

TSL716 LLC

CO-ED FOOTBALL RULE BOOK

Season: Spring 2024

*All players must be 21 years of age and over to play.

**All players must have a newly signed waiver for the calendar year.

***Waivers cannot be forged by another person, as all players must fill out their own waivers to acknowledge the risks involved. If a person is caught forging a waiver for another player, that person may be suspended or banned from the League indefinitely.

This rule book as it is written will be binding for the entire season and will not be changed all year. If any person has an issue with a rule you may send us a formal request to change it and we will consider it after the season has concluded.

TSL716 LLC (hereafter referred to as "TSL") at its discretion or any of its officials may petition the league and ask for a suspension of any player who breaks these rules. Fighting will result in immediate suspension. Foul and rough language may result in suspension. TSL will not tolerate foul language, berating of officials nor berating of opponents. If you act out, you risk being suspended or kicked out of the league with no chance of appeal. Please read this very carefully should you decide to fight, swear or make a bad decision in your game, at the fields or in the bar.

Additionally, while we encourage a fun, competitive atmosphere and have no problem with "jawing" or trash talk in good sport, please know that racism, sexism, homophobia, bigotry, and hateful targeted language is completely unacceptable and will be met with the harshest of responses if it is determined that a player has engaged in any sort of behavior along these lines. TSL is welcoming to people and players from all walks of life, and discrimination, bigotry and hate speech has no place within our league.

Please note that all suspensions for players that play on multiple teams will carry in all games played by that player in a day. I.E. If you are a player on a team in D3 and an all-gender team and get suspended in your D3 game you also will be suspended for your gender game as well during the suspension period. This does NOT carry over to Breakfast Club games, unless the offense you are suspended for is deemed egregious and/or extreme (fighting, destruction of property, intent to injure, hate speech, etc.). Any incident that results in a player being ejected from a game will trigger an automatic review by a five person committee for possible suspension.

Regulations

1. The field is 50 yards long by 30 yards wide
 - a. 8 yard long end zones.
2. 6 Players play at a time
 - a. Co-ed teams usually consist of 4 guys and 2 girls
 - i. You must have a minimum of 4 players to start/play a game.
 - b. Gender teams consist of 5 girls and 1 guy or 6 girls and 0 guys
 - i. You must have a minimum of 4 players to start/play a game.
3. Spectators

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- a. Allowed to watch from the endzones, which helps keep the sidelines free for officials
4. Ref Fee:
 - a. Each team owes \$30 at the coin toss huddle, please be prepared with cash at this time
 - i. Venmo is NOT a mandatory form of payment; refs have the choice to accept venmo payments if they choose, but it should never be expected. Please come prepared.
 5. COIN FLIP: Prior to the start of the game, a captain will be called from each team. First priority to call the toss is with the captain who pays cash, if both captains pay with the same type of currency, the captain that pays first will be the one to call the toss. If a team is not prepared to make an acceptable payment to the referee before the game begins, they will automatically forfeit the coin toss (allowing the other team to select ball or side as described below). During Playoffs, the higher seeded team will be the team to call the toss.
 - a. The winner of the coin toss will have three options:
 - i. THE BALL IN THE FIRST HALF: You get the ball in the first half and your opponent gets the ball in the second half. The opponent decides first half direction then both teams switch sides in the second half.
 - ii. THE BALL IN THE SECOND HALF: The Opponent decides the first half direction. The Opponent will start with the ball and the teams will change sides at halftime.
 - iii. CHOICE OF SIDE TO DEFEND: You may pick the side you wish to defend in the first half. You will switch sides after halftime. The opponent will then decide if they want the ball in the first or second half.

General Gameplay

1. The Game consists of (2) 25 minute halves with each team receiving (3) time outs to use at their discretion.
 - a. The clock continues to run throughout games with a few exceptions:
 - i. a 2 - minute warning in the second half will stop the clock until the next offensive snap.
 1. If the 2 minute warning occurs after a touchdown, the conversion will be an untimed down. The clock will not start again until the next possession's first snap.
 - ii. Timeouts will stop the clock until the next offensive snap
 1. If a timeout is called after a touchdown, the conversion will be an untimed down. The clock will not start again until the next possession's first snap.
 - iii. Official Timeout
 1. Officials may (or may not) choose to stop the clock at any point in the game if a discussion is needed between them. A clock stoppage occurs automatically if officials huddle for any reason with under a minute to go in the game.

