**GOB-BOWL RULEBOOK 2022**

1. **GAME OVERVIEW**
   1. The games will consist of 15-minute halves of running clock. During the first half, a two-minute warning will be issued, but clock will not stop. During the second half, a two-minute warning will be issued and clock will be stopped.
   2. Each team will be granted a **one-minute timeout** per half (an unused timeout from the first half **will not** carry over into second half)
   3. Halftime will be limited to **two minutes.**
   4. Immediately following the game, a coach or team representative from each team must go to the scoring table and report the results together.
   5. If **all members** of a team are not present at assigned field by scheduled start time, your team will have to forfeit that game. We are enforcing this rule to ensure promptness and a timely end to our tournament.
   6. The field will be **60 yards** **long** (**40 yards wide**) with end zones being **10 yards** long.
2. **TEAMS**
   1. Although a church/team may have an unlimited number of potential players, they may only have the following people on the field during the game:
      1. **Seven players total** on the field at all times.
      2. There must be at least **two female players** on the field at all times.
      3. Teams are allowed to play more than two female players, however teams are **strongly discouraged** from intentionally doing so as a means of employing tricks plays or confusing opposing teams. It is the referee’s prerogative to penalize teams for **unsportsmanlike conduct** in such cases.
      4. In the event that a team plays more than two female players, the opposing team must try their best to match. If the defending team cannot match the number of offensive female players, the additional offensive female players **may be defended by males with male rules in effect**. Please designate and clarify with the refs and the coach of the opposing team which of your unmatched additional female players will be playing as males **PRIOR** to the snap.
3. **GAME RULES**
   1. **Scoring**
      1. Each touchdown is worth **six points**.
      2. Extra point attempts **must be pass plays** (no rushing).  
         There are no interceptions on extra point conversions. If the defending team intercepts a pass, it is simply ruled an unsuccessful extra point attempt.
         1. 1 Point – 5 yards
         2. 2 Points – 15 yards
   2. **Overtime**
      1. Winner of the coin-toss will choose whether to start on offense or defense, with the offensive drive beginning at half-field.
      2. If the offense scores, they win. If the offense fails to score, the defending team wins that game.
   3. **Ball Placement**
      1. In order to ensure safety and keep contact to a minimum, there will be **no** kick-offs/punts. Instead, at the beginning of each half, the team with possession will **start at their respective 10-yard line**.
      2. On every fourth down, the offensive team can choose to either go for it or “punt” the ball, meaning the opposing team will start their drive from their own 10-yard line. In the event of a turnover on downs, the opposing team will start their drive **where the ball was last spotted**.
   4. **Flags**
      1. Male players are allowed to pull the flags of female players. However, **they cannot interfere or obstruct, in any way, passes intended for female players**.If a male player obstructs a pass intended for a female player, the pass will be considered a completion for the offense at the spot at which the defender obstructed the pass.
         1. If the referee determines that the pass could have been intended for a male receiver (male receiver was in the vicinity of the pass; no consideration for speed of the pass or shouting a girl’s name or who was closer), a defensive male player can legitimately make a play on the ball. In this case, no penalty will be called on the defense.
      2. Every player on the field must wear a belt with **two** colored flags on each side. Flags must be worn **OVER** clothing, meaning that all parts of the flag (including belt) **must be visible**. Each team should make sure that their players are properly wearing the flags.
         1. If a QB “hikes” the ball, but flags are not at the hips (whether in the front, back, inside their shirt, or not present), play is completed at that spot of the catch
         2. If a player catches the football (including interceptions), but flags are not at the hips (whether in the front, back, inside their shirt, or not present), play is completed at that spot of the catch
      3. Defensive players cannot pull down flags before the ball is touched by the receiver. Doing so will result in the play being counted as a reception, plus 5 yards from the spot of the violation.
      4. **No flag guarding**. If an offensive ball carrier tries to guard his/her flags either by blocking or swatting away a defensive player’s hands, the play will be stopped at that spot and a **flag-guarding penalty** will be assessed against the offensive team [Loss of 10 yards from spot of incident].
