

Field Dimensions:

- Field Length - 40 yards long (marked in 10-yard intervals)
- Field Width – 2/3 of regulation field (Sideline to second set of hash marks -opposite side of field)
- End Zone - 10 yards deep
- K2 ball size for 5/6 and 7-9
- TDJ size for 10-13

Player Requirements

- All players are required to wear the following (No exceptions):
 - Mouth Guard (SAA does not provide)
 - SAA provided helmet
 - SAA provided Team Uniform
 - Uniform must be worn outside of cold-weather gear
 - Home Team: Colored Uniforms
 - Away Team: White Uniforms
 - Players are permitted to wear standard football cleats with plastic or rubber spikes.
 - NO METAL SPIKES ALLOWED.
- No Jewelry is permitted to be worn.
 - All jewelry must be removed prior to game play.

Starting The Game: 7-7

- 1st Half: Visiting Team starts with possession.
- 2nd Half: Home Team starts with possession.

Offense

- Possession always begins at the 40-yard line in the middle of the field.
 - No Kickoffs / Punting
- Offenses always move in the same direction
- Only one run play is permitted per set of downs
 - Only the QB can hand the ball off
 - One hand off per snap (no reverses)
 - Running back must be lined up and set inside the pocket (approx. 6' on either side of the ball)
- Motion is allowed.
 - If one player is in motion, the ball can be snapped prior to the motion player being set.

- If multiple players are in motion, they must ALL be set before the snap of the ball.
- No player can receive a hand off if in motion unless they have established themselves in the set position inside the pocket prior to the snap.
- QB is not a live player
 - QB must either hand the ball off or attempt a pass (QB cannot run)
- Only the QB can attempt a pass
 - If the QB leaves the pocket, the play must be a pass (no QB option plays)
 - All Passes must cross the line of scrimmage before the ball can be touched by any player.
 - Any pass thrown behind the line of scrimmage is a dead ball and results in loss of down and the ball placed in its previous spot.
- The QB is allowed 5.0 seconds to throw for 5-6/7-9 year olds, and 4.0 seconds for 10-13 year olds.
 - 4.0/5.0 second count starts when the QB receives the snap.
 - If the QB releases the ball under 4.0/5.0 seconds, the play goes on. (not enforced in first 2 weeks, only warning)
- Offensive team will have 25 seconds to snap the ball once it has been marked ready for play
 - Delay of game penalty will be a loss of down.
- Fumbles are dead balls at the spot with the last team retaining possession.
 - A muffed snap is not a fumble/dead ball
 - If the snap is muffed, the play must be a pass play.
 - If a snap is muffed, and the offensive team try to hand the ball off, the play will be ruled dead and the ball will be placed back at the original spot. The play will be ruled a loss of down and the offensive team will lose their run play for that set of downs.
 - The 4.0/5.0 second count remains in effect on muffed snaps.
- PLAYERS MAY NOT LEAVE THEIR FEET UNDER ANY CIRCUMSTANCES WHILE RUNNING WITH THE BALL
 - Violators team will get one warning, second offense will result in a 5-yard penalty
- Receiver/ Ball Carrier is legally down when the flag or flag belt is pulled off or the flag falls off on its own.
- No Blocking
 - Dead ball at the spot of the block and 5-yard penalty from the spot of infraction
 - Teams can still get a 1st down if the spot of the ball is past the 1st down marker after the 5-yard penalty has been enforced.

DEFENSE

- No defensive rush
 - Defense cannot cross the line of scrimmage until after the ball is handed off
 - Once the ball is handed off, defense can pursue beyond the line of scrimmage
 - If a defensive player crosses the line of scrimmage before the ball is handed off, the result will be a 5-yard penalty and replay of down.
 - If a defensive player pulls the flag of a runner behind the line of scrimmage (legally), the ball will be placed at the spot where the flag was pulled.
 - If the original spot is at the 40-yard line, the ball will be placed back at the 40-yard line (it cannot be taken backward beyond the 40)
- Illegal contact- the responsibility to avoid contact is with the defense.
 - There will be NO press coverage, deliberate bumping or grabbing.
 - These actions will result in a “tack on” penalty at the end of the play (5-yard penalty). No bump and run defense.
- Defensive Pass Interference will be a spot foul (Automatic 1st down)
 - Defensive players have the right to try to go for the ball but cannot alter the offensive player’s motion to do so.
- PLAYERS MAY NOT LEAVE THEIR FEET UNDER ANY CIRCUMSTANCES TO PULL A FLAG
 - Violators team will get one warning, second offense will result in a 5 yard penalty
- First 2 weeks of the season, defensive players must line up 5 yards or more from the line of scrimmage. After week 2, defensive players can line up on the ball.
- Interceptions may NOT be returned and the play is whistled dead immediately.
 - An interception results in immediate change of possession and the ball is placed at the 40 yard line.