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- a. The officials will break the huddle and immediately inform teams that the clock will start after the explanation. They will explain the ruling and then immediately start the clock. They will not wait for any players to get set.
 - b. The clock will not stop for a penalty that does not require a huddle, the official will quickly enforce the penalty and get back into position.
 2. If the ball is lost past the shrub line, the clock will temporarily be paused to locate and find the ball. The clock will resume before the team gets back to the huddle.
 3. Injury timeouts require a stoppage of time while the injured player is tended to. The clock will resume once the player is off the field.
2. Late arriving players:
 - a. If a player is running late due to another game, a grace period will be given to help players get from one field to another.
 - i. QB - 8 minute grace period (from the scheduled game start time)
 - ii. Positional Players - 5 minute grace period (from the scheduled game time)
 - b. If a player is running late and it is not because of a current game finishing up, the ref may or may not allow a 5 minute grace period (from scheduled game time). Once the 5 minutes are up, the game must start! There are multiple games on each field every day. Please respect other people's times and commitments.
3. Football:
 - a. All teams MUST use an official college or pro size football. Any team who is caught using a "small or un-official ball" may be forced to forfeit their game and their captain will be suspended for the next week's game
4. A Catch:
 - a. If a player catches the ball and has complete control with two feet down in play, it is a catch
 - i. This is not the NFL, you do NOT need to make a football move
 - b. If a player catches the ball going out of bounds, the player must get one foot inbounds prior to any other part of the body hitting out of bounds
 - i. Butt, Knee, Hip, elbow, shoulder are all acceptable in place of one foot.
 - c. In the discretion of the ref, if you try to excessively swipe, swat, or smack a ball out of a players arms or hands and cause injury:
 - i. 10 yard penalty (unsportsmanlike)
5. A Touchdown:
 - a. If the ball breaks (crosses) the front of the goal line, the result is a touchdown
 - b. Going Out of Bounds: (Both must occur)
 - i. The player must get one foot inbounds prior to any other part of the body hitting out of bounds

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1. Foot, Butt, Knee, Hip, elbow, shoulder are all acceptable in place of one foot.
 - ii. The ball MUST cross the goalline before a body part touches out of bounds
 - c. If the ball does not break the goalline
 - i. The player must have 2 feet fully inside the endzone
 1. If any part of the body is touching the goal line or the ground outside the goal line, the ball will be spotted at the spot of the ball when the player is ruled down or tagged.
 - d. Male TD's are worth 6 points
 - e. Female TD's are worth 8 points
 - i. A female TD may result from a female player throwing, running in, or catching a ball in the endzone
 - ii. If a male player pitches the ball backwards to a girl who then scores, the result is a gender TD.
6. Extra points:
 - a. 1 point - From the 5 yard Line
 - b. 2 points - From the 10 yard line.
 - c. The Defense can return an interception for the amount the conversion attempt was for.
 - i. If defense intercepts a 1 point conversion, they will get 1 point if it is returned for a td
 - d. If the offensive team gets a penalty on the conversion, they must take the yards and still go for the conversion at the original point value
 - i. 1 point conversion, offense offsides, the offense will now have to go for a 1 point conversion from the 10 yard line.
 - e. Loss of down penalties do not count on Extra points, all accepted penalties on conversions will be a replay of down.
 - f. ****BREAKFAST CLUB ONLY**** - one time per team per game, if a team scores a touchdown in the second half of the game and they are still losing before the extra point try, they may elect to try an "onside kick". This will consist of attempting the extra point from the 50 yard line instead of the traditional point-after cones. If the team is successful in scoring the extra point try from the 50 yard line, they will get 2 points and the ball back at their own five yard line. If the offense is unsuccessful on the attempt, the defense takes over possession at the 50 yard line. All other rules concerning penalties or interception returns are the same as normal extra points for an onside kick attempt.
7. Gender Teams
 - a. Gender teams can designate only 1 male to play offense and/or defense per game.
 - i. A male is not required to play at any time
 - b. If an injury occurs to the male player:
 - i. If the injury is deemed legitimate, a backup "rostered" male can be used
 - ii. The injured male is NOT allowed back in the game once he is replaced by another male

