



## Best Damn Sports and Social Club

### Co-ed Free Agent Flag Football Rules

Last Updated 9/3/25

#### Game Regulations

- Games consist of two 25 minute halves
- BDSSC Staff will give out 10 and 2 minute warnings for each half, then alert you when time is expired
- There will be a 5 minute halftime in between (break/rest)
- 7 vs 7
- Field is 70 yards long including both 5 yard endzones and 30 yards wide
- Sidelines will be marked with cones. Endzone front lines with paint
- Players can sub in and out at any time (on a dead ball)
- The team with the most points at end of 2nd half wins
- Two females must be on the field playing at ALL times
- If your team cannot field at least 3 males and 2 females they forfeit the week (be there on time and bring Subs if you need them!)
- The team on defense will always elect 1 sub who is not playing to make all referee calls
- Captain of BOTH teams will take a photo of final score TOGETHER and send to James for posting
- Keep things Social and do not argue over calls, ref has final say
- All BDSSC members must wear Team Shirts WHILE PLAYING
- After the intern inputs Week 5 scores the standings are NOT FINAL until BDSSC staff has reviewed them and implemented any tiebreakers IF NEEDED. ***(The standings will not break ties correctly, BDSSC Staff must manually break them using the following logic stated below.)***
- ANY 2 TEAM TIES will be broken via the following methods in order:
  - Head to Head Record if they played each other
  - The Team with lower total PSA (Points Scored Against) on the Season
  - The team with the highest PSD (Point Score Differential)
  - The Team with the most PS (Points Scored)

- Coin Toss by Best Damn Staff (If the above 4 all still result in a TIE)
- **If MORE THAN 2 teams are tied (3 or more) they will be ranked based on the following, moving down list if things are still tied:**
  - **Ranked in order of lowest PSA (Points Scored Against) on the Season**
  - **Ranked in order of highest PSD (Points Score Differential) on the Season**
  - **Ranked in order of highest (PS) Points Scored**
  - **BDSSC STAFF WILL BREAK any rare Tie that still exists after this**
- There is ONE scenario where the following logic will not be used in a multi-team tie, that is if EVERY TEAM in the tie has a complete head-to-head history during the season and ONE team has beat every other team in the tied scenario, ANY OTHER tie will use logic in RED.

## Substitutes

- He/She must be replacing an actual BDSSC member who is absent
- Subs must be on the approved BDSSC Sub List for Free Agent leagues! Have your captains reach out to captain chat to find these subs if needed
- When we have multiple hours players are not ALLOWED to sub on different teams. No male can ever sub for a different team on the 1st or 2nd hour of games. Females only can in EMERGENCY situations. Always come prepared with subs from outside of league for your missing players!!
- MALE SUBS ARE NOT ALLOWED IN FREE AGENT LEAGUE
- If you are missing 1 male you CANNOT sub this player, if you are missing 2 males you can sub for the 2nd. You can sub any missing female players.

## Game Rules

**(We want to keep these short and sweet, this is not the NFL, so just have fun and enjoy the game!)**

- There is NO contact, this is FLAG Football (no jamming, no playing the ball and blowing someone up... be aware of your surroundings! No hand checking WRs or DBs)
- Rock, Paper, Scissors will determine 1st possession
- No kickoffs, possessions will start at 5 yardline (marked by green cone) at each half and after scores
- You get 4 downs before turning over the ball
- You only need 1 foot in bounds for a catch to count!
- **PRE-SNAP Communication (Last 7 plays, redzone, 4th downs, etc)**

- Once all of the offense is on the LOS (after any subs or QB switches) the QB must hold up a 3 finger countdown that a defender is aware of or VERBALLY countdown from 3 slowly before snapping/hiking the ball. This will give the defense an opportunity to delay the snap if they are not ready (due to subs, injury, shoe tying, etc) and will also stop quick snaps. This rule **DOES NOT** apply to the final 2 minutes of each half, the defense must be ready once the offense is set in the final 2 minutes. This rule **DOES apply** for the final 7 plays of game with no clock.
- You can earn ONE 1st down per drive by crossing the midfield marker (line)
- A female must touch the ball every **other play**, you cannot have back to back plays with only males touching the ball
- A female MUST PLAY QB if the previous play was male to male
- Only a female may rush a female QB. Any rushing female can cross the LOS after a 5 Mississippi count. (No male can pull a female QB flag unless the female QB is past the LOS or handed the ball off)
- A female QB can hand off to a female RB and it counts as a female play
- If a QB female throws to a male across the LOS and a male pitches to another male, this is still 9 points.
- A girl handing off to a guy on an open play is not worth 9. It has to be a forward pass originating from the female.
- No players on offense can line up on LOS within 4 feet from both sides of the ball (Blocking is not allowed so don't even try to get in the way or block for a handoff)
- No contact or tackling, you are considered down when 1 of your flags is pulled off the belt. (**You should be aiming for FLAG when tackling, not body contact**)
- **If a flag falls off while running you are down where the flag fell off. (If you are running a route and a flag falls off you are down where you catch the ball)**
- You are not allowed to cover your flags or hide them in any way, please keep flags on left and right hip
- **If a flag falls off while running you are DOWN. The only scenario where this differs is if you are QB behind the LOS and your flag falls off on its own, you must be 1 handed touched, and you are down (If you are running a route and a flag falls off you are down where you catch the ball!!!)**
  - **If you are a RB and your flag falls off before or AFTER receiving the ball PAST the LOS you are DOWN immediately. The only scenario where 1 hand touch comes into play with a fallen flag is a player with the ball BEHIND the original LOS.**
- Do not put your flags in so tight they cannot be pulled. You will be given a velcro flag if you break a belt from this tactic
- You cannot Dive for a first down and TD! You are DOWN when you leave your feet, with the ball spotted where your FEET were before the dive
- Please do not dive into a QBs legs going for a flag. You must commit to one side and avoid bodily contact
- No Stiff Arms by runners or ramming into defenders or FLAG GUARDING

