense and thrown, or recovered by the defense and returned. It is illegal for the defensive team to count the five seconds out loud (even from the sidelines). Officials will issue one warning. Teams will be assessed a 15 yard penalty for unsportsmanlike conduct on the second offense.
In the event of a deflected/batted ball by the defender that is caught by the quarterback, he may run with the ball (even though it may be caught behind the line of scrimmage). The quarterback may NOT throw the ball again. The

quarterback can receive the snap from center either from between the center's legs or from a "turn and throw" method where the center may throw the ball to the quarterback from a standing position. Double passes ("throw backs") are legal, so long as the first pass is thrown laterally or backwards, and the second pass is released prior to the expiration of the five second play clock. Dropped double passes are down at the spot. The receiver of the handoff must throw the ball to a receiver beyond the line of scrimmage (or pitch it again) or advance the ball beyond the line of scrimmage before 5 seconds.
Hook and ladder plays are legal. A receiver may pitch the ball to another player, so long as the second player is even with, or behind the initial receiver. If the defense intercepts the pitch, it is a live ball and may be returned. If the ball hits the ground, it is dead at the spot. Flag guarding is illegal. It will result in a 10 yard penalty and loss of down. Flag guarding by the quarterback in the end zone is a safety.
The pass rusher must start at least seven yards from line of scrimmage. If the rusher jumps the snap count, she must go back behind the rush mark before continuing to rush the quarterback (but she can still rush). Rusher must go for the quarterback's flags. There is absolutely no stripping or attempting to knock the ball out of the QB's hands. Any player may rush so long as they start beyond 7 yards from the line of scrimmage. In the event of a double pass ("throwback") or handoff, anyone may rush the ball carrier (no 7 yard rule). Roughing the passer (hit any part of the QB's arm, hand or head) is a 10 yard penalty and an automatic 1st down. Minimal contact to the QB's hip or body while pulling the flag or attempting to pull the flag is part of the game and not considered roughing the passer.
Face guarding is a pass interference penalty. The defender must turn and look for the ball. Pass Interference (contact with the receiver while the ball is in the air) in the end zone will result in 1st and goal at the 1 yard line. A receiver will be called for offensive pass interference if they push off the defender during a play. There is absolutely no stripping of the ball allowed. Players must attempt to pull the ball carrier's flags. If a player inadvertently grabs a player's shirt (in an attempt to pull a flag) instead of the flag, the play continues until a flag is pulled and 5 yards are added onto the end of the play. If the offensive player's flag falls out during a play, they need to be touched to be ruled "down." The defender may knock the ball away as a receiver is trying to establish possession, but once the ball is secured, it may not be stripped.
Interceptions are live and may be returned. One pitch or lateral is allowed on an interception return. An interception in the end zone – or inside the 10 yard line – and not advanced beyond the 10 yard line will be spotted at the 10. Fumbles are blown dead at the spot of the fumble with the exception of the snap. There is no change of possession (no piling on). Offensive offsides is a dead ball penalty. Five yard loss and replay the down. Defensive offsides is a "free play" for the offense. Five yards, replay the down (or take the result of the play).
If a ball carrier falls to the ground without being contacted by a defensive player, she may get up and run, unless touched while down. All offensive players must be set before the snap. Only one player may be in motion at the snap. Motion must be lateral (no forward motion). If two or more players shift, they must be set before the snap. If the last defender available to make a play on a ball carrier holds, pushes, tackles, or in any way impedes the offensive player's progress without pulling the flags, the result of the play is a touchdown, unless declined by the offense. It is a judgment call by the official. There is no kicking in XFLAGFOOTBALL.

Outlawed Plays

#1 A QB cannot throw a forward pass to himself. It has to be at least touched by a player on the offense or defense (with some intent of doing so). #2 The QB cannot bounce the pass off the Center's back and run with it as a completed pass. Both of these calls will result in an incomplete pass and are at the discretion of the officials. The referee must blow the whistle on every change of possession. The defense may only call for offsides if the play results in a first down.

Penalties — Offense

Foul	Penalty
Offsides	5 yards & replay the down.
Delay of Game	5 yards & replay the down.

Foul	Penalty
Offensive Holding / Illegal Block	5 yards & loss of down.
Quarterback crossing the line of scrimmage prior to pass	5 yards & loss of down.
Forward pass caught behind the line of scrimmage	5 yards & loss of down.
Illegal procedure ("trips")	5 yards & replay the down.
Offensive pass interference	5 yards & loss of down.
Flag guarding	10 yard penalty from spot of infraction & loss of down. 1st down yardage prior to penalty results in
Unsportsmanlike conduct	15 yard personal foul from end of the play (the down counts). 1st offense: player sits out a series. 2nd
Impeding the rusher	The offensive player must avoid the rusher beyond the line of scrimmage. Contact or not, getting in the pass rusher's way is impeding the rusher. The Center (moving or stationary) may not get in the Rusher's way — this is a "Blocking" penalty. 5 yards

Loss of down penalties on a PAT attempt nullify the

Penalties — Defense

Foul	Penalty
Holding ball carrier / Illegal flag pull (pulling a player's flag on purpose if they do not have the ball or pulling a player's flag before	5 yards added to end of run.
Stripping	5 yards from the spot of the foul.
Roughing the passer	10 yards & automatic 1st down.
Illegal rush (not 7 yards back)	5 yards & replay the down or result of the play (offense may decline)
Illegal contact (the ball has not left the QB's hand)	10 yards & replay the down.
Pass interference	Automatic 1st down at the spot of the foul.
Pass interference in the end zone	1st & goal at the one yard line.
Unsportsmanlike conduct	15 yard personal foul (automatic 1st down).
Force out by defender	Spot foul and automatic first down.

General

• First personal foul: Player will be suspended for 1 series (offense or defense). Second personal foul: Player is ejected from the game.

• Fighting: Player is ejected from the game, potentially suspended, expelled from XFF.

• Official clock: The clock will not stop if the losing team commits a penalty.

• Zero tolerance for any verbal or physical abuse by any player or fan towards any XFF official (referee, Field Manager, owner, etc). Violation of this rule could result in an automatic ejection for the game and will be subject to further discipline by XFF management.

COVID-19 Precautions

It is each individual's responsibility to stay home if they are not feeling well or have been in close contact with someone who has COVID. A COVID-19 Waiver must be signed before anyone takes the field. All people coming to play in or

spectate a XFF event do so at their own risk. The Field Manager will notify team captains of any COVID protocols as they arise.

XFLAGFOOTBALL reserves the right to make changes to this rule book at any time. Teams will be notified ASAP if changes are made