   5. **Substitutions**
      1. There is no limit to substitutions made during a game. However, all substitutions must be done legally when the ball is dead and prior to the snap. Penalties may be called for **illegal number of players on field** or **delay of game (see IV. Time)** if substitutions are not carried out legally.
   6. **Line**
      1. Each team must have two linemen, both on offense and defense.
      2. Out of the two linemen, **at least one must be a male**. **You cannot have two female players on the line**.
      3. Although linemen do not need to line up shoulder-to-shoulder, they should not be so far apart that a person could easily fit in between the gap.
      4. Offensive linemen **are not eligible receivers**. They are not allowed to carry the ball in the play in which they function as linemen.
      5. Likewise, defensive linemen are **not allowed to block or pick-off passes** from the QB. The primary purpose of defensive linemen is simply to rush the passer. If defensive linemen obstruct the pass in any way, the offense (if they choose to accept the penalty) will advance five yards and the down will be repeated.
         1. Defensive linemen may use their hands for running motions, but any contact that is used against the offensive linemen that was used for any advantages (pulling, grabbing, etc), the referee may call an illegal contact play and loss of 5 yards
      6. Defensive linemen must count to “**Five-One-Thousand**” before they rush the passer. Refs will determine if the defense is counting too fast. In the first instance the defensive linemen count too fast, a warning will be issued. After that, if the defense continues to count too fast, **they will be charged a blitz**. If the defense has already used up a blitz, then the offense (if they choose to accept the penalty) will advance five yards and the down will be repeated.
      7. Keep in the mind that this is a **low-contact** game. Since most injuries occur at the line of scrimmage, there will be no use of arms of hands on the line. Defensive linemen may not use their arms or hands in any way to progress towards the passer/ball carrier. Likewise, offensive linemen may not use their arms or hands to block the defender. If defensive linemen attempt to expose a gap in the offensive line, they do so at the risk of incurring an **illegal contact** or **unnecessary roughness** penalty if **ANY CONTACT** is observed by refs.
         1. Offensive linemen will place their hands behind their backs, and their role will be to disrupt defensive linemen from rushing the QB
         2. If the offensive linemen remove their hands behind their backs, to make contact with a defensive linemen, the referee may call an illegal contact play and loss of 5 yards
         3. Defensive linemen may use their hands for running motions, but any contact that is used against the offensive linemen that was used for any advantages (pulling, grabbing, etc), the referee may call an illegal contact play and loss of 5 yards
      8. For receivers and corners, there should be no contact whatsoever.
      9. **BLITZ:** one blitz is allowed every first down. Only the defensive linemen are allowed to blitz (no corner blitz or safety blitz).
         1. For safety reasons, defensive linemen must yell “blitz.”
         2. If a defensive linemen crosses the line of scrimmage, without yelling blitz, or before the “5-one-thousand,” they will be charged with a 5 yard penalty.
      10. A quarterback may scramble to avoid the rush, but the quarterback is **not allowed to rush beyond the line of scrimmage**. The only instance in which a quarterback may run with the ball is if he/she receives a lateral from a player who is beyond the line of scrimmage.
      11. **Offensive Offsides**: play is stopped (i.e., whistle blown), loss of five yards, and down is repeated.
      12. **Defensive Offsides:** play is **NOT** stopped (i.e., flag thrown). If offense chooses to accept penalty, gain of five yards, and down is repeated.
      13. **While players can be in motion before the snap, at the time of the snap, every receiver must be stationary.**
          1. Any plays starting with a player in motion, at the snap, will be a loss of down and 5 yards
   7. **Other Game Rules**
      1. One running play is allowed **per possession/drive**.
         1. Girl rushing attempts count as an “attempt to a girl.”
         2. Rushing attempts DO NOT count as completions.
      2. Downs are renewed (i.e., first down) upon two completed passes. However, a pass ***must be*** ***attempted***to a female player ***on or before*** the second completion. In other words, you cannot complete two passes to male players first and then try and attempt to a female player for a first down.
