Rule 1 – The Game, Field, Players, and Equipment
1. Coin Toss - The captain winning the toss shall have options for the first half or shall defer options to the second half. The options are: (1) start on offense or defense; (2) choose goal to defend.
2. Runner/receiver losing flag belt accidently, one hand tag (pushing, striking, slapping, and holding are not permitted) between the shoulders and knees constitute capture. Arms and hands are legal to tag.
3. For players to be legal/eligible they must be in huddle, if no huddle they must be within 15 yards of ball at the snap.
4. Manager/coach who is not a player cannot enter field of play without permission of referee with or without calling time out. During time-outs only the seven players on the field at the time time-out was called and one coach may be on the field.
5. Official must deflag runner who scores, to ensure there was no flag tampering.
6. Five (5) players must be able to play and on the field in order to avoid a forfeit.
7. Flag belts will be aligned at the waistline, with one flag on each side and one in the center of the back.
8. NO KNOTS IN FLAG BELTS!
9. Illegal equipment:
   a. Caps.
   b. Jewelry and/or watches.
   c. Pockets on shirts or shorts.
   d. Belts or belt loops on shorts.
   e. Metal, ceramic, or detachable cleats of any kind.
   f. Anything considered unsafe or providing an advantage.
10. Towels and/or playbooks must be placed inside their clothing and not thrown down.
11. Shirts either tucked-in or four (4) inches above waist.
13. All teams should have jerseys of matching colors.

Rule 2 – Definitions of Playing Terms – Refer to slide show

Rule 3 – Periods, Time Factors and Substitutions
1. Time Factors:
   a. The game will be played in two halves of 20 minutes each.
   b. During each half the clock will stop for:
      i. Called Time-out.
      ii. After delay of game penalty.
      iii. Unavoidable delay (retrieving ball out of bounds).
   c. During the last two minutes of the second half the clock will stop for:
      i. Incomplete legal or illegal forward pass - starts on snap.
      ii. Out-of-bounds - start on snap.
      iii. Score - start on snap after try.
      iv. Called time-out - starts on snap.
      v. First down.
      vi. Fair catch - starts on snap.
      vii. Penalty and administration.
      viii. Touchback - starts on snap.
ix. Change of possession.
   d. Two time outs per half - one minute in duration

2. Mercy rule:
   a. If at any point in the game the score differential becomes or exceeds 49 points, the game is over at that moment.
   b. If a team is 21 or more points ahead when the 2 minute warning is announced, the game is over.

3. Start of each half will begin by placing the ball on the 14 yard line. No kickoffs.

4. For players to be legal/eligible they must be in huddle, if no huddle they must be within 15 yards of ball at the snap.

5. Tie Breaker:
   a. Over time period - one possession by each team, always toward same goal line.
   b. Coin toss winner has option of defense, offense, or direction. Loser of toss will have choice of remaining options.
   c. Ball placed on twenty yard line and will start 1st and goal with a series of 4 downs, unless extended by any automatic 1st down foul being accepted.
   d. If defense intercepts and scores, they win. If they do not score, it is their ball.
   e. Each team is entitled to one time-out during each overtime period.

6. Each offensive play will have 25 seconds to put ball in play. Back Judge will keep the game clock.

Rule 4 – Ball in Play, Dead Ball, and Out-of-Bounds
1. A dead ball is declared and play stops when any part of the ball, during live ball play, touches the ground.
   a. Unless a runner touches ground with ball while held in hand, play continues.
2. Fumbles that hit ground are down at that spot. Fumbles that are caught in air may be advanced.
3. Muff punts are dead at the spot they hit the ground.
4. Ball is dead if passer is deflagged prior to ball release. If defender contacts passer hand or arm, whether or not he/she touches the pass, it is roughing the passer.
5. If one foot first lands inbounds and the player has possession and control of the ball, it is a catch or interception even though a subsequent step or fall takes the player out-of-bounds.
6. Runner/receiver losing flag belt accidentally, one hand tag (pushing, striking, slapping, and holding are not permitted) between the shoulders and knees constitute capture. Arms and hands are legal to tag.
7. Each offensive play will have 25 seconds to put ball in play. Back Judge will keep the game clock.
8. Cannot steal or strip the ball at any time.
9. The field will have two hash marks fifteen yards in from each side of the field. The next down will be placed either in center of field or on the hash marks depending where the ball was downed. When play is stopped inside the hash marks will result in center placement and outside hash marks will result in ball being placed in center of field.

Rule 5 – Series of Downs, Number of Down, and Team Possession After Penalty
1. Ball will be placed on 14 yard line after a touchback, score, or the start of the second half; with a series of 4 downs and the next zone to gain.

Rule 6 – Kicking the Ball
1. No kickoffs. Start of each half will begin by placing the ball on the 14 yard line.
2. Prior to play ready on 4th down, the offensive team must indicate if a punt will take place.
   a. No quick punts or fakes allowed.
b. Decision can be reversed only after a timeout or a penalty prior to the kick.
3. After receiving the snap, the kicker must punt the ball in a continuous motion.
4. Except for the punter, the offensive team cannot move until the punt is taken.

