FFL RULE BOOK

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FORMAT

1. August 1, 2026 is the date used to determine eligibility for age divisions.

2. Rosters must be CONFIRMED 2 weeks prior to each tournament.

3. Only one head coach and one assistant coach are allowed on the sidelines during games.

a. All team photographers, managers, position coaches, team moms, fans, etc., must remain a minimum of 10 yards off the field or in a designated Spectator Viewing Area. (Unless a media pass is purchased. Media passes depend on availability). This will be strictly enforced.

4. Teams must be at their field by game time or they forfeit.

5. FFL reserves the right to cancel or change the location of a Tournament. If a tournament is changed or canceled, FFL will not reimburse any team, players, or spectators for any expenses incurred including but not limited to airfare, ground transportation, lodging, and food.

6. Deposits are non-refundable & non-transferable. If you pull out more than 2 weeks prior to the event date, you may receive credit for a future FFL event, minus the deposit.

7. All decisions made by FFL are final.

COACH AND SPECTATOR CONDUCT

1. Coaches, family members, parents, and spectators are required to observe the event from designated areas.

2. Coaches must coach from the sideline between the 5-yard cones at all tournaments.

3. Coaches must agree to sign a coach's code of conduct and strictly adhere to our guidelines for coach conduct and attitude.

a. If a coach displays any type of negativity toward their players, coaches or staff, the coach will be removed from the field immediately and unable to coach for the remainder of the tournament. This will be explained in greater detail at the coaches' meeting prior to the tournament.

4. All family members, parents, and spectators will observe play from the designated areas. Participants, coaches, parents, and family members must conduct themselves appropriately during tournament.

5. Inappropriate, rude, or confrontational behavior by any coach, team, or supporter(s) may lead to that team's disqualification from a tournament at the sole discretion of FFL.

6. Misconduct by any individual may lead to removal from the premises at the sole discretion of FFL.

TOURNAMENT CHECK-IN & REGISTRATION

1. Participation requirements and registration guidelines are on the Zorts Sports registration page for each event.

2. An FFL Tournament medical release form (waiver), signed by a parent or legal guardian, must be submitted by the participant. Participants will not be eligible to play without a medical release form submitted at registration. This is done on Zorts as part of their eligibility process.

3. All players and coaches are required to purchase a Zorts Players Card for age/background verification.

4. No roster substitutions will be allowed after the final roster is submitted.

5. FFL reserves the right to disqualify players and/or teams if individuals do not meet the tournament requirements.

6. Football is an outdoor sport, and we'll play outdoors (unless advertised as otherwise), so unless the weather is deemed "unsafe," we will play. Rain, etc. will not cancel an event.

ROSTERS

1. Team Rosters must consist of at least 4 players with a maximum of 12 players. At least 1 coach must be on the roster with a maximum of 2 coaches on the roster, unless a sideline pass is purchased.

2. Teams may play with no more than 5 players and no less than 4 players on the field.

3. In the event of an injury, a team with insufficient substitute players may play with 4 players on the field but no fewer than 4.

4. You must use a timeout to challenge a roster during game play. An FFL staff person (non-referee) will stop the game at an appropriate time in the game. Both rosters will be checked.

a. If a roster is ruled illegal, the team at fault will forfeit the game, awarding the other team a 28-0 victory

b. If a roster is proven legal, the game will resume as scheduled or the score of the game will be recorded.

POOL PLAY

- Teams will play a minimum of 2 or 3 games in pool play (unless noted by FFL)
- Divisional Tie Breakers
    - Two teams tied for one place.
        - Head-to-head competition
        - Total points allowed during tournament play
        - Total points scored during tournament play
        - Coin toss
- Three or more teams tied for one place
    - Total points allowed during tournament play
    - Total points scored during tournament play
    - Coin toss if two teams are still tied. Drawing if three teams are still tied.

PLAYOFFS & FINALS

- Playoff and championship games will be scheduled after pool play results are received and confirmed.
- Playoff rounds are single elimination.
- Divisional playoff seeds are determined by:
    - Overall record
    - Points allowed
    - Points scored
    - Coin toss

GAME

1. Prior to the start of the game, the referees will do an equipment check and a football check.

2. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.

3. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession to start the second half belongs to the team that started the game on defense.

4. The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown.

a. If the offensive team fails to cross midfield on 3 downs and elects to "punt" on 4th down, possession of the ball changes and the opposition start from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross midfield, the opposing team will start its possession from the spot of the ball after that 4th down play.

b. Prior to making the ball "ready for play," the referee ***must*** ask the offensive team's head coach to declare "Punt or Play." The coach must answer at that time or risk a delay of game penalty at the referees discretion.

c. Teams may use a timeout only to change the declaration of "play" at any time prior to the expiration of the play clock.

d. If the declaration is "Punt" the ball changes possession and will be placed at the opposing team's 5-yard line, 1st down, with no option to change the declaration.

e. If the offense fails to score after crossing midfield, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.

f. Teams change sides after the first half.

5. **Onside Kick Rule**

A team may attempt an onside kick ***only*** when trailing in the second half. The ball will be placed at the attempting team's **own 5-yard line**, and the team will have **one play to gain a first down at midfield (4th-and-midfield)**.

If the team gains the first down, it retains possession and the drive continues. If the team fails to gain the first down, it is a turnover and the opposing team takes possession at the spot where that attempted play ends.

TERMINOLGY

Boundary Lines - the perimeter lines around the field, including the sidelines and back of the 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 or score.

Rush Line - An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage.

Offense - the team with possession of the ball.

Defense - the team opposing the offense to prevent it from advancing the ball.

Passer - the offensive player that throws the ball; may or may not be the quarterback.

Rusher - the defensive player assigned to rush the quarterback to prevent him/ her from passing the ball by pulling his/her flags or by blocking the pass.

Live Ball - refers to the period of time that the play is in action. Generally used regarding penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.

Dead Ball - refers to the period immediately before or after a play.

Whistle - sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime, or the end of the game.

Inadvertent Whistle - Official's whistle that is performed in error.

Charging - an illegal movement of the ballcarrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm, or the chest.

Flag Guarding - an illegal act by the ballcarrier to prevent a defender from pulling his/her flags with a stiff arm, lowering elbow or head, or by blocking access to the runner's flags with a hand, arm, or ball.

Shovel Pass – a legal forward pass across the LOS underhand, backhand, or by pushing the ball forward.

Lateral - a backward or sideway toss of the ball by the ballcarrier.

Unsportsmanlike Conduct – rude, confrontational, or offensive behavior/language.

EQUIPMENT

1. If team's uniforms are multi-colored, all team members MUST wear matching tops. If top is the one solid color, any shirt of matching color is permitted.

2. Participants must bring their own flag belts and mouth guards to the tournament. All players MUST wear a mouthguard. Extra belts and mouth guards will be available for purchase.

3. All players must wear flags that are a clearly contrasting color from their bottoms.

a.Flag poppers must be of smooth and traditional nature.

b. Flags must be at least 14 inches in length from the popper.

c. Flags may not be cut or altered, even if they remain of legal size.

d. Poppers and Belt attachment MUST be the same color.

e. Flags must be pushed fully in & players must be able to pull their own flag out with one hand in a fluid motion. Illegal flags will result in ejection of that player from the game, or possibly the tournament, at FFL's discretion.

4. All teams MUST use an FFL Branded Football. Teams are allowed to use 1 size up if desired but cannot size down.

5. Players may wear cleats; however, cleats with exposed metal are never allowed and must be removed.

6. Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads, and knee pads. Braces with exposed metal are not allowed.

7. Players must remove all hanging jewelry. Soft brim bucket hats/beanies are allowed. Hard brim hats MUST be worn backwards. Players may wear protective eye wear ONLY if they are worn on eyes. Players may wear soft shell helmets/headbands, but they must be secured at all times.

8. Players must have shorts or pants without pockets. Taped pockets are not permitted, but zippered pockets are allowed

9. While on the playing field, players' jerseys must be tucked into shorts or pants if they hang below the belt line.

10. Any hair that hangs below the belt line must be tied up or tucked in. Failure to do so will result in a flag guarding penalty.

