



Flag Football Rules

OBJECTIVES

Every effort has been made by rule and appropriate penalty to eliminate contact, roughness, injury, unfair tactics and un-sportsmanlike conduct. Rules alone, however, cannot accomplish this end without the thorough understanding of the basic objectives of football. The complete cooperation of all coaches, players and officials is vital to the continued success of WAKA Social Sports Flag Football .

OVERVIEW

- 8 Players on the field, 5 males/3 females – You can play with a minimum of 6 players, at least 2 female and never more than 5 males.
- Each week WAKA will provide referee's for each game
- Each player on the field (8 offensive and 8 defensive) must wear two (2), official FC Sports Football Flags provided by the league.
- Two 20 minute halves
- First downs are obtained by crossing your own 20 yd line, midfield and opponent's 20 yd line.
- 6 point touchdowns and a choice of 1 or 2 extra points on PAT's (3 yds for 1Pt., 10 yds for 2Pts)
- Teams must use a female as an operative play within 3 consecutive downs. An open play will be called if a girl play is not required.
- Running clock
- Ties during regular season remain a tie
- Refs are responsible for shouting out the rush count
- The rush will be as follows:
 - 1-1000, 2-1000, 3-1000, GO!! Defense may rush on the word Go.
 - The quarterback may run even when not rushed, except when within 5 yards of the end zone, and after the ref says "Go" for the rush count.
- There is no contact at or behind the line of scrimmage
- Receivers only need one foot in bounds with possession of the ball to be considered a catch.

1) EQUIPMENT

- **FLAGS**
 - Each player on the field (8 offensive and 8 defensive) must wear two (2), official FC Sports Football Flags provided by the league. The wearing of any type Flag other than those provided by the league is strictly prohibited. All flags will be worn at the waist, one on each side. The flag belt itself must be worn snug around the waist to eliminate being turned partially around the waist during an attempted de-flagging. If a player's flag falls off, he is still live until which time he is touched or the other flag is pulled.
- **PROTECTIVE EQUIPMENT**
 - The use of any unyielding hard substances on the hand, wrist, forearm or elbow, no

matter how covered or padded, will not be permitted. Padded knee braces or any soft protective pad is permissible.

- **THE FOOTBALL**

- Teams can either play with their regulation size ball or with the ball offered via the league.

2) COIN TOSS

- The start of the game begins with the official flipping a coin. Winner receives the choice of goals or the option of offense or defense. You may defer your choice to the second half. Once the coin toss decision is declared, the decision may NOT be changed!

3) BALL IN PLAY and KICKOFFS

- The beginning of each half will start at the offenses own 20 yard line. Play shall begin 1st down and "Line to Gain". After each score or PAT, the ball shall be put into play by placing the ball on the 20 yd line of the offensive team. Play shall begin 1st down and "Line to Gain". There are no Kickoffs

4) PLAYER ELIGIBILITY

- Players must be 21 years of age or older to participate.
- Eligible players are those players who are registered in the league. Teams playing ineligible players will forfeit any game where ineligible players were used.
- All eligible players must wear league T-shirt of the same color as the rest of the members of the team.
- At all times the responsibility of player eligibility will rest with the team Captain.
- It is up to coaches to play ALL of their players. Please do not hold players out of a game. Remember the purpose of the league.
- If a team captain KNOWINGLY sneaks an ineligible player into a game at any time, the game played with the ineligible player will automatically be forfeited. If this violation occurs during the playoffs, the team is automatically disqualified from continuing post-season play.

5) PLAYER INJURIES/BLOOD

- Injured players, who require a Referee timeout in order to be administered to, must leave the playing field (assisted or unassisted) as soon as they are able. They may NOT return to the playing field until after the completion of the next play from scrimmage.
Note: If a player's injury does not require Referee or Immediate medical attention, he/she is free to make their own choice on whether or not to leave the playing field.
- Any player who is bleeding MUST leave the playing field immediately. A bleeding player may not return to the playing field until, if applicable, their bleeding has been stopped, is under control and is securely covered by a bandage, gauze or other applicable medical covering.

6) PLAYER EJECTION

- Players receiving a Rough Play or Cursing game penalty will be issued an ejection warning.
- Players receiving (2) Rough Play or Cursing game penalties will be ejected from the game.
- Any player ejected for fighting is ineligible for the remainder of the season.
- Ejected player(s) must completely leave the field and parking area.

