

Frequently Asked Questions Regarding Rules

Coin Toss – Games begin with a coin toss; Winner will elect offense, defense, or direction

Game Clock (page 4) – Two halves (20 min. each)

Stopped Clock (Page 4) - If game is within 16 points or less with 2 minutes remaining in the game, the playing time shall be regulation clock (stop clock). Clock will be stopped for incomplete passes, player going out of bounds, extra points, change of possession, and penalties.

Overtime (page 7) – “College style”, both teams get two plays to score from the ten yard line and opportunity to go for one or two point conversion. If score remains tied, teams will change the possession order and repeat until a winner is determined. A “pick 6” will end the game for the intercepting team.

Time Outs – (3) 45 second timeouts per half. (1) timeout in overtime only, no carry over. Opposing team has option to use timeout.

Uniforms (page 7) – All players on each team must have jerseys or t-shirts of the same or similar color. Numbers are required in order to keep accurate stats.

No tape will be allowed for jersey numbers. Home will always wear light jerseys; visitor will always wear dark

Forfeits (page 2-3) – If team does not have 4 players by game time, start the clock. If opposing team gets a 4th player before 10 minutes have come off the clock, award opposing team 1 point per minute. Start game with time remaining on the clock. If after 10 minutes have run off the clock, the game is an official forfeit.

***Timeouts cannot be used before game begins.** Game cannot begin until all players have signed in.

Rosters (page 4) – Any coach must be a rostered player on scoresheet & sign in each game; only rostered players are allowed on/in the designated bench area. Players/coaches must sign in **PRIOR** to entering the game

Roster Checks (page 3) – Protest can be announced at any point during the game. Time must be called and protesting team will lost a time out. If no I.D. is available, the player in question may not play until he/she provides an I.D. If the player in question is unable to provide a current picture I.D. by the end of the game, the scorekeeper will declare the game a forfeit. **Only one roster check can be used per game.**

Roster Addition/Deletion Deadline:

Week 7 of each season

OFFICIAL'S FEES (paid before start of game) (page 1):

\$30/team if both officials present; \$15/team if only one official present; \$10/team if official arrives after start of game; NO PAYMENT if official arrives after halftime. Responsibility of each team to pay correct amount. NO REFUNDS WILL BE GIVEN.

Roster Checks (page 3 & 4) – Protest can be announced at any point during the game. Time must be called and protesting team will lose a time out. If no I.D. is available, the player in question may not play until he/she provides and I.D. If the player in question is unable to provide a current picture I.D. by the end of the game, the scorekeeper will declare the game a forfeit. **Only one roster check can be used per game.**

Rules (page 4 – 6) –

Possession Rule – No kickoffs. Teams begin with possession at the ten (10) yard line. No live punting; if offensive team chooses not to punt on 4th down, opposing team receives automatic possession on the ten (10) yard line. **Exception:** *If a team is stopped inside the ten (10) yard line on fourth down going into score, the opposing team will start at the ten (10) yard line*

Offensive Penalties:

- Flag guarding = 5 Yard penalty from spot of foul and loss of down (**Note: If penalty occurs after a player has crossed the first down marker, the penalty will be assessed from spot of the foul and offensive team will have to get to the 2nd first down cone.**)
- Impeding the rusher = 5 yard penalty and loss of down
- 6-second play clock and ball not released = 5 yard penalty and loss of down
- Formation- There must be at least one player on both sides of the center at the time of the snap. You may begin in a “trips” formation and motion out prior to the ball being snapped.
- Down by contact- If a ball carrier falls to the ground without being contacted by a defensive player, he may get up and run, unless touched while down.
- No picks or downfield blocking- Offensive players are not allowed to intentionally run into defensive players in an effort to get their own players open. Downfield blocking is also illegal. When the ball is caught all other players on offense must stop where they are at.

Defensive Penalties:

- Illegal rush (player rushing inside of 5 yards) = 5 yard penalty and replay the down.
- Bull rush = 5 yard penalty and replay the down
- Pass interference = Spot foul and automatic first down. If in end zone, 1st and goal at the 1 Yard line.
- Roughing the passer (Contact with QB, not going for flag) = 10 yard penalty and automatic first down.

Player Conduct (page 5) – Any player leaving the sideline and steps onto the field during an altercation will be automatically ejected from the game and will be suspended for future games at the digression of the Anaheim Adult Sports Director.

Scoring (page 5) - Touchdown = 6 points; 5 Yard Extra Point Conversion = 1 point; 10 Yard Extra Point Conversion = 2 points; Safety = 2 points; Defense Returning A Conversion Attempt To Opposite End Zone = 2 points

TO VIEW FULL RULE BOOK PLEASE VISIT:

www.teamsideline.com/anaheim

To view schedules, stats, and standings go to the adult sports website: teamsideline.com/Anaheim

If you have any questions/problems please contact:

Arlene Newton
714) 765-5290 (Office Hours)

Blake Wallace
714) 765-3961 (Office Hours)

Email: anewton@anaheim.net

Email: bwallace@anaheim.net