

## ***King & King***

### **Overview**

\$8 Players on the field (5 male & 3 female)

\$Two 20-minute halves

- **3 timeouts per game (One timeout in first half/two timeouts in second half) (NEW)**

\$Must cross two 10 yard for the first down

\$6-point touchdown for male 8-point touchdown for females

\$8-point for if female throw TD pass (NEW)

\$Choice of 1 or 2 extra points (3 paces/yards for 1 point, 10 paces/yards for 2 points)

- **Double Bonus if female scores the extra point conversion i.e. 1 point turns into 2 points and 2 point conversion turns into 4 points if a female scores the extra point**

\$Two point conversion attempts may be intercepted and returned for two points

\$Dead balls on all fumbles

\$Quarterbacks cannot snap the ball to themselves

\$Running clock except for the final two minutes of the 2<sup>nd</sup> half

\$Ties in regular season games will remain a tie.

\$A coin toss will determine which team receives the ball first.

\$Each team will receive the ball on the ten yard line with four downs to score(NCAA)

\$Referees will be responsible for shouting out the rush count for both teams.

\$The rush will be as follows:1-1000, 2-1000, 3-1000

☞☞☞ Players acting as offensive lineman must have hands behind their back when protecting their quarterback from pursuing defensive rushers.

☞☞☞ There is no contact at or behind the line of scrimmage.

☞☞ A picked off lateral is an interception and can be returned.

☞☞☞ **New Operative player Rule (A League Only..see page 2) (NEW)**

## ***Athletic Association***

### **COIN FLIP BEGINS THE GAME:**

- ▼ The team that wins the coin flip at the start of the game must choose on of two options: 1) which team is to receive the ball. 2) The goal his/her team will defend. Teams flip-flop directions, and the team that started the game on defense will start the second half on offense. There are no kickoffs. Play starts 10 paces/yards from the goal line.

### **PICKUP RULES:**

- ▼ During regular season, a team that do not have enough players to fill a playing team for that day, may only pickup a maximum of two standby players in one of the following combinations:
  - 1) Two females
  - 2) One female and one male.There will not be any pickups in the playoffs.

### **TEAM SIZE:**

- ▼ Each team shall field no more than 8 players, with at least three women (five male, three female) at any one time. Teams not able to field a full team may play with a minimum of 6 players (4 men, 2 women). Teams not able to field the minimum number of players (6) may play a legal game with the consent of the opposing captain. And/or league staff. **Note:** if a team arrives with less than 6 players a forfeit win is also an option for the opposing captain.

Games will start not later than 10-minutes past the scheduled start time. At that time, it is up to the referee or staff member and opposing captain to allow play.

- ▼ If a team substitutes players during the game, they must do so from the same sideline the entire game.
- ▼ Eligible receivers must be on the playing field before the cadence is started.

**CO-ED RULES**

\$ There is no **maximum** limit to the amount of females that must be on the field. To ensure co-ed participation, **a penalty will ensue if the offensive team fails to use a female as an operative player within 3 consecutive downs.**

**An Operative Player is defined as a player who:**

- \$ Is the intended receiver in the eyes of the official
- \$ Runs the ball as the primary runner (Must cross line of scrimmage)
- \$ Receives the snap as the QB and must attempt to be the person who initiates the ball crossing the line of scrimmage -- unless she is sacked.
- \$ Receives the snap and immediately spikes the ball at her feet in order to stop the clock in the last 2 minutes

**An Operative Player is NOT defined as a player who:**

- \$ Hands off the football
- \$ Snaps the ball into play
- \$ Receives a hand-off only to give it back to a male before crossing the line of scrimmage

**Examples:**

- A pass deflected by a male and caught by a female **is** a female play
- \$ A pass thrown by a male, received by a male and immediately pitched to a female (the Ahook and ladder@) **will not** constitute a female play -- no matter how far the female advances with the ball after the pitch
- \$ A pass intentionally grounded by a female in the last two minutes of the second half in order to stop the clock **counts** as a female play
- \$ If a female pitches the ball to a male behind the line of scrimmage this will not result in a female play

**The penalty for running 3 consecutive downs** without a female as an Operative Player will be a loss of down (i.e. if it was 1<sup>st</sup> down during the penalty, it is now 2<sup>nd</sup> down) and the female must now be the operative player on the next play. If on this play a male catches or runs the ball: loss of down, the play is ruled Adead@, and the ball is brought back to the line of scrimmage, and the next play must be a female play.

