

# WEEKEND WARRIOR TOURNAMENT SERIES



5 COED / GNR COED

RULES

UPDATED 4/1/2024.

## SECTION 1--THE GAME

### **1.1 COIN TOSS**

1.1.1 A coin toss shall begin each game. The captain winning the toss shall choose one of the following options:

1. Offense
2. Defense

1.1.2 Loser of the coin toss shall make a choice of the Direction.

1.1.3 The second half starts with an AUTOMATIC flip of possession AND change of direction for each team from the first half.

### **1.2 POSSESSIONS**

1.2.1 Game will begin with the offensive team starting at the 5-yard line, midfield line to gain. Touchbacks and safeties will also be placed at the 5-yard line.

1.2.2 FIRST DOWN/ZONE-LINE-TO-GAIN - The offensive team takes possession of the ball at their 5-yard line and has 3 plays to cross midfield. Once a team crosses midfield, they will have 3 plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on their 5-yard line.

1.2.3 If the offensive team fails to cross midfield, possession of the ball changes and the opposite team starts their drive from their 5-yard line.

1.2.4 All drives and possession changes, except interceptions, start on the 5-yard line of the offense.

EXCEPTION: On interceptions, the team will take possession of the ball where the defender's flag was pulled. Penalties on interceptions will be assessed where the interception occurred.

EXCEPTION: If the Referee judges that a player intentionally or flagrantly commits a penalty, then the penalty will be at the point of the foul, no less than the point of interception.

1.2.5 Teams will automatically switch ends after the first half.

### **1.3 SNAPS**

1.3.1 Ball must be snapped between the legs, not off to one side, to start play. Direct snaps are not legal.

### **1.4 HUDDLE CLOCK**

1.4.1 25 second clock - Each time the ball is spotted, a team has 25 seconds to snap the ball.

### **1.5 SCREEN BLOCKING**

1.5.1 No blocking and no contact is allowed at all.

### **1.6 DIVISIONS OF PLAY**

1.6.1 There shall be the following divisions of play offered in the Coed Division: A, B, C.

### **1.7 ZERO TOLERANCE POLICY**

**1.7.1 Weekend Warrior Tournament Series will provide an atmosphere where the players, friends and families can feel comfortable enjoying a day of football. Any players, teams or family members that jeopardize that environment WILL be asked to leave.**

**WWTS operates under a ZERO TOLERANCE POLICY. See our Banned List for proof.**

## **SECTION 2—THE FIELD**

### **2.1 FIELD DIMENSIONS:**

2.1.1 Field Size - 60 yards in length; 25 yards in width.

2.1.2 Endzones - (2) 7-yard end zones

### **2.2 NO RUN ZONES**

2.2.1 No Run Zones are in place to prevent teams from using power run plays. While in the No Run Zones (a 5-yard zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be passing plays, even with a handoff. No Run Zones come into effect only when the offensive team is approaching the first down or the end zone.

EXCEPTION: If the offensive team has already achieved a first down but has been pushed back into a No Run Zone, then the No Run Zone is no longer in effect.

**ALL PASSES IN THE NO RUN ZONE MUST CROSS THE LINE OF SCRIMMAGE OR A FLAG WILL BE THROWN.**

### **2.3 OUT-OF-BOUNDS**

2.3.1 Stepping on the boundary line is considered out-of-bounds.

### **2.4 TEAM AREA**

2.4.1 Team areas are located between the 5-yard lines.

## **SECTION 3--THE PLAYERS**

### **3.1 ROSTER SIZE**

3.1.1 Teams consist of a total of 15 players on the roster.

3.1.2 A player may only appear on 1 roster. NO EXCEPTIONS, even if the other team approves it. If a player is found playing on a team illegally, the team will forfeit the game in which the illegal player participated and kicked out of the tournament/league.

### **3.2 NUMBER OF PLAYERS ON FIELD**

3.2.1 5 Coed and Coed GNR, 5 players Max on the field at a time.

