

PARK CITY PASSING LEAGUE

RULES

I. Game

1. At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball.
2. The winner of the coin toss gets the choice of starting on offense or defense. At the start of the second half, the team that started the game on offense will start on defense.
3. The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield. Once a team crosses mid-field, it has four plays to score a touchdown.
4. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
5. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
6. All possession changes, start on the offense's 5-yard line.

II. Terminology

- **Boundary lines** – the outer perimeter lines around the field. They include the sidelines, and the rear end zone lines.
- **Line Of Scrimmage (LOS)** – an imaginary line running through the point of the football and across the width of the field.
- **Line-To-Gain** – the line the offense must pass to get a first down (mid-field) or score.
- **Offense** – the squad with possession of the ball.
- **Defense** – the squad opposing the offense to prevent them from advancing the ball.
- **Downs (1-2-3-4)** – the offensive squad has four attempts or “Downs” to advance the ball. They must cross the Line to Gain to get another set of downs.
- **Live Ball** – period of time that the play is in action. Generally used in regards to penalties, live ball penalties are considered part of the play and are enforced before the down is considered complete.
- **Dead Ball** – the period of time immediately before or after a play.
- **Whistle** – the sound made by an official using a whistle that signifies the end of the play or a stop in the action for timeout, half time or the end of the game.
- **Inadvertent whistle** – an official's whistle that is performed in error.
- **Charging** – the movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, chest or forearm.
- **Flag Guarding** – an act by the ball carrier to prevent a defender from pulling the ball carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand, arm or football.
- **Shovel Pass** – a pass attempted behind the line of scrimmage thrown beyond the line of scrimmage by throwing the ball underhand. LPL does not allow shovel passes.
- **Lateral** – a backwards or sideways toss of the ball by the ball carrier. LPL does not allow laterals.
- **Unsportsmanlike Conduct** – rude, confrontational or offensive behavior or language.

III. Eligibility

1. All players must be in appropriate grade for their division.

IV. Equipment

1. The League will provide flag belts and footballs.
2. Players must wear shoes. Cleats are allowed, however cleats with exposed metal are not allowed and must be removed.
3. Players may wear receiver gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed.
4. Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.
5. Players' jerseys must be tucked into the pants/shorts.
6. Pants or shorts with belt loops are not allowed.

V. Field

1. The field size is 28 yards by 50 yards with a 10-yard end zone and a midfield line-to-gain.
2. Stepping on the boundary line is considered out of bounds.

VI. Rosters

1. Roster sizes may vary by team and is the discretion of each team's head coach and league commissioner.
2. Teams must field a minimum of four players at all times.
3. In the event that a team is going to be short players for a game, replacement players may be used. Replacement players must be from other LPL teams or taken from a fill-in player list maintained by the league and, generally, must be the same grade as the player being replaced. **In all cases, prior approval from the league commissioner must be obtained.**

VII. Timing

1. Games are played two halves of 25 minutes each with continuous clock except when clock stops:
 - After Touchdowns
 - AND** during the last 2 minute of each half when clock stops:
 - At 2-minute warning
 - On out-of-bounds
 - On incompletions
 - To mark off penalties
2. Halftime is no more than five minutes long.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
4. Each team has three 60-second time outs per half.
5. Officials can stop the clock at their discretion.
6. In the event of an injury, the clock will stop and then restart when the injured player is removed from the field of play.

VIII. Scoring

1. Touchdown: **6 points**
2. PAT (Point After Touchdown) **1 point** (5-yard line) or **2 points** (12-yard line)
3. A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5-yard line) or a 2-pt. conversion (from the 12-yard line). Decision cannot be changed after a penalty. Interceptions on conversions can not be returned.
4. If the score is tied at the end of 50 minutes, teams move directly into overtime.
 - Coin toss determines order of possession for the first overtime.
 - Each team receives one offensive play.
 - Scoring: 5 yards – 1 point or 12 yards – 2 points
 - If the teams are still tied, overtime is repeated with the possession alternating so that the team that was on offense first will start on defense in the second overtime.
 - Order of possession continues to alternate until a winner is determined.

IX. Coaches

1. Coaches have been selected by the league to provide leadership and instruction to each of their teams. The coaches are expected to display good sportsmanship at all times. Coaches are role models to players/parents and should act accordingly.

2. One-Coach per team is allowed on the field to direct players on Offense. The offensive coach on the field should not direct the QB after the snap of the ball. Defensive coaches must move to the sidelines before the snap of the ball.
3. Yelling at or arguing with officials will not be tolerated. Please remember that the officials are doing their best and should be treated with respect.

X. Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play while still in possession of the ball.
3. Substitutions may be made on any dead ball.
4. Any official can whistle the play dead.
5. Play is ruled "dead" when:
 - The ball hits the ground.
 - The ball carrier's flag is pulled.
 - The ball carrier steps out of bounds.
 - A touchdown, PAT or safety is scored.
 - The ball carrier's knee or arm hits the ground.
 - The ball carrier's flag falls out and they are subsequently touched by the defender.
 - The pass clock expires.
 - An interception is made.
 - An inadvertent whistle is performed (at the spot where the ball was whistled dead).
6. In the case of an inadvertent whistle, the offense has two options:
 - Take the ball where the whistle blew.
 - Replay the down from the original line of scrimmage.

Note: There are no fumbles. The ball is spotted where the offensive player fumbles.

XI. Running

1. **No running plays are allowed.**
2. The ball is spotted where the ball is when the ball-carrier's flag is pulled.
3. Absolutely **NO** laterals or pitches of any kind. No "hook and ladder" plays allowed.
4. Runners may not leave their feet to advance the ball. Diving, leaping or jumping while in possession of the ball is considered flag guarding.
5. Spinning is not allowed.
6. **No blocking** or "screening" is allowed at any time.
7. Offensive players (others than the ball carrier) must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.
8. Flag Obstruction – All jerseys **MUST** be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

XII. Passing

1. All passes must be forward and received beyond the line of scrimmage.
2. Shovel passes are **not** allowed.
3. Passes must not be caught within a 5 yard radius of the QB Timing Tray. The purpose of this rule is to discourage plays that are effectively "long hand-offs" especially around the first-down line and end zone. In the event this occurs, play is dead and the down is re-played.
4. The quarterback has a four-second "pass clock" in ALL divisions. If a pass is not thrown within the four seconds, the play is dead, the down is consumed and the ball is returned to the line of scrimmage.
 - If the QB is standing in the end zone at the end of the 4-second clock, the ball is returned to the line of scrimmage (LOS).

XIII. Receiving

1. All players are eligible to receive passes.
2. Only one player is allowed in motion at a time while the ball is snapped. All motion must be parallel to or moving away from the line of scrimmage and not towards the line of scrimmage.
3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

5. Interceptions are not returnable. The ball is dead once an interception is made.
6. Interceptions change the possession to the intercepting team with the start of the series on their 5-yard line.
7. No completions within 5-yard radius of QB Tee.

XIV. Rushing the Passer

1. Rushing the QB is not allowed.

XV. Flag Pulling

1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
2. Defenders can dive to pull flags, but cannot tackle, hold or run through ball carrier when pulling flags. **Reaching across a ball carrier with one-hand and pulling the flag with the other is defensive holding. Penalty is spot foul, 5 yards and down is replayed.**
3. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
4. If a player's flag inadvertently falls off during the play, the player is down once the ball carrier is touched (one-hand needed) by a defender.
5. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
6. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping of head, hand, arm or shoulder, or intentionally covering flags with the football or jersey.

XVI. Formations

1. The Quarterback should start from the LOS with the ball in the QB tray/tee. From this position, the QB should call out his cadence.
 - One player may be in motion while the ball is snapped as long as they are 1-yard behind the line of scrimmage and moving parallel to or away from the LOS.
 - No motion is allowed towards the line of scrimmage.
2. Offensive players must come to a complete stop for one second before the ball is snapped unless they are the one player in motion. A player who runs toward the line of scrimmage while in motion or two players in motion at the snap are considered illegal motion.
3. Movement by a player who is set is considered a false start and the play should be whistled dead.
4. There is no restriction as to the number of players lining up on the LOS or behind it.

XVII. Sportsmanship/Roughing

1. If the referees witness any acts of **intentional** tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be forced to sit out four plays; a second infraction will result in the player being ejected from the game. The decision is made at the referee's discretion. No appeals. **FOUL PLAY WILL NOT BE TOLERATED.**
2. As an act of good sportsmanship, **Defender should hand flag back to ball carrier.**
3. Ball carriers **MUST** make an effort to avoid defenders with an established position.
4. Defenders are not allowed to run through the ball carrier when pulling flags.
5. Fans must also adhere to good sportsmanship.
6. Fans are required to keep fields safe and player friendly:
 - Keep younger kids and equipment such as coolers, chairs and bikes away from the sidelines.