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1. An automatic forfeit will occur if the injured male returns after being replaced by another male
8. Substitutions:
- a. Each team must designate a bench side of the field prior to the game
 - i. Both teams can be on the same sideline
 - b. Players are only allowed to substitute from that side of the field (on and off) during the entire course of the game.
 - i. For example, a player cannot try to get off the field fast and go out the back of the endzone or off the other side of the field to allow another player to quickly come on the field.
 - ii. 5 yard penalty, repeat the down, play the play out
9. Appeals:
- a. A captain will have 72 hours from the time the game in question ends to file an official appeal towards a game or decision. The appeal cannot be towards a judgment call on the field (which will not be reversed) but rather issues with:
 - i. Illegal male or female player
 - ii. Waiver issues
 - b. An official decision will be rendered within 72 hours of the appeal
10. Reschedule/Cancel Games:
- a. A team must give 48 hour notice to the league that they cannot field a team and need to move the game from the original schedule.
 - b. The opponent must make an honest effort to make the game up, but if a game can not be made up prior to the season ending, the game will go down as a forfeit loss for the last team who canceled a scheduled game.
 - i. There will be no forfeit fees for this type of forfeit
 - ii. Forfeits will be scored 21-0
11. Forfeits:
- a. Occurs when teams cancel less than 48 hours before their scheduled game time
 - b. **Forfeit fee paid during registration will be used to pay the scheduled refs \$25 per game (not the full \$30 per game they would have made had they reffed)**; after a team forfeits, they will need to reimburse their forfeit fee for future forfeits; if two or more forfeits are made by the same team in a session, that team will not be allowed to play another game until another forfeit deposit is received
 - c. These can not be made up and will result in a 21-0 loss
 - d. If a game is forfeited during the last game of the season to avoid having to play for seeding or to miss the playoffs, the forfeit will result in a 99-0 loss
 - e. A forfeit can occur when Illegal players are used

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- f. A forfeit can occur when players without a signed waiver are used
12. Officials - Each game will have (2) officials. In special cases there may be more refs. The officials' jobs are as follows:
- a. HEAD LINESMAN: The ref closest to the line of scrimmage and watches the rusher and QB until the ball is thrown. This ref is typically in charge of the clock, keeps track of downs and has the final say on a call should both refs disagree. Will relay downs to the offensive team. Can call penalties anywhere on the field.
 - b. BACK JUDGE: Keeps track of the downs, typically manages the scorecard and monitors the defenders and receivers throughout the play.
 - i. The TSL will not tolerate berating of officials, name calling or unsportsmanlike behavior at any time. You are within your right to disagree with a call or ask a ref why he made a ruling but we will not tolerate cursing or unacceptable behavior. If this occurs the player or team captain may be subject to suspension. Any incident that results in a player being ejected from a game will trigger an automatic review by a five person committee for possible suspension.

Offensive Gameplay

- 1. At the start of a game, start of a half, or after a touchdown:
 - a. The ball will be spotted at the 5 yard line.
- 2. The ball must be snapped from the middle of the field
 - a. The ball can only be moved slightly to avoid weather issues
 - i. Extreme changes to one side of the field will not be allowed (illegal formation - 5 yards)
- 3. The offense gets 5 downs to score a touchdown.
 - a. One of those 5 downs MUST be a gender play (if no touchdown is scored) or it will result in a turnover on downs.
 - b. If the offense uses 2 "gender" plays, the offense will unlock a 6th down.
- 4. Gender Plays
 - a. A gender play occurs when a female player throws, runs, or catches a ball past the line of scrimmage
 - i. Gender play if after the girl is past the line of scrimmage, she pitches the ball
 - 1. No Gender play if this play ends up losing yards or is no gain.
 - ii. A gender play occurs if a female is the closest "intended" target of a pass
 - 1. No gender play if the ball is deflected/batted and the ball lands prior to the line of scrimmage
 - 2. A gender play does NOT occur if she tips the ball and a male catches the ball

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3. A gender play does occur if she tips the ball and a male does not catch the ball

5. Important Downs

- a. 4TH AND 2: Ball can go to a male or female
- b. 5TH AND 2:
 - i. Must be a gender play touchdown, or the play results in a turnover on downs.
 - ii. A female play with positive yardage but not a touchdown will result in a turnover on downs from the point that the play ends
 - iii. A male play will lead to a loss of down and 10 yard penalty from the original line of scrimmage
- c. 5TH AND 1: Gender play or Male TD.
 - i. Gender play will open up 6th down
 - ii. Male play will result in a change of possession unless a TD is scored.

