***- General Rules -***

**Field:**

* + - * + **Length of the field will be a total of 60 yards, plus two 10-yard end zones**
				+ **The width of the playing field will be 53 yards wide**

**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**
			* **Possession begins at the 20 yard line at start of game, at start of 2nd half, and after every touchdown scored**
			* **Home team in charge of running game clock & moving sticks**

**Equipment:**

* **Players must always wear mouth guards and league-provided helmets**
* **K2 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**
				+ **Huddle time – 45 second play clock - 5 yard penalty from LOS after warning**

**Scoring:**

* + - * + **Touchdown = 6 points**
				+ **PAT from 2-yard line = 1 point**
				+ **PAT from 5-yard line = 2 points**
				+ **Safety = 2 points (team scoring the safety, receives ball on their 20)**
				+ **No PATs for a team with a 25 point or greater lead**
				+ **10 yards = 1st down**
				+ **Head coaches verify score with one another at halftime and at end of game**
				+ **Winning team head coach reports score to league commissioner**

**Coaching:**

* **2 defensive coaches and 2 offensive coaches are allowed on field per team.**
* **1 coach is assigned to line play; ensuring proper splits and helping avoid mismatches in lineman abilities**

**- *Offense* -**

**Positions:**

* + - * **1 Center / 2 Guards**

**Splits can be no wider than fingertip-to-fingertip from the outstretched arm of the offensive lineman next to them / (Center & Guards are not eligible receivers)**

* + - * **2 Tight Ends**

**1 on each side of line. Splits can be no wider than fingertip-to-fingertip from the outstretched arm of the offensive lineman next to them**

* + - * **Tights Ends are eligible receivers or may stay and block. If running a route, TE’s may chip block.**
			* **1 QB**
			* **3 additional eligible WR’s / RB’s**

**None of these players can line up on the line of scrimmage as lineman**

**Ball Carrying:**

* + - * + **There are no fumbles. The ball is spotted where the fumble occurs.**
				+ **If the ball carrier falls down, the ball is dead at the spot.**
				+ **If a ball carrier loses a flag from their belt, the ball will be spotted at the spot where the flag dropped.**
				+ **Running plays through the “A” gap (to the immediate left or right of the center) are not allowed**

**Ball Snaps:**

* + - * + **The ball must be snapped between the legs, not off to one side, to start play.**
				+ **One dropped snap per offensive possession will be allowed without the loss of down. This includes bad shotgun snaps. Any additional bad snap per offensive possession will result in a loss of down from the original line of scrimmage**

**4th down:**

* **No kicks of any kind allowed**
* **If offense fails to make a 1st down within their first three downs, they may declare a punt on 4th down. In this case the ball is placed fifteen yards from the line of scrimmage (as if a punt occurred) and possession changes. If the offensive team chooses not to declare a punt on 4th down and they do not make a 1st down, possession changes hands at the spot of 4th down play.**

**Blocking:**

* **Blocking must be with hands placed between defender’s waist and shoulders**
* **Block with hands only with body remaining upright (PANCAKES ARE NOT ALLOWED)**

**(*Center play cont.)***

* + **On running plays, center may pull down the line of scrimmage or move up field to block;**
	+ **On passing plays, Center must remain at line of scrimmage to block until pass is thrown.**

**- *Defense* –**

**Positions:**

* **4 defensive linemen (each lined up one yard off the line of scrimmage)**
	+ **Lined up head-up from the opposing offensive lineman/TE**
	+ **No D-lineman can line up over center**
* **5 additional defensive players (each lined up at least 2 yards off the line of scrimmage)**

**Downing A Player:**

* **one flag pulled equals a downed ball carrier**
* **when flag is pulled, defensive player must immediately stop and raise flag into the air to help with the spot**
* **A player is also considered down if any part of their body other than a hand or foot touches the ground**
* **no tackling allowed**

**Blitzing:**

* **The 4 defensive linemen can rush/blitz/pursue the QB at any time and will be considered standard, acceptable line play**
* **1 additional defensive player may blitz ON 3RD AND 4TH DOWNS ONLY, and from a starting distance of at least 2 yards off the line of scrimmage**
* **No blitzing through “A” gaps allowed by anyone at anytime**

**Other Defensive Gameplay:**

* + - * + **Defense may play man or zone defense or any combination**
* **Interceptions may be returned for touchdown or intercepting team will take possession where downed**
* **No jamming receivers at the LOS**

**- *Line Play* –**

* **All linemen must begin in a 3-point stance**
* **Offensive lineman splits can be no wider than fingertip-to-fingertip from their outstretched arms**
* **Defensive lineman must line up 1 yard off the line of scrimmage. ALL OTHER DEFENSIVE PLAYERS MUST BE AT LEAST 2 YARDS OFF THE LINE OF SCRIMMAGE.**
* **Coaches are responsible for avoiding mismatches.**
* **No moving around your biggest lineman to attempt a mismatch**
* **Offensive line sets first / then D line can adjust to avoid mismatches**

**- *Penalites* –**

**Protocol:**

* **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**

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| **Offensive Penalties** |  |
| **BALL CARRIER LEAVES FEET (jumping/diving for any reason)** | **5 YARD LOSS FROM SPOT OF FOUL** |
| **BALL CARRIER FLAG GUARDING (Using hand to knock away defender’s hand or shielding flag with ball carrier’s hand is considered “Flag Guarding.”**  | **5 YARD LOSS FROM SPOT OF FOUL** |
| **BALL CARRIER INITIATING CONTACT (not attempting to avoid contact / lowering head to engage contact)** | **5 YARD LOSS FROM SPOT OF FOUL** |
| **BLOCKING BELOW WAIST OR ABOVE SHOULDERS** | **5 YARD LOSS FROM LINE OF SCRIMMAGE** |
| **Running Play Through “A” Gap** | **5 YARD LOSS FROM LINE OF SCRIMMAGE** |
| **Delay of Game** | **5 YARD LOSS FROM LINE OF SCRIMMAGE** |
| **False Start** | **5 YARD LOSS FROM LINE OF SCRIMMAGE** |
| **Holding** | **10 YARD LOSS FROM LINE OF SCRIMMAGE** |
| **Unnecessary Roughness** | **10 YARD LOSS FROM LINE OF SCRIMMAGE** |
| **BLOCKER FALLING ON TOP OF DEFENDER (A “PANCAKE”) *A second penalty of this kind called on the same player results in player’s ejection***  | **15 YARD LOSS FROM LINE OF SCRIMMAGE** |
| **Taunting** | **15 YARD LOSS FROM LINE OF SCRIMMAGE** |
| **Unsportsmanlike Conduct** | **15 YARD LOSS FROM LINE OF SCRIMMAGE** |

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| **Defensive Penalties** |  |
| **Pass Interference** | **Offense moves to spot of foul & Automatic First Down**  |
| **Offsides** | **Offense +5 yards from line of scrimmage (<5yrd line-> Frist 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** |

**- *Other Rules & Clarifications* -**

**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**

**Misc:**

* + - * + **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 intentional ball stripping**
				+ **Substitution of players may be made after any dead ball; no extra huddle time or time to snap allotted**
				+ **If 9 players cannot be fielded, teams will play 7v7 with no forfeit.**
	+ **1 TE and 1 RB/WR will be removed on Offense**
	+ **Conversely, 1 D lineman and another defensive player will be removed**

**Standings:**

* + - * **Team Standings will be published weekly**
			* **If 2 teams are tied at the end of the season, tiebreakers are: 1) head-to-head records, 2) points allowed, 3) points scored, 4) coin flip**