Plays utilizing a female and resulting in Aloss of down@penalties, will still be considered Afemale@ plays. Plays utilizing a female resulting in a non-loss of down penalty will not count as a gender play. The play never existed.

The slate is clean for extra points and punts and everyone is eligible.

**THE DREADED SACK**

If a male is the QB on a play which could either be to a male or female and the QB is sacked the ball is spotted where he was sacked and the play stands as a male play, no matter who was the intended receiver. If a team was **forced** to use a female as the operative player and the male QB is sacked the play stands as a male play and the offensive team must use a female on the next play.

**TIME**

Play will be divided into (2) 20-minute halves. Teams flip flop direction, and the team that started the game on the defense will start the second half on the offense. There will be a running clock maintained by a referee except for the final 2 minutes of play. During the first 38 minutes, the clock runs continuously with the exception of time-outs and serious injury. **Each team is allowed one timeout in the first half and two timeouts in the second half (one minute) time outs per game (NEW)** In the first 38 minutes if a team takes a time out after a touchdown, prior to the extra point attempt, the clock will not start until the defensive team takes over on offense and snaps the ball.

**During the final 2 minutes of the game, the referee shall stop the game clock if:**

- \$ An incomplete pass is thrown;
- \$ A player ends play by going out of bounds;
- \$ Either team scores (clock will remain off until the opposing team snaps the ball after the PAT attempt; the clock does not run during extra points)
- \$ Change of possession;
- \$ A penalty, which must be marked off, occurs;
- \$ A team declares a punt and their 30 seconds (see below) has elapsed -- the clock will resume for the punt and the ensuing return. It will be stopped when the returnee is tagged and up until their first snap from scrimmage.
- \$ A team calls a time out.

**\*\*\*THE CLOCK DOES NOT STOP ON FIRST DOWNS OR FUMBLES \*\*\***

For the entire game, the offensive team has 30 seconds to snap the ball once the referee spots the ball. If the referee feels that this is being taken advantage of, they can:

- \$ On the first recognized abuse -- Stop the clock
- \$ On subsequent abuses -- Stop clock, and penalize the offense 5 paces/yards.

*\*\* If a team is up by 17 points or more, the clock runs continuously during the last two minutes of play.*

**TIE GAMES/SCORING**

Games ending in a tie score will be recorded as tie games during regular season play. Please refer to the OVERTIME section for ties during the playoffs. Touchdowns are awarded 6 points. Extra points: 3 paces/yards off the goal line = 1 point, 10 paces/yards = 2 points.

**NEW RULE**

**Two point conversion attempts may be intercepted and returned for two points with the defense retaining possession at the 10-paces/yard line. One-point attempts may not be intercepted and returned.**

**FIRST DOWNS**

Each team shall have 4 downs to either score or earn another first down. First downs are achieved when a team crosses two 10-yard markers based on their original field positions. If a team fails to

score or earn a first down, possession will go to the other team. Offensive teams may elect to punt on fourth downs.

### **PUNTS**

A punt must be declared and cannot be faked. All punts are **free** punts. A team need not snap during a punt, a dropped snap during a punt is not a fumble. **Punts must be kicked.** Punts cannot be thrown. Punts are **open** plays meaning, there are no **Male/female rules for punts.** There is no minimum number of players required on the line of scrimmage during a punt. **NO DOWN FIELD BLOCKING or BLOCKING AT THE LINE OF SCRIMMAGE.** The kicking team may not cross the line of scrimmage until the ball is kicked.

The receiving team may not raise hands or jump to block a punt. If a punt is **shanked** and caught it is a live ball and is returnable. If the ball comes into contact with the ground after it has been punted it is a dead ball, spotted at the point where it hit the ground, and may not be returned. A punt through the end-zone comes back to 10 paces/yards off the goal line. If a player drops the ball in the end-zone, the ball is again spotted 10 paces/yards out from the goal line and is **not** counted as a safety.