6. The QB

- a. Designated as the player receiving the snap
- b. A cadence must be said to initiate the play
 - i. Hut, Hike, Go are the only acceptable cadences
 - ii. Other phrases are not acceptable
 - iii. Silent counts are not acceptable
- c. The player that receives the snap MUST be the player that called for the snap
 - i. One player may not call for the snap and the other player receives the snap.
- d. The Player receiving the snap must be set for 1 second prior to receiving the snap
 - i. A player in motion can never receive a snap

7. Passing:

- a. The Throwing players feet (both feet) must be completely behind the line of scrimmage
 - i. Any part of the body can cross the line of scrimmage except for the player's feet.
- b. There can NOT be two forward passes in one play, and a QB cannot throw to himself.
- c. The ball is "released" once the throwing arm reaches the level of the throwing players ear during the THROWING motion. This is very difficult to judge in real time - refs will use their best judgment and their decision is final.
- d. The throwers (generally qb) throwing arm (or the ball while it is in his or her hand) CANNOT be hit while in the process of throwing the ball
 - i. This will result in a 5 yard penalty and replay down
 - ii. QB's that try to do something unnatural to draw this penalty will draw a 10 yard penalty and loss of down.

8. Handoffs/Pitches:

- a. Handoffs are only allowed if both players are behind the line of scrimmage
 - i. Handoffs that do not occur behind the line of scrimmage are blown dead immediately

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1. For example, you cannot hand the ball off to a girl down field to score a gender touchdown, the ball must be pitched
- b. Once the ball is handed off or pitched behind the line of scrimmage, the pass rusher can immediately rush the passer, bypassing the rest of the pass rush count
- c. The ball CANNOT be placed in the abdomen or hands of another player to simulate a handoff and then pulled out to pass the ball, this will result in a penalty.

9. Formations:

- a. There must be at least one player on either side of the player snapping the ball to the QB (illegal formation - 5 yards)
- b. 5 of your 6 players must be "set" for 1 second prior to the snap
 - i. You are allowed 1 player to be in lateral, backward, or forward motion during this time.
 - ii. Arm movement, head turn, etc do not pertain to being "set".
 1. a stumble step (due to noise or confusion) is up to the refs discretion

10. Punting:

- a. Can only occur on 4th down
- b. The ball will be placed at the 10 yard line

11. Change of Possession

- a. The defenses 30 seconds to get set will begin after the previous play has ended.
- b. The official will give 15 second warning
- c. The defense will notify the official when they are set
- d. The official will count down the final 5 seconds if the defense does not give them the okay
 - i. At this time, the ball then can be snapped by the offense without the defense giving okay
 - ii. The offense will only be given an additional 10 seconds from this point before a delay of game is called

12. Timeouts

- a. The ball cannot be snapped after a timeout until the defense is set.
- b. The ref must ask the defense for confirmation. If the ref needs to ask 3 times and is not answered, the official can give the offense the okay to snap the ball.

13. Play Clock

- a. Teams get 30 seconds to snap the ball
- b. The play clock should start within 5 seconds of a play ending
 - i. Do not wait for the players to get back to the huddle, as teams can drag this process out
 - ii. Some exceptions should be granted for balls that go into the woods
- c. The head linesman should give a 10 second warning to the huddle
- d. The head linesman MUST count down the last 5 seconds

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14. A player is ruled down

- a. When a player is tagged with 2 hands
 - i. The ball is considered part of the person if there is clear possession.
- b. Another offensive player appears to block or get in the way of a defensive player trying to tag the ball carrier
- c. When any part of the body, except a players hand (the one not holding the football) hits the ground
 - i. knee, hip, butt, shin, shoulder, elbow, or the hand that is holding the football