7) FORFEITS

- Teams have 10 minutes past the designated start time to field a legal team. Shorthanded teams may play a legal game with 6 players, with at least 2 of them being females. At the end of the coin toss, an initial game-time warning whistle will be sounded by the Referee and “Captains, take the field” will be announced. The game clock starts 2 minutes immediately following the warning whistle.
 - At the end of the 2 minute game-time warning, the Referee will sound the “Play Ball” whistle.
 - Any team not ready to field a minimum team at the sound of the “Play Ball” whistle will automatically forfeit said game.
- All forfeits will be recorded as 7—0.
- Forfeited games will not negatively affect the post-season eligibility of any teams that win by forfeit.

8) PLAYER PROTESTS

- All player protests must be handled by the team captain and must be directed to the Referee immediately following the play in question. Once the next play begins by the center snap of the offensive team, a protest option is forfeited.

9) UNIFORMS

- All players must wear the officially issued WAKA T-shirt for the current season and league.
- No article of clothing may cover any portion of a player’s flag.
- Player’s shorts may not be the same color as their flags
- Shorts or pants with pockets are not allowed
- All players must wear shoes. Removable metal cleats, baseball spikes, track spikes, or any shoes that have steel or metal tips are prohibited.
- No jewelry may be worn on any player’s arm or neck.

10) SUBSTITUTIONS

- No incoming substitutions shall be made on the field when the ball is in play.
- Substitutions must be made on the same sideline the entire game
- If you do not have enough players to field a full team you may pick up substitutes but the following rules apply:
 - Any player that is picked up must already be a registered player of the league.
 - Teams must play with at least 5 members of their own team to avoid a forfeit.
 - Teams may pick up 1 girl with no penalty, but each additional girl picked up will result in 5 points for the opposing team.
 - Teams may pick up males but the opposing team will be awarded 6 points for the first male picked up and 8 points for each additional male added.

11) LENGTH OF GAMES

- Games are played in two 20 minute halves with one 5 minute half time.
- The 2 minute warning will be whistled by the referees beginning with the last 2 minutes of each half
- The clock will be continuous in the first half stopping only for time outs and injuries.

- In the last 2 minutes of the 2nd half, the clock will stop on all dead balls, incompletes and out of bounds.
- If a team is losing by 20 or more points at the arrival of the 2-minute warning in the second half, the clock does not stop.
- The field captain or QB may request the amount of time left in the game from the official at any time.

12) TIMEOUTS

- Each team will be given two timeouts per half. Unused timeouts do NOT carry over to the next half.
- If a team declares a PUNT or P.A.T. choice and then changes their mind, they must use a timeout to change the decision.
- If a team has no timeouts remaining, the original PUNT or P.A.T. decision stands.

13) HALF TIME

- Half times will last a maximum of 5 minutes. Half time may be reduced to less than 5 minutes if agreed upon by both teams.

14) HUDDLE

- After the official marks the ball “ready for play”, the offense will have 30 seconds to put the ball into play or else be penalized 5 yards for delay of game.
- It is not necessary for a team to huddle before play begins.
- Audibles or predetermined plays may be used without huddling.
- During an ‘audible’ or ‘no huddle offense’ situation, substitutions must be announced.

15) MOTION

- Only one player at a time is allowed in motion. The movements of the ‘In Motion’ player must be parallel or away from the line of scrimmage. At the center snap, the in-motion player must be:
 - Still in a continuous motion running parallel to or away from the line of scrimmage.
 - In a stopped, set position.

16) ENCROACHMENT (Offsides)

- Encroachment (Offsides) shall be called when either the defense or offense is guilty of passing over the line of scrimmage before the ball is snapped.
- A false movement of the football by the center shall constitute offensive encroachment.
- Encroachment is a dead ball foul. The play shall be immediately whistled dead before play begins and (5) five yards shall be marked off against the encroaching team, repeat down.

Note - The opposing team may choose to decline the penalty.

17) FIRST DOWNS

- Four downs shall be allowed in which to advance the football into the next zone. The zone shall be considered exacted when any part of the ball carriers hips touches or is advanced farther than the line marking the next zone or, in this case, the “line-to-gain”.
- The “line-to-gain” refers to the next zone line the offense must advance the football or past in

order to gain a 1st down. If after four consecutive downs, a team has failed to advance the ball into the next zone, possession shall go to the defense at that spot. (The ball may be punted on 4th down of offense chooses)

18) LINE PLAY

- Any number of players may be on the offensive or defensive line of scrimmage at the moment the ball is snapped.
- Any player directly opposite the center must be 3 yards off the nose of the ball AND 3 yards down the line.
- All other players, not directly over the center, must be a least 1 yd. off the line of scrimmage.