FIELD

1. The field dimensions are 25 yards x 64 yards with two (2) 7-yard end zones, and a midfield line-to-gain. No-run zones precede each line-to-gain by 5 yards. **Some tournaments may use smaller fields because of field space available or to complete tournament scheduling on time**

2. No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be passing plays, even with a handoff or lateral.

3. Stepping on the boundary line is considered out of bounds. Any player who steps out cannot be the first to possess the ball

4. The referee will place the ball in the middle of the field prior to the "Ready to Play". The ball may NOT be placed closer than 10 yards to any boundary.

TIMING

1. Tournament Games are played on a 24-minute continuous clock with two 12-minute halves. If one team gains a 28-point advantage, the game is over. Clock stops only for halftime, time outs, injuries, or the officials discretion.

2. Halftime is one minute.

3. Each time the ball is spotted and the referees are set, a team has 25 seconds to snap the ball.

4. Each team has three(3) 30-second timeouts per game.

5. Officials can stop the clock at their discretion.

6. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.

OVERTIME

A. If the score is tied at the end of regulation play, overtime will be used to determine a winner.

B. Overtime format is as follows:

- Home team calls the toss to determine the team that chooses to be on offense or defense first.
- The referee will determine which end of the field the overtime will take place on.
- Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts their try, the team that started on defense gets a chance on offense to win or tie by converting a one - or two-point play of their own.
    - Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for win.
    - If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.
- If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime.

C. Sudden Death – Beginning with the 2nd Overtime

Starting with the **second overtime**, the game will move to a **sudden-death, one-play conversion from the 5-yard line**.

The team that **lost the original overtime coin toss** will choose whether to play **offense or defense**.

- The offense receives **one play from the 5-yard line** for a **1-point conversion**.
- **If the offense scores, the offense wins the game.**
- **If the defense prevents the conversion, the defense wins the game.**
- There are **no additional possessions**. The result of this single play determines the winner.

E. Final Score will be recorded to include all points scored for each team

F. All regulation period rules and penalties are in effect.

G. There are no timeouts.

H. Interceptions are returnable in OT, and worth 2 points.

- Interceptions returned for a score in the first overtime period; the game is over.

SCORING

1. Touchdown: 6 points
    a. After a TD is scored, the referee will have the player pull their own flags. If deemed illegal the TD does not count and the player is ejected from the game or tournament at FFL's discretion. Players MUST be able to pull their own flags.
2. Point after touchdown (PAT): 1 point (5-yard line) or 2 points (10-yard line)
    a. Note: 1-point PAT is pass only; 2-point PAT can be run or pass.
3. Safety: 2 points
    a. A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.
4. Extra points that are intercepted and returned are worth 2 points
5. A that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty, even with a timeout.
6. If one team is winning by 28 points or more, the game is over. Once a lead of 28 or more points is reached, no further plays, including PATs, are played.
7. Forfeits are recorded as 28-0.
8. The officials will announce the final score at the completion of the game. If a coach does not agree, they must ask the referee for clarification at that time. Once scorecards are turned in, the score is FINAL, unless there is a clear & obvious error by FFL staff

COACHES

1. Coaches are expected to adhere to FFL's philosophies, coaching guidelines, and code of conduct.

2. Only two coaches per team are allowed on the sidelines. Having more coaches than permitted could lead to an ejection or forfeit.

a. Coaches are permitted to Coach on the sideline between the 5-yard lines.

b. Coaches must remain on the sideline except to attend to an injured player or during a timeout. 1 coach may go on the field during a timeout but must be off the field before the next snap.

c. All team photographers, managers, position coaches, team moms, fans, etc. are required and must remain a minimum of 10 yards off the field or in a designated viewing area.

d. Teams may huddle on the sideline with their coach to get the play, but the play clock will not stop once the ball is signaled 'Ready for Play'.

e. Coaches – it is your responsibility to help keep your fans in the designated areas.

d. Coaches who get ejected during a game will not be allowed to coach in the following game either.

LIVE BALL/ DEAD BALL

1. The ball is live at the snap of the ball and remains live until an official whistles the ball dead.

2. An official will indicate the neutral zone and line of scrimmage.

a. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. Regarding the neutral zone, the official may give both teams a courtesy neutral zone notification to allow their players to move back behind the line of scrimmage.