15. Turnover on Downs

- a. If the offense does NOT score in their allotted plays, the defense will take over at the spot of the failed series

16. Fumbles:

- a. The play is blown dead once the ball hits the ground.
- b. You are not allowed to “rip”, “grab”, or catch a slipped ball out of another players arms
 - i. You are only allowed to “intercept” obvious pitches, either forward or backwards

17. Laterals

- a. You can lateral the ball backwards any place on the field
- b. Backward Laterals that hit the ground will be blown dead immediately and spotted where the ball hit the ground
 - i. These can be “intercepted” by the opposing team
- c. Forward Laterals will go back to the spot the lateral occurred
 - i. These can be “intercepted” by the opposing team
- d. If a lateral hits the goal line or lands in the endzone attempting to be scored on, the opposing team will take over position at the 10 yard line.
- e. If a player leaves the endzone and pitches the ball back into the endzone and the ball hits the goal line or lands in the endzone, this will result in a SAFETY!!

18. Safety

- a. When a player enters the Opponent's end zone (defined as having two feet clearly in the end zone or the ball in the end zone) from the field of play and the ball does not Completely break the goal line before the tag occurs
- b. If a player breaks the plane of the goal line after an interception and the ball crosses back into the endzone at the time of the tag.
 - i. Forward momentum does not count towards the player entering the endzone

Defensive Gameplay

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1. This is a NO CONTACT LEAGUE
 - a. You cannot block, pick, or employ bump and run coverage.
 - b. Blocks will be blown dead immediately if it is determined that a defender was actively impeded from making the tag
2. 2 Hand Touch:
 - a. A Player is ruled down when tagged with 2 hands SIMULTANEOUSLY
 - i. A “pitter - pat”, 1-2 tag, one hand and then the other will NOT be called as a tag
 - b. The ball counts as part of the body if the offensive player has control
 - c. Clothing counts as part of the body
3. Holding
 - a. Holding to make the tag will result in a 10 yard penalty without a repeat of down.
 - i. If the tag is made to a player’s clothing, the flag can be picked up by the officials if the clothing is deemed too loose
 - b. Holding to sack the QB will result in a 10 yard penalty and repeat down.
4. Pass Rush:
 - a. The pass rush must be a verbal count to six that is loud enough for the referee to hear. There are three allowable cadences of counting to six:
 - i. 1 one thousand, 2 one thousand, 3 one thousand, 4 one thousand, 5 one thousand, 6 one thousand
 - ii. 1 mississippi, 2 mississippi, 3 mississippi, 4 mississippi, 5 mississippi, 6 mississippi
 - iii. One thousand 1, one thousand 2, one thousand 3, one thousand 4, one thousand 5, one thousand 6
 - iv. No other cadences will be allowed
 - b. Must be at least 3 seconds long on actual stopwatch!!
 - c. Fast counts will be an immediate flag and 5 yards, repeat down
 - i. No warnings need to be given by officials
 - d. The entire count must be finished before crossing the line
 - i. You cannot cross the line of scrimmage while you are finishing “sand” or “sippi”, or “six”
 - e. Officials may take over the pass rush count if the pass rusher will not slow down the count
 - i. This can occur for a series, half, or rest of the game, at the ref’s discretion.
 - f. If a pass rusher is deemed to be shoving a quarterback too aggressively, trying to run through them, or trying to hit their throwing arm during a throwing motion, the referee may assess a 5 yard penalty and repeat of down.

