

Registration

- Each participant is responsible for completing a registration form before game time. NO EXCEPTIONS

Teams

- Games shall be played with a maximum of 7 players and a minimum of 6 players.
- If one team is less, the opposing team can choose to play equal or not. Rosters are allotted 12 players and frozen after 5th week.

The Field

- The field is divided into 3 20-yard zones and 2 10-yard end zones.
- The lines bounding the sidelines and the end zones are out-of-bounds in their entirety

Equipment

- A representative from each team is responsible for picking up his/her team's belts from the scorekeeper prior to each game. The belts are to be returned to scorekeeper after game.
- Teams may either agree upon a ball provided by one of the teams, provide their own ball to be used only during their possessions, or use a ball provided by scorekeeper. Balls must be approved by the officials.
- Shirts – Each team are to wear jerseys provided by program. If a team member doesn't have game shirt, official will provide "dirty" jersey.

Optional Equipment

- Ace bandage no more than 2 turns thick in any given area. It can be anchored at each end. Gloves must consist of a soft, pliable and nonabrasive material. Knit or stocking cap which may have a knit ball on top but no bill. Headband no wider than 2" and made of non-abrasive cloth, elastic, fiber, soft leather or rubber. Soft, pliable basketball or wrestling knee pads on the leg, knee and/or ankle. Play book as long as it is carried inside the clothing and made of a yielding material.

Illegal Equipment

- Headwear containing any hard, unyielding, stiff material, including billed hats or items containing exposed knots. Jewelry. *Exception – medically related bracelets and necklaces. Pads or braces worn above the waist. Shoes with metal, ceramic, screw-in or detachable cleats. Any hood on a jacket, sweatshirt or shirt that does not remain tucked in. Leg and knee braces made of hard, unyielding material, unless covered on both sides Towels attached at the player's waist.

The Game

Before the start of the game, the Referee shall toss a coin in the presence of the opposing field captains, after first designating which captain shall call the fall of the coin. The captain winning the toss shall have choice of options for the first half or shall defer their option to the second half. The options for each half shall be:

- To choose whether his/her team will start on offense or defense for first or second half.
- The kicking team gets to choose the goal his/her team will defend.

Game Times

- 5 MINUTES AFTER SCHEDULED START GAME TIME IS FORFEIT TIME. Playing time shall be 40 minutes, divided into 2 halves of 20 minutes each of ongoing clock. The intermission between halves shall be 5 minutes. No overtime is used during regular season games. College overtime rules are only used during Championship Game.

Last 2 Minutes/Correcting Time Errors

The clock stops for all dead balls. Starts on offensive referee's whistle. The Referee shall have authority to correct obvious timing errors if discovery is prior to the second live ball following error.

Overtime Periods

There will be ties, except for playoff games.

Charged Time-Outs

Each team is entitled to 2 time-outs per game. Time outs are for 1minute each. Clock is stopped until next snap of ball.

Substitutions

No substitute shall enter during a down. Between downs any number of eligible substitutes may replace players provided substitution is completed by having replaced players off the field before the ball becomes live. An incoming substitute must enter the field directly from his/her team area.

Mercy Rule

If a team is 21 or more points ahead after team behind has had ball at least once during second half... no scores...the game shall be over.

Unsportsmanlike Conduct (Loss of down and back one marker) or (1st down at next marker)

No player shall commit noncontact acts during a period or intermission. Fouls are half distance to goal if necessary!

- **Roughing the Passer (1st Down awarded at next field marking)** >Offensive Screen Blocking (Loss of down, return to spot)
- **Guarding the Flag Belt (Violation: Return to spot location)** >Jumping on Offense in action (Violation: Spot of violation)
- **Jumping offsides on defense (free play)** >False start (Violation 5 yards, repeat down)
- **Pass Interference Defense (Violation: Spot of foul)** >Pass Interference Offense (Violation: loss of down)

***Ball is always marked where feet are once flag is pulled... not where ball is!**

Center Sneaks

A center sneak can be used outside of 20 yard line marker and when no short rush is applied. Quarterback must touch ball upon the snap! Please be aware that a referee could blow whistle upon contact if deemed necessary or for safety of player(s).

Kickoffs & Punts

Teams must kickoff from own end zone after each completed extra point try. If off sides is called, must redo from back of end zone. Punts are done on 4th down. Offense players can leave upon snap. Defensive players can attempt block within regular guidelines of play.

Touchdown = 6 Points

A touchdown shall be scored when any part of the ball penetrates the vertical plane of the opponent's goal line. The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the player is not deflagged with one pull and the official determines the flag belt has been secured illegally, the touchdown is disallowed and the player is disqualified.

Extra Point Try = 1 or 2 Points

An opportunity to score 1 point from the 5 yard line, 2 points from the 15 yard line shall be granted the team scoring a touchdown. If a touchdown is scored on the last timed down of the second half, the Try is not attempted unless it will affect the outcome of the game.

The Referee must speak to the captain only, asking him/her whether the Try shall be from the 5 or 15 yard line. Once the Team A captain makes the choice, he/she may change the decision only when a Team A or B charged time-out is taken. A team's choice cannot be changed if a penalty should occur. Enforcement of yardage penalties does not change the value of the Try. If Team B intercepts a pass or fumble during the Try and returns it for a touchdown, they score 3 points.

Return of Extra Point = 3 Points

If the defensive team returns an extra point try for a touchback, they are awarded 3 points for the long return.

Safety = 2 Points (It is a safety when...)

- A runner carries the ball from the field of play to or across his/her own goal line and it becomes dead there in his/her team's possession. EXCEPTION: When a Team B player intercepts a forward pass, fumble or backward pass, or catches a punt between his/her 5 yard line and the goal line and his/her original momentum carries him/her into the end zone where the ball is declared dead in his/her team's possession behind the goal line, the ball belongs to Team B at the spot where possession was gained.
- A player punts, passes, fumbles, snaps, muffs or bats a loose ball from the field of play to or across his/her goal line and the ball subsequently becomes dead there in his/her team's possession. This included when the ball is declared dead on or behind their goal line. However, it does not apply to a legal forward pass which becomes incomplete.
- A player on offense commits any foul for which the penalty is accepted and measurement is from a spot in his/her end zone.
- After a safety, the ball shall be punted from own end zone to other team.

FIELD Dimensions:

