

GAME PLAY RULES

- The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown.
- If the offensive team fails to cross midfield, on 3 downs, and elect to "punt" on 4th down, possession of the ball changes and the opposition starts its drive from its own 5 yard yard line.
- If the offensive team goes for it on 4th down and does not cross field, the opposing team will start its possession from the spot.
- Flag Guarding
An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand, arm or ball.
- All players MUST wear mouth guards at all times while on the field. Players must remove all jewelry and hard billed hats. Winter beanies are allowed.
- Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
- No Run zones are located five yards prior to the line to gain a first down and five yards prior to the endzone in the offense's direction
- No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.
- Games are played on a 48-minute continuous clock with two 24-minute halves
- Halftime is 2 minutes.
- Each time the ball is spotted, a team has 40 seconds to snap the ball.
- Each team has one 60-second timeout per half. They do not carry over.
- 1 Touchdown: 6 points
- PAT
 - 1 point (5-yard line) OR
 - 2 points (10-yard line)
 - 1 point PAT is pass only; 2 point PAT can be run or pass
- Play is ruled "dead" when:
 - The ball hits the ground.
 - If the ball hits the ground as a result of a bad snap
 - the ball is then placed where the ball hit the ground.
 - The ball-carrier's flag is pulled.
 - The ball-carrier steps out of bounds.
 - A touchdown, PAT or safety is scored.
 - The ball-carrier's knee or arm hits the ground.
 - The ball-carrier's flag falls out.
 - The receiver catches the ball while in possession of one or no flag(s).
 - he 7 second pass clock expires.
 - Inadvertent whistle
 - Ball-carrier leaves their feet diving or to hurdle a player.
- The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, the play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.
- All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped.
- Any number of players can rush the quarterback. Players not rushing the quarterback can defend on the line of scrimmage.
- Grades 1-2 - Defenders may not rush the passer.
- It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
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X. Running

1. The ball is spotted where the ball is when the flag is pulled.
2. The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap.
3. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
 - a. **“Center sneak” play is no longer allowed. The QB is not allowed to handoff to the center on the first handoff of the play.**
 - b. **Any player who receives a handoff can throw the ball from behind the line of scrimmage.**
 - c. **Once the ball has been handed off, in front, behind or to the side of the quarterback, the seven-second passing clock is eliminated and all defensive players are eligible to rush.**
4. Definition of a “Legal Handoff” - Total loss of possession directly from 1 offensive player to another.
5. Absolutely NO pitches or laterals of any kind.
6. No-run Zones are located 5 yards before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive team approaches only TWO no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD).
7. Runners are not permitted to dive or hurdle any player while advancing the ball.
8. Ballcarriers may leave their feet and the play will continue for spinning, jump cuts, QB’s passing progression or if there is a clear indication that he/she has done so to avoid a collision with another player and the play will continue without stoppage. However, if while leaving the ground, contact is made unnecessary roughness penalty may be enforced by the official.
9. No blocking or “screening” is allowed at any time.
10. Offensive players in close proximity of the ball-carrier must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.
11. Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player’s hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.