Penalties

1. Half the distance:

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- a. If a penalty cannot be walked off due to the distance left, the penalty yards will result in half the distance
2. Offsetting Penalties:
 - a. Offsetting penalties will result in down over.
 - i. If a team has more penalties than the opposing team, the team with more penalties will be enforced. The highest yardage penalty will be enforced in this case.
3. Conversions
 - a. All accepted Loss of down penalties during conversions (point afters) will become replay of downs
4. Illegal Player - "The Rameer"
 - a. If at any point a player, coach, friend, lover, consultant etc. runs onto the field of play and tries to make a 'play" for any reason:
 - i. Said person will be thrown out of the game and be suspended (1) additional week. Said player will not be allowed anywhere but in the parking lot or bar during the week they were thrown out. The same goes for their next upcoming week's games.
 - ii. The opponent will be given an 8 point TD, allowed a conversion attempt and receive the ball on offense on their own 10 yard line
 - iii. A play is described as:
 1. Trying to make a catch
 2. Trying to impede the progress of an opponent on a catch or interception
 3. Any football related move.
5. Challenges
 - a. Only the captain may challenge a play based on a misinterpretation of the rule.
 - i. This can only be done during a called timeout.
 - ii. The officials will look at the rule book and determine if the call they made based on the rules was the proper call.
 1. The challenge will be deemed unsuccessful if they stick with the original call or if they do not find the rule in the rule book
 2. The challenge will be deemed successful if they change the ruling on the field and the team that used the timeout, will get their timeout back.
6. UNDER 5 MINUTES IN EITHER HALF
 - a. Offensive penalties will stop the clock if the team with the ball has a lead or the game is tied.
 - b. The clock will stop until the next snap
 - c. The penalty becomes 10 yards if it would have otherwise been 5 yards.
 - d. The penalty will also be a loss of down
7. End of Game:

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- a. A game or half can NOT end on a defensive penalty.
 - i. If a defensive penalty is called and time expires one additional play will be given unless the offense declines said penalty.
- b. Offsetting penalties (1 on offense, 1 on defense) ends the game

Offensive Penalties

1. False Start - 5 yards, repeat down, blown dead immediately
2. Illegal Formation - 5 yards, repeat down, play the play out
 - a. All players on one side of the center
 - b. The ball is not placed in the middle of the field (some leeway is given d/t weather, but extreme changes are not allowed)
3. Illegal Motion - 5 yards, repeat down, play the play out
 - a. More than 1 person in motion when the ball is snapped
4. Illegal Snap - 5 yards, repeat down, play the play out
 - a. When the player receiving the snap is not set for 1 second
 - b. When an acceptable cadence is not used to snap the ball
 - c. When the player that calls for the snap does not receive the snap
5. Illegal Forward Pass - 5 yards, loss of down, play the play out
 - a. Any part of either foot (only feet) crosses the line of scrimmage
 - b. Two forward passes in one play
6. Illegal Handoff - play blown dead, no yards awarded
 - a. When both players are not behind the Line of Scrimmage
7. Forward Lateral - Ball is brought back to the spot of the foul (no penalty yards), play the play out
 - a. This can be "intercepted by the defensive team"
8. Illegal Touching - Loss of down, no yards
 - a. Offensive player goes out of bounds (for any reason) and is the first one to touch the ball.
 - i. The player must re-establish themselves inbounds with 2 feet and the ball must touch another player before they are able to catch the ball without penalty.
9. Read Option - 5 yards, Loss of Down, play the play out
 - a. If a ball is placed in the stomach or hands of another player and then removed to get the defense to jump offsides.'
10. Pick play/Illegal contact - 10 Yards, repeat down, play the play out
 - a. Unnecessary contact initiated by the offense

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- b. A player not running a proper route and sets a basketball screen or purposefully jumps in front of someone as they are running by them
- 11. Offensive pass interference - 10 yard penalty, loss of down, play it out
- 12. Blocking - Dead Ball at the spot of the ball when the block occurs
- 13. Delay of game - 5 yards, repeat down
- 14. Intentional grounding - 5 yards, loss of down
 - a. A ball is thrown far away from any intended receivers while trying to avoid an impending sack.
- 15. Diving - The offensive player will be ruled down if they attempt to leave the ground, leading with their head to advance the ball.
 - a. The ball will be placed where the player's feet initially left the ground
- 16. Illegal Male Play - 10 yard penalty from the original line of scrimmage and turnover on downs
 - a. Male play on 5 & 2
- 17. Illegal Substitution - 5 yards, replay down, play out
 - a. Player subs out through the back of the endzone or on the wrong side of the field (non bench)

