

# BYPFL Official Playing Rules

## Black Yoga Pants Football League

Format edition - flag / tag default; hybrid tackle by charter only

These rules define one sport. Local team cells may use **#bypfl** only if they play this book. If a situation is not listed, it is illegal. Sex-specific contact is the product, not a suggestion.

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## 1. Purpose of the format

The featured contest each snap is **male center versus male nose tackle**.

Woman-on-woman football is the rest of the field.

A male who beats the center may finish on the quarterback by **flag or tag only**.

Two women on offense may occupy that rusher with control, not with a high-energy hit.

**Cross-sex tackle is a foul, not a feature.**

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## 2. The field, the clock, the ball

2.1 Eleven players on the field per team: **one man and ten women**.

2.2 One male per team on the field. A second male on the field is an illegal-participation foul.

2.3 Downs, line to gain, and spotting follow standard American football unless this book says otherwise.

2.4 Recommended timing: running clock except the last two minutes of each half. Cells must announce timing before kickoff.

2.5 Standard football. Cells announce ball size before kickoff.

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## 3. Roster and positions

### 3.1 Male positions only

- Offense: **center** (snaps the ball).
- Defense: **nose tackle** (lined on or shaded on the center).

### 3.2 Female positions

All other spots: quarterback, backs, receivers, guards, tackles, ends, linebackers, secondary, and specialists.

3.3 The quarterback of record on a snap must be a woman unless a cell has published a different charter exception. Default product: **female quarterback**.

3.4 Substitutions are unlimited between plays. The male who next plays must still be center or nose only.

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## 4. Equipment and look

4.1 Published BYPFL pant spec is part of the uniform (black, cut as published on [bypfl.com](http://bypfl.com)).

4.2 **Flag / tag mode (default)**: flags at the hips for all players who may be flagged; mouthpiece recommended.

4.3 **Hybrid tackle mode (charter only)**: women wear shoulder pads and a helmet; men wear the same if they will engage each other in the box. No hybrid tackle without written insurance and an official.

4.4 No jewelry that can catch. Soft-cleat or turf shoes as the venue requires.

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## 5. Two official modes

A game is one mode for the whole contest. Announce it on the flyer.

### Mode F - Flag / Tag (default, all #bypfl cells)

- No tackle.
- Woman–woman: pull flags.
- Male–male in the box: hand fight and shed allowed; no slinging the other man to the ground as a tackle.
- Male on any woman: **flag pull or two-hand tag only** (see §7).
- Women on the male rusher: **control / wall only** (see §8).

### Mode H - Hybrid tackle (registered charter + insurance only)

- Woman–woman tackle is live.
- Male–male contact in the box is live.
- Male on any woman remains **flag or tag only**.
- Women on the male remain **control / wall / legal double-team in the box only** - no takedown, no cut block.

If insurance or an official is missing, the game is Mode F even if players brought pads.

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## 6. Book of the male player

### 6.1 Alignment

- Center: over the ball, ready to snap.
- Nose: head-up or shade on the center, in the box. Not on the wing, not in the slot, not as a spy in space.

### 6.2 Legal contact - male

- He may block, drive, shed, and (Mode H) tackle **the opposing male only**.
- That matchup is the featured fight of the snap.

### 6.3 If the nose sheds the center

- He may rush the quarterback.
- His only legal act on the quarterback or on any other woman is **Flag-or-Tag** (§7).
- He may not wrap, dump, spear, hip-toss, or pin a woman.

### 6.4 Prohibited - male

- Tackle, block-in-space, or chase-and-wrap a woman.
- Line up at any position other than center or nose.
- A designed play that uses him as a lead blocker on a woman.

### 6.5 Penalty for male contact that is not FoT on a woman

- Personal foul.
- Offense: automatic first down. Defense: 15 yards and automatic first down (or loss of down if the foul is by the offense).
- Second such foul by the same player: ejection.

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## 7. Flag-or-Tag (FoT) - male finish on women

7.1 **Flag:** pull one flag from the hip belt. Play dead when the flag is clearly separated.

7.2 **Tag:** two hands, visible, on the torso between the numbers and the waist. Play dead on a clear tag.

7.3 Cells choose flag, tag, or either before kickoff. Default: **either**.

7.4 No wrapping the legs, no grabbing the pants to throw, no contact to the head or neck.

7.5 A male who FoT's the quarterback behind the line has recorded a sack. Spot and next down as in standard football.

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## 8. Book of the female player

### 8.1 Legal contact - woman on woman

- Mode F: flag only.
- Mode H: legal blocks and tackles as in standard football, plus the shared foul list (§10).

### 8.2 Legal contact - woman on the male

Purpose: occupy him so the featured pair stays featured, or pick him up after he sheds.

#### **In the box, on the snap:**

Two women (typically guards) may double-team or chip the male with a legal drive block: in front, above the waist, hands inside. No cut block. No block in the back. No launching.

#### **After he sheds and rushes the quarterback:**

Two women on **offense** may pick him up with a **wall or control**: slide, mirror, two-hand contact on the breastplate or shoulders, body in front of him. Goal: delay the FoT, not create a pile.

### 8.3 Prohibited - woman on the male

- Chop / cut at the knees or thighs.
- Crack-back from outside the box.
- Jumping on him, twisting him down, or riding him to the ground.
- Holding: wrapping the jersey so he cannot move (ordinary hold; 10 yards).

8.4 Designed picks that force the male into a woman ball-carrier are unsportsmanlike if obvious.

### 8.5 Penalty for an illegal hit on the male

- Personal foul, same yardage as §6.5.
- A legal double-team or wall is not a foul.

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## 9. Protection of the quarterback (organic rush story)

### 9.1 The story of the play is allowed and intended:

nose wins vs center → rushes QB → two women wall him → FoT or throw.

9.2 “Two female defenders protect the quarterback” in commentary means **two offensive players** (guards, tackle, or back). Defensive women play women; they do not form a shield around their own opponent’s QB.

9.3 The quarterback may scramble. The male still may only FoT her. Women on defense may flag or (Mode H) tackle her.

9.4 Intentional grounding and pass-interference follow standard football, announced pregame if simplified.

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## **10. Fouls that apply to every player**

Always illegal, any sex, any mode:

- Targeting the head or neck
  - Horse-collar
  - Hands to the face
  - Late hit after the ball is dead
  - Block in the back
  - Holding (beyond a one-beat control on a male rusher that does not trap him)
  - Unsportsmanlike conduct, taunting that delays the game
  - Fighting: ejection
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## **11. Scoring**

Standard football scoring unless the cell posts a shorter set (e.g. 7v7-style). Default: touchdown 6, kick or 1-play try, safety 2. A FoT sack is not a score; it is a loss of down and yardage.

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## **12. Officials and cells**

12.1 Mode F: at least one person with a whistle who has read this book.

12.2 Mode H: licensed or experienced football official plus insurance in the cell's name.

12.3 Charter cells register on bypfl.com (or Skool as published). Only charter film is "official BYPFL."

12.4 Hashtag play must match this book. A video that shows cross-sex tackle is not BYPFL.

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## **13. Waiver and safety**

Participation is adult-only unless a separate youth book exists (it does not).

A waiver does not replace insurance.

Mode H is optional. Mode F is the sport anyone may start in a park with a permit.

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## **14. One-line spec (print on banners)**

**Men play the man. Women play the women. Nose beats center, then flag or tag the quarterback. Two women may wall him. No one tackles across sex.**

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## **15. Rules authority**

Interpretations that match §1 win ties.

Updates are published on [bypfl.com](http://bypfl.com). Cells play the edition named on the event sheet.