### **3.3 FORFEITS**

3.3.1 To avoid a forfeit,

You must have at least 3 players (1 Females) in 5 Coed and Coed GNR to begin the game.

***Game time is forfeit time.***

### **3.4 PROTEST PROCEDURE**

3.4.1 Tournament Director is contacted DURING THE GAME with a \$50 NONREFUNDABLE protest fee.

3.4.2 NO PROTESTS WILL BE ALLOWED AFTER THE GAME IS OVER.

3.4.3 ***You may not protest a judgment call by an Official.***

## SECTION 4--EQUIPMENT

### **4.1 THE BALL**

4.1.1 A regulation size football (or if a junior size ball if the QB is Female). An Officially Licensed Football approved by WWTS must be used.

### **4.2 FLAGS**

4.2.1 All flags used in the Small Ball Divisions shall be an Officially Licensed Approved Flag of Weekend Warrior Tournament Series.

4.2.2 All teams will use Sonic Flag-a-Tag flags, Shruumz, or comparable flags. Pop Flag must be sized AT LEAST 1.75 inches WIDE and 14.5 inches long from the end of the popper to end of flag. No cloth flags are allowed.

4.2.3 Youth Size Flags ARE NOT ALLOWED in adult leagues.

4.2.4 Any alterations to flags or belt will result in player ejection.

4.2.5 **There is NO “one play allowed without a flag” warning. BOTH flags must be on at the snap of the play.**

4.2.6 Excess/untucked flag belts will be assessed an illegal equipment penalty and LOD.

4.2.7 Any articles worn on the waist that can be pulled off will be treated as a flag pull. Towels, gloves, wrist coaches etc.

### **4.3 SHOES**

4.3.1 Cleats are allowed but they must be rubber. No metal spikes are allowed. Screw-in cleats are allowed if the screw is part of the cleat. Inspections will be made. Tennis shoes are permitted.

### **4.4 UNIFORMS**

4.4.1 **All jerseys shall be tucked in pants or shorts.**

NOTE... Referee’s Judgement on holding if the shirt is untucked at the start of the play.

4.4.2 No waist length or half jerseys allowed.

4.4.3 Pants or shorts with belt loops or pockets are not allowed.

4.4.4 Pants or shorts must be a contrasting color to the flags.

4.4.5 Pants must NOT have Pockets, or Zippers MUST be up. Pockets or Zippers down result in

**AUTOMATIC EJECTION.**

NOTE: Referees will ask each team before the game to confirm no taped-up pockets.

**4.5 MOUTHPIECES**

4.5.1 Mouthpieces are optional for players but highly recommended.

**4.6 OPTIONAL PROTECTIVE WEAR**

4.6.1 Players may tape their forearms, hands, and fingers.

4.6.2 Players may wear gloves, elbow pads and knee pads.

4.6.3 Braces with exposed metal are not allowed and must be taped.

4.6.4 All protective wear must be approved by game Officials prior to game time.

**4.7 JEWELRY & Miscellaneous**

4.7.1 Players must remove all watches, earrings, or any other jewelry that Officials deem hazardous.

We do **NOT** allow GoPro's or any other hard equipment pieces including snow goggles to be worn, player safety issues.

## SECTION 5--GAME LENGTH & OVERTIME

**5.1 GAME LENGTH**

5.1.1 League Play - 24-minute game length - (2) 12-minute halves with a running clock.

5.1.2 Tournament Play - 24-minute game length - (2) 12-minute halves with a running clock.

5.1.3 1<sup>st</sup> Half is a Running Clock. The clock stops only for timeouts or Officials Time in the 1st half only.

5.1.4 2<sup>nd</sup> Half is a running clock up to the 1 Minute Warning

One Minute Warning – (SECOND HALF ONLY). When there is one minute left in the game, the game clock shall stop for a 1-minute announcement. From this point on, the clock will stop for incomplete passes, out-of-bounds, time outs, scores, change of possessions, penalties and first downs (clock starts on the ready for play whistle). After a scoring play, the clock will stay stopped until the next offensive series.