XVIII. Penalties

1. GENERAL :

- Referees determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage, except as noted (spot fouls).
- Games cannot end on a defensive penalty, unless the offense declines it.
- Penalties are assessed Live Ball then Dead Ball. Live Ball penalties must be assessed before play is considered completed.
- Penalties will be assessed half the distance to the goal when the penalty yardage is more than half the distance to the goal.
- Only the coach may ask the referee questions about rule clarification and interpretations. **Players or coaches are not allowed to question judgment calls.**

2. DEFENSE:

- Offsides.....5 yards from LOS & replay down
- Illegal flag pull (Before receiver has ball).....5 yards from LOS & replay down
- Illegal rushing (Defensive player crosses LOS before pass is made).....5 yards from LOS & replay down
- Defensive Holding on Receiver.....5 yards from LOS & first down
- Defensive Holding while Pulling Flag.....Spot foul, 5 yards & replay down

Spot Fouls:

- Defensive Unnecessary Roughness.....Spot foul, 10 yards & first down
- Stripping.....Spot foul, 10 yards & first down
- Defensive Holding while Pulling Flag.....Spot foul, 5 yards & replay down
- Defensive Pass Interference.....Spot foul & first down
 - If defensive PI takes place from the 5 yard-line to the endzone, the ball is marked at the 5 yard-line and automatic first down

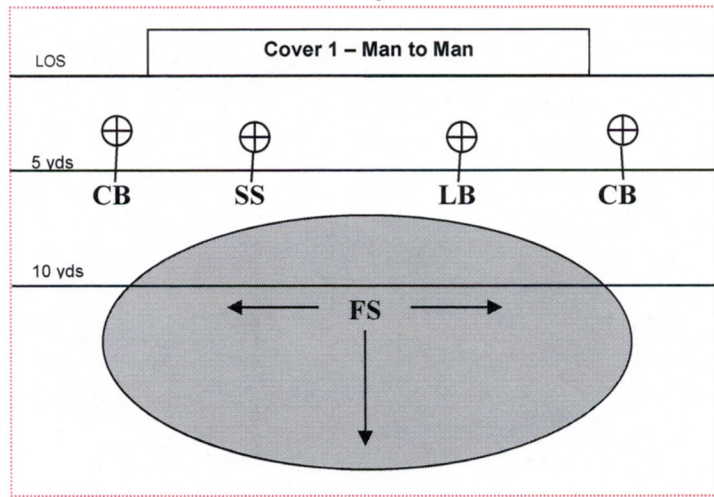
3. OFFENSE:

- False start.....5 yards from LOS
- Delay of game.....Clock will stop, 5 yards from LOS
- Illegal motion (More than one player moving at snap).....5 yards from LOS & replay down
- Offsides.....5 yards from LOS & replay down
- Offensive pass interference (Illegal pick play, pushing off).....5 yards from LOS & down counts
- Illegal forward pass.....5 yards from LOS & down counts
 - Pass received behind LOS or throwing a pass beyond LOS
 - Pass caught within 5-yard radius of QB Tee

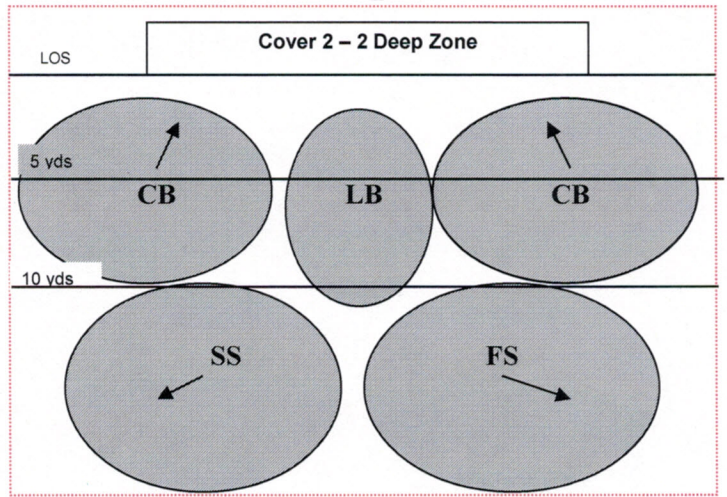
Spot Fouls:

- Flag guarding.....Spot foul, 5 yards & down counts
- Screening, Blocking.....Spot foul, 5 yards & down counts
- Charging.....Spot foul, 5 yards & down counts
- Offensive Unnecessary Roughness..... Spot foul, 10 yards & down counts

