



RULE BOOK FOR 2024 SEASONS

Modified April 2024

In an attempt to make all divisions a little more competitive and increase the use of strategy in the game, we will be implementing the 4th down rule in ALL divisions.

- **Prior to getting a first down**, the offense will still have 4 downs to get a first down. **Again PRIOR to getting a 1st down**, In the event you are in a 4th down situation, you have the option to “punt” which results in a turnover on downs and the opposing team starting from their own 5-yard line
 - In the event that the offense chooses to go for it on 4th **PRIOR TO GETTING A 1ST DOWN** and doesn’t convert, the opposing team will take over possession at that spot.
 - **NOTE:** Once a 1st down is obtained, the “PUNT” option is voided and teams have 4 downs (5-6) and 3 downs (7-8, 9-10 & 11-13) to score.
- The offensive team is responsible for collecting both the line of scrimmage and the 7-yard puck and handing them to the referees

THE ATTIRE

- Home team listed first on the schedule is dark side of jersey and away team listed second is light side of jersey.
- Players are required to wear protective mouthpieces at all times during a game.
- Players must wear their NFL jersey for games.
- Players must have “**pocketless**” shorts. They **WILL NOT** be allowed to play if shorts have pockets.
- **Jerseys must be tucked in at all times.** If a jersey is hanging over their flag belt, the play **MAY** be blown dead.
- **The league will provide multiple footballs for use during games.**
- Molded/screw-in cleats and tennis shoes are permitted. No metal baseball cleats are allowed.

THE POSSESSIONS

- The referee will flip a coin before the start of the game to determine possession of ball for first or second half.
- The team that wins the toss has the choice of offense or defense. **At halftime the teams will automatically switch directions and possession.**
- All possession changes will start at the offensive team’s 5-yard line. **Exception:** On interceptions the team will take possession of the ball where the defender’s flag was pulled. Penalties on interceptions will be assessed where the interception occurred. **Exception:** If the game referee judges that a player intentionally or flagrantly commits a penalty then the penalty will be at the point of the foul, no less than the point of interception.

COACHES ON FIELD

- Only **ONE** coach will be allowed on the field on offense. Offensive coach must back up, out of the way at the snap of the ball. Defensive coaches (**in the 7-8, 9-10 and 11-13**) will not be allowed on the field; however, the coach can direct and align players before the play.
- Teams and family members will be seated on opposite sides of each other, so coaches will be able to walk up and down their own sideline.

THE PASSING GAME

- Only one forward pass per down. All passes must be forward and received beyond the line of scrimmage.
- Shovel passes are legal, but **MUST BE** received beyond the line of scrimmage.
- QB has a seven (7) second “pass clock.” **THE REFEREE WILL BLOW THE WHISTLE ON THE 7 COUNT.** If the pass is not thrown within seven seconds, the play will be ruled dead, with a loss of down. Once the ball is handed off, the seven-second rule is no longer in effect.
- Interceptions can be returned. Ball is spotted at where the defender’s flag is pulled.
- If a penalty occurs on an interception return by the return team, the penalty will be assessed from the end of the interception.
- If a penalty occurs on an interception return by the defensive team, the penalty will be assessed from the end of the run.

THE RECEIVING GAME

- All players must start with their flag belts on. If a player starts without his flag belt properly secure with all flags attached, his team will be assessed a 5 yard and loss of down penalty.
- All players are eligible to receive passes (including the QB, if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time. Shifts (2 or more players in motion before the snap) are allowed, but the **MUST GET** set prior to the ball being snapped.
- A receiver is down where his or her flag belt is pulled. Exception: In order to achieve a first down, or a touchdown, the ball and at least one of the players **flag**, must cross the plane of the first down line and/or goal line.
- If a receiver’s flag belt falls off or is pulled off, before catch is made, the receiver is down where they caught the ball.
- Receiver must have at least one foot in bounds when making a catch.

THE RUNNING GAME

- Whoever takes the snap from the center (QB) **CAN NOT** run the ball. The QB can only run the ball if he or she has taken a direct hand-off.
- **ONLY** direct hand-offs behind the line of scrimmage are legal. Anyone behind the line of scrimmage can receive a hand-off. **Exception: The ball cannot be handed off between the center’s legs.** In order for the center to receive a handoff the stand straight up after the snap.
- **No laterals or pitches of any kind, anywhere on the field, are allowed.**
- **The player who takes the hand-off can throw the ball, as long as he or she does not cross the line of scrimmage first.**
- Once the ball has been handed off, all defensive players are eligible to rush.
- Once the ball has been handed off, the seven-second pass rule is no longer in effect.
- Defensive players cannot pass the line of scrimmage, during a direct hand-off play, until the ball is handed off.
- Spinning is allowed. However, jumping or diving **TO ADVANCE** the ball is not allowed.
- If a flag falls off while the player is running then the player is down where the flag dropped.

THE “NO RUN ZONES”

- “No Run Zones” located five (5) yards from each end zone and five (5) yards on both sides of mid-field.
- “No Run Zones” are designed to avoid short yardage “easy running opportunity” situations. **Exception: 5-6 division will not use the “No Run Zone”.**

- “No Run Zones” come into effect only when offensive team is approaching a first down or the end zone. Exception: If the offensive team has already achieved a first down, but has been pushed back into a “No Run Zone”, then the “No Run Zone” is no longer in effect.

