

1. Playing Field

Field will be 50 yards by 25 yards plus 10 yards end zones.

2. Uniforms

- *Mouth guards are encouraged but not mandatory.
- *Soccer type shoes are encouraged but not mandatory.
- *No special protective devices such as helmets, pads, etc. are allowed.
- *Padding may be used to only protect existing injuries --and then with the approval of the game officials.
- *Each team shall wear League issued jerseys and standard school P.E. shorts.
- *Players must wear a set of approved flags (triple threat) on their hips with their **shirt tucked into their shorts.**

3. Game Ball

- 1st – 2nd K-2 or Pee-wee
- 3rd – 6th Junior size

4. Time and timeouts

- two 15 minute halves with a running clock. (The last minute of the 2nd half the clock will stop on dead-ball or first downs.) 5 minute half time break.
- (NEW)*A play clock of 30 seconds will be kept by the official. This will start as soon as the referee gets the ball set. Coaches will be warned once and after that will be penalized 5 yards and loss of down. The clock will stop if this occurs and will restart on the following snap.**
- *Each team will be allowed 2 time outs per half. Each time out will consist of 60 seconds. Unused timeouts in the first half will not carry over to the 2nd half. The clock will be stopped for all time outs.
 - *The officials can stop the clock for injuries, equipment repair, in cases where the ball cannot be put into play in a reasonable amount of time.

5. Scoring

- *Touchdown -- six points
- *Points after touchdown**
- *One point from the five yard line.
 - *Two points from the ten yard line.
 - *Safety -- two points. The ball will be punted from the 10-yard line.
 - *Tie games -- Each team will have four downs from opponent's 10 until one team scores and the other fails to score.
 - *In regular time on point after touchdown an intercepted pass may be run back for two points.

6. Players

- *Each team shall have six players on the field.
- *Four players must be on the line of scrimmage.
- ***All players must play at least a half of the game.**

7. Playing regulations

*A coin is to be tossed to decide preference for possession and choice of goals. A team that wins the first half coin toss may defer their choice until the second half.

***Kickoffs** have been eliminated. The start of game, after a score or at the start of the half the ball will be placed on the team's own 15 yard line.

***Fumbles**

*The ball shall be considered dead when it hits the ground. It remains the possession of the team fumbling it and will be placed where the ball hits the ground.

*If the ball is caught in mid-air not having touched the ground, offense or defense may advance.

***First Downs**

*Four downs shall be allowed in which to advance the ball into the next zone for the first down.

*A team beginning in a zone and subsequently losing yardage back into another zone must advance the ball to the zone forward of the one in which the ball was originally put into play in order to receive a first down.

***Downed Ball -- "Tackling" "Flag Removal"**

*A player is considered down when one of his flags is removed by an opposing player. The ball will be played from the point where the ball was when the flag was removed.

*The tackler shall immediately show the flag.

*Any pushing, holding or roughing by either side will constitute a penalty of 10 yards.

*If the ball carrier slips or puts his knee down, he is considered to be tackled at that point.

*The ball carrier may not protect his flag in anyway or any form of straight arming, flag guarding with the forearm or ball, running with his head down, dipping his shoulder, or running into a defender purposely. This constitutes a ten-yard penalty from the point of the infraction.

*The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes "stiff arming."

*If a defensive player pulls a receiver's flag before he catches a pass, and the pass is completed the defense must touch offensive player on the back.

*If an offensive player knocks his flag off before catching a pass, the ball is dead

where the receiver catches the ball.

*Runners may not leave their feet to dive or jump over a player. The play is dead at that point.

*If an offensive player's flag falls off unintentionally the defensive players will touch with one hand on the offensive players back.

***Passing**

*All players are eligible to receive passes.

*There will be no "pick" blocking during a pass play. Penalty-- 10 yards.

*The defensive player may not use any "bump and run" tactics on the receiver. If the defensive player causes any contact, it will be an automatic pass interference regardless of whether the ball is in the air or not.

