

## **QUICK RULES**

**REF PLACEMENT:** 1 Ref will line up at the LOS on one sideline, 1 Ref will line up at the 7-yard blitz line on the opposing sideline.

**GAME CLOCK:** Two 22 Minute Running Halves, 2 minute half time, Pro clock at 1 Minute remaining in the 2nd half.

**TOURNAMENT GAME CLOCK:** Two 12 Minute Running halves, No pro clock at 1 minute.

**FIELD:** 70 x 25. Two 10 Yd Endzones - 1 Midfield 1st Down. Two 25 YD halves.

**PERSONEL:** Maximum of 12 Athletes, 2 Coaches per sideline. ALL PLAYERS MUST BE JERSEYED / WRISTBANDED.

**TIMEOUTS:** 4 30-seconds timeouts per game. (Not two per half)

**TOURNAMENT TIMEOUTS:** 3 30-seconds timeouts per game.

**PLAY CLOCK:** 25-seconds once the ball is set.

**START OF POSSESSION:** Each team starts with the ball on the 5-yard line excluding failed 4th down conversions or turnovers..

**CHANGE OF POSSESSION:** All possession changes except failed 4th down conversions or interceptions start on the offense's 5-yard line.

**DOWNES:** Offense has up to 4 downs to cross midfield. Once offense crosses midfield it has 3 plays to score a touchdown. Teams must declare a punt or try on 4th down.

**MERCY:** Once a team is up by 28 Pts. The losing team now has 4 downs to score starting at midfield. Coaches may choose to opt out and end the game.

### **OVERTIME:**

- 1OT: Each team will take turns getting one play from the defense's 5-yard line for one point or the defense's 10-yard line for two points.
- 2OT: Both teams must "go for two" from the 10-yard line.
- 3OT: Each team will get 1 play from the 5 yard line going out from the endzone. The team with the most yards will be the winner.

### **RULE NOTES:**

1. Coaches are not permitted on the field excluding the 7U division.
2. **SPOT IS WHERE THE BALL IS, NOT THE FLAG/HIPS.**
3. Teams may not run within the no run zones (5YD from 1st down, 5YD from endzone)
4. NO BLOCKING, No laterals, pitches, or screens are allowed beyond the LOS.
5. 7 YARD BLITZ LINE IS ENFORCED AT ALL TIMES, EVEN ON 1PT CONVERSIONS OR GOAL LINES.
6. Rusher must identify themselves to 7yd ref.
7. QB cannot advance the ball, QB has 7 seconds to throw the ball.
8. Two hand pitches backward behind the LOS are legal.
9. Teams may run any amount of times. ANY PLAYER taking a handoff behind the LOS may advance the ball.
10. Receivers must have 1 foot/elbow/body inbounds.
11. **BAD SNAPS ARE PLACED WHERE THE BALL LANDS.**
12. Out of bounds does not stop the clock.
13. Any player rushing the passer must be lined up BEHIND the 7 Yard mark. Defense does not have to rush. No player who did not line up 7YDS out may cross the LOS, unless there is a direct handoff.
14. NO OFFENSIVE PLAYER CAN BLOCK THE RUSHERS PATH WHILE MOVING. RUSHERS PATH IS SET PRE-SNAP. RECEIVERS MAY SIT IDLE. Path does not move if the QB rolls.
15. THERE IS NO STRIPPING OR KNOCKING THE BALL LOOSE.
16. THERE IS ABSOLUTELY NO CONTACT WHATSOEVER. ANY CONTACT OR TACKLE IS A PENALTY.
17. Defense may advance PATs, 2 PTs are awarded if returned for touchdown.
18. ANY jersey pulling, short grabbing, or body grabbing will be called for holding.
19. **CHALLENGES: Coaches may challenge RULES, TOUCHDOWNS, AND BALL PLACEMENT ONLY. You may not challenge penalty flags. LOST CHALLENGES WILL COST \$20 IN CASH ONLY.**

## **COMMON PENALTIES**

### **OFFENSE:**

**FALSE START** -5 Yards & Loss of down.

**IMPEDING THE RUSHER** -5 Yards & Loss of down. (ANY CONTACT WITH THE RUSHER)

**DELAY OF GAME** -5 Yards & Loss of down.

**FLAG GAURDING (Spot Foul)** -5 Yards & Loss of down.

**ILLEGAL EQUIPMENT (Spot Foul)** -5 Yards & Loss of down.

**ILLEGAL BLOCK (Spot Foul)** -5 Yards & Loss of down.

**ILLEGAL PASS** -5 Yards & Loss of Down

**INTENTIONAL GROUNDING** -5 Yards & Loss of Down (**ONLY CALLED WHEN THE BALL IS THROWN BEHIND THE QB**)

**TAUNTING** -10 Yards & Loss of Down

### **DEFENSE:**

**ILLEGAL RUSH** +5 Yard & Auto 1st Down.

**HOLDING (Spot Foul)** +5 Yard & Auto 1st Down. (HOLDING IS ANY JERSEY/SHORTS PULLING)

**UNNECESSARY ROUGHNESS** +10 Yard & Auto 1st Down.

**TACKLE** +10 Yard & Auto 1st Down.

**PASS INTERFERENCE (Spot Foul)** + Auto 1st Down.

**QB CONTACT** +5 Yard & Auto 1st Down.