19) SCREEN BLOCKING AND RUSHING THE PASSER

- Screen blocking is defined as obstructing the rusher's path to the QB or ball carrier. Screen blocking is the only legal form of blocking and it can only occur at or behind the line of scrimmage, NOT downfield. Screening is accomplished by quickness and agility; never by force. When screen blocking, players need to obey the following rules:
 - Screen blockers must have his/her hands clasped behind his/her back at all times.
 - A screen blocker may not leave his/her feet to screen or not dive into the rusher.
 - Screener's motion may be parallel to or away from the line of scrimmage, the screener may NOT move towards the line of scrimmage.
 - Hooking the rusher with knees, elbows, shoulders, hips or head is PROHIBITED.
 - Leaning into a rusher is PROHIBITED.
- Although the above method of screen blocking cuts down on excessive contact by the screener, it places the screener in a very vulnerable position: therefore, the main responsibility of avoiding contact rests with the RUSHER. When rushing the passer defenders must obey the following rules:
 - Rusher must ALSO rush with hands clasped behind back until time they pass and are free of the blocker, or are able to pull the ball carriers flag, or block a forward pass.
 - If the offensive team makes no effort to block the rusher, the rusher is not required to rush with his/her hands behind their back.
 - The rusher may not run over the screener.
 - The rusher may not pull the screener toward him or push the screener away from him.
 - No head shots. The rusher may not touch the screener's head as long as the screener is screening upright and the rusher may not touch the quarterbacks head in an attempt to block a pass.
 - Roughing the passer will be called when the rusher, while attempting to deflag the QB or block a pass, lets his momentum carry him into the passer.
 - Rushers or defenders may NOT have any contact with the passer while he is passing.
 - Rushers may NOT hit the QB's passing arm.
 - The defensive team may rush as many players as it chooses.

20) BLOCKING

- No blocking is allowed this includes downfield "blocking" during an offensive play and a returned punt; a penalty will be called on any offensive player moving along with the ball carrier. No contact is allowed at the line of downfield by any defensive player guarding a receiver (hand

checking or bump and run). All players must try to avoid contact. Offensive players may run behind the player with the ball to receive a lateral, but not in front of parallel, doing so results in a 10 yard penalty from the point of infraction and loss of down.

21) LATERALS

- A lateral will be any pass thrown overhand or underhand away from the direction of the advancement of team in possession.
- There is NO limit to the number of laterals allowed during the play of a down.
- Shovel or Push passes must be made from behind the line of scrimmage only. The receiver of a shovel or push pass may be on either side of the line of scrimmage when receiving the ball.

22) PASS RECEIVING

- All players on both teams are eligible pass receivers.
- Receivers only need one foot in bounds with possession of the ball to be considered a catch.
- Receivers who catch the ball with both feet off the group and land with one foot in bounds and one foot out of bounds is ruled an incomplete catch.
- Receivers become ineligible receivers when they step out of bounds then come back in without having been forced out by a defender.
- Receivers become ineligible receivers when they step out of bounds then come back in bounds after having been forced **out** of bounds by a 'member of their own team.
- Receivers **MAY** leave the field and re-enter and still be eligible if forced out of bounds by a defender.
- A defender who runs out of bounds and then returns in bounds without having been forced out of bounds by a member of the opposing team, is ineligible to intercept a pass or lateral thrown by the offense.

23) PASS INTERFERENCE

- This rule applies to any forward pass made from behind the line of scrimmage, and applies to both offensive and defensive players. Pass interference will be called when, after a pass is in the air, either the receiver or defender touches the other before one of them touches the ball.
- Stripping of the ball once a reception has been made will NOT be allowed.
- Stripping the ball will result in a 10 yard unsportsmanlike conduct penalty.
- Any contact that occurs after the pass is touched (excluding receiver stripping) and either complete or incomplete, must be judged by the official as:
 - Non-contact caused by both players "playing the ball"
 - Intentional or avoidable contact
 - Penalty shall be 1st down at point of infraction or 10 yards from line of scrimmage, whichever is greater.
- Defensive pass interference plays which occur on the playing field during the "regulation play period" and "tie breaker period" and are accepted shall be marked as an automatic 1st down at the point of infraction or 10 yards from line of scrimmage, whichever is greater.
- Defensive pass interference which occurs on the playing field during "P.A.T." try period and accepted will result in:
 - Ball being placed on one-yard line.
 - P.A.T, will be run again PLUS one free P.A.T. try will be awarded if needed.
- Defensive pass interference which occurs in the end zone during "regulation play period" and

accepted:

