



RULE BOOK

Modified August 2025

• NEW THIS SEASON

- Unlimited backward pitches and passes (**Laterals**) are allowed behind the line of scrimmage. However, no backwards passes or direct handoffs are allowed once the offensive player has crossed the line of scrimmage.
- Once the ball leaves the QB's hands to execute the "Lateral" the 7 second clock will stop, and all defenders are eligible to cross the L.O.S. **Note: the defense DOES NOT have to wait until the offensive player receives the lateral.**
- All players who rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Up to two (2) players can rush the quarterback.
- **Rushers MUST identify themselves by raising their hand before the snap.**
- Rushers **MUST** rush the passer immediately after the snap. Delayed rush is NOT permitted. Players not rushing the quarterback can defend the line of scrimmage.
- If one player identifies/declares as a rusher, he or she **MUST** rush the QB. Not doing so will result in a 5-yard penalty and automatic first down.
- If more than one defender declares as a rusher then at least one of them **MUST** rush the QB that play.
- Each team will now have 3-time outs for the entire game to use as they see fit.

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 always wear protective mouthpieces during a game.
- Players must wear their NFL jerseys for games.
- All flags must be worn correctly with the flag facing away from the body.
- **Jerseys must be always tucked in.** If a jersey is hanging over their flag belt, you take the risk because the play **MAY** be blown dead. Or they may be asked to leave the field prior to the snap without any stoppage in play.
- **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.
- No front facing brim hats allowed

THE SCORING AND TIME SITUATIONS

- Games are two 24-minute halves. In the first half there is a running clock and will NOT stop unless a team calls a timeout. (Exceptions would be an injury or an official timeout).
- 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**
- 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 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 will have 3-time outs for the entire game to use as they see fit.
- Referees may stop the clock at own discretion.

4th Down Rule

- To make all divisions a little more competitive and increase the use of strategy in the game, we have implemented 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
 - If 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 & 11-12, 13-14, 15-16) to score.**

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 possessions.**
- **Each possession, every snap, the center MUST snap the ball between his or her legs to start each play.**
- 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, 11-12, 13-14 & 15-16**) will not be allowed on the field at any time.
- 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 sidelines.

THE PASSING GAME

- Only one forward pass is allowed per down. All forward passes must be received beyond the line of scrimmage. **NOTE: If the QB, while trying to avoid a sack or flag pull throws the ball away but it DOES NOT cross the L.O.S. a penalty will be called.**
- 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. **AGAIN, a 7-second clock violation is NOT a penalty.**
- Once the ball is handed off or a pass is thrown, the seven-second clock 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 offensive team is responsible for collecting both the line of scrimmage and the 7-yard puck and handing them to the referees

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 to another teammate 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:
- 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 he or she catches the ball.
- Anyone who receives/catches the ball 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 from another player on offense.
- **ONLY** direct hand-offs or **Laterals** behind the line of scrimmage are legal. Anyone behind the line of scrimmage can receive a hand-off or lateral. **Exception: The ball cannot be handed off between the center's legs after he or she has snapped it.** For the center to receive a handoff, he or she must stand straight up after the snap.
- **The player who takes the hand off or lateral can throw the ball, if he or she stays behind the line of scrimmage**
- Once the ball has been handed off or lateraled, all defensive players are eligible to rush.
- Once the ball has been handed off, or leaves the QB's hand to execute a lateral, the seven-second pass rule is no longer in effect.
- Once the ball is snapped, defensive players (in the 5-6, 7-8 division and non-rushers in the 9-10, 11-12, 13-14 & 15-16 divisions) **CAN NOT** cross the defensive puck, 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.
- In the event a player in the 5-6 or 7-8 division crosses the puck prior to a handoff, the play is not blown dead. The referee will throw the flag, acknowledging the penalty, then the play will continue. After the play, the offense will have the option to accept or decline the penalty.
- If the offense (in the 9-10 & older division) draws any rusher (or any player behind the 7-yard puck) to commit or jump offsides, that rusher/player **CANNOT** rush during that play. However, any other defender that is seven yards back (behind the rushing puck) may rush instead. **NOTE: IF THAT PLAYER**

CONTINUES TO RUSH THE QB, IT WILL NOT BE A PENALTY UNTIL THAT PLAYER CROSSES THE OFFENSIVE PUCK

- **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 (in the 9-10 ,11-12,13-14 & 15-16 division) not rushing the quarterback may defend the line of scrimmage, if 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 contact the quarterback's arm.

THE DEAD BALLS REMINDERS

- In the case of an inadvertent whistle while the play is running, 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 always be on their hips. 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: the 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. **NOTE: if a player drops the ball in the endzone, that will be called a safety.**

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 then 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.
- Breaking the huddle with more than 5 players is a penalty.
- Games will not end on any accepted live ball defensive penalty.
- Any offensive penalty committed by the player while, while he or she is in the end zone will result in safety (2 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.