**Rule 7 – Snapping, Handing, and Passing the Ball**

1. Snapper (center) takes ball to huddle and brings to scrimmage line.
2. Each offensive play will have 25 seconds to put ball in play. Back Judge will keep the game clock.
   a. The 25 seconds will start once the neutral zone is established by the Referee.
3. Direct snaps are illegal. Snap receiver must be at least two (2) yards back.
4. The movement of the ball during the snap can be between the legs or to one side, but must start on the ground and be one continuous motion.
   a. Cannot pick the ball up and toss it back.
5. Four offensive players, including the snapper, must be on their scrimmage line before the snap.
   a. The Side Judge will indicate “line set” when this is achieved.
   b. Any player in motion is not counted as the required numbers on the line of scrimmage.
6. Prior to the snap, one offensive player may be in motion but not toward the opponent’s goal line.
7. Defensive Encroachment:
   a. After the snapper has placed hand on ball, it is encroachment for any player to break the neutral zone plane.
   b. Two or more infractions (encroachment) on the same down will be a 10 yard penalty.
8. Forward pass caught simultaneously by opposing players – dead ball at the spot and ball is given to offensive team.
9. Ball is dead if passer is deflagged prior to ball release. If defender contacts passer hand or arm, whether or not he/she touches the pass, it is roughing the passer.
10. After a safety, the ball is snapped from the scoring team’s own 14 yard line.
11. A Fumble or backward pass that hits ground is dead at that spot. Fumbles that are caught in air may be advanced.
12. Cannot steal or strip the ball at any time.
13. Interference will be called if you hinder an opponent’s vision without making an attempt to catch the ball.
14. Defense pass interference - 10 yards from scrimmage line and first down.
   a. When in end zone - ball on the 3 yard line.
15. The Field will have two hash marks fifteen yards in from each side of the field. The next down will be placed either in center of field or on the hash marks depending where the ball was downed. When play is stopped inside the hash marks will result in center placement and outside hash marks will result in ball being placed in center of field.

**Rule 8 – Scoring Plays and Touchback**

1. Points after touchdown (P. A. T.):
   a. One (1) point from three (3) yard line (run or pass).
   b. Two (2) points from ten (10) yard line (run or pass).
   c. Three (3) points from the twenty (20) yard line (run or pass).
2. Defense cannot score during a try – play becomes dead.
3. After a safety, the ball is snapped from the scoring team’s own 14 yard line.
4. Tie Breaker:
   a. Over time period - one possession by each team.
b. Coin toss winner has option of defense, offense, or direction. Loser of toss will have choice of remaining options.
c. Ball placed on ten yard line, always toward same goal line.
d. P.A.T. will be attempted.
e. If defense intercepts and scores, they win. If they do not score, it is their ball.
f. Each team is entitled to one time-out during each overtime period.

5. Runner may dive into end zone, but may not hurdle over any opponent. Runner may not lower head or stiff arm.

6. Official must deflag runner who scores, to ensure there was no flag tampering.

Rule 9 – Conduct of Players and Others
1. The player with the ball cannot ward off, stiff arm, or flag guard an opponent that is within distance to or attempting to pull or remove the flag.
   a. Cannot place or swing the arm or hand over the flag belt.
   b. Cannot place the ball over the flag belt.
   c. Cannot lower the shoulder to cover the flag belt.
2. Player who removes flag belt should immediately hold it above head. If you throw the flag belt—unsportsmanlike conduct penalty—10 yard penalty.
3. Offensive players must retrieve the ball between downs.
4. NO CELEBRATION!
5. Face guarding (pass defense) - play the ball, not the man.
6. Screen blocking - move with defender.

Rule 10 – Enforcement of Penalties
1. Types of Foul.
   a. Dead ball – Occurs in the time interval after a down has ended and before the ball is next legally snapped.
   b. Live ball – Occurs during a down.
   c. Simultaneous with the snap – Becomes a foul when the ball is snapped.
2. Captain’s Choice
   a. When a foul occurs during a live ball and after the end of the down, the referee will inform the offended captain of the foul and the options.
   b. The captain may accept or decline the penalty, if applicable.
3. Live Ball/Dead Ball Foul
   a. When a live ball foul occurs and is followed by an opponent’s dead ball foul, they are administered separately and in order.
4. Live Ball Foul
   a. Any live ball foul is penalized according to the All-But-One Enforcement, which is all fouls are penalized from the basic spot unless the offense fouls behind the basic spot (exception is roughing the passer)
5. The enforcement spot of a foul during loose play is at the spot of the snap.
6. The enforcement spot of a foul during a running play is where the run ends.
7. If a foul occurs after a touchdown and before a Try, the foul may be enforced at the succeeding Try spot or at the 14 yard line.

Fouls and Penalties Summary – Refer to slide show