- The ball will be placed on one-yard line.
 - Automatic 1st down
 - If on the last play of the game, the offensive team will be given the 1st down PLUS an extra down to try to score.
 - If the offense does not need the free down to score, it is voided.

24) FLAGRANT PENALTIES

- The penalty for flagrant or excessive contact shall be 1st down at point of infraction or 15yds from line of scrimmage, whichever is greater
- At the discretion of the Referee, the penalized player and, if applicable, may be removed from the game

25) DE-FLAGGING and DEFENDERS

- A ball carrier is down when:
 - Either flag is detached from his belt
 - When a player is touched after his flag(s) have fallen off or have been pulled of prematurely by a defender.
 - The ball touches the ground
 - One knee touches the ground.
- Prematurely removing an opponent's flag with the obvious intent of making the offensive player ineligible to become a ball carrier will result in a 10 yard penalty from end of play or line of scrimmage, whichever penalty is greater.
- If the QB's flag is pulled while in a 'forward throwing' motion, the pass is allowable.
- If the passer is legally de-flagged as he is passing the football and later in the play receives the ball back, he shall be considered down where he is touched. If he was illegally de-flagged, the penalty should be called.

DEFENDERS

- A defensive player may pull the receivers or ball carriers flag as soon as the ball is touched from having been thrown, lateraled or handed-off from the QB.
- If the receiver juggles the ball and subsequently completes the catch, the ball is marked dead at the de-flagging spot.
- When a defensive player pulls the ball carrier's flag, he must stop and hold the flag above his head. This shall be considered good sportsmanship if complied with, but no penalty will result if de-flagger fails to perform this request.
- Grabbing the ball carrier's clothing to the point of impeding his progress (holding) shall be penalized 10 yards.
- A defensive player who reaches across the body of the ball carrier to pull his flag is responsible for any contact that is made and will be penalized accordingly
- A defensive player MAY leave his feet to pull the offensive player's flag, but may NOT make contact with the runner in doing so.
- A defender may NOT push or knock a ball carrier out of bounds. There will be a 10-yard "illegal contact" penalty assessed for this infraction.
- If the infraction is deemed by the Referee as excessive or avoidable, a 15-yard "Excessive Contact" penalty will be assessed and the defender is subject to game ejection.
- If the offense occurs as a last ditch effort to prevent a score, a touchdown will be awarded.

26) TACKLING

- Tackling is PROHIBITED! Tackling is defined as grasping and/or encircling the body of the ball carrier with a hand or arm, thus impeding the runner's progress.
- Penalty for tackling shall be 15 yards and if in the opinion of the referee, prevented a score, a touchdown will be awarded.
- The defender will be disqualified if the act was flagrant enough to cause injury, whether the injury occurred or not.

27) BALL CARRIER

- The responsibility for avoiding contact rests with the ball carrier. He must show the official at all times that all attempts and efforts are made to avoid contact.
 - The ball carrier may not deliberately run over or drive into a defensive player.
 - The 'stiff arm' is illegal.
 - The ball carrier may not advance the ball by diving or sliding forward. If the ball carrier dives or slides forward in an attempt to advance the ball, the ball is down where the runner's feet left the ground.
 - The ball carrier shall not protect his flaps by blocking with his hand, arm or head the opportunity of an opponent to pull or remove his flag. A 10yd penalty and loss of down shall be assessed for this infraction. *Point of Infraction penalty
 - A ball carrier may spin to avoid being de-flagged. However, the runner must maintain control while spinning and may NOT jump or spin into a defender as a result of uncontrolled momentum. A 10-yard penalty at point of infraction plus loss of down shall be assessed for this infraction.

28) FUMBLES

- When a backward pass or fumble hits the ground, it becomes dead at the spot and belongs to the last team in possession at the spot where it hit the ground or at the in-bounds line opposite the point where the ball left the field of play.
 - When the offense fumbles in their own end zone, a safety is called.
 - Forward or offensive fumbles which cross and hit beyond the next line-to-gain will result in the ball being marked dead at the point from which it was fumbled.
 - Intentional grounding by the QB in his own end zone to avoid a sack is considered a safety.

