

I. Game

1. 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.
2. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.
3. The offensive team takes possession of the ball at its 5 yard line and has 3 plays to cross midfield. Once a team crosses midfield, it has 3 plays to score a touchdown
4. If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 5 - yard line.
5. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 5 - yard line
6. All possession changes, except interceptions, start on the offense's 5 yard line
7. Teams change sides after the first half. Possession changes to the team that started the game on defense

II. Field

1. The field dimensions are 30 yards by 45 yards with two 10 yard end zones, and a midfield line-to-gain.
2. Stepping on the boundary line is considered out of bounds.

III. Timing and Overtime

1. Games are played on a 40 minute continuous clock with two 20 minute halves unless one team gains a 28 point advantage, which will then end the game. Clock stops only for timeouts or injuries.
2. Halftime is 5 minutes
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay of game penalty is enforced
4. Each team has one 30 second timeout per half
5. Officials can stop the clock at their discretion
6. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.
7. If the score is tied at the end of 40 minutes, an overtime period will be used to determine a winner. **Overtime format** is as follows:

- A. A coin flip will determine the team that chooses to be on offense or defense first.
- I. If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who gets to choose who gets to be on offense or defense to start out during every round of overtime.

- II. The referee will determine which end of the field the overtime will take place on.

B. Each team will take turns getting 1 play from the defense's 5 yard line for one point or the defense's 10 yard line for two points. Whether or not the team that begins on offense converts the team that started on defense gets a chance on offense to win or tie by converting a one - or two point play of their own.

C. Both teams must "go for two" from the 10 yard line starting with the third round of overtime.

IV. Scoring

1. Touchdown: 6 points
2. PAT (point after touchdown) 1 point (5 yard line) or 2 points (10 yard line)
 - a. Note: 1 point PAT pass only, 2 point PAT can be run or pass
 - b. A team that scores a touchdown must declare whether it wishes to attempt a 1 point conversion(from the 5 yard line) or a 2 point conversion (from the 10 yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.
3. Safety: 2 points
 - a. A safety occurs when the ball carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.
4. Forfeits are scored 28 - 0 for the winning team

V. Live Ball/ Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the neutral zone and line of scrimmage.
 - a. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to 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

1. A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play
2. The defense may not mimic the offensive team 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.
3. Substitutions may be made on any dead ball
4. Any official can whistle the play dead
5. Play is ruled "dead" when:
 - a. The ball hits the ground
 - i. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground
 - a. The ball carrier's flag is pulled
 - b. The ball carrier steps out of bounds
 - c. A touchdown, PAT or safety is scored
 - d. The ball carrier's knee or arm hits the ground
 - e. The ball carrier's flag falls out
 - f. The receiver catches the ball while in possession of one or no flags
 - g. Inadvertent whistle

Note: There are no fumbles. The ball is spotted where the ball carrier's feet were at the time of the fumble.

6. In the case of an inadvertent whistle, the offense has two options:
 - a. Take the ball where it was when the whistle blew, and the down is consumed
 - b. Replay the down from the original line of scrimmage
7. A team is allowed to use a timeout to question an official's rule interpretation. If the official's ruling is correct, the team will be charged a timeout. If the rule is interpreted incorrectly, the timeout will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call.

VI. Running

1. The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. Forward progress will be measured by the player's front foot.
2. The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap

3. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind, or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
 - a. “Center sneak” play is no longer allowed. The QB is not allowed to handoff to the center on the first handoff of the play.
4. Any player who receives a handoff can throw the ball from behind the line of scrimmage
5. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush
 - a. Players spinning out of control will be called for flag guarding
6. 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 obstructive flags will be called for flag guarding

VII. Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
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 toward the line of scrimmage.
3. A player must have at least one foot inbounds when making a reception.
4. In case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions change the possession of the ball at the point of the interception. Interceptions are the only changes of possession that do not start on the 5 yard line.
6. Interceptions are returnable but not on conversions after touchdowns

VIII. Rushing the Passer

1. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the QB can defend on the line of scrimmage
2. Once the ball is handed off, the seven yard rule is no longer in affect and all defenders may go behind the line of scrimmage
3. A special marker, or the referee, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play
 - a. A legal rush is:
 - i. Any rush from a point 7 yards from the defensive line of scrimmage

- ii. A rush from anywhere on the field AFTER the ball has been handed off by the QB
- iii. If a rusher leaves the rush line early, they may return to the rush line, reset and then legally rush the quarterback
- iv. If a rusher leaves the rush line early and the ball is handed off before he/she crosses the line of scrimmage, he/she may legally rush the quarterback

B. A penalty may be called if:

- i. The rusher leaves the rush line before the snap crosses the line of scrimmage, before a handoff or pass - illegal rush (5 yards from the line of scrimmage and first down).
- ii. Any defensive player crosses the line of scrimmage before the ball is snapped - offsides (same as above)
- iii. Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off - illegal rush (same as above)

C. Special Circumstances:

- i. Teams are not required to rush the quarterback with the seven second clock in affect
- ii. Teams are not required to identify their rusher before the play

4. Players rushing the quarterback may attempt to block a pass; however, No contact can be made with the QB in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty.

5. A sack occurs if the QB's flags are pulled behind the line of scrimmage. The ball is placed where the QB's feet are when the flag is pulled

- a. A safety is awarded if the sack takes place in the offensive team's end zone

IX. Flag Pulling

1. A legal flag pull takes place when the ball carrier is in full possession of the ball
2. Defenders can dive to pull flags but cannot tackle, hold or run through the ball carrier when pulling flags
3. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
4. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball

5. 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

X. Formations

1. Offenses must have a minimum of one player on the line of scrimmage and up to four players on the line of scrimmage. The QB 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
2. 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.
3. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield

XVIII. Penalties

I. General

1. The referee will call all penalties.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
4. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.
5. Games may not end on a defensive penalty unless the offense declines it.
6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

ii. Defensive spot fouls

Defensive pass interference	Automatic first down
Holding	Automatic first down
Stripping	+10 yards and automatic first down

iii. Offensive spot fouls

Screening, blocking or running with the ball	-10 yards and loss of down
Charging	-10 yards and loss of down
Flag guarding	-10 yards and loss of down

iv. Defensive penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive Unsportsmanlike conduct	+10 yards and automatic first down
Offside	+5 yards from line of scrimmage and automatic first down
Illegal rush (Starting rush from inside 7-yard marker)	+5 yards from line of scrimmage and automatic first down
Illegal flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage and automatic first down
Roughing the passer	+5 yards from line of scrimmage and automatic first down
Taunting	+5 yards from line of scrimmage and automatic first down

v. Offensive penalties

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside / false start	-5 yards from line of scrimmage and loss of down
Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage)	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving)	-5 yards from line of scrimmage and loss of down
Delay of game	-5 yards from line of scrimmage and loss of down
Impeding the rusher	-5 yards from line of scrimmage and loss of down
Illegal Procedure	-5 yards from line of scrimmage and loss of down