***- General Rules -***

**Game Start:**

* + - * + **Coin toss with players from each team at mid-field; visiting team calls the toss**
        + **Winner of toss may choose offense or defense, loser of toss choses direction**
        + **Direction changes in second half**

**Equipment:**

* **Players must always wear mouth guards and league-provided helmets**
* **TDJ size Football**

**Time:**

* + - * + **Two 25-minute halves with running clock; 5 minute half-time**
        + **Each team has one 30-second timeout per half**
        + **Clock will stop for any injury**

**Scoring:**

* + - * + **Touchdown = 6 points**
        + **PAT from 5-yard line = 1 point**
        + **PAT from 10-yard line = 2 points**
        + **Safety = 2 points**

**[No PATs for a team with a 25 point or greater lead]**

**Basic Play:**

* + - * + **All passing league (no hand-offs or running plays), except in the event the defense sends one “blitzing” defender to rush the QB, which gives QB the option to run (see below details)**
* **QB has 4 seconds to pass, can only make forward passes from behind line of scrimmage**
* **One-hand touch**
* **Interceptions may be returned for touchdown or intercepting team will take possession where downed**
* **Offense starts possession with 40 yards to end zone**
* **Turnover by loss of downs results in new offensive possession with 40 yards to end zone**

**Offense Play (more detail pgs 3-4):**

* + - * + **Center optional; center is not an eligible receiver**
        + **5 or 6 receivers depending on use of a center**
        + **At least 2 receivers must be on the line of scrimmage to start play**
        + **Other receivers can be in slot or other formation**
        + **Motion is allowed by one receiver at a time**
        + **“Shuffle” Blocking allowed by non-ball-carrying receivers after the catch (see details below)**

**Defensive Play (more detail pgs 3-4):**

* + - * + **Defense may play man or zone defense or any combination**
        + **Defense may “jam” / disrupt receiver at start of route at line of scrimmage**
        + **One defender may blitz/rush the QB on any given play (or not at all)**

**Blitzing/rushing defender may be positioned over a receiver or not, but always outside of 5-yard ball radius at snap**

**No “fake” blitz or rush attempt may occur – any “fake” gives QB option to run**

**No other defender may down the QB until the QB has crossed the line of scrimmage**

**Other Positioning:**

* + - * + **No Offensive or Defensive player may line up within a 5-yard radius of the football at snap**
        + **One offensive coach is allowed on the field to participate in the huddle; coach must always stay behind the area of play**

***- Penalty Chart and Notes -***

* **Officials will call all penalties**
* **Officials may determine if incidental contact occurred (as opposed to penalty)**
* **Only Coaches may discuss a penalty call with officials**
* **Games and halves may not end on a penalty unless the opposing team declines the penalty**
* **Penalties will be assessed half the distance to the goal line when the penalty yardage is more than yardage to end zone**
* **If official has an inadvertent whistle, offense can decide either:** 
  + **Take ball at the yard line where play was stopped by inadvertent whistle, or**
  + **Replay the down**
* **Coaches are allowed to use a timeout to question an official’s interpretation or assessment of a rule (not the call itself):**
  + **If official’s ruling or interpretation was correct, team will be charged with the timeout**
  + **If official’s ruling or interpretation was incorrect, team will not be charged with the timeout**

|  |  |
| --- | --- |
| **Penalty Type** | **Penalty Assessed** |
|  |  |
| **Defensive Penalties** |  |
| **Pass Interference** | **Offense moves to spot of foul & Automatic First Down** |
| **Holding** | **Offense +10 yards from line of scrimmage & Automatic First Down** |
| **Unnecessary Roughness** | **Offense +10 yards from line of scrimmage & Automatic First Down** |
| **Taunting** | **Offense +15 yards from line of scrimmage & Automatic First Down** |
| **Unsportsmanlike Conduct** | **Offense +15 yards from line of scrimmage & Automatic First Down** |
| **Illegal Rush (>1 player or starting w/in 5yrds)** | **Offense +5 yards from line of scrimmage & Automatic First Down** |
| **Offsides** | **Offense +5 yards from line of scrimmage (<5yrd line-> Frist Down)** |
|  |  |
| **Offensive Penalties** |  |
| **Delay of Game (>20 sec huddle; >25 sec to snap)** | **Offense -5 yards from line of scrimmage (<5yrd line-> Loss of Down)** |
| **Illegal Motion (more than 1 player in motion)** | **Offense -5 yards from line of scrimmage (<5yrd line-> Loss of Down)** |
| **Offsides or False Start** | **Offense -5 yards from line of scrimmage (<5yrd line-> Loss of Down)** |
| **Offensive Pass Interference** | **Offense -5 yards from line of scrimmage & Loss of Down** |
| **Illegal Pass (QB backwards pass, QB past line)** | **Offense -5 yards from line of scrimmage & Loss of Down** |
| **Unnecessary Roughness / Illegal Block** | **Offense -10 yards from line of scrimmage & Loss of Down** |
| **Taunting** | **Offense -15 yards from line of scrimmage & Loss of Down** |
| **Unsportsmanlike Conduct** | **Offense -15 yards from line of scrimmage & Loss of Down** |
|  |  |

