



# *Montebello Rulebook*

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**Important Numbers**

City Park Sports Office	Monday-Friday 2:00 pm-9:00 pm	323-887-4570
Sports Coordinator Office	Monday-Thursday 9:00 am-7:00 pm	323-887-4570

## The Basics

### The Field – “A”, “B”, and “C” divisions

The regulation field consists of 80 yards in length by 40 yards in width, with ten-yard end zones. The field should be marked off in four equal segments. A new set of downs begins where the ball becomes dead after a kickoff or turnover. A new set of down is achieved by passing one of the field segments or by penalty.

“D” and “Rookie” – The field will be 120 feet of playing area with 15 feet of end zones. The width of the field is 80 feet.

### Players/Minimum Play Rule

“A”, “B”, “C” Teams must always field a minimum of seven players.

All Players must play a minimum of five CONSECUTIVE minutes in each half. – 8 players on the field are optimal.

“D” must field a minimum of 6 players to constitute an official game. – 7 on 7 is optimal for “D”.

NOTE: NO players can be subbed out until the 5:00 minute mark of the 1<sup>st</sup> and 3<sup>rd</sup> quarter or 4:00 Minutes for ROOKIE. Each quarter is broken up into 5-minute segments.

“Rookie” must field at least 4 players. The game is played 5 on 5.

NOTE: players can NOT be subbed out until the 4:00 minute mark of the 1<sup>st</sup> and 3<sup>rd</sup> quarters in ROOKIE Division.

If a team only has 7 players in the A/B/C Divisions, the game may be played 7 on 8. Coaches are asked to play an equal amount but are not required to. In “D” and “ROOKIE” Divisions coaches **MUST play** an equal number of players on the field.

Games start with a coin toss. The winner of the toss may choose to kick or receive. The team that kicks will receive in the second half and the team that receives in the first half will kick in the second half. Kicking team gets a choice of direction they want to kick.

### Timing

Games are played with four 10-minute quarters with running time; clock shall stop at the notification of two-minute warning. At this point, If the score is tied at the end of 4th quarter, teams move directly into overtime.

“Rookie” division is four 8-minute quarters.

Each team has four-time outs cumulative. Each team is entitled to one time out per overtime. Unused time outs will not carry over into overtime period.

There shall be a 30 second play clock between plays. The play clock starts when the ball is set and the referee whistles ready for play.

***INJURED PLAYER TIME OUT***- If a player is injured and the clock is stopped to attend to that injury, that player must sit out for at least one play, but must be subbed back in as soon as he/she is capable if the injury occurred within the “no-sub” period (the first 5 minutes of the 1<sup>st</sup>/3<sup>rd</sup> quarters).

The regulation clock will be used in the last two minutes of the fourth quarter only. The clock will only stop for 2-minute warning, forward incomplete passes, first downs, out of bounds, penalties, time-outs, changes of possession and scores. At the 2-minute mark in the second quarter, the ball will be picked up, the clock stopped and will continue to run once the ball is spotted. This serves only as a warning and announcement of time. There is **not** regulation clock during the last 2 minutes of the first half.

If a team is winning by 24 points or more the regulation clock will not be used. In addition, after any score, the trailing team will be awarded the ball at their own 30-yard line. Should the lead become less than 24 the game will convert back to kickoffs and the use of the regulation clock.

Officials can stop the clock at their discretion for injury, time wasting tactics, substitutions or to address any issues.

## **Overtime**

The SCMAF tiebreaker system will be used when a game is tied after four periods. Regular SCMAF football- playing rules apply with the following exceptions:

- A. A coin toss will be held immediately following regulation play. The winner of the toss shall choose one of the following options:
  1. Offense or defense, with offense at the opponent’s 20-yard line

to start off the first series.

2. Which end of the field shall be used for both series of that overtime period.
- B. The loser of the toss shall exercise the remaining option for the first extra period and shall have the first choice of the two options for subsequent even- numbered extra points.

Note: The winner of the toss may not defer their choice.

- B. Extra Periods: An extra period shall consist of two series (one by each team) with each team putting the ball in at play at the 20-yard line (unless moved by penalty). Both series are played toward the same goal line.
- C. Team Series: Teams which begin their overtime period outside of the 20-yard line due to penalty will NOT receive any first downs for crossing the zone line to gains in the process. Teams may receive another set of downs by penalty only (automatic first down).

D. Scoring:

1. When a team scores, they must attempt a two-point conversion. The team on defense first will begin their series of downs.
  2. The team that scores the most points in the overtime is declared the winner,
  3. If both teams fail to score in any overtime period, the winner will be determined by the team that has gained the most net yards from the 20-yard line. (Example: If team A reaches the 22-yard line and team B reaches the 25 yard line, team A shall be the winner. The referees will mark the dead ball spot after completion of team A's fourth down to determine the line of gain for team B. If team B passes that point, they will need to complete their possession.
- E. Interceptions: Team B may intercept the ball and return it for a touchdown. In this case they will win the game. If they do not score on the interception, the ball will be placed on the 20-yard line to begin their series of downs. In this case Team A

will receive zero net yards for their possession.