### **CONTINUANCE OF PLAY**

**Play shall continue until:**

- \$ Ball carrier has at least one flag pulled by an opponent (see flag specifics for the few exceptions/additions concerning flag pulling);
- \$ Ball-carrier leaves the field of play
- \$ Ball-carriers scores
- \$ Ball touches the ground as a result of a fumble, punt or incomplete pass (the ball is not an extension of the arm. If the ball is pinned between the ground and the ball carriers hand, the play is dead)
- \$ Ball-carrier's knee touches the ground

### **SPOT OF THE BALL**

The ball will be spotted where the ball is at the time the ball carrier's flag is pulled. If the ball crosses the plane of the goal line before the ball carriers flag has been pulled it will result in a touchdown.

### **TURNOVERS**

A change of possession can only occur due to downs or an interception on a forward pass. A fumble is not a turnover. The ball is dead at the point of the fumble and the offense retains possession. A lateral is a forward pass and can be picked off in mid-air. A picked off lateral is an interception and can be returned.

### **RUSH**

In order to better standardize the rush, all referees will be responsible for shouting out the rush counts for both teams. The rush will be as follows: **A1-1000, 2-1000, 3-1000** (Other acceptable variations can be used: i.e. 1 One Thousand..., 1 Mississippi..., etc.)

### **NO CONTACT AT THE LINE OF SCRIMMAGE**

Players acting as offensive lineman must have their hands behind their backs when protecting their quarterback from pursuing defensive rushers. There is no contact at or behind the line of scrimmage. Offensive lineman can position their body at any particular angle in an attempt to direct the rusher to a particular area, but they may not physically direct them.

**PENALTIES**

Normal rules and penalties of the NCAA apply unless exceptions have been made herein.

**Some Common Examples of Penalties:**

**\$ Illegal Contact -- At or Behind the Line of Scrimmage:**

In the case where the person(s) acting as the offensive lineman, initiates any contact (at the referee's discretion), it will be ruled a 5 pace/yard penalty from the line of scrimmage and we will replay the down. If this contact is deemed excessive by the ref, an **unnecessary roughness** penalty of 10 paces/yards can be assessed in addition to the **illegal contact**, thus making the total penalty 15 paces/yards.

**\$ Illegal Contact -- Down Field:**

5 paces/yards, play is ruled dead immediately, no option to decline, down is replayed.

**\$ Offside/Illegal or Early Rush (Offensive & Defensive):**

5 paces/yards, play is ruled dead immediately, no option to decline, down is replayed.

**\$ Illegal Motion:**

Players may not be in motion towards the line of scrimmage when the ball is snapped. This will result in a dead ball, five-yard penalty and repeat the down.

**\$ Offensive Picking/Interference:**

The offensive team may not initiate a pick/block while in motion. 5-paces/yard penalty from the line of scrimmage, loss of down (i.e. if it was 1<sup>st</sup> down during the penalty, it is now 2<sup>nd</sup> down). If a catch is made after a clear pick, it will be ruled no catch, 5-paces/yard penalty from line of scrimmage, and loss of down.

**\$ Unnecessary Roughness:**

This includes any illegal tag such as grabbing jerseys or excessive pushing, etc. This behavior will result in a 10 pace/yard penalty from the point of the infraction and automatic first down. Extreme roughness will result in ejection from the game and or league if deemed necessary by the referee and league staff.

**\$ Defensive Pass Interference:**

Ball is spotted at the point of the infraction and offense is awarded an automatic first down. If the pass interference is in the end-zone, the ball comes out to the 1-pace/yard line and it will be 1<sup>st</sup> down.

**\$ Defensive Holding:**

5 pace/yard penalty from the line of scrimmage, replay down. Offense can accept or decline the penalty.

**\$ Defensive Checking:**

5 pace/yard penalty from line of scrimmage, replay down. The **bump and run** will not be allowed. No player may initiate contact at the line of scrimmage. There is no 5 yard Bump Zone.

**\$ Safeties:**

A safety will be scored if a player is:

1. Tagged down in their own end-zone (not on a punt return)
2. Runs out of bounds in their own end-zone
3. Snaps the ball out of the end-zone
4. If the offense fumbles the ball in their own end-zone

As a result, the team on defense, receives 2 points, and the team on offense must now punt a **Afree@** kick from their own 10 paces/yard line.

Also, a player having intercepted a pass or received a punt in the end-zone, cannot be tagged in the end-zone for a safety unless he/she has previously crossed the plane of the end-zone with the ball.

