

## **RULES**

**NUMBER OF PLAYERS:** Each team should start the game with 7 players; a minimum of 6 is needed to avoid a forfeit. A player may play on only on one team. A max of 10 on the roster.

**LENGTH OF GAME:** The game will be played similar to College overtime.

- Each team will be given 4 downs from the 20 yard line to score. After a touchdown, the team on offense then has the choice of extra points worth 1, 2, or 3 points from the 3, 10, or 20 yard line respectively.
- Each team will have at least 3 possessions.

**TIME OUTS:** 1 timeout will be given to the teams for the entire game.

**LINE OF SCRIMMAGE:** The offensive team must have a minimum of 3 players set the line of scrimmage at the snap. Players in motion do not count as players on the line of scrimmage. Once the center has placed his hands on the ball no offensive player may enter the neutral zone. Following the ready for play whistle and until a legal snap, no defensive player may encroach, touch the ball, stand in, or in any other way interfere with the offensive team. Penalty – Dead Ball foul, encroachment, 5 yards from succeeding spot.

**BACKWARD PASSES AND FUMBLES:** Any ball that is fumbled during a down will be dead by rule once it has touched the ground.

**FORWARD PASSES AND INTERCEPTIONS:** If a player is in the air attempting to catch a ball, the player must contact the ground with at least one foot in-bounds with the ball in their possession prior to going out of bounds, unless contact by an opponent causes the player to first touch out-of -bounds. If possession of the ball is lost simultaneously when they hit the ground, it is not a catch. If a forward pass is caught simultaneously by members of opposing teams, the ball is dead at that spot and belongs to the team that snapped the ball.

**PASS INTERFERENCE:** Any contact that, in the view of the official, interferes with the attempt to catch a pass (offensive or defensive player) is pass interference unless, in the view of the official, it occurs when two or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass. It is also pass interference if an eligible receiver is deflagged or touched prior to touching the ball on a pass thrown beyond the offense's line of scrimmage. Clarification: Hindering an opponent's vision without making an attempt to catch, intercept or bat the ball is pass interference, even though no contact was made. If the pass interference by the defense is intentional and/or unsportsmanlike, the defense may be penalized an additional 10 yards.

**PERSONAL FOULS:** Any act of unnecessary roughness, cursing, etc. is a personal foul. And will be enforced at the REFEREE's discretion. 10 yards/half the distance to the end of the field.

**SCREEN BLOCKING:** Legally obstructing an opponent without using any part of the body to initiate contact. Screen blocking shall take place without contact. The blocker shall have their hands and arms at their sides or behind their back. A screen blocker cannot use their hands, arms, elbows, legs or body to initiate contact. If they do use contact it will be called a Personal Foul.

Screen blockers may not:

- Take a position closer than a normal step when behind a stationary opponent.
- Make contact when assuming a position at the side or in front of a stationary opponent.
- Take a position so close to an opponent that they cannot avoid contact by stopping or changing direction.

**STIFF ARMING:** Stiff arming is not allowed; a personal foul will be called, and if warranted an unsportsmanlike conduct or ejection will result.

**OBSTRUCTING THE RUNNER:** A defensive player shall not hold, grasp, or obstruct the forward progress of the runner when attempting to remove the flag belt.

**THE FLAG BELT:** All shirts must be tucked in, and are not permitted to hang over the flag belt. Should a player lose their flag belt legally or illegally during a down and should that player gain possession of a live ball, that player will be considered down when a legal tag (one hand touched by the defense between the shoulders and knees, including the hand and arm) is made. When a player scores they must immediately raise their hands and allow an official to remove their flag belt. This is done to insure that the flag belt has not been illegally secured. If the belt has been illegally secured the score is disallowed, the player ejected and a 10 yard Unsportsmanlike Conduct penalty will be administered from the previous spot. Players must have possession of the ball before they can legally be deflagged. It is illegal for a defensive player to intentionally pull a flag from an offensive player who is not in possession of the ball. In cases where a flag belt is removed illegally, play should continue with the option of the penalty of the play (Penalty: Personal foul, 10 yards).

**FLAG GUARDING:** Runners shall not flag guard by using any part of the body or ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes but is not limited to:

- Swinging the hand or arm over the flag belt to prevent an opponent from deflagging.
- Placing the ball in possession over the flag belt to prevent an opponent from deflagging.
- Lowering the shoulders in such a manner that flag guards.

**DELAY OF GAME:** Each team will be given 30 seconds in between plays. If needed a penalty of 5 yards will be given.

**All Penalties will be 5 yards unless otherwise stated or they are half the distance to the end of the field.**