- F. Timeouts: Each team will be allowed one timeout per overtime period. Timeouts not used from regulation periods may not be carried over to overtime. Unused overtime timeouts may not be carried over to other overtime periods.

### **Forfeits**

Every team must have a minimum number of players and will be given a ten (10) minute grace period to have the minimum. If a team does not have enough players at the expiration of the timed grace period, the game is a forfeit. If a team is short players, there will be a scrimmage game played between the teams with equal sides. The game will be played as two 15-minute halves.

### **Scoring**

Touchdown:  
6 points

Extra point:  
1 point (played from 3-yard line) or  
2 points (played from 6-yard line)

Safety:  
2 points

**Extra Point Conversions that are intercepted or live balls that are recovered can be returned for 2 points**

### **First Downs**

A first down may be gained by crossing either the 20- or 40-yard marks, or by penalty.

## Running

Offense may use multiple handoffs.

The player who takes the handoff can throw the ball from behind the line of scrimmage.

Spinning is allowed, but players cannot leave their feet to avoid a defensive player unless it is to go over a fallen defender (no Hurdling). The ball is spotted where the ball is, when the flags are pulled. Players may reach the ball over the goal line to score a touchdown and a first down.

**NEW RULE: SCMAF RULEBOOK DECLARES THE QUARTERBACK CAN NOT RUN WITH THE BALL DIRECTLY. THE QUARTERBACK IS DEFINED AS THE PLAYER THAT RECEIVES THE SNAP FROM THE CENTER. THIS RULE APPLIES TO "C", "D", "B", AND "A" DIVISIONS ONLY.**

If the runner's flag falls off, the game will be one hand touch (players can be touched anywhere between the waist and the shoulders).

- a. In "D" and "Rookie" Divisions Players cannot run DIRECTLY up the middle.
- b. The "middle" will be defined by two cones placed *approximately* 4-6 feet apart, 1 ½ - 2 yards off the line of scrimmage.

## **PUNTING**

Team must declare punt on any down.

Center OR REFEREE can hand ball or toss to the punter which must punt 5 yards behind the line.

The receiving team must line up 5 players on the line of scrimmage. "D" and "ROOKIE" Division teams can kick or throw the ball for a punt and must line-up a minimum of 3 players on the line of scrimmage.

## Receiving/Receivers

All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).

**As in the NFL, only one player is allowed in motion at a time. The first motioned receiver must set before the second can begin motion.**

A player must have at least one foot inbounds when making a reception.

All players need to set on the line for one second before snap.

## Passing

Shovel passes are allowed.

Interceptions may be returned.

**Illegally forwarded passes can be returned if penalty is declined by the return team.**

## Special Teams

**Kick Offs** – The tee must be placed at the middle of the 30-yard line ("X" Line on Field)

Kick Return-Laterals are permitted but not forward. The return team must have three players starting at the 30-yard line (X LINE)

There are no fumbles, or muffs. If the ball is dropped or contacts the body, the ball will be considered dead and marked down. On kickoffs, the ball is marked at the spot of "first touching" not where the ball lands.

Kickoffs that go out of bounds are flagged for illegal procedure. If the ball goes out of bounds between receiving team's restraining line (30 or "X" line) and goal, the receiving team has the choice of having the kicking team re-kick from 5 yards back OR take the ball at the 30 or "X" line.

If the ball goes out of bounds between the midfield line (40-yard line) and 30 or "X" line, the receiving team has the choice of having



the kicking team re-kick from 5 yards back OR take the ball at the 40-yard line.

If the re-kick goes out of bounds, the ball will be placed at the 40-yard line for the start of receiving team's possession.

In ONLY the Rookie Division, players can pick up a muffed ball until possession is made on kickoffs and on the initial snap from center. Muffs or fumbles after possession has been made, are dead balls.

### **Dead Balls**

The ball must be snapped between the legs, not off to one side, to start play.

Substitutions may be made on any dead ball.

Play is ruled "dead" when:

- Ball carrier's flag is pulled
- Ball carrier steps out of bounds
- Touchdown or safety is scored
- Ball carrier's knee hits the ground
- Ball carrier's flag falls out, at which point the play becomes one-hand touch style.

Note: There are no fumbles. The ball is spotted where the ball hits the ground. A "bobbled ball" is live and can be recovered by defense.

### **Sportsmanship/Roughing**

If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**

Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

## Penalties

All penalties not mentioned in this rule book follow the guidelines set up by SCMAF.

