



BASIC RULE BOOK

1. The winner of the coin toss gets first offense possession. The loser of the coin toss chooses the end zone it would prefer to defend. Teams may not choose to defer to second half choice. The visiting team shall call the toss.
2. In the spirit of the day and fairness of play, all participants on a team will be afforded equal playing time. A Field Marshall or Referee may at his/her discretion, enforce substitution of players to balance play time amongst teammates.
3. The offensive team takes possession of the ball at its 10-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown.
4. If the offense fails to score, the ball changes possession and the new offensive team takes over at the spot of the ball.
 - a. If the spot of the ball is beyond mid-field, then the new offense will have (4) plays to score a touchdown or,
 - b. the ball changes possession and the opposition has four (4) plays to cross mid-field for a first down.
5. All possession changes, except interceptions, start at the spot of the ball.
6. Teams change sides after the first half. Possession changes to the loser of the coin toss.
7. Players must wear shoes. Cleats are allowed, however cleats with exposed metal are not allowed and must be removed.
8. Players' jerseys must be tucked into their pants/shorts if they hang below the belt line, otherwise this will be considered "flag guarding".
9. **Pants or shorts with belt loops are not allowed.**
10. Team rosters must not include less than five (5) players, and recommended not to exceed ten (10) players.
 - a. Teams must field a minimum of four (4) players at all times.
 - b. Coaches are allowed only for the teams in the (Youth) Division.
11. "No-Run Zones," located 5 yards before each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations. No team may execute a run play from these zones.

12. Games are played on a 25 minute continuous clock. The clock continues to run for all timeouts and injuries. A time out cannot end the half or the game.
13. Touchdown: **6 points**:
PAT (Point After Touchdown) 1 point (5-yard line) or 2 points (10-yard line)
 - a. 1 point PAT is a **pass only**. 2 point PAT can be run or pass.
14. If the score is tied at the end of 25 minutes, the game should be determined by the following:
 - a. Each team gets one play from the 10 yard line. If either team scores, they break the tie with one (1) point.
 - b. If both teams score, or both teams fail to score, each team will pick one player to throw the football at a cone placed at midfield. Starting from the 10 yard line, the ball which stops the closest to the cone wins with (1) point.
15. A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.
16. There are no fumbles. The ball is spotted where the ball hits the ground.
17. The quarterback cannot directly run with the ball at any time.
18. Laterals or pitches are only allowed behind the line of scrimmage.
19. 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.
 - a. Offensive players must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.
20. The quarterback has a (7) seven-second "pass clock." If a pass is not thrown within the seven seconds, play is dead, the down is consumed and the ball is returned to the line of scrimmage.
 - a. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
 - b. Interceptions are returnable, but not on conversions after touchdowns.
21. 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 may defend on the line of scrimmage.
 - a. Only one rush is allowed per series of downs. You must indicate to the Official that you intend to rush.
22. It is illegal to attempt to strip or pull the ball or pull from the ball carrier's possession at any time.
23. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.
 - a. Player in the (C) Division may **side snap** the ball with the same condition as above.
24. If the Field Marshal or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals! FOUL PLAY WILL NOT BE TOLERATED.