3. A player who gains possession of the ball in the air is considered in bounds if the first foot or a body part other than the hand contacts the ground in the field of play with possession.

4. The defense may not mimic the offensive team signals by trying to confuse the offensive

players while the quarterback is calling out signals to start the play. Another similar act would be not returning five (5) eligible players to the field of play after halftime. This will result in an unsportsmanlike conduct penalty.

5. Substitutions may be made on any dead ball.

6. Any official can whistle the play dead.

7. Play is ruled “dead” when:

a. The ball hits the ground.

i. If the ball hits the ground because of a bad snap, the ball is then placed where the ball hit the ground.

b. The ball-carrier’s flag is pulled.

c. The ball-carrier steps out of bounds.

d. A touchdown, PAT, or safety is scored.

e. The ball-carrier’s knee or arm hits the ground.

f. The ball-carrier’s flag falls out.

g. The receiver catches the ball while in possession of one or no flag(s).

h. The 7-second pass clock expires.

i. Inadvertent whistle

j. The ball-carrier leaves their feet diving or hurdling a player. **NOTE: Fumbles/ loss of possession: Ground contact must be made for the play to be dead at that spot. A fumble is loss of possession by a player, resulting in the ball contacting the ground.

8. If inadvertent whistle occurs the offense has two options:

A) take the ball where the whistle blew and the down is consumed

B) replay the down from the original line of scrimmage. If it occurs on the last play of the half or game, the offense will be awarded one untimed down and given those two options.

9. A team is allowed to use a timeout to question an official’s rule interpretation. If the official’s ruling is correct, the team will be charged the timeout. If the rule is interpreted incorrectly, the timeout will not be charged and the proper ruling will be enforced.

10. Officials should all agree to change a call on the field that is in dispute

RUNNING

1. The ball is spotted where the ball is when the flag is pulled.

2. The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap either directly under center or in shotgun formation.

3. Direct handoffs, pitches, and laterals are permitted behind the line of scrimmage only. If this takes place after the ball carrier crosses the line of scrimmage, the play is to be blown dead by the official. The ball shall be placed at the spot possession was lost for the succeeding play.

a. "Center sneak" play is NOT allowed. The QB may NOT handoff the ball first to the center. (Centers can receive a backward pass or lateral behind the LOS)

b. Any player who receives a handoff, backward pass, pitch, or lateral can throw the ball from behind the line of scrimmage.

c. Once the ball has been handed off in front, behind, or to the side of the quarterback, or a backward pass, pitch, or lateral has occurred, the seven-second passing clock is eliminated, and all defensive players are eligible to rush.

4. Definition of a "Legal Handoff" - Total loss of possession directly from 1 offensive player to another.

5. No-run Zones are located 5 yards before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage, power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive team approaches only TWO no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD).

6. Runners are not permitted to jump, leap, or hurdle (in the official's judgement) while advancing the ball. The play is to be blown dead and ball spotted where it was when they left the ground.

7. Ballcarriers may leave their feet and the play will continue for spinning, jump cuts, QB's passing progression, or if there is a clear indication that he/she has done so to avoid a collision with another player and the play will continue without stoppage. However, if while leaving the ground contact is made, unnecessary roughness or an illegal contact penalty may be enforced by the official.

8. No blocking or "screening" is allowed at any time.

9. Offensive players in proximity of the ball-carrier must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.

10. 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.

11. Once the ball is advanced beyond the LOS, the current ball-carrier is the only player allowed to have possession of the ball until the play is dead.