**5.2 HALFTIME**

5.2.1 Halftime is 30 seconds long.

**5.3 PLAY CLOCK**

5.3.1 Play clocks are 25 seconds long.

5.3.2 Each time the ball is spotted, a team has 25 seconds to snap the ball.

**5.4 TIME OUTS**

5.4.1 Each team has (2) 30 second timeouts per game.

5.4.2 Each team has (1) 30 second timeout per overtime period.

5.4.3 Officials can stop the clock at their discretion.

5.4.4 In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.

**5.5 OVERTIME FOR BRACKET PLAY EXCEPT CHAMPIONSHIP GAME**

5.5.1 Each team receives an Overtime Extra Point Attempt

5.5.2 Coin Flip – 2 choices - Offense, Defense

Type of Extra Point (1, 2 or 3 points)

5.5.3 If score is tied at end of first OT, repeat second OT, reversing choices, etc.

5.5.4 If score is tied at the end of the second Overtime, teams must go to LONGEST PLAY for their 3<sup>rd</sup> possession.

5.5.5 1 time out per team, per overtime period.

5.5.6 Interceptions can be returned in Overtime, they are worth 2 points.

5.5.7 Penalties are administered as in regular game.

**5.6 WWTS OVERTIME CHAMPIONSHIP GAME**

5.6.1 In WWTS Championship Games (League & Tournament Championship Games only), WWTS Sudden Death Overtime is used:

- Same procedure as regular overtime except If no winner was decided in the first 4 possessions for each team, the 5<sup>th</sup> possession for each team will go to LONGEST PLAY
- One time out per team, per overtime period.

## SECTION 6--SCORING

### **6.1 SCORING VALUES**

Coed scoring system and gameplay is as follows:

- Touchdown (male) = 6 points
- Touchdown (woman) = 9 points
- Extra point (woman) = 2 points (5-yard line - pass), 3 points (12-yard line- run or pass), 4 points (18-yard line - run or pass). If it's NOT a female score on this PAT then the points are worth 1, 2, or 3.

A Female score is

- a. Female throws the forward pass for a score.
- b. Female receives the forward pass for a score.
- c. Female receives a pitch and scores
- d. Female runs the ball in for a score

NOTE: A team that scores a touchdown must declare whether it wishes to attempt a 1-, 2- or 3-point conversion. Any change, once a decision is made to try for the extra point, requires a charged time out.

**Decisions cannot be changed after a penalty.**

6.1.2 Interceptions on returned extra points are worth two points no matter the attempt from the offense.

6.1.3 Extra Point Attempts - If the attempting team throws an interception and commits an infraction after the Interception, the opposing team takes offensive possession of the ball at the attempting team's 12 yard line, depending on the try attempt.

Safety = 2 points

Forfeited game = 28 points (game time is forfeit time)

### **6.2 MERCY RULE**

6.2.1 One Minute Warning - If a team is ahead by 27 points or more when the referee announces the one Minute Warning for the second half, the game shall be over.

6.2.2 After the One Minute Warning - If a team scores during the last minute of the second half and the score creates a point differential of 27 or more, the game shall end at that point.

### **6.3 Onside Play**

6.3.1 Each team is allowed one (1) Onside play per Game.

6.3.2 After a team scores, **BEFORE THEY ATTEMPT THE EXTRA POINT**, Teams must Announce to have a Onside Play



6.3.3 Onside play starts on the team's own 5-yard line, and they must gain the Mid-field line to be successful.

6.3.4 IF the onside play is **INCOMPLETE** the defensive team gets the ball at the opponents 5 yard line. If the pass completion or run fails to reach midfield the ball will be spotted where the play ended. If the Ball is Intercepted, then the ball will be placed at the end of the play. If there is a safety, then the ball will be placed back at the team's own 5-yard line.