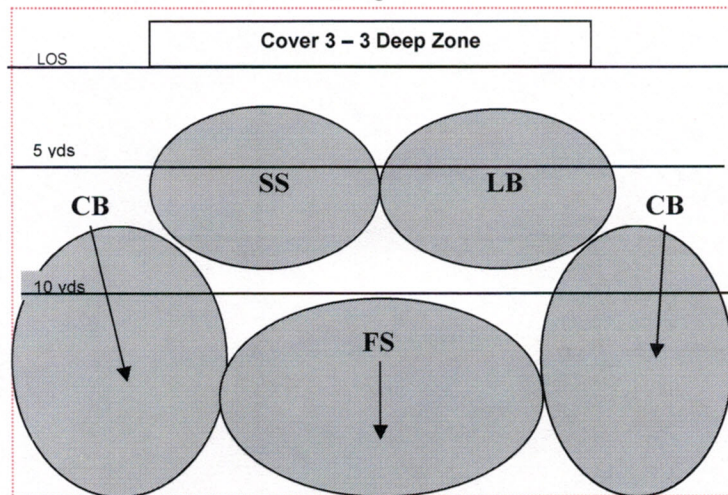
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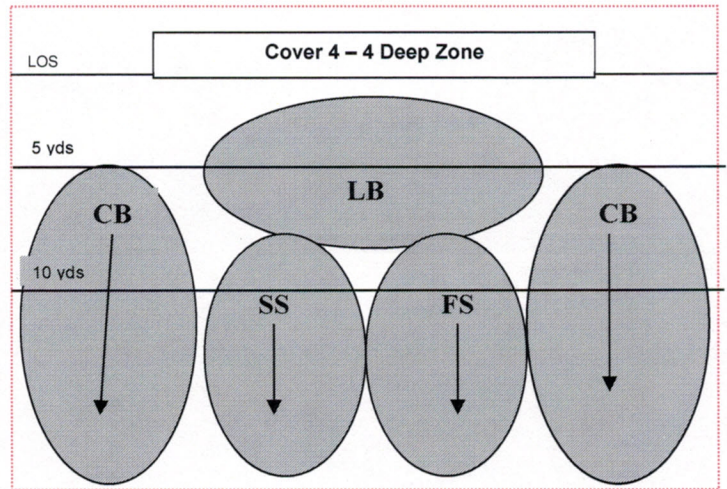
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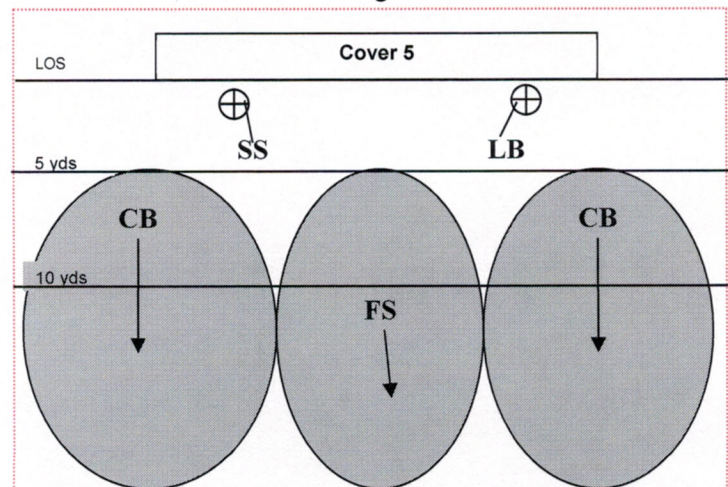
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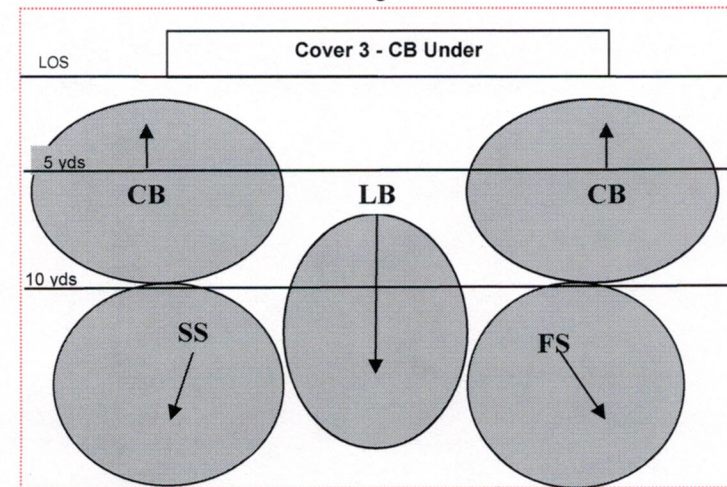
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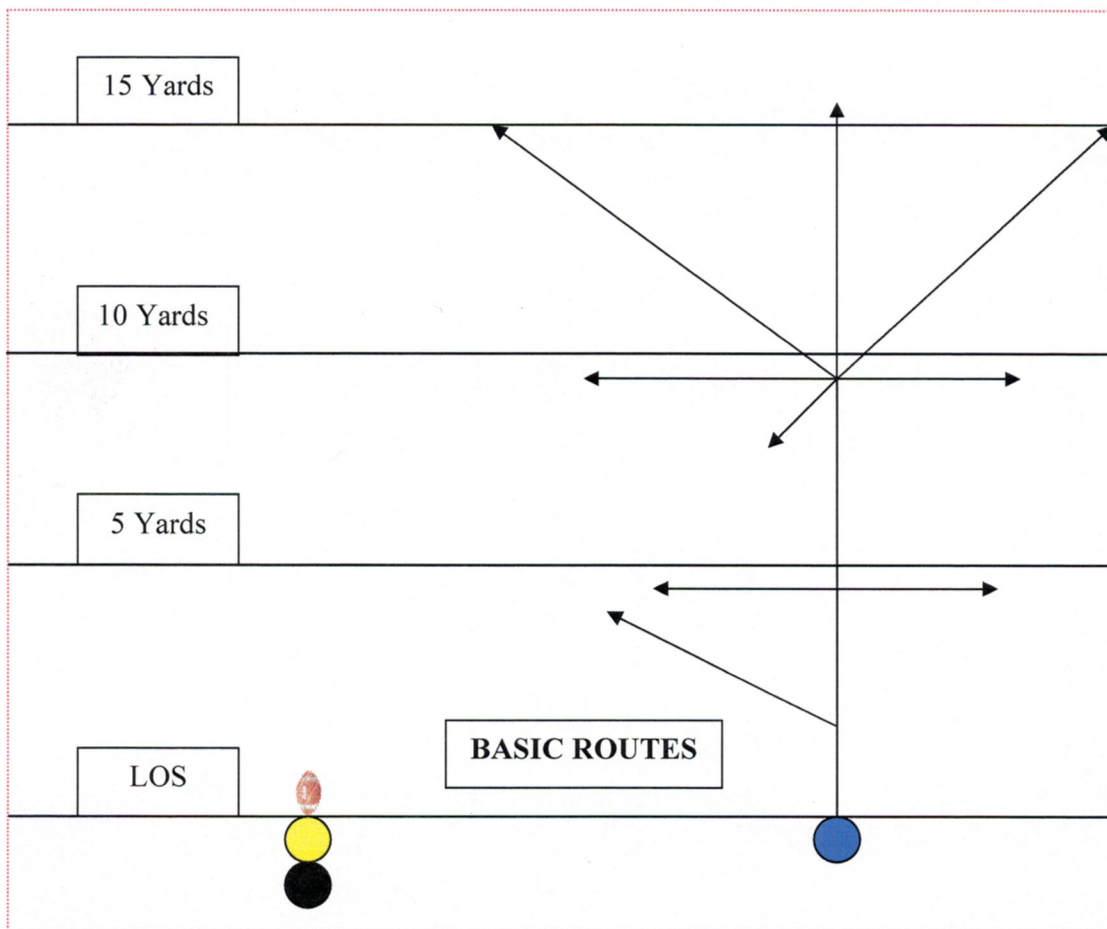