Coaches can be on the field to call plays for the first two games for "A", "B", "C", "D" and "Rookie". At the team's 3<sup>rd</sup> scheduled game, a coach will be considered a 9<sup>th</sup> man on the field and the team will be flagged for too many players on the field if the coach is on the field with the ball in play.

During the first two games, the offensive coach must be 5 yards behind the last offensive player, and the defensive coach must also be 5 yards behind the furthest defensive player.

If either coach interferes with the play in any way, the team will be penalized 5 yards, and an automatic 1<sup>st</sup> down will be awarded to the offense if the penalty is on the defense or 5 yards and a loss of down if the penalty is on the offense.

In the Rookie Division, coaches can remain on the field the entire season to help line up players, but interference penalties will be enforced.

## Line of Scrimmage and Neutral Zone

The line of scrimmage is the spot where the ball is snapped from. The neutral zone is one yard off the ball on the defensive side. Penalties will be called for neutral zone infractions. – This will be marked with 2 cones approximately 2 yards off the ball on the small field.

All penalties will be called by the referee!

**Please refer to the SCMAF rulebook for further details on fouls (not listed on the next page)**

## Common Fouls and Explanations

- c. Illegal use of hands/blocking – The offense may not extend their crossed arms out or use open hands to block, hold or stop the defensive player. The defense may use hands to go around the blocker but cannot go through the blocker. All players may **not initiate** a block in the back. **PENALTY – 12 YARDS/REPEAT DOWN**

- d. Flag Guarding – The offensive player with the ball cannot use their hands, arms, shoulders, elbows to shield their flags from being pulled. – **PENALTY – 12 YARDS and Same Down**
- e. Direct run by QB – Quarterback cannot run past the line of scrimmage. The QB is whoever receives the first possession from the center (if the ball is snapped over QB's head whoever gets first possession is the QB). **PENALTY – 5 YARDS FROM LINE OF SCRIMMAGE/LOSS OF DOWN**
- f. Roughing the Passer – A player may approach QB with hands straight up to deflect a pass. Any contact with the QB while he has the ball or immediately after a pass will be roughing the passer. A play on the flags that results in accidental contact with QB at/near the flags is ok, slight contact to QB that results from not playing flags will be a **PENALTY – 12 YARDS / AUTOMATIC 1<sup>st</sup> DOWN**
- g. PASS INTERFERENCE – No player shall hinder the receiver or defender from making an attempt at catching a pass. FACE GUARDING is not allowed. **PENALTY- On the Offense 12 yards and loss of down. On the defense: 12 yards and automatic first down both are counted off from the line of scrimmage (not a spot foul).**
- h. Holding the Ball carrier or defensive holding - Any holding of ball carrier by grabbing shorts, pants, jersey that hinders the runner (not called if in a crowd or immediately let go of uniform). **PENALTY- 5 yards/ Automatic 1<sup>st</sup> Down**
- i. Unsportsmanlike Conduct – excessive Spiking flags, cussing by player or coach, trash talk – **12 YARDS/ SAME DOWN** – player must sit out for 5 minutes if flagged for unsportsmanlike conduct
- j. Unnecessary Roughness- Running over a defender or a defender tackling, charging, hitting or not playing a flag and grabbing the body/blocking around head/neck area are considered unnecessary

roughness. As in basketball, a defender is entitled to their spot on the field and must make a play on the flag. The offensive player must try to avoid contact. The defender must move out of the way of an approaching player to pull flags on hips or back side. **PENALTY – 12 YARDS/ SAME DOWN (RESULT OF THE PLAY)**

- k. Hurdling- A player can only leave his feet to go over a fallen player. A player who dives forward for yardage or jumps for yardage or to avoid flag pulling will be flagged for jumping. NOTE: spinning does not count as a jump. **PENALTY – 12 yards/ SAME DOWN (SPOT)**
- l. Illegal Forward Pass- a pass by any player that is from beyond their line of scrimmage. NOTE: there can be multiple forward passes behind the line. **PENALTY – 5 yards/loss of down**
- m. Illegal motion/shift – Players on the line must set for 1 second before snap when shifting on the line. One player can be in motion at time of a snap as long as they are not motioning towards the line of scrimmage. **PENALTY – 5 YARDS REPLAY DOWN- DEAD BALL**
- n. Neutral Zone- any player lined up in the neutral zone has the opportunity to jump back “on-side”. Once the ball is snapped it is a penalty. Any player that is set cannot jump into the neutral zone- **DEAD BALL/ 5 yards replay down.**
- o. False Start – any offensive player that feigns a start to a play before a snap will be penalizes for a false start- **5 YARDS / REPLAY DOWN / DEAD BALL**
- p. Illegal snap – the center may not delay snap, pick up ball and reset down when offense is set, or snap in any way other than through the legs and in a regular fluid motion. **5 YARDS / REPLAY DOWN / DEAD BALL**