



***A student/athlete or coach, who is ejected from a game, will be suspended for one full game. If the same student/athlete or coach is ejected a second time during the same season, they will be suspended for the remainder of the season. If the ejection occurs during the last game of the season, the suspension will carry over to the playoffs or the next season, whichever one applies.*

Playing Field

- The field should be at least fifty (50) yards wide and eighty (80) yards long with ten-yard end zones for a total of 100 yards in length. The field should be divided into four 20 yard sections for 1st downs. Hash lines are one-third the width of the field from each sideline.

Equipment

- Each team must provide their game ball.
- All players must wear a mouthguard.
- All players must wear flags, minus offensive linemen.
- Flags must be bright in color and distinct from shorts.
- Each belt should contain three (3) flags, two on the side and one in the back.
- When wearing a flag, shirts must be tucked in.
- Cleats are recommended.
- Hats may not be worn, however, protective eyewear may be.
- No jewelry may be worn.

Players

- Each team must start the game with no fewer than eight (8) players.

Game

- The game will consist of four quarters of ten minute running clock game time with one minute between quarters. Halftime will not exceed five minutes. During tournament play, the clock will stop.
 - The clock will stop for time outs, touchdowns, extra points, dead ball (incomplete pass, fumble, out of bounds) and penalties.
- Ball starts at the 20-yard line and time starts once the ball is snapped.
- Teams have thirty (30) seconds to put the ball in play from the time the official spots the ball.
- Players and coaches must stay inside the 20 yard line area, 3 yards away from the sideline.
- There will be a “two minute warning” in the second half of the play. The clock will stop on all dead ball situations and the final two minutes.

- Each team will be allowed 2 time-outs per half. Timeouts do not transfer over if not used. Teams will change end zones at the start of the second half.
- Two officials are required per game.

Scores

- Touchdowns are worth 6 points.
- Conversion (extra points)
 - One (1) point if the team elects to start from the two (2) yard line and crosses the goal line.
 - Two (2) points if the team elects to start from the five (5) yard line and crosses the goal line.
 - The try for an extra point or points is made either by running or by passing the ball into the end zone. No kicks are allowed.

Punting

- ***Punts have been eliminated.*** The offense will declare their intention to punt. If the offense declares their intent to pursue a first down, the result of the play will dictate possession. If the offense declares their intent to relinquish possession, the ball is placed 30 yards in advance of the last down.



Offense

- **Official Snap:** In order to begin a play from the line of scrimmage, the ball must be snapped from between the legs of the center and airborne. No passing.
- **Dead Ball:** In all cases, any ball that hits the ground is ruled dead. A fumble constitutes a dead ball.
- **Spinning:** Spinning is allowed, but the ball carrier must have one foot in contact with the ground at all times.
- **Hurdling:** Hurdling is not permitted. The ball carrier must have one foot in contact with the ground at all times.
- **Diving:** Diving is the act of the ball carrier attempting to advance the ball by diving through the air over a defensive player. No player may dive to advance the ball.
- **Spearing:** A ball carrier may not run with his head down.
- **Downed Runner:** A ball carrier is down when the flag is pulled off by an opponent. When flags are accidentally lost, the ball is down on the spot where the flag fell off. When the ball carrier releases the ball and his flags are pulled, he is no longer an eligible receiver.
- **Protecting the Flag:** The ball carrier cannot protect his flags by guarding, backing up or holding the flag
- **Line of Scrimmage:** The three linemen (non-eligible receivers) on the line of scrimmage, may use their hands to block between the waist and shoulders, on the front of the defensive player.
- **Screen Blocking:** The blocking shall be a type of body screening with the blocker in an upright position. Any rough tactics, such as attempting to run over or batter down an opponent, must be penalized as unnecessary roughness.
- **Forward Pass:** A forward pass may be thrown by the team which has put the ball in play from the line of scrimmage. There may be more than one legal pass during a down but each must be thrown from behind the line of scrimmage.
- **Pass Receiving:** A receiver needs to have only one foot in bounds when catching a pass.

Defense

- **Flags:** *All defensive players must wear a flag.*
- **Use of Hands**
 - **Line of Scrimmage:** Defensive players on the line of scrimmage may use their hands to engage the offensive player between the waist and shoulders, but not make contact to the opponent's face/neck area. Defensive players rushing the QB may not "bull rush" or engage down the middle of the offensive player.
 - **Interception:** After an interception, players may not use their hands to block. However, body screening is permissible.
 - **Pushing:** Pushing a ball carrier out of bounds is illegal.
 - **Pass Interference:** A 10-yard penalty will be assessed from the original line of scrimmage and an automatic first down.