



## LEAGUE RULES

### Game Format

- Field is approx. 25 yards wide and 50 yards long, not including the 10-yard end zones.
- Games are 6 on 6
- Teams of 8-10 players
- Four 10-minute running clock quarters (1 minute break between quarters, 2-minute break at half)
- Coin flip determines choice of possession or direction (winning team can elect to defer to the 2nd half). Any team deferring means that the opposing team will automatically receive the ball to start the game, with deferring team receiving the ball to start the second half.
- One 40-second timeout per half
  - The clock will only stop for time-outs and injuries (it does not stop for incomplete passes, out of bounds, change of possession).
  - If a timeout is called after a touchdown, the clock will not start until the play after the conversion attempt
- Teams switch sides at halftime
- Overtime (**only in the playoffs**)- if the score is tied, an overtime period will take place with each team receiving a possession.
  - Coin flip determines choice of 1st or 2nd possession
  - Each team will be scored based on yardage gained or points scored
  - Yardage gained - each team will be given 4 plays to drive the field as far as they can. The yardage gained will be noted by the official. The team with the most yards gained wins.
  - Defensive team intercepts the ball, the game ends, and the intercepting team wins.
  - Winning through yardage is equivalent to winning by 6 points for tie breaker purposes.

### Basics

- Each possession to begin a half, after a score, starts at the 5-yard line.
- 40 second play clock
- The offensive team has four plays to get a first down, then four plays to score once they have crossed mid-field.
- If the offensive team fails to cross midfield after three plays, they may elect to “punt” on 4<sup>th</sup> down. There is no actual punt: possession of the ball changes and the opposition starts the drive from its own 5-yard line.
- If the offense fails to score, or fails to cross midfield in 4 downs, the ball changes possession and the new offensive team starts its drive at the current spot of the ball.
- Interceptions can be returned, and possession will begin where the defender is flagged
- QB must throw the ball within 7 seconds
  - If the QB does not release the ball before time expires, it is a sack, with the ball being placed 5 yards back from the previous spot.

A sack can occur in the end zone, with a resulting safety. This does not apply at the K-2 level, as there are no safeties in those grades. Any ball dropped in the end zone, flag pulled in the end zone, or sack inside of the 5-yard line will simply have the ball placed at the 1-foot line.

- **If the ball carrier throws the ball after the sack clock has expired, the play will be blown dead, and a sack called.**
- Shovel passes are allowed, except in the 5 yard no run zone. Any pass not thrown in an overhand manner, inside the no-run zone will be considered a shovel pass and blown dead, regardless of whether the ball is caught in front or behind the line of scrimmage.
- The quarterback cannot directly run with the ball until the defense crosses the rush line. At that point, the quarterback may scramble, or may advance the ball beyond the line of scrimmage. The quarterback is the offensive play that receives the snap.

**EXCEPTION: In the K – 2nd grade divisions teams may run the ball without limit**

- There are no runs within five yards of the midfield first down, or five yards of the goal line.
- One first down at midfield
- **Ball is placed where the ball is when the flag is pulled**
- Snapped ball must pass between the center's legs
- Center can take a handoff from the QB. "Center Sneak" play – The ball must completely leave the center's hands on the snap (clear separation) and he/she must step backwards off the line of scrimmage in order to receive a direct handoff from the QB before advancing the ball. Handoff may not occur between the center's legs.
- All players are eligible
- No leaping (if a player dives, the ball will be spotted where the runner left his feet)
- A receiver must have one foot in bounds when making a reception
- Only one player can be in motion at a time
- Absolutely no tackling or blocking
- A fumbled ball can be caught by the defensive team and advanced but is dead if it hits the ground and the offense retains possession. No stripping by the defense. Any fumble caused from contact with a defensive player is dead at the spot. Any forward fumble that is caught in the air by an offensive player other than the player who fumbled will be brought back to the spot of the fumble.
- A play is dead when:
  - Flag is pulled
  - Runner's knee touches the ground
  - Runner steps out of bounds
- If a player loses his flag, then the opposing team must touch him down.
- Games cannot end on a defensive penalty
- If the offense commits a penalty on the games' final possession the game is over.
- Coaches are not permitted on the field at the 5<sup>th</sup> – 8<sup>th</sup> grade divisions.
- Only 1 coach offensive is allowed in the huddle at the 1st-4th Divisions. No defensive coaches are allowed on the field. and coach must be to the side of the field at snap of the ball and MUST stay out of the play.
- One offensive/defensive coach on the field in Pre-K/Kinder Division. MUST stay out of the play.

**Mercy Rules:**

- After one team is winning by 28 points or more, the losing team gets one offensive series to continue regulation play. If they do not score, the game score locks, but the game continues under normal rules and substitutions through the end of the 4th quarter.

**Scoring**

Touchdowns = 6 points

Extra Point (5-yard line) = 1 pt.

Extra Point (10-yard line) = 2 pts

Safety = 2 pts

Defensive Extra Point Return = 2 PTS from either 5-yard line or 10-yard line

**Penalties: ALL DEFENSIVE PENALTIES WILL RESULT IN AUTOMATIC 1ST DOWN & ALL OFFENSIVE PENALTIES WILL RESULT IN A LOSS OF DOWN**

Defensive:

- Defensive Pass Interference - 10-yard penalty.
- Illegal Contact (holding, jams, etc.) – 5-yard penalty.
- Illegal Flag Pull (before player has ball) – 5-yard penalty.
- Off-sides – 5-yard penalty.
- Tackling – 10-yard penalty.
- Inadvertent tackle – 5-yard penalty
- Inadvertent tackle From Behind w/clear path to end zone – Automatic Touchdown
- Palpably Unfair Act - when referee determines a palpably unfair act deprived a team of a touchdown, or a longer play, a touchdown will be rewarded, or a distance penalty will be determined by the referee after consultation with other officials
- Unsportsmanlike conduct – 15-yard penalty (**possible ejection - automatic ejection for 2nd unsportsmanlike**)
  - Unsportsmanlike conduct will not be tolerated (Rough play, verbal abuse, trash talking, etc. is cause for an ejection)
  - If an unsportsmanlike tackle occurs when a runner has a “clear-path” to the end zone, the offensive team will be rewarded with a touchdown
  - Any ejection will cause player to miss next game. Second ejection is grounds for expulsion from the league.

Offensive:

- Offensive Pass Interference – 10-yard penalty
- Illegal motion (2 men in motion) – 5-yard penalty
- False Start – 5-yard penalty, play blown dead
- Illegal Forward Pass – 5-yard penalty and loss of down
- Blocking – ball is dead at the spot of the block and a 5-yard penalty
- Leaping – ball is dead at the spot
- Flag Guarding (including stiff arms) – ball is dead at spot
- Unsportsmanlike conduct – 15-yard penalty (**possible ejection - automatic ejection for 2nd unsportsmanlike**)
  - Unsportsmanlike conduct will not be tolerated (Rough play, verbal abuse, trash talking, etc. is cause for an ejection)
- Delay of Game – clock is stopped and a 5-yard penalty
- There is no intentional grounding penalty

League rules may be changed at any time if problems arise due to concerns with safety conditions, sportsmanship, or competitive balance.