29) CENTER SNAP

- A center snap can be made between the center's legs in the traditional manner, or by using a side snap, so long as the ball is touching the ground at the start of the play.
- A center snap may touch the ground before it gets to the QB if he fields it cleanly off of 1 bounce. However, if the QB muffs the ball to the ground, it is dead where it first touches the ground.
- A false movement of the football by the center after he is set shall constitute a false start penalty.
- No direct snaps will be allowed.
- QB must be at least 3 yards behind the center to receive the snap

- Center does not have to snap the ball to the punter.

30) PUNTING

- If a team decides to punt, the offense must announce it to the official before the ball can be declared ready for play. Offense must declare within 10 seconds after asked by the official on the fourth play. Penalty will be delay of game.
- After the offense declares, the official will mark the ball ready for play whereupon the offense will have 15 seconds to punt the ball. When offense declares punt, it becomes a guaranteed punt.
- After a punt has been declared, it must actually be made and neither team may cross the line of scrimmage until punt is made.
- The punting team may have any number of players that it chooses on the line of scrimmage.
- The punt returning team must have five players within five yards of the line of scrimmage and they must remain stationary until the punt returner passes into their zone at which time they may provide stationary screens or maneuver for a lateral.
- The receiving team's linemen may attempt to block the punt by jumping. If the punt is legally blocked and touches the ground, it is dead where it touches the ground and the punt returning team gains possession at that point.
- If the punt is legally blocked and touches a member of the punting team or the receiving team while still in the air, it becomes dead at the point it touches them and the punt returning team gains possession at that point.
- If the punt hits a member of the punting team, which has not crossed the line of scrimmage, it is dead at that spot. Any member of the punting team may down the punt if it is beyond the line of scrimmage; as long as the punt touches the ground directly beneath the point the punting team re-touches it. The punt receiving team must be given an opportunity to field the punt in the air.
- There will be a 10 yd. penalty if a member of the punting team touches a punt in the air which is beyond the line of scrimmage and interferes with the receiving team's efforts to field the punt. Penalty will be marked from the point that the punt is illegally touched.
- The punt returning team may have 3 punt returners in deep positions of their choosing. The 2 punt returners not carrying the ball may not be moving screens. They may however, run forward and provide stationary screens or be maneuvering for a lateral.
- When a punt touches a player on the receiving team and rebounds into the air, all players become eligible to intercept and advance the ball before it touches the ground. This rule applies even if the punt hits the ground before first touching the receiving team's player.
- The punt receiving team may field a punt in the air, off a bounce or directly off the ground as long as the ball is fielded cleanly.
- If a punt is left unattended, it becomes dead where it rolls still.

31) PUNTS FALLING IN THE END ZONE

- If muffed by the receiving team before possession and it hits in or out of the end zone, the ball will become out to the 20 yard line, first down, next "line-to-gain" for the receiving team.
- If the ball is touched in the air or on the ground by the punting team, the ball will come out to the 20 yd. line, first down, "line-to-gain".
- If a punt receiver who gains possession of a punted ball in the end zone is de-flagged in the end zone, whether he was attempting to run it or not, the ball will be brought out to the 20 yd. line, first down and next "line-to-gain".

- If he remains in the end zone five seconds after fielding the punt, the ball will be brought to the 20 yd. line.
- If a defensive penalty occurs after the offense declares they will punt, the offense may reconsider, due to the change in field position.
- No quick kicks are allowed and will result in a 10-yd penalty if attempted.
- A muffed lateral in the end zone shall be declared a safety.
- The punting team may only change their mind by calling a time out.

32) PLAYERS BEHAVIOR

- Any verbal badgering of officials by any player after official has asked once for team captain control, can result in player or players involved in the action being disqualified.
- Any derogatory language between opposing players, after the official has asked once for team captain control, can result in player or players involved in the action being disqualified.
- First derogatory action or language should be penalized 15 yards. If second offense will result in ejection of player and coach. Side line players are subject to the same disqualification for abusive, obscene or badgering language to either opposing players, spectators, or officials.
- Side-line players should keep their sideline policed of any items which could cause injury if player goes out of bounds.
- If the captain or coach of the penalized team can't control the actions of his players, game can be forfeited.
- Profanity, fighting or rough or injurious play do not need warnings in order to cause the player to be ejected.