***- Game Play Details -***

**Defense**

**“Downing” an Offensive Player:**

* + - * + **Defense “downs” an offensive player with the ball by one-hand touch**
        + **No contact can be made on an offensive player’s neck or head (see Penalty Chart below)**
        + **A player is also considered down if any part of their body other than a hand or foot touches the ground**

**“Jamming” an Offensive Receiver:**

* + - * + **Defense may “jam” or disrupt a receiver upon the start of their route**

**This must occur at the line of scrimmage at the start of the play**

**No neck or head contact allowed with receiver**

**No holding or charging-through receiver**

**“Blitzing” or Rushing the QB:**

* + - * + **One defender may blitz/rush the QB on any given play**
        + **The defender may be positioned in any manner (over a receiver or not), but always outside of the 5-yard radius of the ball at snap**
        + **The defender does not need to be designated**
        + **No other defender may down the QB until the QB has crossed the line of scrimmage**
        + **No “fake” blitz or rush attempt may occur**

**If a defender independently (not in coverage) moves towards the line of scrimmage, then the QB has the option to run**

**Interceptions:**

* + - * + **Defender may intercept the pass and attempt to return the ball to the end zone for a touchdown**
        + **Same “downing” a player (see above) and “shuffle” blocking (see below) rules apply upon occurrence of an interception**

**Offense**

**Starting Play:**

* + - * + **20 seconds allowed in huddle; 25 seconds to snap the ball**

**(Either is a delay of game – see Penalty Chart below)**

* + - * + **Center snap or QB “hike” begins play**

**QB Play:**

* + - * + **QB has 4 seconds to throw the ball**
        + **QB may only make forward passes and must be behind the line of scrimmage when passing**
        + **Shovel passes are allowed (as long as forward and from behind the line of scrimmage)**
        + **If a defender blitzes/rushes the QB, then QB has the option to run**
        + **Once defender has blitzed/rushed the QB, 4 seconds to pass does not apply**
        + **QB may throw the ball away from behind the line of scrimmage to avoid a sack**

**Receiver Play:**

* + - * + **Receiver is down upon one-hand contact by a defender**
        + **Receiver must have one-foot in bounds**
        + **A player is also considered down if any part of their body other than a hand or foot touches the ground**
        + **A receiver may make a backwards lateral to another receiver (not to the QB or center)**

**“Shuffle” Blocking:**

* + - * + **“Shuffle” blocking is allowed after a reception by receivers without the ball**
        + **“Shuffle” blocking allows receivers to laterally move to block a defender’s path; no pushing, grabbing, or driving through a defender is allowed**

**Center Play (if applicable):**

* + - * + **Center may direct snap or shotgun snap the ball**
        + **Play continues on any type of bobbled snap**
        + **Center may “shuffle” block any blitzing/rushing defender**
        + **Center may not be an eligible receiver**
        + **Center may not run down-field to “shuffle” block defenders**

**Overtime Play:**

* + - * + **Teams will alternate four plays from the 15-yard line with no first downs**
        + **Team that started the game on offense will start on offense in overtime**
        + **For any 3rd overtime and beyond, all PATs must be 2-point attempts from 10-yard line**

**Other Rules of Play**

**and Clarifications:**

* + - * + **Simultaneous possession by both an offensive and defensive player goes to offense**
        + **PAT play is blown dead on an interception; the defense may not return a PAT**
        + **No requirement to ever blitz/rush the QB**
        + **QB is down where the one-hand touch occurs, even if in backfield**
        + **No ball stripping after procession occurs and any fumble results in a “down” player at the point of fumble**
        + **Substitution of players may be made after any dead ball; no extra huddle time or time to snap allotted**
        + **Should a safety occur, defensive team scoring the safety then moves to offense**