6.3.5 The Clock **WILL** run at the **START** of the Onside Play

6.3.6 Once an **ONSIDE PLAY** is announced, you may not change your mind, **without calling a timeout.**

## SECTION 7--LIVE & DEAD BALL

### **7.1 LIVE BALL**

7.1.1 The ball is live at the snap and remains live until the Official whistles the ball dead.

7.1.2. One Foot In-bounds for Legal Catch - A player who gains possession in the air is considered in-bounds as long as one foot comes down in the field-of-play. A catch will be awarded if a defensive player forces an airborne player out of the field of play.

7.1.3 Imitating Offensive Signals - The defense may not imitate the offensive team's signals by trying to confuse the offensive players while the Quarterback is calling out signals to start the play. This will result in an Unsportsmanlike Conduct Penalty (10 yards).

### **7.2 DEAD BALL**

7.2.1 The ball is ruled dead when:

1. A snap to a Quarterback hits the ground.
2. A fumble hits the ground (no fumble recoveries allowed).
3. A ball carrier's body touches the ground. The ball carrier may use his hand to maintain balance.
4. A ball carrier steps out-of-bounds.
5. A ball carrier's flags are legally removed.

NOTE: If a ball carrier's flags fall off inadvertently, play shall revert to a 1 hand touch between the shoulders and knees.

6. If no flags are worn at the time of the snap, Penalty will be enforced.
7. A touchdown, point after touchdown or safety is scored.
8. Any Official can whistle the play dead.

9. Substitutions may be made on any dead ball.
10. The 5 second pass clock expires (ball is placed on the line of scrimmage)

7.2.2 The Official will indicate the Neutral Zone and Line of Scrimmage. It is an automatic dead ball foul if any player on offense or defense enters the Neutral Zone. Regarding the Neutral Zone, the Official may give both teams a "courtesy" Neutral Zone notification to allow their players to move back behind the Line of Scrimmage.

**\*\*\*There are NO FUMBLES\*\*\***

- 7.2.3 a. If a ball is pitched backwards and hits the ground, the ball is dead at spot ball hits ground.
- b. If a ball is pitched backwards and is muffed by an offensive player and hits the ground, the ball is dead at the spot the ball hits the ground. If the muffed ball goes forward and hits the ground, the ball is dead, and the ball will be returned to the spot of the muff.
- c. If a ball is pitched backwards and the ball is tipped by the defense forward or backwards and hits the ground, the ball is dead and will be placed at the spot where the ball was tipped.

### **7.3 INADVERTENT WHISTLE**

7.3.1 In the case of an inadvertent whistle, the offense has three options:

1. The ball is in player possession - the team in possession may elect to put the ball in play where the play was declared dead with the next down or replay the down.
2. The ball is loose from a fumble, backward pass, or illegal forward pass – the team in possession may elect to put the ball in play where possession was lost or replay the down.
3. During a legal forward pass the ball is returned to the previous spot and the down is replayed.

NOTE: If a foul occurs during an inadvertent whistle, an accepted penalty shall be administered as in any other play situation. When the foul is accepted, disregard the inadvertent whistle.

## **SECTION 8—RUNNING PLAYS**

8.1.1 The ball will be spotted wherever the ball was at the time of a flag pull.

- 8.1.2 The Quarterback MAY run with the ball **ONLY** after handoff or lateral.
- 8.1.3 The offense may use multiple handoffs in Certain Formats:
- A. "Center Sneak" play - The ball must completely leave the center's hands on the snap, and he must step backwards off the Line of Scrimmage to receive a direct handoff from the Quarterback before advancing the ball.
  - B. Laterals and pitches ARE allowed on the field beyond the LOS
- 8.1.4 All defensive players are eligible to rush at the snap from 7 yards.
- 8.1.5 The No Running Zone is designed to avoid short yardage power running situations.
- 8.1.6 No Run Zones are located 5 yards from each end zone and 5 yards on either side of midfield. No player is allowed to run inside of the No Run Zones.
- 8.1.7 Runners may not leave their feet (diving) to advance the ball.
- 8.1.8 Spinning is allowed. Lateral moves to the left or right are permitted.
- 8.1.9 Runners may leave their feet if there is a clear indication that he has done so to avoid collision with another player without a flag guarding penalty enforced. Runners that Leave their feet, and/or Dip, are SUSCEPTIBLE to contact, if the contact is within the flag area and if it is NOT Malicious in intent. **An airborne player coming into contact with a defensive player may be assessed a charging penalty.**
- 8.1.10 **CONTACT BLOCKING IS NOT ALLOWED.**
- 8.1.11 **Downfield Blocking - Blocking downfield is not allowed.**
- 8.2.12 Flag Obstruction - All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