- QB can only run if rushed
- Please avoid making contact with receivers down field, penalty calls should be made by the person sitting out, but remember... keep it fair and don't argue over calls.
- There is no Blocking in this league, only "screening in place". You CANNOT line up presnap in a position to block. Screen blocking only goes into effect after a person has become a runner and you "screen" in place wherever you are. Do not step in and screen someone and initiate contact like a basketball screen. **The screen blocker shall have his or her hands behind his or her back. Any use of the hands, arms, elbows, legs, or body to initiate contact during a screen block is ILLEGAL.** This prevents holding and injuries.
- You are NOT allowed to lineup anywhere as a blocker in between the QB and the QB Rusher. Blocking is not apart of this league and only comes into place with the rule above when you are already in the field of play playing.
- You are allowed to rush the QB after counting OUT Loud to 5 "MISSISSIPPI". (count slowly, if you are confused pull out your phone and time how long 5 seconds really is)
- The QB will use a small flat cone to mark the Line of Scrimmage, the rusher cannot pass this cone until he counts to 5. QB is responsible for moving it down field.
- Pass interference calls (CALL YOUR OWN PENALTIES) will result in a replay of the down
- **Punting:** You may punt the ball rather than going for it on 4th down. There is no rushing the punter, the defense cannot cross the line of scrimmage. No "blocking" on punt returns, only screening. Same rules that apply to every down blocking from above.
- The punt is LIVE even if it hits the ground, only dead when it goes out of bounds
- **Fumbles:** A ball is dead at the immediate spot of a fumble. This includes a dropped ball by QB, a dropped reverse pitch, or any other fumbles. Possession does not change on a fumble

### Scoring

- There are no Field Goals or PATs
- Male touchdowns are worth 6 points (male to male)
- Female involved touchdowns are worth 9 points (female passing, running, or receiving a TD)
- Safeties are worth 2 points and defensive team takes possession at 15 yard line
- **OVERTIME IS REQUIRED, there are no ties.**
- Overtime will be played NCAA College Football style
- Each team gets one possession from the 5 and 4 downs to score a TD (gender scoring rules apply)
- If you are still tied after round 1, you go into 2 PT Conversion ONLY turns per OT (1 play per team) until the tie is broken
  - Male to Male = 2 Points
  - Female involved = 3 Points

### **End of Game**

- You will be alerted via AIR HORN when there is 2 minutes left and end of halves
- 7 PLAY RULE = After time expires you will play exactly 7 more snaps/plays. The down and possession stays the same along with all other rules
- After the 7th play has ran the game is officially over unless tied
- This rule is to prevent clock watching/wasting and allow for a fair ending since you will not be able to see a live clock during game

### **Captain Responsibilities**

- Make sure your team has enough people to play every week
- Attend Captain Meeting before Week 1 and handout shirts to your team
- Make sure you turn in scorecard to BDSSC Staff EVERY week after play
- Make sure your team understands this is a social league. No one should be getting angry or arguing calls
- Make sure your team understands all rules before playing
- Captains will be allocated 1 set of Belt/Flags for each player each week
- Please return all belts and flags to Staff after every game!
- Captains are responsibility for ANY lost or damaged footballs and Flag Belts/Flags, so make sure all are returned to BDSSC Staff after every game
- Captains will split the cost of replacing every lost or damaged football and flag belt/flag and must pay ASAP. Failure to do so can hinder future participation so DO NOT LOSE ANY BALLS!!

### **Conduct Rules and Warnings**

The only way to de escalate any situation is not respond or get “heated”. You are expected in any situation to act the same:

1. If someone yells at you, you walk away
2. If someone pushes you, you walk away
3. If someone hits you, you walk away (They are removed from league)

**If any Best Damn Staff witness anyone physically pushing or hitting anyone outside of gameplay or outbursting verbally with “explicit” you will be asked to leave for that game and that is your first warning. If you receive a second warning you are going to be banned from Best Damn Football for life, 3<sup>rd</sup> warning you are banned from Best Damn period**

## **Other Things**

- Please play fair and do not get angry, this is a social league
- Please do not drink and drive, if you need assistance getting a ride speak with BDSSC Staff
- BDSSC LLC is not responsible in any way for damages, injuries, and faults of its members. You sign this away with your waiver so you will be responsible for all of the above. Please be aware and stay safe
- BDSSC Staff will be taking photos and videos during all events. We have the right to use all media and will be posting them to our social media for everyone to enjoy
- There is no smoking anywhere at the park
- Have FUN and Keep it SOCIAL!!