PASSING

1. Only 1 forward pass thrown from behind the line of scrimmage is permitted each offensive play. The ball must be out of hand prior to breaching the line of scrimmage.

    a. Passes may be thrown forward or backwards behind the line of scrimmage.

    b. There is no intentional grounding.

    c. Forward passes behind the LOS are permitted, unless you are in a "No Run Zone". All forward passes in a "No Run Zone" must go beyond the line of scrimmage.

    d. The quarterback may throw the ball away to avoid a sack. Forward passes in a "No Run Zone" must go beyond the line of scrimmage

2. The quarterback has a seven-second "pass clock." If a pass is not thrown within seven seconds, the play is dead, the down is consumed, and the ball is returned to the line of scrimmage. Once the ball is handed off, pitched, or lateraled behind the line of scrimmage, the 7-second rule is no longer in effect.

    a. If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).

    b. If the quarterback throws the ball and then catches it, the play is dead and treated like an incomplete pass

RECEIVING

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off, pitched, or lateraled behind the line of scrimmage).

2. Only one player is allowed in motion at a time and must be off the line of scrimmage. No motion is permitted toward the line of scrimmage.

3. A player must have at least one foot or other body part in bounds, contacting the ground first with possession.

4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

5. Interceptions are returnable. If returned for a score during regular game play, the score will be worth six points. If returned during conversions and/or overtime, the score is worth 2 points.

RUSHING THE PASSER

1. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Up to two (2) players can rush the quarterback on any given play. Rushers MUST identify themselves by raising their hand and keeping it in the air before the snap. Rushers do not have to rush, but if they choose to, they MUST rush immediately after the snap. Delayed rush is NOT permitted. Players not rushing the quarterback can defend the line of scrimmage.

2. Once the ball is handed off, pitched, or lateraled behind the line of scrimmage the seven-yard rule is no longer in effect and all defenders may go behind the line of scrimmage.

3. A special marker, or the referee, will designate a rush line seven yards from the line of

scrimmage. Defensive players should verify they are in the correct position with the official on every play.

a A legal rush is:

i. Any rush from a point at least 7-yards from the line of scrimmage.

ii. A rush from anywhere on the field AFTER the ball has been handed off, pitched, or lateraled by the quarterback.

b. A penalty may be called if:

i. The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff, pitch, lateral or pass – illegal rush (5-yards from the line of scrimmage and first down).

ii. Any defensive player crosses the line of scrimmage before the ball is snapped –offsides (5-yards from line of scrimmage and first down).

iii. Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed, pitched, lateraled or handed off – illegal rush (5-yards from the line of scrimmage and first down).

iv. If the offense draws the rusher(s) to jump the seven-yard marker prior to the snap of the ball, that rusher(s) CANNOT rush during that play. However, any other defender that is seven yards back may rush instead. Jumping the rush is not a penalty until the rusher crosses the line of scrimmage prior to the handoff, pitch, lateral or passed ball.

c. Special circumstances:

i. Teams are not required to rush the quarterback

ii. Teams are required to identify any potential rushers before the play

4. Players rushing the quarterback may attempt to block a pass; however, contacting the QB, unless ruled incidental by the official, would result in a roughing the passer penalty.

5. The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. The PATH is set pre-snap from the rusher or rushers directly to the QB. Path does not move once the quarterback moves. If the "path or line" is occupied by a moving offensive player, then it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and to avoid contact.

6. A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball will be spotted where possession of the ball is once the flag is pulled.

a. A Safety is awarded if the sack takes place in the offensive team's end zone

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 the ball-carrier when pulling flags.

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 a play while that player has possession, the player is down immediately and the play ends. The ball is placed where the flag lands.

5. If a player who has one or no flags in their belt takes possession of the ball, the play is dead at that spot on the field.

6. A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.

7. Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm, or shoulder, or intentionally covering the flags with the football jersey.

FORMATIONS

1. Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.

    a. Teams may shift formations prior to the snap if they are set for at least 1 second before the ball is snapped.

    b. One player at a time may go in motion but must be off the line of scrimmage.

2. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.

3. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

UNSPORTMANLIKE CONDUCT

1. If a field monitor, referee, or other FFL staff witnesses any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. **FOUL PLAY WILL NOT BE TOLERATED!**

2. Offensive, abusive, or confrontational language is NOT allowed. Officials have the right to determine offensive language. If this kind of language occurs, the referee will give one warning. If it continues, the individual(s) will be ejected from the game, and potentially the tournament.

3. Players and Coaches may not physically or verbally abuse any opponent, coach, player, or official. This includes those on their own team.

