



Game Rules

Game Format

- Field is approx 32 yards wide and 40 yards long, not including the 6 yard end zones for 3rd-4th grade. Field is 10 yards longer for 5th-8th division.
- Games are 6 on 6
- Teams of 10-12 players
- Four 10-minute running clock quarters (1 minute break between quarters, 5 minute break at half)
- Coin flip determines choice of possession or direction (winning team can elect to defer to the 2nd half)
- Two 30-second timeouts 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)
 - The clock will also stop in the final 2 minutes of the game if there is an offensive penalty, while the defense is trailing, or vice versa.
 - 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
 - Possession begins at the 10 yard line (both teams will go in the same direction)
 - If a touchdown is scored, a team can elect to go for a 1 or 2 point conversion.
 - If an interception occurs and is returned for a touchdown on the first possession of an overtime period the game is over.
 - If an interception occurs the team intercepting the ball can elect to take possession at the 10 yard line, or where the runner is flagged.
 - If the game is still tied, overtime will be repeated until there is a winner.
 - Teams alternate first possession each overtime period

Basics

- Each possession to begin a half, after a score, or after a turnover on downs starts at the 5 yard line
- 35 second play clock
- The offensive team has three plays to get a first down, then three plays to score once they have crossed mid-field.
- Interceptions can be returned, and possession will begin where the defender is flagged
- Any pass has to be thrown within 4 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, if the ball is snapped inside of the 5 yard line. Any sack occurring on a play that starts from the 5 yard line will be placed on the 1 foot line.
 - **If the ball carrier attempts to throw the ball after the sack clock is expired, the play will be blown dead and a sack called.**
 - **A play will be considered a run play, when the ball carrier crosses the line of scrimmage, or if a player takes a hand-off and has his flag pulled. A play in which a player takes a hand-off from the quarterback, and then throws a forward pass will be considered a pass play, and not count as a team's run play.**
- Defensive players cannot cross the line of scrimmage until a handoff has occurred or the QB releases a pass - **No rushing the QB**
- The offense has one run play per first down
- 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 a flag pulled, not where the ball is when the flag is pulled
- Snapped ball has to pass between the center's legs
- Center cannot take a handoff from the QB
- 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 the same time
- Absolutely no tackling or blocking
- No fumbles (a fumbled, or stripped ball is dead and placed at the spot of the fumble with the offensive team retaining possession) **If a player attempts to lateral a ball then the defending team can intercept it and take possession.**
- 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.
- One coach is permitted in the offensive huddle. Coaches are not allowed on the field in the defensive huddle.

Scoring

Touchdowns = 6 points

Extra Point (5 yard line) = 1 pt

Extra Point (10 yard line) = 2 pts

Safety = 2 pts

Penalties: NO PENALTIES WILL RESULT IN AUTOMATIC 1ST DOWN EXCEPT UNSPORTSMANLIKE CONDUCT

Defensive:

- Defensive Pass Interference - 10 yard penalty and down over
- Illegal Contact (holding, jams, etc.) - 5 yard penalty and down over
- Illegal Flag Pull (before player has ball) - 5 yard penalty and down over
- Off-sides - Ball is blown dead, 5 yard penalty and replay the down
- Illegal Rushing (before a hand-off has occurred) - 5 yard penalty and replay the down
- Tackle (purposely, aggressively, or preventing a scoring opportunity) - 10 yard penalty and down over
- Inadvertent tackle - 5 yard penalty (NO DOWN OVER)
- 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 and automatic 1st down (**possible ejection**)
 - 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 will result in suspension from rest of tournament.

Offensive:

- Offensive Pass Interference - 10 yard penalty and replay the down
- Illegal motion (2 men in motion) - 5 yard penalty and replay the down
- 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 and a 5 yard penalty
- Flag Guarding (including stiff arms) - ball is dead at spot and a 5 yard penalty
- Illegal lateral past the line of scrimmage - ball is dead, 5 yard penalty and loss of down
- Illegal run - play is dead, 5 yard penalty and loss of down
- Unsportsmanlike conduct - 15 yard penalty (ejection)
 - 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