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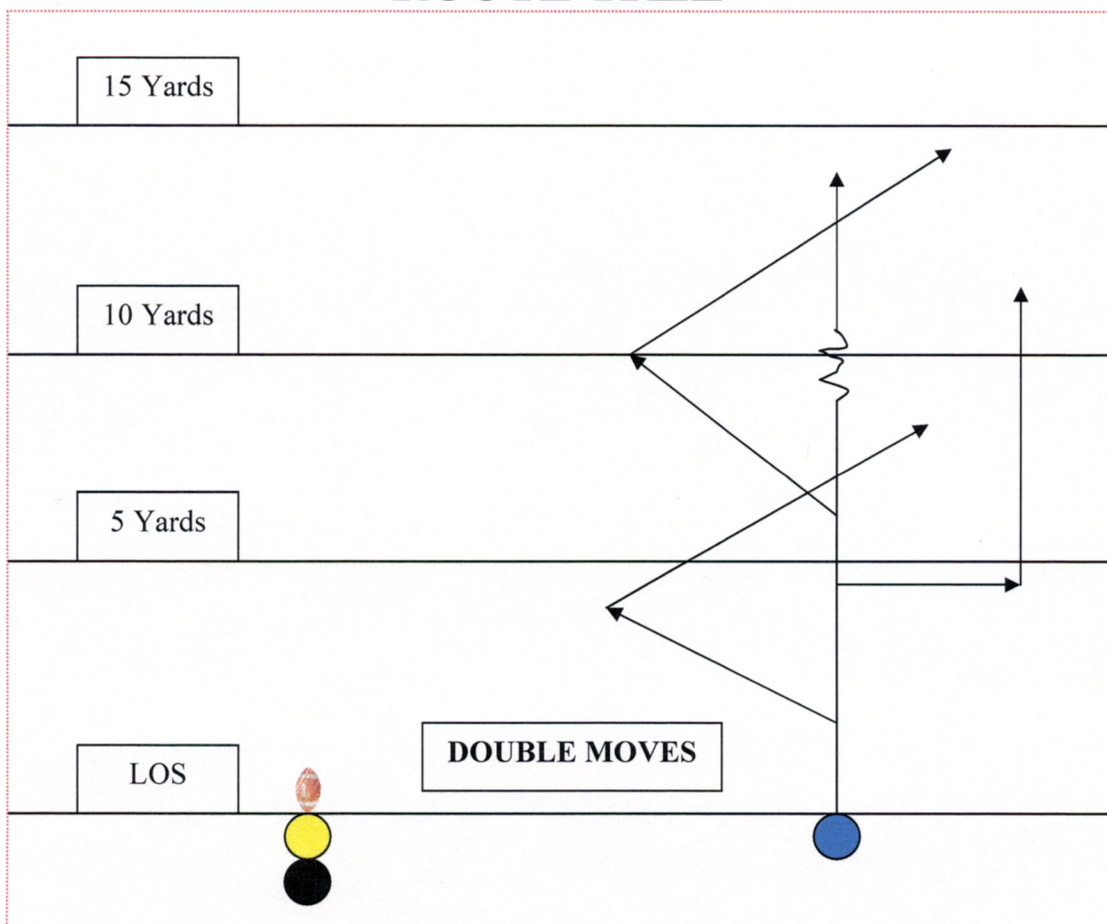


