

Penalties

- All penalties will be assessed from the line of scrimmage, except for SPOT FOULS.
- Games cannot end on a defensive penalty unless the offense declines.
- If the distance to the goal is shorter than the penalty yardage, then the penalty will be assessed half the distance to the goal.
- Loss of down means that down is consumed.
- Any loss of down on the third down results in a turnover on downs and the other team taking possession.

Spot Fouls

Defensive

• Defensive pass interference	Automatic First Down
• Holding	Automatic First Down
• Stripping	+ 10 yards & First Down
• Defensive unnecessary roughness	+ 10 yards & First Down

Offensive

• Charging	-10 yards & loss of down
• Flag guarding	-10 yards & loss of down
• Offensive unnecessary roughness	-10 yards & loss of down

Defensive Penalties

• Offside	+5 yards from LOS & automatic 1st down
• Illegal rush	+5 yards from LOS & automatic 1st down
• Illegal flag pull	+5 yards from LOS & automatic 1st down
• Roughing the passer	+5 yards from LOS & automatic 1st down
• Taunting	+5 yards from LOS & automatic 1st down
• Unsportsmanlike conduct	+10 yards from LOS & automatic 1st down

Offensive Penalties

• Offside / false start	-5 yards from LOS & loss of down

- Illegal forward pass -5 yards from LOS & loss of down
- Offensive pass interference -5 yards from LOS & loss of down
- Illegal motion -5 yards from LOS & loss of down
- Delay of game -5 yards from LOS & loss of down
- Impeding the rusher -5 yards from LOS & loss of down
- Illegal Procedure -5 yards from LOS & loss of down
- Taunting -5 yards from LOS & loss of down
- Unsportsmanlike conduct -5 yards from LOS & loss of down

Live Ball / Dead Ball

- The ball may be snapped between the legs to start the play. Ball must start on the ground and be pitched back to the QB in the air.
- Substitutions may be made on any dead ball. You must always substitute from the same side of the field.
- Team must have a minimum of six (6) players but no more than seven (7) on the field at a time.
- The play is ruled "dead" when:
    - » Ball-carrier's flag is pulled
    - » Ball-carrier steps out of bounds
    - » Incomplete pass
    - » Ball hits the ground
    - » Touchdown, PAT or safety is scored
    - » Ball-carrier's knee hits the ground
    - » Ball-carrier's flag falls out (ball is spotted where the flag is on the ground)
    - » Receiver has one (1) or no flags when catching the ball (ball is spotted where the receiver caught the ball)
- Any player who starts a play without a flag is down where he or she touches the ball
- There are no fumbles! Ball is spotted where the ball-carrier's feet were at the time of the fumble.
- In the case of an inadvertent whistle, the offense has two options:
    1. Take the ball where it was when the whistle blew down is consumed
    2. Replay the down from the original line of scrimmage

Overtime

- There will be no overtime periods
- If the score is tied at the end of the second half, it will be scored a tie.

Equipment

- Home team wears dark jerseys. Away team wears light jerseys.
- Player's jerseys must be tucked in at all times.
- Shorts with pockets must be taped.
- All players must wear shoes. Cleats are allowed. However, cleats with exposed metal are not permitted.

Game

- At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
- The winner of the coin toss has the choice to take offense or defense. The loser of the coin toss chooses which direction it will be defend. There is no option to defer to second half.
- The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has (4) plays to score a touchdown.
- If the offense fails to cross midfield or fails to score, the ball changes possession, and the new offensive team takes over on its own 5-yard line.
- All possession changes except interceptions start on the offense's 5-yard line.
- Team change sides after the first half. Possession changes to the team that started the game on defense.

Timing

- Games are 40 minutes running time (20 minutes each half).
- Halftime is 3 minutes long (Teams changes sides of the field).
- Each team has one 30-second timeout per half. (Timeouts do not carry over)
- Each time the ball is spotted, a team has 30 seconds to snap the ball.
- Officials can stop the clock at their discretion. In the event of an injury, the clock will stop and then restart when the injured player is removed from the field of play.

Scoring

- Touchdown: 6 points
- Safety: 2 points
- Extra point: 1 point (from 2.5 yard line) OR 2 points (from 5-yard line)
- Games are played to 40 minutes unless one team is leading by a 28-point margin in the second half (i.e., 35-7).
- Once a team scores to a 28 or greater point margin in the second half, the game is over and team does not attempt an extra point.

