



BASICS

- 8 Defensive players and 8 offensive players on the field during a game
- Game will consist of (2) 20 min. halves with a 10 min. half time
- A coin toss will determine which team chooses to start with the ball first
- The offensive team will take possession of the ball at its own 5-yard line.
- The offense has 4 plays to reach mid field, once mid field is reached/passed a new set of 4 downs will be awarded to the offensive. They now have 4 downs to make a Touchdown.
- If the offensive team fails to convert a first down by crossing mid field, or fails to score a touchdown on their 2nd set of downs, the ball will be turned over to the opposing team
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Interceptions may be returned, the offense will start with the ball where the intercepting players flag was pulled.
- There are no fumbles or striped balls. The play is ruled dead where the runner loses possession of the ball.
- Each team will get one free fumbled snap per set of downs, a second fumbled snap per set of downs will result in a loss of down

TIMING

- Both teams (offense and defense) will have 30 seconds to huddle and get ready for the next play
- The only time a "hurry up" offense is allowed is within 2 minutes remaining of the first and second half
- The game clock is a continuous running clock and will not stop for time outs or injuries.
- A half (1st or 2nd) cannot end in a defensive penalty or injury. If time expires after a defensive penalty or injury, the offensive will be awarded one more final play.

OFFENSE

- Offense must have a minimum of 4 linemen including the center (there is not a maximum)
- Ball must be snapped from between the centers legs
- Passes must be made from behind the line of scrimmage (shuffle passes and tosses are allowed)
- QB is an eligible runner
- Offensive linemen are NOT eligible receivers
- Stiff arms and flag guarding is illegal
- Offensive players may continue to block defenders down field for the runner
- Only running backs and wide receivers are eligible to catch the ball
- In order for a player to be considered as a wide receiver they must be at least 3 yards away from the last offensive linemen. The receiver must have control of the ball and at least one foot in bounds when making a reception.

DEFENSE

- Defensive linemen must be at least 1 yard away from the line of scrimmage.
- The defensive may only rush (blitz) 4 players (including linemen)
- Defensive players cannot line up over the center nor can they rush through the center
- Once the ball is handed off, tossed or passed all defensive players are eligible to rush.
- There is not a minimum or maximum of defensive players that must be on the line.



END OF PLAYS

- Ball carrier's flag is pulled
- Ball carrier steps out of bounds
- Ball carrier's knee, elbow or forearm hits the ground
- Ball Carrier loses control (drops) the ball
- Ball carrier is touched by a defensive player while only having one flag
- A touchdown is scored
- Ball carrier stiff arms or flag guards

SCORING

- Touchdowns are equal to 6 points
- There are no safeties
- There are no extra points / points after touchdowns

PENALTIES

- Offensive player moves before the ball is snapped (with the exception of a motion)
- Defensive player makes contact with an offensive player before ball is snapped
- Defensive player is across the line of scrimmage while the ball is being snapped
- Offensive player holds a defensive player
- All penalties will result in the opposing coach to determine if he wishes to continue with outcome of the play, or he can choose to have the down be replayed

