

TEAM NAME	TEAM COLOR	TEAM NAME	TEAM COLOR
TIME OUTS = 2 per game 1 Minute		TIME OUTS = 2 per game 1 Minute	
BLITZES 5 per game		BLITZES 5 per game	
1 <sup>ST</sup> TOTAL		1 <sup>ST</sup> TOTAL	
FINAL		FINAL	
SCORE		SCORE	
ST		ST	
OR		OR	
AR		AR	
CK		CK	
EK		EK	
ING		ING	

~ MIN. needed to play (5 players, at least 1 female)  
 ~ Every **THIRD** Play should go to a female  
 ~ 1 pt. conversion starting line: 10 feet; 2 pt conversion: 20 feet  
 ~ Person ending up with ball determines gender on tipped ball.  
 ~ First person to touch on incomplete pass determines gender  
 ~ Ball is spotted where the flag is PULLED. Pull also determines blitz.  
 ~ QB can't run til after the 5 count, unless blitzed.  
 ~ Girl scoring is +2 points for touchdowns. Extra points standard.  
 ~ 10 foot no-run zone is also standard scoring if LOS originates there  
 ~ When rushing, can send unlimited players. No contact on blitzing.

**CLOCK**  
 ~ 22:00 Half's  
 ~ 25 second play clock from when official feels ball should be placed.  
 ~ Clock runs continuously during FIRST HALF, but stops w/ 1:00 on change of possession. Stop after TD or 4<sup>th</sup> down, resume on snap.  
 ~ Stop clock at 2:00 in 2<sup>nd</sup> HALF if score within 20 pts or less. Clock then stops for incomplete, out of bounds, scores, penalties & extra points.

**Offensive Penalties (10 PACES from LOS & loss down):**

- Offsides
- Blocking/Picking
- Illegal Contact, Forward Pass, Motion
- False Start
- Delay of Game
- Fielding Too Many Players
- Flag Guarding – From the spot of foul
- Diving & Jumping – From the spot of foul
- Pass Interference – From the original spot
- Unsportsmanlike Conduct – Can be in addition to another penalty. Player must sit one play.
- Intentional Grounding - If foul occurs outside 10 paces from line of scrimmage, ball is down at the spot of the foul & loss of down or a safety if occurs in his/her own end zone.
- Girl Play Foul – If line of scrimmage was not crossed, remains a Girl Play.

**GIRL PLAYS**  
 One out of every three plays must involve a girl AS AN OPERATIVE PLAYER. The play, incomplete or complete, must have been initiated by a girl or been obviously intended for a girl. **Any forward pass thrown TO a girl or BY a girl, must reach the line of scrimmage.** Failure to involve a girl will be loss of a down and a female must now be the operative player on the next play. See below for unique examples:

- When a female calls for the snap and is sacked, this counts as a female play.

**Defensive Penalties (10 PACES from LOS & replay down):**

- Offsides
- Illegal Contact
- Holding
- Fielding Too Many Players
- Diving with contact - Spot of the foul, automatic first down
- Pass Interference - Spot of the foul, automatic first down
- Unsportsmanlike Conduct – automatic 1st down. Can be in addition to another penalty. Player must sit one play.

All penalties are live & can be accepted/declined.

- When a female calls for the snap and pitches the ball backwards to a male, he must throw to a female across the line of scrimmage to count as a female play.
- When a male calls for the snap and pitches the ball backwards to a girl, she must either run for the positive yards or attempt a pass across the line of scrimmage to count as a female play.

REFEREE

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