33) ILLEGAL ADVANCEMENT

- The runner or ball carrier may NOT dive or slide forward to advance the ball. Ball is dead at point where player left their feet.
- Advancement may not occur as a result of the ball being slapped, knocked, pitched, forward lateralled, or kicked by the offense or the defense.
- Ball will be declared dead at the point it was slapped, knocked, pitched, forward lateralled, or kicked if it was done so in the direction of that team's advancement.

34) SCORING

- Touchdown —6 points
- PAT — (2 points from 10) (1 point from 3)
*Any 2-point PAT attempt intercepted by the defense and returned for a score will be worth 2 points and keep possession of ball
- Safety —2 points
- Forfeit Game — 7-0 game.
- PAT's will begin with the ball on the 3 or 10 yd. line. After PAT, the ball will begin play on the 20 yd. line, next to gain.
- After a touchback, the ball will begin play on the 20 yd. line, next to gain.
- After a safety, the ball will be punted from the 20 yd. line using the Declare Punt Rules.
- There is no tie breaker on regular season games

35) DISCUSSING PENALTIES

- After a penalty is called, only the captain of the penalized team may discuss it with the officials.

36) TIE BREAKER (Play-offs only)

- In the event of a tie game, a coin will be tossed with the winner receiving his choice of playing offense or defense first.
- Both teams will go in the direction of the wind, or, if no wind, in the direction chosen by the team that lost the toss.
- Ball will be placed at the mid-field line and each team will have four consecutive plays in which to score the most points or gain the most yardage. The team with the most points or yardage is the winner.
- If both teams score the same amount of points or no points at all, the team who gains the most additional yardage shall be the winner. If after four consecutive downs each, the two teams remain tied in all combinations of the above, additional downs will be played, one at a time, alternating, until a winner is decided.
- During the tiebreaker, there will be one time out per team only.
- An Interception terminates the offense's chances. However, all point scored previous to the interception will stand as earned.
- The point where the intercepting team is downed or de-flagged shall determine the total yardage made by the Intercepted team.
- An interception returned back to the 40 yd. Line will completely negate all yardage gained by the intercepted team. If the intercepting team does not return the football past the line of scrimmage of the last snap, then the line of scrimmage of the last snap will represent the distance that the ball was advanced by the intercepted team.
- Even if a defender intercepts a pass and returns it past the 40.yd. line, his team still must initiate their four offensive plays beginning at the 40 yd. line and establish positive yards or score on an interception.

37) OFFSETTING PENALTIES

- If offsetting fouls occur during a down while the ball is ready for play, that down shall be repeated.
- If each fouls during a down in which there is a change of team possession, the team gaining possession may return the ball, providing its foul was not prior to the final change of possession and it declined that penalty for its opponent's foul

COED SPECIFIC RULES

Under general conditions, a standard on-field Coed team should consist of five men and three women. There is NO maximum amount of females allowed on the field.

- A team MUST play with a minimum of 2 females on the field at all times.
- There may NEVER be more than five men on the field at the same time.
- If a team chooses, they may play a maximum of eight females on the field at once.

To ensure coed participation, the offense team must use a female as an operative player within 3 consecutive downs. Failure to use a female within 3 plays results in a 5 yard penalty and loss of down, next down remains a girl play.

An operative player is defined as a player who:

- is the intended receiver in the eyes of the referee
- runs the ball as the primary runner (must cross the line of scrimmage)
- receives the snap as the QB and throws the ball forward towards the line of scrimmage (ball must cross the line of scrimmage)

A non-operative player includes:

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

Ref's will call open or girl play at the beginning of each play. Open play can go to either a male or female. If a female is not used for two consecutive downs then the next down is a force girl play, the ball must be advanced by a female. If the QB (male or female) is sacked or fumbles during a force girl play the next play remains a girl play and the ball is placed at the spot of the fumble or sack.

If a team begins a game with eight players or less and a player is injured during the course of the game, the team captain may choose to:

1. Continue playing minus the injured player.
2. Add a pick-up player in replacement of the injured player (guy for guy, girl for girl) and forfeit four points to the opposing team. (must be a registered player)
3. Forfeit the game entirely to the opposing team.
4. If the injured player is a female and her loss would cause the team to have less than 2 females on the field, the team captain can pick up a replacement or forfeit the game entirely.