Defensive Penalties

- 1. Illegal contact - 10 yards, repeat down, play the play out
- 2. Yelling at a WR when the ball is in the air - 10 yards, repeat down, play the play out
 - a. Players yelling "ball" or another phrase to notify their player the ball is coming do not count.
- 3. Defensive pass interference: Spot foul, repeat down, play on
 - a. Face guarding is legal. You may not make contact in any way but face guarding IS legal.
 - b. If DPI occurs in the endzone, the ball is placed at the 1 yard line
 - c. A player making a catch is in the air and close to the sideline cannot be pushed out of bounds EXCESSIVELY to prevent a catch, this will result in a DPI penalty. This is a no contact league.
 - i. A tag within normal circumstances that causes the player to end up out of bounds does not apply to this rule.
- 4. Roughing the Passer - 5 yards Penalty, repeat down, play it out
 - a. Hitting the throwing arm
 - b. Running through a QB while he is "in the pocket/not scrambling"
 - c. Embellishment/unnatural throwing motion to draw penalty by the QB will result in a 10 yard penalty and loss of down
- 5. Fast Count - 5 yards, replay down

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- a. Crossing the line prior to finishing the count
 - b. Finishing the count and crossing the Line of Scrimmage in under 3 seconds (in real time)
6. Defensive holding - 5 yards, repeat down, play on
- a. This foul would occur prior to the ball being in the air
7. Defensive Holding against ball carrier - 10 yards added to the end of the play
8. Defensive Holding to sack QB - 10 yard penalty, repeat down
9. Unsportsmanlike Conduct - 10 yard penalty
- a. Can be used for excessive contact
 - b. Can be assessed to either the offense or the defense
 - c. Can be used for injury caused by an attempt to swat a ball out of a players stomach, arms
 - d. Players can be suspended from possession, halves or games.
 - e. Players can also be suspended from another game by TSL management if the league determines the hit was egregious enough.
 - i. An investigation will occur.
 - f. Can also be used at ref's discretion to cover unsportsmanlike conduct not explicitly covered above.
 - g. The ref can also choose to stop the clock at his or her discretion to enforce an Unsportsmanlike Conduct penalty.
10. Delay of Game on the Defense - 10 yards, repeat down, stop of clock
- a. Any illegal act done with the sole intent of wasting time in the final 2 minutes of either half may constitute Delay of Game:
 - i. Holding onto players excessively preventing offensive players from running routes.
 - ii. Pass Interference that includes dragging a player down to prevent him or her from running by you
 - iii. Blitzing the QB before you are to 5 in your count
 - iv. kicking or knocking the ball further away from an offensive player intentionally as they are trying to pick the ball up.
11. Female contact penalties - 5 or 10 yard penalty depending on the infraction, repeat down
- a. Players can be suspended from possession, halves or games.
 - b. Players can also be suspended from another game if the league determines the hit was egregious enough.
 - i. An investigation will occur.
 - c. Embellishment by females will also be subject to suspension and the same 5 or 10 yard penalty with a loss of down.

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Roster:

1. Players are only allowed to play on one non breakfast club team
2. The following exceptions may unlock a player's ability to play on 2 teams:
 - a. Documentation of you reffing 4 games the previous session (which TSL management will track and enforce).
 - b. A brand new team formed of outside individuals (players not currently in the league) may be given an exception to allow a player to play on more than one team
 - c. All Gender players are allowed the ability to play on a co-ed team and an all gender team
 - d. If Lord Topper chooses to put in a team, restrictions to his players do not apply. He founded this League and ran it for over a decade, he has earned this exception!
3. No players will ever be given permission to play on 3 teams (breakfast club does not apply)

4. 15 Player Roster Maximum

5. Any exception besides Breakfast Club for playing on more than one team MUST be approved by the League
6. If a player plays on more than one team, he or she is NOT allowed to play in two games scheduled at the same time slot. They cannot go back and forth between games, and they can't play for their second team after their first game finishes. Violation can result in suspension or forfeiture of a game

Due Dates:

