



LEAGUE RULES

THE GAME

FIELD DIMENSIONS 60 length x 30 width - 8 yard end zones - 30 yard halves

BALL All games will use a regulation-size football. Teams may use their own regulation-size football.

START OF GAME A coin toss determines first possession. The team that wins the coin toss can elect to start with the ball or chose direction. Teams will switch direction and possession at halftime.

POSSESSIONS All possessions start from the 5 yard line except interceptions. The offensive team takes possession of the ball at their 5-yard line & has 3 plays to cross mid-field. Once a team crosses mid-field they have 3 plays to score. If the offense fails to cross mid field or score, the ball changes possession. All interceptions may be returned and the ball will be spotted at the end of the play.

ROSTER

Teams must have a minimum of 5 players. Teams are allowed up to maximum of 10 players. Players must be on the roster to play in the game unless permission is granted by the field supervisor.

UNIFORM

Although we want every team and player to be in uniform because it looks nice and creates a better atmosphere out at the field it is not mandatory to play.

- Shirts or jerseys must be tucked in at all times
- Jerseys must be numbered for statistical reasons
- Flags must be worn on each side of the players' hips
- If a player has anything hanging from their belt (i.e. gloves, towel etc...) the item will be considered a flag and may be pulled by the other team
- Players with pockets must tape up their pockets prior to playing.
- No metal spikes/cleats of any kind

GAME CLOCK FORMAT

Each game is 40 minutes long with two 20-minute halves and a 2 minute half-time. Possession and direction will change at the end of the first half.

RUNNING CLOCK - The game clock will not stop unless a time out has been called or the official feels it is necessary. The offense has 30 seconds to snap the ball from the time it is spotted.

PRO CLOCK - PLAYOFFS ONLY! In effect for the final two minutes of the game only if the point difference is 8 points or less. The clock will stop on/for:

- Out of bounds
- Possession change
- Incomplete pass
- Loss of yards or no gain
- Penalty committed by the team with the lead
- Time outs and Extra points
- The clock will stop on any score and will NOT run during an extra point
- If the score makes the point deference greater than 8, Pro Clock is NOT in effect and the clock runs
- If the Extra point makes the point deference greater than 8 points the clock will not start until the ball is snapped to start the next drive.

TIME OUTS

- Each team has 2 time outs per game.

- Time outs will only stop the game clock for 30 seconds.
- The offense must snap the ball at the completion of the time out.
- If a time out is called after a touchdown the clock will not restart until the non-scoring team snaps the ball to start their possession.

SCORING

- Touchdown = 6 points
- Extra Point = 1 point (from 5 yards out) or 2 points (from 12 yards out)
- Safety = 2 points
- Interception returned during an extra point attempt = 2 points

Once a team chooses to go for 1 or 2 and the ball has been spotted they may not change (even after a penalty). The only exception is if the official accidentally provided the wrong score.

RUSHING THE QUARTERBACK

- Players that rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped
- Players that are not 7 yards from the line of scrimmage when the ball is snapped may not cross the line of scrimmage before a handoff or lateral has occurred.
- The official will designate 7 yards from the line of scrimmage
- If the offense elects to snap the ball prior to the official marking rush line there is no illegal rush.
- Any contact with the Quarterback above the flag belt or below the knee will be considered roughing the passer.
- The rusher may attempt to knock down a pass once the ball has left quarterbacks hand but must still avoid hitting the Quarterback.
- The rusher may not intentionally knock the ball out of the quarterback's hand. No stripping.

RUNNING

- Teams are allowed to run the ball if they are outside the no run zone. The no run zones are located 5 yards before mid-field and 5-yards before the end zone.
- A player may not run unless they have received a handoff or lateral.
- Multiple handoffs are allowed behind the line of scrimmage. There may be only one lateral behind the line.
- No handoffs or laterals beyond the line of scrimmage.
- All plays in the no run zone must be forward passes caught beyond the line of scrimmage.
- The lead flag must break the plane of the mid-field or goal line to be considered a 1st down or touchdown.

PASSING

- The person receiving the snap from the center is considered the quarterback.
- The quarterback has 5 seconds to pass, handoff or lateral the ball if the defense does not cross the line of scrimmage. If the ball is not thrown within 5 seconds, the play is dead, and considered an incomplete pass. The ball returns to the line of scrimmage.
- The official will count to 4 out loud and blow the whistle on 5.
- There is no 5 second count after the ball has been handed off or lateraled.
- There is no 5 second count if the defensive team crosses the line of scrimmage, legally or illegally.
- All interceptions may be returned.
- Only one forward pass per play. The ball must be thrown behind the line of scrimmage
- The quarterback must release the ball before rusher pulls his flag, otherwise the play ends in a sack.
- If the ball hits the ground on a lateral it is spotted where it hits the ground, unless the ball is deflected by the defender then it is spotted at the point of deflection.
- Intercepted laterals may be returned

RECEIVING

- All players are eligible to receive a pass, including the original quarterback.
- If both the receiver and defender come down with the ball, possession goes to the offense
- The receiver must control the ball (ref's discretion) and have the first foot in bounds before any other part of the player touches out-of-bounds.
- Players that run out of bounds during a play are not eligible to come back in-bounds and be the first to touch the ball.
- Players pushed out of bounds are eligible to make a reception

START OF PLAY

- The ball must always be placed on the line of scrimmage to start a play. You can move the ball from sideline to sideline but not forward or backwards.
- Players may not be moving forward when the ball is snapped.
- The ball must be snapped between the legs of the center with the center facing the line of scrimmage to start a play.