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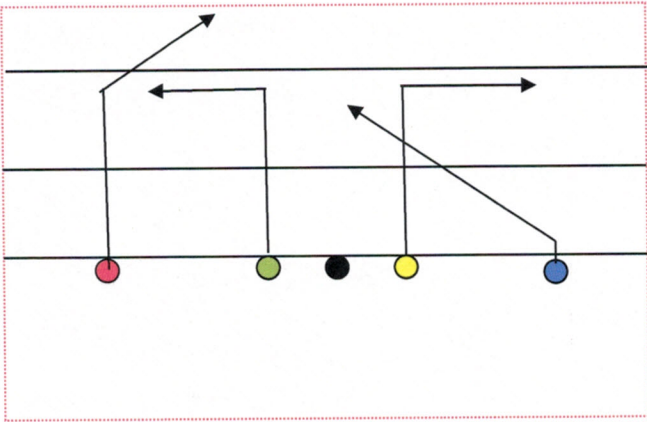


ROUTE TREE

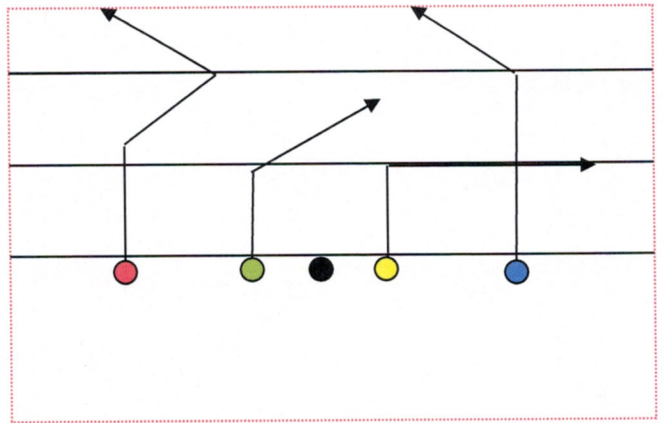


BALANCE

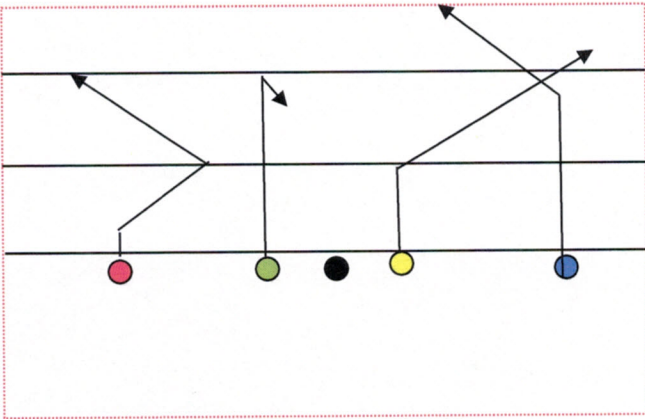
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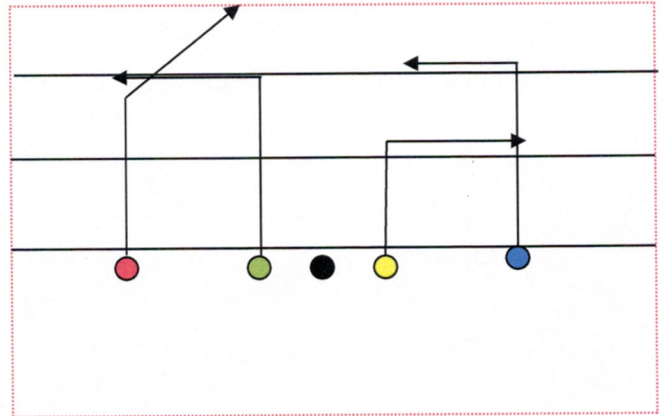
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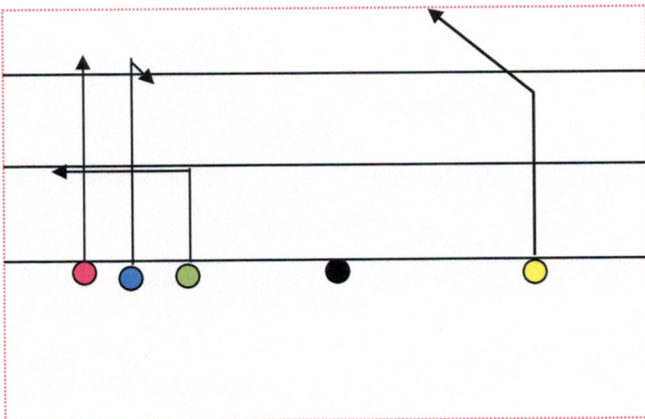