Special Rules

- Excessive force by shoving, pushing, or striking a blow will be penalized by a 5 yard penalty and automatic first down.
 - Players will be ejected if ruled unsportsmanlike and flagrant

- If a player is ejected, SAA Player Ejection Rules will apply
- Offensive Team is responsible for retrieving and returning the ball to the referee, previous spot, or the new scrimmage spot.
 - Clock does not stop and any delay by the offense in retrieving and returning the ball will result in a delay of game and loss of downs.
- The offensive center is NOT an eligible receiver or ball carrier
 - All teams must have a center (the center may be any player.)
 - The center is responsible for establishing the succeeding spot as designated by the Referee.
- No taunting or “trash-talking” allowed.
 - 5 yard penalty and ejection if flagrant or repeated
- No Fighting: ANY player(s)/Coach(es) involved will be ejected from the game.
 - If a team fight occurs, the team involved will be ejected.
 - If this does occur, SAA Player Ejection Rules will apply.
- Week 1 and 2:
 - Two coaches are permitted to be on the field for offensive possession
 - Two coaches are permitted to be on the field for defensive possession
- Week 3 thru 8 / Playoffs:
 - One coach is permitted to be on the field for offensive possession
 - One coach is permitted to be on the field for defensive possession

Scoring

- Touchdown: 6 points
- Passing PAT: 1 point
 - No run plays allowed on PAT attempts
 - Ball is spotted at the 3-yard line
- Kicking PAT: 2 points
 - No defense on field
 - Ages 5/6: No kicking
 - Ages 7-9: Ball is kicked from the 5-yard line
 - Ages 9-13: Ball is kicked from the 7-yard line
 - Kicking team retrieves the ball after the kick
- Interception: All Interceptions (regular downs and PAT Attempts) result in 1 point for the intercepting team (defense)
- Official Score is kept by the Field Referee(s)
- Only one touchdown allowed per player per half.

- If a player does score more than 1 touchdown per half, the play will be brought back to the previous spot and result in a loss of down.
- If a player scores 2 touchdowns in a game (one in each half), that player cannot advance the ball again.
 - Result of the player catching the ball after 2 TD's is a dead ball at the spot of the catch; or loss of down if caught in endzone.
- After a team has scored and the PAT has been attempted, the other team will take over possession at the 40 yard line.

TIME

- TWENTY (20) MINUTE HALVES with a running clock
 - Game clock does not stop except for extended injury or called time out
 - 1st Half: 20 minutes (running clock)
 - Halftime: 5 minutes (may be shortened if the schedule is running behind)
 - 2nd Half: 20 minutes (running clock)
- 10 minutes between games (may be shortened if the schedule is running behind)
- Each team will be given one 1-minute time out per half
 - Exception: injuries

Spirit of Play

- The intention of this league is to teach kids how to play football, develop their skills, and grow their love for the game. KIDS SHOULD BE HAVING FUN.
- If winning by a lot, find a way to assist the other coach and team.
 - Move to 6 players
 - Move players back 10 yards on defense
 - Move less advanced kids to skill positions, like QB.
 - Move all kids to one side of field
 - Have defense wait and coach count to 5 before they can run, etc
 - Use your timeout(s) to help the other team get an extra play or two

Offense

- QB cannot run (must pass or hand off)
- All hand offs must occur inside the pocket (running back in set position)
- Motions allowed- multiple players in motion – all must be set prior to snap
- No Jet Sweeps
- No QB Option
- Only 1 hand off per play (no reverses)
- Offensive Off-sides: 5-yard penalty and replay down (loss of down if ball is at 40yd line)
- Offensive Pass Interference: 5-yard penalty and loss of down
- Pass caught behind the line of scrimmage: dead ball and loss of down
- Blocking Penalty: dead ball at spot of infraction and 5-yard penalty.
- Flag Guarding: Dead ball at spot of infraction
- 4.0/5.0 Seconds to pass: loss of down
- Delay of Game: loss of down
- Taunting/Trash Talking: 5 yard penalty – can result in ejection

Defense

- Defensive Off-sides: 5-yard penalty and replay down
- Defensive Pass Interference: Spot Foul and automatic first down
- Defensive Crosses line of scrimmage too early: 5-yard penalty and replay down
- Illegal Contact Penalty: 5-yard penalty and replay down
- Defensive Delay of Game: 10-yard penalty
- Taunting/Trash Talking: 5-yard penalty – can result in ejection