Passing

- All passes must be forward and must be received beyond the line of scrimmage (LOS). Only one (1) forward pass per play.
- Absolutely NO laterals, pitches or screen passes of any kind are allowed behind or beyond the LOS.
- Shovel passes are allowed but must be received beyond the LOS.
- The quarterback has seven (7) seconds to throw the ball.
- If a pass is not thrown within the seven (7) seconds, the play is whistled dead and it's a loss of down. (Treat it like an incomplete pass).
- Once the ball is handed off, there is no seven (7) second rule.
- The referee will be verbally counting out the 7 seconds for the QB.
- If the QB's flag is pulled before the ball leaves his or her hand, the play is ruled dead and the ball is spotted where the QB's feet are.
- Interceptions result in a dead ball turnover.
- If a pass is tipped/ blocked by the defender and the QB catches the ball, the play is whistled dead and considered an incomplete pass.
- The QB may throw the ball to avoid a sack. Pass must go beyond the LOS.

Receiving

- All players are eligible to receive a pass (including the QB if the ball has been handed off behind the LOS).
- Only one (1) player is allowed in motion at a time.
- A layer must have at least one foot inbounds when making a reception.
- Once the ball is advanced beyond the LOS, the current ball-carrier is the only player allowed to have possession of the ball until the play is dead.
- Once the ball is advanced beyond the LOS, the remaining offensive players cannot impede the defense from attempting to pull the offensive player's flag. (No screening or blocking; no running next to the ball-carrier)

Running

- The QB can run past the LOS at any time.
- Only direct handoffs behind the line of scrimmage are permitted. Teams may perform multiple handoffs as long as they remain behind the LOS.
- The player who receives the handoff can throw the ball as long as he or she remains behind the line of scrimmage.
- The ball is spotted where the ball is when the flag is pulled.
- Center sneak play is not allowed. The QB may not handoff the ball to the center on the first handoff of the play.

Rushing the Passer

- Defenders cannot rush until the ball is handed off or the QB runs.
- Maximum of (2) players per play that rush the passer must be 7 yards from the line of scrimmage when the ball is snapped.
- Teams will be given multi-colored wristbands that signify who the pass rushers are each play.
- Before each play, an official will mark off 7 yards from the LOS.
- The rusher has a clear path to the passer and any interference by the offense to impede his or her path will be considered screening.
- If a rusher leaves the rush line early (breaks the 7 yard area), the rusher may return to the rush line, reset and then legally rush the passer.
- Players not rushing the passer may defend on the line of scrimmage but may not enter the backfield unless the ball is handed off.
- Players rushing the passer may attempt to block the pass; however NO contact can be made with the QB in any way.
- Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.

Rushing the Passer II

- A legal flag pull takes place when the ball carrier is in full possession of the ball. A defensive player may not pull the flags off of a player who does not have possession of the ball.
- Defenders can dive to pull a ball carriers flag, but cannot hold, tackle or run through the ball carrier when attempting to pull their flags.
- It is illegal to attempt to strip or pull the ball from the ball carrier.
- Flag guarding is the attempt by the ball-carrier to obstruct the defender access to the flags by stiff arming, dropping the hand, arm, shoulder or head or intentionally covering the flags with the football or jersey.

Field Dimensions

- The field dimensions are 30 yards by 40 yards with two 10-yard end zones, and a midfield line-to-gain.
- Stepping on the boundary line is considered out of bounds.

Formations

- Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage.
- The quarterback must be off the line of scrimmage.

    a. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
    b. No motion is allowed toward the line of scrimmage.

- Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
- The center can snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

Unsportsmanlike Conduct

- If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!
- Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
- Players may not physically or verbally abuse any opponent, coach or official.
- Ball-carriers MUST make an effort to avoid defenders with an established position.
- Defenders are not allowed to run through the ball-carrier when pulling flags.
- Fans must also adhere to good sportsmanship as well:

    a. Yell to cheer on your players, not to harass officials or other teams.
    b. Keep comments clean and profanity free.

- Fans are required to keep fields safe and kids friendly:
    a. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area.
    b. Stay in the end zone area, not between fields.
    c. Dispose of ALL trash in designated trash cans.
- Unsportsmanlike conduct penalties:
    a. Defense + 10 yards from line of scrimmage and automatic first down
    b. Offense - 10 yards from line of scrimmage and loss of down