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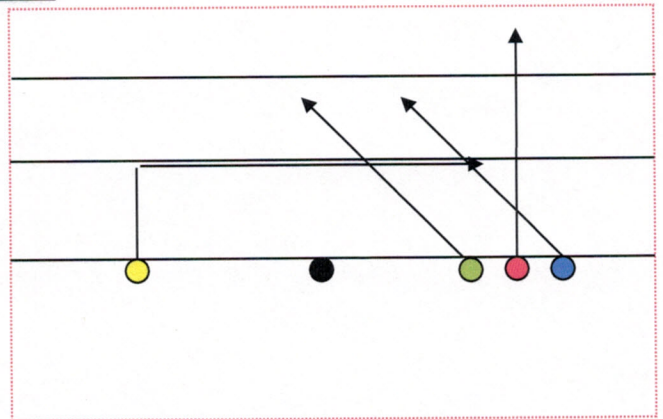


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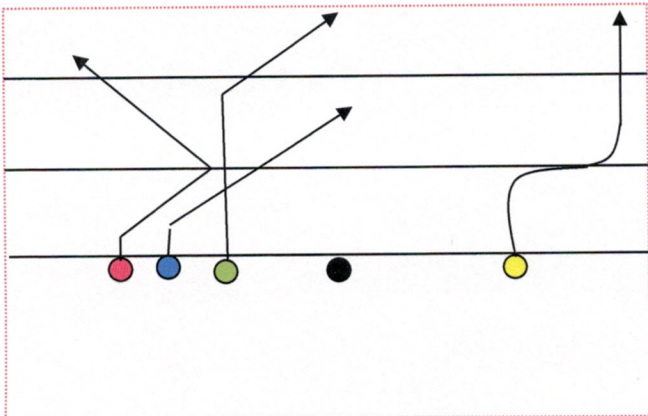
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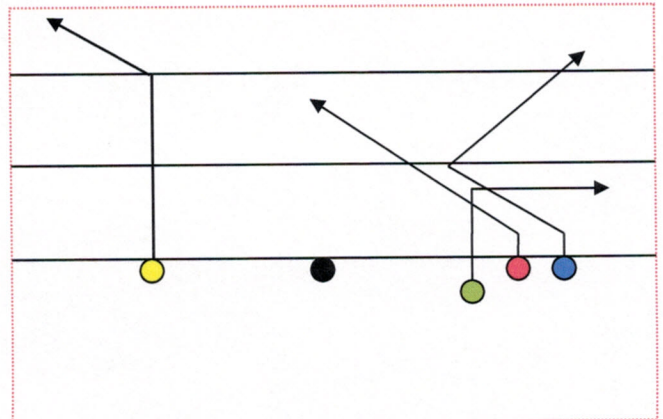
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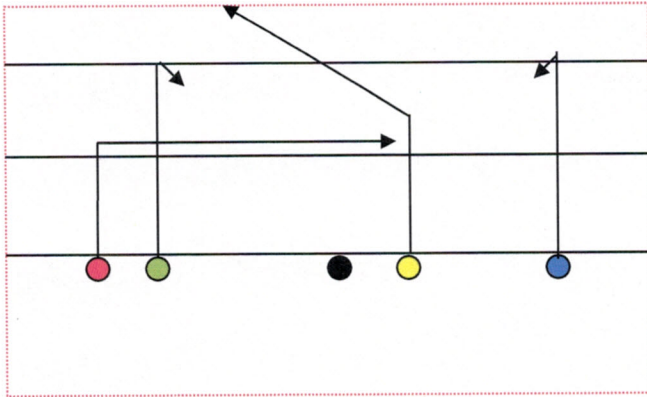