4. Ball-carriers MUST try to avoid defenders with an established position.

5. Defenders must give free releases off the line of scrimmage to offensive players and are not allowed to run through the ball-carrier when pulling flags. **ROUGH PLAY WILL NOT BE TOLERATED**

6. Illegal flag pull will result in an unsportsmanlike conduct penalty.

7.Fans must also model good sportsmanship:

a. Yell to cheer on your players, not to harass officials or other teams.

b. Keep comments clean and profanity free.

c. Compliment ALL players, not just one child or team.

7. Fans are required to keep fields safe and kids friendly:

a. Keep younger kids and equipment such as coolers, chairs, and tents at least 10 yards off the field in the end zone area.

b. Stay in the end zone area, not between fields.

c. Dispose of trash in designated trash cans.

d. No loud or offensive music should be played.

8. Unsportsmanlike conduct penalties:

a. Defense + 10 yards from line of scrimmage and automatic first down

b. Offense - 10 yards from line of scrimmage and loss of down

c. Two (2) unsportsmanlike penalties on any player or coach in a game are automatic disqualification from that game and may lead to additional discipline

d. These penalties can be called on the sidelines and/or supporters and will go directly against the Head Coach if called.

e. If a coach or a player is ejected from a game, they will not be able to participate in the next game in that tournament.

PENALTIES

1. General

a. The referees will call all penalties.

b. Referees determine incidental contact that may result from normal game play.

c. All penalties will be assessed from the line of scrimmage, except as noted (Spot fouls).

d. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players should not question calls.

e. A game or half may not end on a defensive penalty, unless the offense declines it.

f. Penalties are assessed as live ball first, then dead ball. Live ball penalties must be assessed before play is considered complete.

g. Penalties will be assessed half the distance to the goal when the penalty yardage is more than half the distance to the goal.

h. Spot fouls in end zone: Defensive (Ball on one-yard line, first down)/Offensive (Safety)

2. Defensive spot fouls

a. Defensive pass interference Automatic first down

b. Holding +5 yards and automatic first down

c. Stripping +5 yards and automatic first down

3. Offensive spot fouls

a. Screening, blocking or running with the ball -5 yards and loss of down

b. Charging -5 yards and loss of down

c. Flag guarding -5 yards and loss of down

d. Holding/ Illegal Contact -5 yards and loss of down

4. Defensive penalties

a. Defensive unnecessary roughness +10 yards and automatic first down

b. Defensive unsportsmanlike conduct +10 yards and automatic first down

c. Offside, +5 yards from line of scrimmage and automatic first down

d. Illegal rush, (Starting rush from inside 7-yard marker) +5 yards from line of scrimmage and automatic first down

e. Roughing the passer, +5 yards from line of scrimmage and automatic first down

f. Taunting, +5 yards from line of scrimmage and automatic first down

g. Illegal Equipment, -5 yards from line of scrimmage and loss of down (player ejection)

5. Offensive penalties

a. Offensive unnecessary roughness -10 yards and loss of down

b. Offensive unsportsmanlike conduct -10 yards and loss of down

c. Offside /false start -5 yards from line of scrimmage and loss of down

d. Illegal forward pass (Any pass received or lands behind the line of scrimmage in a "No Run Zone" or throwing a pass after crossing the line of scrimmage) -5 yards from line of scrimmage and loss of down

e. Offensive pass interference -5 yards from line of scrimmage and loss of down

f. Illegal motion (More than one person moving) -5 yards from line of scrimmage and loss of down Delay of game -5 yards from line of scrimmage and loss of down

g. Impeding the rusher -5 yards from line of scrimmage and loss of down

h. Illegal Procedure -5 yards from line of scrimmage and loss of down

i. Illegal Equipment -5 yards from line of scrimmage and loss of down (player ejection)

7U & 6U GUIDELINES

1. No Run Zones are eliminated. Teams may run the ball anywhere on the field.

2. Defenders may not rush the passer unless there is a legal handoff, backward pitch, or lateral executed in the backfield.

3. One offensive Coach is allowed on the field but must be behind the play and not interfere.

    a. One defensive coach may go on the field pre snap but must be off before the ball is snapped.