**\$ Intentional Grounding:**

This penalty will be called when a passer facing an imminent loss of yardage because of pressure from the defense, throws a forward pass, without a realistic chance of completion. This will result in a loss of down (i.e. if it was 1<sup>st</sup> down during the penalty, it is now 2<sup>nd</sup> down) and the ball being spotted at the point of infraction (QB's point of release).

**\$ Miscellaneous:**

**# Sneak Plays:**

- " If the player calling the cadence does not receive the snap, the play will not stand and result in a 5 pace/yard penalty and repeat of the down
- " One person must call the cadence and receive the snap -- violation of this will result in a 5 pace/yard penalty and repeat of down.
- " Silent snaps will not be allowed -- violation of this will result in a 5 pace/yard penalty and repeat of down.

**#** The QB may not be in motion and then receive the snap -- this will result in a 5 pace/yard penalty and repeat of down

**#** If the QB crosses the line of scrimmage and then throws a forward pass the defense can either decline the penalty or it will be a 5 pace/yard penalty from the line of scrimmage and loss of down (i.e. if it was 1<sup>st</sup> down during the penalty, it is now 2<sup>nd</sup> down)

**#** If the ball hits the ground on the snap for either a pass or running play, the play is **Adead@**, the ball is spotted where it hit the ground, and it is a loss of down (i.e. if it was 1<sup>st</sup> down during the bad snap, it is now 2<sup>nd</sup> down).

**#** The QB may NOT snap the ball to him/herself. If the QB does snap to him/herself, the play will stop immediately and it will result in a 5-yard penalty and repeat of the down.

**#** Loss of down penalties, which occur on fourth down, will result in change of possession.

**FLAG SPECIFICS**

1. No flag guarding **\*\*\*Will result in a 5 pace/yard penalty from the spot of infraction. Defensive player returning an interception, who flag guards, will be penalized 5 paces/yards from the spot of infraction.**
2. Shirt must be tucked in and flags must be securely attached. Loose hanging articles (i.e. sweatshirts, long T-shirts, etc.) that are held/ripped will not result in a holding penalty, unless in the referee's eyes the player was not attempting to go for flag.

3. Any ball-carrier whose flags are (in referee's opinion) (not accessible to be pulled) will be down at 1<sup>st</sup> point of contact with the defense.
4. Any ball-carrier who has a flag or both flags missing for whatever reason (falls out, accidentally pulled before reception, not noticed before the snap, etc.) Will be down at the first point of contact.
5. Players may leave their feet to pull flag.
6. Spin moves will be allowed.
7. Belt grabbing will result in a 5 paces/yards penalty from end or play.
  - " Any belt grabbing at the end of a half or game will result in a 5 pace/yard penalty from point of infraction and replay of down. If this penalty occurs within 5 paces/yards of the end-zone, the ball will be spotted at the one-yard line and the offense will receive one play.

### **OVERTIME**

During regular season play, all ties will be scored as a tie. In the playoffs, however, each team will have four tries from the ten yard line to score. A coin toss will be the deciding factor on which team receives the ball. Teams will attempt to score in the same end zone. Each team will then have 4 down to score from 10 paces/yards from the goal line. If a team scores, they will have the opportunity to go for one or two. A female must be used once within the first three plays or on the 1st and 4th downs when applicable. An interception will result in a team losing its possession. The game will be decided when one team scores more points in the rotation. No first downs will be awarded in overtime except in the case of a penalty. Interceptions will result in a turnover and may not be returned for any points.

### **MISCELLANEOUS**

- \$ Receivers need only one foot in bounds for a reception. If in the referee's eyes a receiver would be able to legally catch a pass but was pushed out of bounds by a defender while in the air a catch will be awarded.
- \$ Receivers intentionally leaving the field of play are ineligible to receive a pass. This includes the back of the end-zone.
- \$ Excessive roughness can get a player/team ejected from the game and or league.
- \$ Diving into or over a defensive player, where offensive player is initiating contact (in the eyes of the referee) will result in the player being down at his point of takeoff
- \$ A player who catches the ball and lands with 1 or 2 feet across the goal line, but has his/her flag pulled before he/she pulls the ball across the plane of the goal will not be awarded a touchdown. The ball will be spotted at the point of where the ball was at the time he/she was called down.