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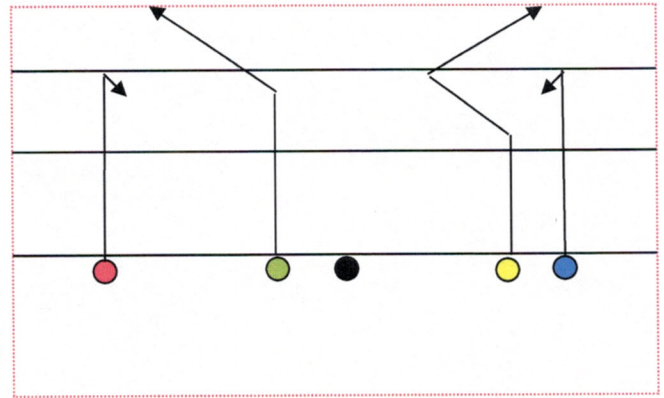


TWINS

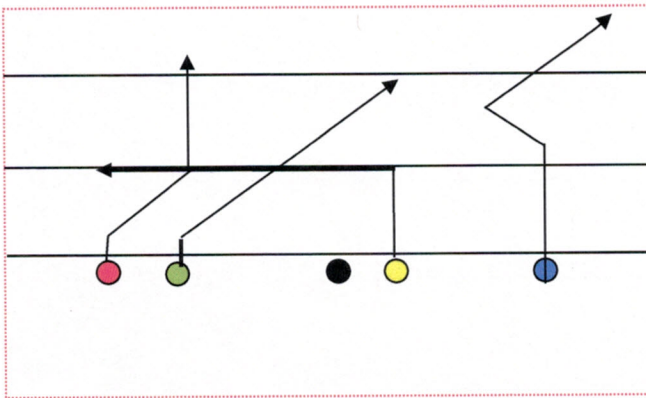
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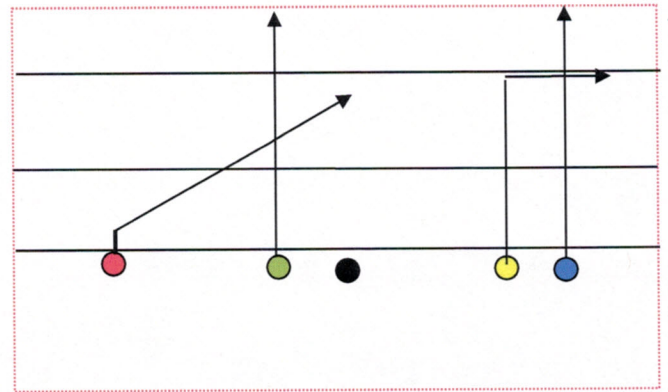
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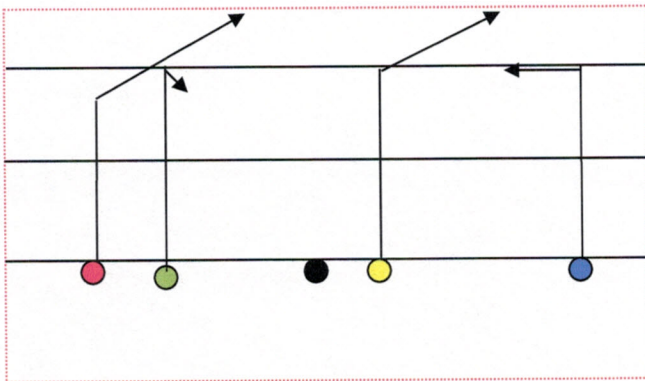
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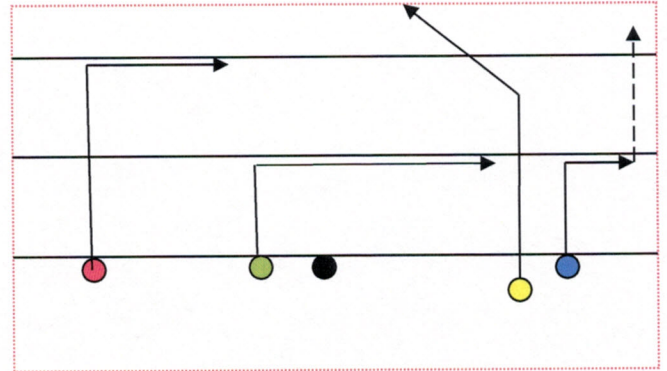
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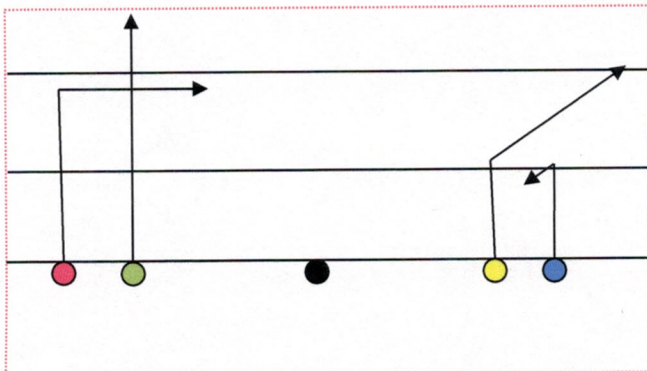


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SPREAD

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