         1. If the referee determines that an incomplete pass *could have been* intended for a female receiver (she was in the vicinity of the pass; no consideration for speed of the pass or shouting a guy’s name or who was closer), the pass will count as a girl attempt.
      3. A pass is considered “completed” only when caught by an **eligible receiver beyond the line of scrimmage**. (i.e., no linemen)
      4. Once a catch is made, unlimited laterals are allowed as long as the teammate receiving the lateral is behind the original player (no linemen).
      5. An offensive player is down and the play is dead once the ball carrier has one of his/her flags removed (either by a defensive player or ***even in the case that the flag happens to fall off on its own***).
      6. If the ball carrier’s knees touch the ground, he/she will be considered down at that spot and the play will be dead.
      7. To encourage Christ-like behavior and for courtesy’s sake, defensive players are encouraged to return flags to offensive players. Refs will be in charge of spotting the ball, therefore **DO NOT** just drop flags on to the ground.
      8. **Interceptions can be run back**.
         1. As stated above, male players cannot obstruct throws that were intended for females, however, if the ball “bounces” off of a female, and a male catches it, this will count as a valid interception and can be run back
      9. **There will be no fumbles**. Once the ball touches the ground, the play will be considered dead at the spot where the ball is dropped. If an intentional lateral is “intercepted” by the defense, it will count as an interception rather than a fumble and recovery and will be a turnover and can be run back.
      10. Running plays cannot turn into scoring plays within **five yards of the end zone**.
      11. Ball carriers are not allowed to dive

1. **TIME**
   1. Refs should stop the clock if an injury occurs. If the clock is stopped for an injury, the injured player must sit out at least one play.
   2. Play Clock: **25 seconds**. Play clock will immediately start once the ref spots the ball and places it at the line of scrimmage. Failure to snap the ball before the play clock expires will result in a **delay of game** penalty [loss of five yards]. In the instance of a delay of game, **game clock will be stopped**. The game clock will resume at the beginning of the next play.
2. **REFERRES AND PENALTIES**
   1. Referees are given full prerogative to call it as they see it. Keep in mind that refs are trying their best to be fair, but they are also human. They will not see everything going on at the field at all times. Please be gracious to them. Also, **players are allowed under no circumstances to question any calls made by refs**. **Pastors and leaders, please take responsibility for your players regarding this rule.**
   2. **Illegal Contact** – 10 yards from spot of incident.
   3. **Unnecessary Roughness** – 15 yards from spot of incident.
      1. Player against whom the penalty is assessed risks potential ejection.
   4. **Pass Interference** – 10 yards from spot of incident.
      1. Once a ball is thrown, the defender may not intentionally make physical interference (e.g., pushing, holding) with the intended receiver while the ball is in the air. Likewise, the intended receiver may not intentionally make physical interference (e.g., pushing off) with the defender in order to make the catch.
      2. **Incidental contact is allowed**.
      3. Offensive Pass Interference: Loss of down.
      4. Defensive Pass Interference: Automatic 1st down at the spot of the foul. If pass interference occurs within 10 yards of the goal line, the ball will be spotted ½ the distance to goal.
   5. **Defensive Holding/Illegal use of hands** – 10 yards and re-do down.
   6. **Offensive Holding/Illegal use of hands** – 5 yards and loss of down
   7. **Unsportsmanlike Conduct**
      1. **Swearing, fighting, and poor attitudes will not be tolerated**.
      2. A warning may be given, but it is fully within a referee’s right to pull out a player immediately if unsportsmanlike conduct is displayed at any point during the game**.**
      3. In the case that a fight break outs (**whether verbal or physical**), the players involved will immediately be kicked out (no warnings)**.**
         1. If a player is caught swearing, they will be immediately kicked out
      4. All unsportsmanlike conduct penalties will be assessed against the team of the player acting out**.**
      5. 1st offense: loss of 10 yards
      6. 2nd offense: the opposing team will be awarded a touchdown AND possession of the ball on their 20 yard line.
      7. 3rd offense: Forfeit of the game.