*Downfield blocking -- blocker must pull up and stop. No screen blocking all the way down the field.

*Halfback passes will be allowed!

*Play action passes will be allowed!

***Running**

** (All plays are considered legal unless otherwise noted) **

*No center sneaks.

*No QB sneaks (QBs are allowed to run the ball outside the tackle position)

***Blockers are allowed one step in any direction.**

***No contact blocking -- screen block only.**

*Blockers may not leave either feet at any time. Penalty 10 yards.

***OFFENSIVE ODDS and INS**

Majority of all rough contact occurs at the line of scrimmage. (KEEP YOUR HANDS BACK)

***Goal line stands:**

Inside of the 5 yd line the defensive team may line up on the line of scrimmage. (Knowing all contact rules remain the same.)

***"Free Punt"**

*A team desiring to punt must inform the official and inform the opponent.

*The punting team must remain on the line of scrimmage until the ball is kicked.

*There will be no rushing on the punt. The team receiving the punt must have at least 4 players on the line of scrimmage until the ball is punted.

*There will be no quick kicks.

*The ball may be run back, blocking following the blocking rules.

*Officials will use judgment at the placement of the ball going out of bounds.

*The punting team may down the punted ball if the receiving team makes no effort to gain the ball.

***Receiving punts**

*Only after the ball is kicked may the players on the line of scrimmage move toward the ball.

*Punts into the end zone may be run out.

*A muff or fumble on an attempted catch is a dead ball at the spot where the catch was attempted.

*Fair catches may be made after the player signals for a fair catch.

*The receiving team may pick the ball off the ground in its initial attempt to gain possession of the ball.

***Scrimmage**

*The offensive team must line up with four players on the line of scrimmage, on each offensive play. The quarter and halfback are in the backfield.

*The halfback may go in motion. (As long as not forward before the snap)

*The defensive line must line up a minimum of five yards from the line of scrimmage or on their goal line.

*Putting the Ball into Play

*There will be a center snap between the legs on all plays including punts.

*The three linemen may receive a handoff from the quarterback.

***Player conduct**

*Any personal foul, fighting, or unsportsmanlike conduct that is ruled intentional by the official will lead to an AUTOMATIC ejection of the player(s) and a penalty enforced against his team. No warnings are necessary. First time the player(s) will be ejected for the remainder of the game.

*No spiking, taunting or excess celebration will be allowed. After a score or play the player must drop the ball or return it to the official and return to the bench area or huddle.

***Coaches and Spectators conduct**

Coaches will respect the decision calls of the referees and ask that their team and team fans also respect the calls. The Officials will warn the Coach of any disruptive actions on the Coaches' part. The second action will result in a 10-yard penalty. Any third action will result in a game ejection. Coaches are reminded that they have a responsibility for the team's fans. If the officials judge the fans actions to be excessive, they will inform the Director who will take steps, including removal of disruptive spectators or forfeiture of the game to restore the decor of the spectators.

6. Penalties

- *Offensive / defensive holding -- 10 yards.
- *Defensive pass interference -- Automatic 1st down and 10 yards added from the line of scrimmage.
- *Offensive pass interference -- Loss of down and 10 yard penalty from the line of scrimmage.
- *Unnecessary Roughness -- 10 yard penalty / Flagrant Roughness -- 10 yard penalty and ejection from the game.
- *Intentional grounding -- 10 yard penalty and loss of down.
- *Illegally secured belt -- 10-yard penalty and loss of down.
- *Flag guarding -- 10 yard penalty.
- *Delay of game -- 5 yards Loss of down.
- *Offensive off-sides -- stoppage of play and 5 yard penalty.
- *Defensive off-sides - rushing before the snap or not lining up 5 yards from the line of scrimmage -- continue play and 5 yard penalty.
- *Illegal motion--stop play and 5 yard penalty.
- *Illegal offensive or defense formation -- 5 yard penalty.
- *Illegal blocking -- 10 yards from the spot of foul.
- *Defensive charge(running through the blocker) -- 10 yards.