1. Preliminary Rosters - Due 15 days prior to the scheduled start of the session
 - a. A preliminary roster needs to be on file by this date to properly place you in the correct division. You can add any eligible player up to this point, as divisions have still not been finalized. Adding certain individuals that may impact the competitiveness of your roster may alter what division you are placed in. The league will have open communication with the captains about any division changes.
2. Pre - Season Adds = 2-14 days prior to the scheduled start of the session
 - a. Additions to your roster during this time frame MUST be REQUESTED and APPROVED by the league to maintain divisional competitiveness.
 - b. You can add individuals that are eligible for a second team at this time, but still need league approval
3. Season Roster Adds - Scheduled start of season to the Friday prior to the 3rd Scheduled week of the season

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- a. Additions to your roster during this time frame MUST be REQUESTED and APPROVED by the league to maintain divisional competitiveness.
- b. Individuals already on a roster WILL NOT BE APPROVED UNDER ANY CIRCUMSTANCES.
 - i. This does not apply to all gender teams
- c. All Waivers must be signed by this time or a player is INELIGIBLE for the rest of the season. At no time can a player step on the field without a signed waiver for that session. Waivers cannot be forged by another person, as all players must fill out their old waivers to acknowledge the risks involved. If a person is caught forging a waiver for another player, that person may be suspended or banned from the League indefinitely.

Subbing Rules:

1. Illegal subs (ie someone playing on a team that is not on that team's official roster) will result in an automatic forfeit
2. Illegal subs consist of anyone from the sublist playing in a division they are not eligible for, or any player that was not approved by the league office
 - a. The illegal player may be suspended 3 games for the first offense
 - b. The illegal player may be suspended the rest of the season for a second offense
 - c. The captain of the team breaking the rule may be suspended (3) additional games
3. Gender teams are not allowed to use gender players that are on an all gender team
4. A team can borrow no more than (2) women on any day.
 - a. If they have 0 female players they may borrow 2.
 - b. If they have 1 female player they may borrow 2.
 - c. If they have 2 female players they may borrow 1.
 - d. If they have 3 female players they may borrow 0.
5. A team can borrow no more than 5 guys on any day
 - a. If they have 0 male players they may borrow 5 guys
 - b. If they have 1 male player they may borrow 4 guys
 - c. If they have 2 male players they may borrow 3 guys
 - d. If they have 3 male players they may borrow 2 guys
 - e. If they have 4 male players they may borrow 1 guy
 - f. If they have 5 male players they may borrow 0 guys
 - g. If you have 5 male players, you will have to use one of those players (or a female on the team) as the QB, unless a QB sub is specifically requested by the Friday before the game at 3 pm.

Sub Request Process

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Only players on the sublist may be asked to sub for your team; and permission must be granted via email to SUB@TSL716.COM. If an illegal player is caught playing for a team without permission, you will receive a forfeit and both the captain and the illegal sub face a one game suspension for their first infraction. Sub requests must be submitted by 3pm on Friday afternoons. **No sub requests will be considered beyond the deadline, and players may have to play short-handed if they don't have enough players to field a full team.** Please make every effort to ensure your team has enough players to field a full squad.

1. This year, subs on the sublist will ONLY be able to sub 3 times in a given session!!!
 - a. This restriction is for the regular season only, Breakfast club subbing does not count.
2. When emailing SUB@TSL716.COM for a sub, please use this format:
 - a. CAPTAINS NAME/TEAM NAME REQUESTING/DIVISION - SUB NAME/GAME TIMES/Opponent
 - i. Mike Barnes/1 Topper too Many/D3 Jill Smith/2PM/No Punt Intended
3. **It is the responsibility of each team captain in need of a sub to reach out to an eligible player from the sublist him or herself; the League's responsibility is to create the sublist and approve valid requests, NOT to make recommendations to team captains or to contact potential subs on their behalf.**

Breakfast Club Subbing:

1. Will be determined via a 3 person TSL Management committee and is NOT limited to players on the Sublist.
 - a. You may request someone, but it is ultimately the final decision of the committee to help keep competitive balance.
2. A request is due by Friday at 3pm to SUB@TSL716.com.
3. You must List everyone that will be available for your game.
4. You must list everyone that is missing the game.
5. You must say what position and how many players you are requesting.
6. You will only be allowed to have a maximum of 5 guys and 3 girls

******PLAYOFF SUB RULES******

1. **There is no subbing allowed for playoff games. Teams are responsible for having enough people on their rosters to compete in playoff weeks without requesting a sub.**