- Only one offensive player may be in motion at the time the ball is snapped.

END OF PLAY

- The ball carrier has their flag pulled.
- The ball carrier steps out of bounds.
- Incomplete pass.
- If the defender pulls a receiver's flag prior to the receiver touching the ball, the defense must pull the remaining flag to end the play. If both flags are pulled prematurely, it will be considered an illegal flag pull and the defense must touch the player with one hand to end the play.
- If the defender pulls a flag in the backfield just after the ball is handed off or lateraled it is not considered premature. If the player missing a flag receives the ball again, the defense must touch the player with one hand to end the play.
- The ball carrier has their body other than the hand or foot touch the ground.
- The ball touches the ground.
- Touchdown, extra point or safety is scored.
- Official blows whistle.
- In the event the official blows their whistle prematurely the team with possession of the ball will have the choice to accept the result of the play where the whistle was blown or replay the down. If the ball is airborne when the whistle is blown the play is dead and the down is repeated.

OVERTIME

- A coin flip determines choice of possession
- Team that wins the coin flip will elect to be offense or defense. The first offensive team will choose to go for a 1 point or 2 point attempt. The second team can match or go for the win.
- If the score is still tied, the process will be repeated.
- If after two cycles and the score is still tied, the ball will be placed at the far 5 yard line and each team will be given one play. The longest play wins. Repeat if necessary

DEFENSIVE PENALTIES

All defensive penalties are 5 yards and an automatic first down.

DEFENSIVE PENALTIES ENFORCED FROM THE LINE OF SCRIMMAGE:

- **Delay of game** – Intentionally slowing down the start of the next play.
- **Illegal contact** – No bump and run, holding a receiver during their route or pushing a player out of bounds. The officials will determine incidental contact which may result from normal play.
- **Illegal flag pull** – Pulling both flags prior to the player touching the ball or pulling a player's flag away from the ball.
- **Illegal rush** – Entering the backfield prior to the ball being handed off or lateraled. There is no defensive penalty if the player started the play from 7 yards out or the offense snapped the ball before the official was set.
- **Offside** – Crossing the line of scrimmage prior to the ball being snapped.
- **Roughing the passer** – Any contact with the Quarterback above the flag belt or below the knee will be considered roughing the passer.
- **Stripping** – Behind the LOS Intentionally knocking the ball out of a player's hand. You must play the flags.

DEFENSIVE PENALTIES ENFORCED FROM THE SPOT OF THE FOUL:

- **Holding** – preventing the ball carrier from trying to advance the ball
- **Pass interference** – Contact while the ball is in the air prior to the receiver touching the ball
- **Stripping** – Intentionally knocking the ball out of a player's hand beyond the line of scrimmage.

OFFENSIVE PENALTIES

All offensive penalties are 5 yards and loss of down except illegal motion, false start and delay of game which are 5 yards but not a loss of down.

OFFENSIVE PENALTIES ENFORCED FROM THE LINE OF SCRIMMAGE:

- **Delay of game** – The offense has 30 seconds to snap the ball once the ball has been set. The official will count down the last 10 seconds.
- **False start** – Simulating the start of a play, crossing the line of scrimmage prior to the ball being snapped or moving forward at when the ball is snapped.
- **Illegal contact** – The receiver may not push off the defender to create separation.
- **Illegal forward pass** – Two forward passes or throwing the ball after crossing the line of scrimmage.
- **Illegal motion** – More than one person in motion or anyone moving forward at the time the ball is snapped.
- **Illegal pick** – Players may not intentionally set a pick to free up another receiver.
- **Illegal run** – Running the ball, or a pass caught behind the line of scrimmage, inside the no run zone.
- **Impeding the rush** – It is only impeding the rush if:
 - Prior to the snap, the rusher lined up 2 yards to either side of the center and had a clear path to the quarterback.
 - The rusher does not change direction to chase the quarterback.

- The receivers get in the way of the rusher trying to chase the quarterback. (The rusher must avoid contact with the center running straight up the field.)
- **Pass Interference** – Offense initiates contact with the defensive player while the ball is in the air.

OFFENSIVE PENALTIES ENFORCED FROM THE SPOT OF THE FOUL:

- **Blocking or Screening** – The offense may not intentionally get in the way of the defender trying to pull a flag.
- **Charging** – The movement of the ball carrier directly at the defense player who has established possession on the field. This includes lowering the head, making contact with the defender with a shoulder, chest or forearm.
- **Flag guarding** – An act by the ball carrier to prevent the defender from pulling the ball carrier’s flags by stiff arm, lowering elbow or head or by blocking access to the runner’s flags with a hand or arm.
- **Diving** – Players may not dive to advance the ball.
- **Hurdling** – Players may not jump over a player on the ground.

PERSONAL FOUL / UNSPORTSMANLIKE CONDUCT

All personal foul and unsportsmanlike conduct penalties are 15 yards and loss of down or automatic first down. Teams may be penalized for the behavior of spectators as well.

- Confrontational language.
- Taunting or trash talking.
- Tackling, elbowing, cheap shots or overaggressive play.
- Swearing or other offensive language.
- Verbal abuse towards an official

Official will use their discretion to determine the severity of the infraction and may choose to warn a player or spectator or penalize the team.

If the actions are repeated or severe, the official may eject the player or spectator from the game. Play will not resume until the person who has been ejected has left the field.

Taunting/Trash Talking will not be tolerated – Players may be removed from the game and fields at the official’s discretion.

Fighting will not be tolerated. Players involved in a fight will immediately be ejected from the game. The league will determine the length of suspension for the person involved.