## SECTION 9--PASSING PLAYS

- 9.1.1 Backward passes and laterals ARE allowed and count stops.
- 9.1.2 Only one forward pass per down. QB has 5 seconds to throw ball unless the clock is killed.
- 9.1.3 If a passer crosses the Line of Scrimmage and comes back behind the Line of Scrimmage and throws pass, it is an illegal forward pass. **THE ENTIRE BODY MUST BE OVER THE LINE TO BE ILLEGAL.**
- 9.1.4 Interceptions change the possession of the ball at the point of interception.
- 9.1.5 Interceptions are the only change of possession that does not start on the 5-yard line.
- 9.1.6 Interceptions may be returned.
- 9.1.7 If a penalty occurs on an interception return by the return team, the penalty will be assessed from the spot of the foul.

9.1.8 If a penalty occurs on an interception return by the defensive team, the penalty will be assessed from the end of the run.

9.1.9 Intentional Grounding - A passer may not intentionally throw the ball into the ground to avoid a loss of yardage. PENALTY -5 from spot of foul and loss of down.

EXCEPTION: In the last minute of the game, a passer may throw the ball into the ground to stop the clock and conserve time for his team. This play is legal, provided the passer is not trying to avoid a loss of yardage.

## SECTION 10--RECEIVING PLAYS

10.1.1 All players are eligible to receive passes.

10.1.2 Only one player is allowed in motion at a time. All motion must be parallel to the Line of Scrimmage and no motion is permitted towards the Line of Scrimmage.

10.1.3 A player must have at least 1 foot in-bounds to make a legal reception.

10.1.4 In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

10.1.5 Interceptions change the possession of the ball at the point of interception.

10.1.6 Interceptions are the only changes of possession that do not start on the 5-yard line.

10.1.7 Interceptions are returnable on extra point plays and the points awarded will be the same as the extra point attempt.

10.1.8 Receivers may not be touched while in their route.

10.1.9 Two or more offensive players may consecutively touch the ball that is *legally* Passed, Pitched, Lateraled or Handed-Off.

**If a Player makes the catch UNCONTESTED, player must complete the catch through the ground.**

**If a Player makes the catch CONTESTED and has 2 hands on the ball with control (Referees Judgement), The ball CANNOT be swatted, stripped, or knocked out of the receiver's hands.**

**YOU CAN NOT DIRECT A PASS FORWARD DOWNFIELD TO ANOTHER PLAYER**

## SECTION 11--RUSHING THE PASSER

11.1.1 Defensive players who rush the passer may line up 7 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the Quarterback after handoff or lateral.

11.1.2 A Referee shall be used to mark the Line of Scrimmage.

11.1.3 Players rushing the Quarterback may attempt to block a pass, however, NO contact can be made with the Quarterback in any way. Blocking the pass or attempting to block the pass and then contacting the passer will result in a Roughing of the Passer Penalty. Players must go for the Quarterback's flag.

11.1.4 A sack occurs if the Quarterback's flags are pulled behind the Line of Scrimmage. **The ball is placed where the ball is when the flag is pulled.** A safety is awarded if the sack takes place in the offensive team's end zone.

11.1.5 The offense cannot impede the rusher who lined up at 7 yards. The rusher has a direct line to the line of scrimmage on the side of center the rusher chooses.

