

- If the ball is down within the no-run zone due to a turnover on downs or an interception, the ball will be brought out to the 5 yard line.
- On fourth down, a team has two options.
 - A team may attempt to gain a first down or a touchdown.
 - A team may “punt” as its fourth-down play by notifying the referee. In this case, the ball will be placed on the opposing team’s 5-yard line, and there will be a change of possession.

Offensive starting points

SITUATION	STARTING FIELD POSITION
-after a touchdown	offense’s 5-yard line
-after a punt	offense’s 5-yard line
-turnover on downs (before receiving a first down)	opposing team’s no-run zone 5 yards from first down
-turnover on downs (after receiving a first down)	spot of the last play (unless within the no-run zone)
-Interception	spot where the flag is pulled
-after safety	(Midfield No Run Zone)

Clock Format

- Games consist of four 10-minute quarters with a 4-minute halftime.
- Each team has three 1 minute timeouts per half. Unused timeouts from the first half will not carry over to the second half. The clock will stop during the timeout. Any team that calls a timeout in the final two minutes and does not have a timeout the clock will then have a 10 second run off, and a five yard penalty.

- A 30-second play clock begins after the referee spots the ball as ready for play. THIS WILL BE ENFORCED FIRMLY to ensure more plays per half.
- The clock will stop in the final two minutes of the first half and the final two minutes of the game for the two minute warning. Once the game clock reaches two minutes the game will pause briefly, then resume when the referee signals. In the final two minutes the clock will stop for the following reasons:
 - After an incomplete pass
 - After the ball carrier goes out of bounds
 - After a touchdown
 - During an extra-point attempt
 - For an official's timeout
 - After an interception
 - During a called timeout until the ball is snapped
 - On a change of possession
- If an accidental whistle occurs, the play will be stopped and the team possessing the ball can accept the play to that point or replay down. If ball is in the air the play is dead.
- If teams are down by more than 16 points then the clock will not stop within the two minute warning.

Game Format

- Referees lead both teams in prayer at midfield before every game. This is a good time to give reminders about the game and to check that flags are on hips, jerseys are tucked in, and jewelry has been removed.

- The team that wins the coin toss may choose to play offense or defense first. The other team chooses which end to defend). The team that plays defense first will play offense first to start the second half.
- Because the end of a quarter does not signal a change of possession, the team with possession at the end of the quarter will retain possession.
- Teams will switch ends of the field at the half, not after each quarter.
- Each team will have six players on the field at a time.
- Coaches are allowed in the huddle. Only one coach is allowed in the huddle before the play. **No coaches are allowed on the field while on Defense.** One Coach is allowed to stay on the field deep behind the QB on offense but can in no way impede the defense from making a play.

Scoring

- Touchdown: 6 points
- Extra point: 1 point (played from the 5-yard line with a pass) or 2 points (played from the 10-yard line with a run or pass)
- Safety: 2 points. The scoring team will also receive possession on the no run zone at the midfield.
- Returned conversions: 2 points

Offensive Basics

- A minimum of three players must be on the line of scrimmage at every snap.
- Only one player can be in motion when the ball is snapped.
- The ball must be snapped between the legs to begin play.

- Before handing off or passing, the quarterback must have complete possession of the ball.
- The quarterback is not allowed to hand the ball off back through the legs of the center. The ball must be handed off around the legs.
- The quarterback must pass the ball in 10 seconds (**1st&2nd Grade only**)

Running the Football

- **The quarterback may only run the ball across the line of scrimmage during a TWO POINT conversion and ONLY if the rusher crosses the line of scrimmage. In all other cases the QB may not run the ball past the line of scrimmage.**
- **Due to no rusher in the 6-7 Division ONLY, the QB CAN RUN on two point conversions at any point throughout the duration of the play.**
- Direct handoffs behind the line of scrimmage are legal. Multiple handoffs may be used. After the ball crosses the line of scrimmage, laterals are permitted. (laterals are legal, as long as the lateral is backwards)
- A quarterback may immediately pitch or lateral the ball after receiving the ball (i.e., one motion).
- The 5 yards leading toward the goal line and the 5 yards leading to the midfield first-down line are no-run zones. The no-run zones apply to all divisions.
- Once a team enters the no run zone, the no run zone rules applies until a first down is achieved. A penalty or sack cannot remove the team from a no run zone.
- A player receiving a handoff or immediate pitch can pass the ball (halfback pass) from behind the line of scrimmage. There will only be one forward pass per down.
- A **BALL CARRIER** may not dive. A dive will result in a penalty.

- The ball carrier's HIPS determine the spot of the football when a flag is pulled, not the location of the football. The placement of the ball is at the referee's discretion.
- If the ball carrier's hand touches the ground to keep from falling as long as their knee doesn't touch they are not down. If the ball while in hand touches the ground they are down.

Receiving the Football

- All six players are eligible to receive passes. (The quarterback becomes eligible after a handoff or immediate pitch.)
- A completion consists of a receiver gaining control of the football while having at least one foot in bounds.
- If a player catches a pass with his knee(s) on the ground, the play is dead and the ball is spotted at the point of the completion.

