



Spring 2025 Rules

COACHES

- Maximum of two coaches per team on the sideline
- No parents on the team sideline
- No coaches – offense or defense – shall be on the field or in the huddle
4th/5th/6th grade age groups can have one OFFENSIVE COACH on field only

STARTING THE GAME

- All games will begin at same time and started by master time keeper
- Official will keep score and 4 sec clock
 - In the event official is unable to keep clock they may ask - home team parent will keep 4 sec clock
- Home team will start with the ball during league games. (final day tournament we will use a coin flip to determine possession.)
- Ball is always placed at the 45 yard line, right hash mark at the start of the game and the start of the second half.
- Game will be 25 min running clock managed by field supervisor

SCORING

- Offensive TD's are worth 6
 - 1 pt conversion attempt from the 3yd line
 - 2 pt conversion from the 10 yrd line
- Defensive Interception RETURN is worth 7 pts – NO conversion attempt
 - Returned 1pt or 2pt conversion is worth 2 pts.

OVERTIME (only in final weekend tournament)

- Coin flip will determine first possession.
- From the 15, each team will have 3 downs to score.

- A winner is determined when one team scores during its possession and the other does not.
- If a second overtime period is necessary, each team must then go for two points on the conversion attempts.

GAME CLOCK –

- Each team will have 30 seconds to snap the ball once it has been blown dead from the previous play. If you feel a team is taking too long please let the field manager know so we can monitor.
- Each game will be 25 min of running clock and will be managed by the field manager. All fields will run simultaneously and will stop simultaneously as needed for injury, etc.

PASS CLOCK

- The QB has 4.0 seconds to throw the ball. The 4 second clock starts as soon as the center snaps the ball and ends when the QB throws the ball. * Note 4.01 or higher is a violation.*
- If the timekeeper sees that the clock has exceeded 4.0 seconds, he will hold up 4 fingers signaling a 4 second violation.
- During the 4 second violation, the play will continue but will be considered a dead ball. At the conclusion of the play, the ball is placed down at line of scrimmage with loss of down.
- If INT occurs during a 4 sec violation, offense retains possession because it is deemed a dead ball.

BALL MOVEMENT

- All Offensive Plays Must Be Passes!
- Possession always begins at the 45 yard line at the right hash mark.
- No penalty will be assessed in excess of the 45yd line. The ball will be returned to the 45 yard line and loss of down will occur.
- Offenses always move in the same direction
- All passes must be forward. No double passes or running back option passes. Once a forward pass has been thrown, a backward pitch (lateral) is allowed.

GAME PLAY

- The offense will have 3 downs to cross the 30yd line; 3 downs to cross the 15yd line and/or 4 downs to score once inside the 15yd line.
- If the offense fails to cross the 30yd line (and/or the 15) after 3 plays, it will be a turnover and the defensive team will get the ball
- No blocking
- Picks/rub routes are allowed
- Receiver/Ball carrier is legally down when touched with one or both hands. Any touch counts.
- Fumbles are dead balls at the spot with the last team retaining possession.

- A muffed snap is not a fumble/dead ball.

DEFENSE

- Interceptions may be returned. Defenders can escort but not block.
- If an interception is returned beyond the 45 yard line (the offensive origination point) it is a touchdown (7 points no extra pt attempt). Laterals are permitted.
- NO BUMP AND RUN ALLOWED
- If a defensive player tags the ball carrier behind the 45 yard line it is a safety.

OFFENSE

- Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage line after every offensive play.
- The center will be responsible for setting the ball down at the referee's spot after each play.
- The offensive center is not an eligible receiver.
- The ball can be flipped from a knee by a player (or coach if only 6 active players) or snapped from the ground between the center's legs.
- No player can be inside the tackle box (3x3) prior to the snap

TACKLE BOX

- The tackle box extends 3 yards to left and right of the center and extends 3 yards behind the line of scrimmage. It is effectively a 3x3 box with the mid-point at the tip of the football on the line of scrimmage.
- No player other than the QB may align within the tackle box.
- RB(s) need to be at least 4 yards behind the line of scrimmage
- A player can motion through the tackle box. Once in motion, must go through the tackle box before the the snap of the ball.
- If any player is inside the tackle box, an illegal formation penalty will be called. This will result in a 5 yard penalty and a loss of down.

PENALTIES

- Defensive Pass Interference will be a spot foul (1st down at the spot).
- Offensive pass interference is the same as NCAA rules. (15 yard penalty)
- No taunting or "trash talking". (5 yard penalty & possible expulsion if deemed flagrant by official).
- Any dead ball foul on a play that results in the defense getting the ball and it is unable to be penalized back to the 50 yard line will result in a loss of down penalty. The defense, now the offense, would be starting play with 2nd down.
- Illegal formation will be strictly enforced: two receivers need to be on the line of scrimmage. If not illegal formation will be called and a loss of down will occur.

- If illegal formation occurs at the 45yd line, it will result in a loss of down
- Illegal motion will be strictly enforced: dead ball, 5 yard penalty. If illegal motion occurs at the 45yd line, it will result in a loss of down
 - The only infractions possible after a 4 second violation will unsportsmanlike acts.
 - Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards (possible expulsion if deemed flagrant by the official).