## SECTION 12--FLAG PULLING

12.1.1 DE-FLAGGING: De-flagging is the legal removal of a flag from an opponent in possession of the ball. Pushing, striking, holding, slapping, or tripping when attempting to pull a flag is not permitted. Defensive players may leave their feet to pull a flag. Offensive players are not permitted to protect or guard their flags.

12.1.2 A legal flag pull takes place when the ball carrier is in full possession of the ball.

12.1.3 Defenders can dive to pull flags but cannot tackle, hold, or run through the ball carrier when pulling flags.

12.1.4 It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.

12.1.5 If a player's flag inadvertently falls off during the play, the de-flagging reverts to a one hand touch of the runner between the shoulder and the knees.

12.1.6 If a flag is removed illegally, play should continue with the option of the penalty or the play.

12.1.7 A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.

12.1.8 Tampering with the flag in any way to gain an advantage including, tying the flag cutting the flag, using foreign materials or other such acts are illegal. **PLAYER WILL BE DISQUALIFIED.**

12.1.9 Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm, or shoulder, or intentionally covering the flags with the football jersey.

# 5 COED RULES

MUST HAVE AT LEAST 2 FEMALES ON THE FIELD AT ALL TIMES  
WITH A MAX AT ANY TIME OF 3 MALES.

5 COED ALLOWS THE QB TO RUN WITH A HANDOFF OR  
THROWBACK JUST LIKE 5 NON-CONTACT RULES.

## **FORFEITS**

To avoid a forfeit,

**You must have at least 3 players (1 Female) in 5 Coed and Coed GNR to begin the game.**

**Game time is forfeit time.**

## **6.1 SCORING VALUES**

6.1.8 Coed scoring system and gameplay is as follows:

- Touchdown (male) = 6 points
- Touchdown (woman) = 9 point
- Extra point (woman) = 2 points (5-yard line - pass), 3 points (12-yard line- run or pass), 4 points (18-yard line - run or pass). If it's NOT a female score on this PAT then the points are worth 1, 2, or 3.

A Female score is

- a. Female throws the forward pass for a score.
- b. Female receives the forward pass for a score or a pitch back.
- c. Female runs the ball in for a score.

A **NON-FEMALE SCORE** is where the Female takes the snap and laterals backwards or hands off the ball to a Male, then the Male throws forward for the score.

# GNR COED

**MUST HAVE AT LEAST 2 FEMALES ON THE FIELD AT ALL TIMES  
WITH A MAX AT ANY TIME OF 3 MALES**

- 3 Males & 2 Females
- 2 Male & 3 Females
- 1 Male & 4 Females
- Female NOT allowed to rush MALE QB. **Gender must rush Gender.**
- **NO LATERAL, HANDOFFS, or THROWBACKS.**
- **IF NO RUSH, THERE IS NOT A 5 SECOND COUNT**

## **FORFEITS**

- To avoid a forfeit,
- You must have at least 3 players (1 Female) in 5 Coed and Coed GNR to begin the game.
  - **Game time is forfeit time.**

•

## • **6.1 SCORING VALUES**

- Touchdown (male) = 6 points
- Touchdown (woman) = 9 points
- Extra point (woman) = 2 points (5-yard line - pass), 3 points (12-yard line- run or pass), 4 points (18-yard line - run or pass). If it's NOT a female score on this PAT then the points are worth 1, 2, or 3.

- A Female score is
- a. Female throws the forward pass for a score.
  - b. Female receives the forward pass for a score.

## **PENALTIES**

**EVERY SMALL BALL PENALTY IS EITHER A  
LOSS OF DOWN OR FIRST DOWN**

**A TEAM CAN ACCEPT A PENALTY BUT  
DECLINE THE YARDAGE.**

**IF A PLAYER IS CAUGHT COMPETING WITH  
POCKETS THEY WILL BE EJECTED FROM  
THAT GAME.**