Passing the Football

- Each offense play must have a minimum of three players on the line of scrimmage at every snap.

Dead Balls

Play is ruled dead when one of the following occurs:

- The ball carrier's flag is pulled or falls out.
- The ball carrier steps out of bounds.
- The ball carrier's knee hits the ground.
- A touchdown or safety is scored.
- A pass falls incomplete.
- **The ball hits the ground as a fumble. The ball will be spotted at the point of the fumble. (One exception to this rule is with the**

center/quarterback exchange in the 1st and 2nd grade. If a snap is mishandled, only the quarterback may pick up the ball and continue play.)

Defensive Basics

- Teams may run zone or man defenses.
- Interception is a live ball, the defense can return interceptions or pitches **before the pitch hits the ground (once the pitch hits the ground the ball is dead)** until scoring a touchdown, going out of bounds, or your flag is pulled.

Rushing the Passer

- All players who are rushing the quarterback must be 10 yards behind the line of scrimmage **PRE-SNAP**. Before each snap, the referee will designate the 10-yard rush line.
- Any number of players may rush the quarterback. The youngest division may not rush the quarterback.
- The rusher must pursue the quarterback under control and avoid interfering with the offensive players.
- Once the ball is handed off or pitched, the 10-yard rule is no longer in effect, and all defenders may cross the line of scrimmage to pursue the ball carrier.

Penalties

Referees will call all penalties.

If a penalty happens near the end zone where the penalty yardage would place the ball in the end zone, then the penalty will be half the distance to the goal.

Defense

- **Encroachment:** The penalty is 5 yards from the line of scrimmage and replay of down.

- **Illegal rushing** (enforced when players start rushing from inside the 10-yard rush line): The penalty is 5 yards from the line of scrimmage and replay of down. Any defensive player who crosses the line of scrimmage illegally will be flagged regardless of intent.
- **Illegal contact** (pulling the jersey, holding, blocking, pushing): The penalty is 5 yards from the spot of the foul.
- **Illegal flag pull** (before the receiver catches the football): The penalty is 5 yards from the spot of the ball and an automatic first down.
- **Defensive pass interference will be a penalty at the spot of the foul. Automatic First down**

Offense

- **Illegal motion** (more than one person moving at the snap of the ball): The penalty is 5 yards from the line of scrimmage and replay of down.
- **Illegal formation** (false start, not enough men on the line of scrimmage): The penalty is 5 yards from the line of scrimmage and replay of down.
- **Flag Pull** if a flag falls off the belt, pulled by the ball carrier, or is pulled by your own teammate the ball carrier is down. **If a flag is pulled or falls off of an eligible receiver before the player catches the ball, the receiver is still eligible to catch the ball but will be down immediately where the player catches the ball.**
- **Delay of game:** The penalty is 5 yards from the line of scrimmage and replay of down.
- **Shielding** (a non-contact block that impedes a defender from making a tackle): The penalty is 5 yards from the spot of the foul and loss of down.
- **Illegal run** (a running play in the no-run zone or a quarterback crossing the line of scrimmage): The penalty is 5 yards from the line of scrimmage and replay of down.

- **Illegal forward Pass** A second forward pass on the same play as well as a forward pass completed behind the line of scrimmage in the no run zone.
- **Offensive pass interference** (illegal pick play, pushing a defender): The penalty is 5 yards from the line of scrimmage and a loss of down.
- **Impeding the blitzer (Offense impedes the blitzer when intentionally interfering with the blitzer. This will be at the discretion of the referee), It is the job of the blitzer to pursue the quarterback under control and avoiding interfering with the offense: The penalty is 5 yards from the line of scrimmage and repeat the down.**
- **Flag guarding** (intentional or unintentional use of the arm to prevent the flag from being pulled): The penalty is 5 yards from the spot of the foul and a loss of down.
- **Illegal use of the hands** (stiff-arming, blocking): The penalty is 5 yards from the spot of the foul and a loss of down.
- **Diving** (diving toward the end zone or first down): The penalty is 5 yards from the spot of the foul and a loss of down.
- **NO TIMEOUT RULE:** If a team calls a timeout in the final two minutes of the game and does not have a timeout, there will then be a 10 second run off of the clock and a 5 yard penalty.
- **Coaches for the team can only address the referee concerning any incident on the field. The referee's call is final. Any argument with the referee will result in an unsportsmanlike penalty: Penalty will be 15 yards from the line of scrimmage and loss of first down.**

- **OVERTIME**

If a game is tied at the end of four quarters, *overtime* is played.

- A coin flip takes place, with the winning team having the option either 1) to declare that they will take the ball first or second. (both teams' series occur on the same end of the field).
- Each team will be awarded ONE play.
- The first team will decide to take their play from the "extra point" position on the field or the "two point conversion location."
- The 2nd team will then have an opportunity to match the results of the first team or take the lead outright.
- If a tie continues after the first round of OT, the teams will rotate possession order and continue with the original OT rules until a winner is declared.