

Basic Rules

GAME START, CLOCK, AND TIMEOUTS

- Coin flip determines choice of possession or direction (winning team can elect to defer to the 2nd half)
- Two 20-minute halves with running clock
- The clock will only stop for time-outs and injuries unless it is the last minute of the game (*it does not stop for incomplete passes, out of bounds, change of possession*)
- TWO 30-second timeouts per half
- If a timeout is called after a touchdown, the clock will not start until the play after the conversion attempt
- **LAST 1 MINUTE OF THE GAME CLOCK WILL STOP ON THESE ACTIONS:**
 - Incompletions
 - Out of Bounds
 - QB Sack and kneel downs
 - Change of Possession
 - Penalties. If it's an offensive penalty the clock will start on the official's ready for play whistle.
- Games cannot end on a defensive penalty

GENERAL OFFENSIVE PLAY

- Offensive team will always go in the direction of the home bleachers; if the ball is intercepted the defensive team will need to cross the goal line at the opposite end of the field in order to score a touchdown.
- Three downs to Midfield, 4 downs to score
- NO QB runs
- Center cannot take a handoff from the QB.
- Only one player can be in motion at the same time.
- If there is a bad snap, the ball is dead and placed at the LOS. There is NO loss of yardage.
- Ball is placed where a flag is pulled, not where the ball is when the flag is pulled.
- A receiver must have **one** foot in bounds when making a reception.
- Laterals are allowed but if the ball hits the ground, the ball is spotted at that yard mark.
- Stationary picks are allowed but player cannot move (absolutely no blocking)
- 3 Players must be on the Line of Scrimmage or Illegal Formation; center counts as 1 player on the LOS.

SPECIAL ALERT RULES

- Defensive players can cross the line of scrimmage when a handoff, fake handoff or backward pass has occurred. This *Deception Rule* is applied to define the integrity of the LOS and development of the passing game for both offense and defense. This rule applies to all Divisions.
- Interceptions can be returned for a TD, if the intercepting team's flag is pulled before the end zone then possession will begin at the corresponding yard line where the defender is flagged.
- NO SAFETIES.
 - If a bad snap ends up in the endzone, the ball will return to the LOS.
 - If a player catches a ball/receives a handoff and runs into the endzone, and then has a flag pulled, the ball will return to the LOS.

MERCY RULE

- If a team is up by 30 or more they only have 2 downs to get a first down and 2 downs to score until that point difference is trimmed below 30 pts. Then regular game rules apply.
- The team that is behind by 30 or more points will start their offensive possession at the +10 yard line and get 4 downs to score. If the point difference is trimmed below 30 pts, than regular game rules apply