THE RUSHING OF THE QUARTERBACK

REMINDER

- **Impeding The Rusher:**
 - The rusher has a STRAIGHT line to the QB, if QB rolls at the snap and/or if the rusher changes his/her path while rushing the QB, no penalty will be called. The Rusher will not have to rush from outside of a bunch formation but they MUST align themselves one yard to the right or left of the (rusher’s) puck.
- All players that rush the passer must be a minimum of seven yards from the line of scrimmage, which will be designated by the **rushing puck**. More than one player can rush the quarterback. **Exception 5-6 & 7-8 division = no rushing.**
- The 5-6 and 7-8 divisions will use pucks as well but they will be one yard apart. The 2nd puck will serve as the **L.O.S. for the defense. They are not allowed to cross that puck until the ball is handed off.**
- **REMINDER:** In the 5-6 and 7-8 division, once the offense gets within one yard (or closer) of the endzone or first down, the defensive puck will not be used.
- If the offense draws any rusher to commit or jump that seven-yard marker, that rusher CANNOT rush during that play. However, any other defender that is seven yards back (behind the rushing puck) may rush instead.
- **ALL RUSHERS MUST LINE UP ONE YARD ON EITHER SIDE OF THE CENTER and/or RUSH PUCK THEY CAN NOT LINE UP DIRECTLY IN FRONT OF THE CENTER. OR THE GIVE UP THEIR “RIGHT OF WAY”**
- The rusher has the right of way QB. **All** Offensive players must avoid the rusher **when rusher is running at a straight line**. If this path is crossed **AND CONTACT** is made involving the rusher then an offensive penalty will be assessed.
- Players not rushing the quarterback may defend the line of scrimmage, as long as he or she is at least one yard from the line of scrimmage.
- A rusher must go for the quarterback’s flags. The rusher may attempt to block the pass **BUT** it is a penalty to make contact with the quarterback’s arm.

THE DEAD BALLS

REMINDERS

- In the case of an inadvertent whistle, the offense has two options:
 - Take the ball where it was when the whistle blew and the down is consumed.
 - Replay the down from the original line of scrimmage.
- If a player catches the football or receives a handoff and their jersey is out/untucked, the play **MAY** be blown dead and the down is consumed.
- **Flag Obstruction** – Players flags must be on their hips at all times. If a referee notices a player’s flags anywhere but on their hips, the play MAY be blown dead and the down is consumed. **FREE ADVICE: Be observant before the play. If you notice a player’s flags on wrong, or not on his/her hips or if their jersey is untucked. Bring it to the attention of the referee prior to the play so that your defense is NOT at a disadvantage before the play.**
- A play is ruled dead when: ball carriers flag is pulled, ball carriers flag falls off, ball carrier steps out of bounds, ball carriers knee touches the ground, ball carrier lets the ball hit the ground, ball carrier fumbles the ball away, and after a touchdown, or extra point is scored.
- There are no fumbles. The ball will be spotted where the player loses control of the ball.

THE PENALTIES

- Defensive penalties are 5 yards and an automatic first down. TACKLING IS 10 YARDS
- All offensive penalties are 5 yards and loss of down from the line of scrimmage except for flag guarding, blocking/screening, diving and jumping which will be marked off from the point of infraction.

- **On a defensive holding penalty (in any division) the offense will have the choice of taking the result of the play (down consumed) or 5 yards from the L.O.S. and first down.**
- Defensive tackling is 10 yards added to the end of the play and first down.
- Any type of blocking or screening is illegal and will result in a penalty.
- Extra attempts: If the attempting team throws an interception and commits an infraction after the interception than when the opposing team takes offensive possession of the ball they will get an additional 5 yards from the line of scrimmage. If a flagrant foul or intentional foul occurs on the extra point play the penalty will still be assessed from the line of scrimmage.
- ALL CALLS BY THE REFEREES ARE FINAL.
- Games will not end on any accepted live ball defensive penalty.
- Any offensive penalty in their end zone will result in a safety (2 points).

THE SCORING AND TIME SITUATIONS

- Scoring: Touchdown = 6 points, Extra point (5 yards) = 1 point, Extra point (12 yards) = 2 points, Safety = 2 points.
- At least one flag and the ball must cross the first down or goal line in order for a touchdown or first down to be awarded.
- There is a 30 second huddle clock (45 seconds for 5-6 division), which will start once the line of scrimmage is marked.
- Each team is allowed two timeouts (60 seconds long) per half. You can NOT carry a timeout over into the next half.
- Referee may stop the clock at own discretion.
- The clock will only stop at the **two-minute** warning of the **second half**. Once play resumes the clock will only stop for an incompletion, extra point, or if the offensive player gets out of bound. **If a team is up by more than 16 points at the two minute warning, the clock will stop for the two minute warning. But once play resumes, the clock will not stop unless the point differential gets under 16 points.**

NEW OVERTIME PROCEDURES

- During each overtime, both teams will get a possession. Once the coin determines who's on defense and offense, The teams will get one attempt at an extra point. They can choose to either go for 1 or 2. If the score is tied after the first overtime, then each team **MUST** go for a 2-point conversion. If the score is tied after the 2nd overtime, each team will get one play from the 5-yard line going out. Another coin toss will determine who starts on offense and defense. The team that gains the most yards, WINS!!

We will provide an atmosphere where players, friends and families can feel comfortable enjoying a day of football. Any players, teams, or family members that jeopardize that environment may be asked to leave. We operate under a NO TOLERANCE POLICY.

FORFEITS WILL NOT BE CALLED UNTIL COACHES FROM BOTH TEAMS HAVE BEEN CONTACTED.