**Rules and Regulations**

 COIN FLIP/BEGINNING OF GAME

 The beginning of the game will start with a coin flip. The team that wins the coin toss may choose to either kickoff or receive the ball. A team choosing to kickoff in the first half will receive in the second half and vice versa in the second half. Teams flip flop direction at the start of the second half.   
  
TIME

 Play will be divided into two 10-minute halves. Teams flip flop direction at the start of the second half.

 There will be a running clock

 a team calls a time out.   
  
**GENERAL RULES**

**OFFENSE  
  
BEFORE THE PLAY** There must be 4 people on the line of scrimmage when the ball is snapped.

 A player can be in motion as long as he/she is not moving toward the line of scrimmage.

 Quarterbacks cannot snap the ball to themselves.   
DURING THE PLAY

Blocking is allowed at or behind the line of scrimmage. Blocking on or behind the line of scrimmage must be done with hands behind the back. NO downfield blocking! A player may shadow block for his teammate, but no contact is allowed. PICKING off a defensive player by initiating contact is considered downfield blocking, this is not allowed. Due to the danger of picking, a player may be ejected if such an action persists. See Penalties section of rules.

 If a defensive player is on the ground all blocking rules above still apply. Offensive players may not pile on or lay on the defensive player to keep him on the ground. They may still block him as stated above. This will result in an UNNECESSARY ROUGHNESS penalty.

 If the ball hits the ground on the snap for either a pass or running play, the play is "dead", the ball is spotted where it hit the ground, and it is a loss of down (i.e. if it was 1st down during the bad snap, it is now 2nd down).

 The player who receives the snap may not cross the line of scrimmage with the ball unless a defensive player crosses the line of scrimmage (rush/blitz).

 Players may not handoff the ball. The ball must leave one player’s hands before entering another’s (tossed).

 Spin moves, jumping, and diving will be allowed for a ball carrier.

 Any ball carrier whose flags are (in ref’s opinion) not accessible to be pulled will be down at 1st point of contact with the defense.

 Any ball-carrier who has a flag missing for whatever reason (falls off, accidentally pulled before reception, not noticed before snap, etc.) will be down at the first point of contact.

 Receivers need only one foot in bounds for a reception. If in the referees eyes a receiver would be able to legally catch a pass but was pushed out of bounds by a defender while in the air a catch will be awarded.

 The ball will be spotted where the ball is at the time the ball carrier’s flag has been pulled. If the ball crosses the plane of the goal line before the ball carrier is touched, it will result in a touchdown (ball extension)

 All fumbles will be ruled dead balls with the offense retaining possession at the spot of the fumble.

 Loss of down penalties which occur on 4th down will result in change of possession.   
FIRST DOWNS

 Each team shall have 4 downs to either score or earn another first down. First downs are earned each time the ball reaches the 1st number marker from where the ball was originally spotted on the first down. If a team fails to score or earn a first down, possession will go to the other team. Offensive teams may elect to punt on fourth downs.   
PUNTING

 PUNTS - A punt must be declared and cannot be faked. Punts must be snapped. The punter has five seconds to kick the ball. Offensive players cannot cross the line of scrimmage until the ball is kicked. Punts must be kicked. Punts cannot be thrown. There is no minimum number of players required on the line of scrimmage during a punt. NO DOWNFIELD BLOCKING or BLOCKING AT THE LINE OF SCRIMMAGE. The kicking team may not cross the line of scrimmage until the ball is kicked. The receiving team may raise hands or jump to block a punt. If a punt is shanked and caught it is a live ball and is returnable. If the ball comes into contact with the ground after being touched by the return team, it is a dead ball, spotted at the point where it hit the ground, and may not be returned. A punt through the endzone comes back to the 20 yard line. If a player drops the ball in the endzone, the ball is again spotted at the 20 yard line.

* **6 point touchdowns;** (Only on touchdown catches or runs by female players)

 Choice of 1 or 2 extra points on PAT's (5yards for 1 Pt., 10 paces/yards for 2 pts.)

 1 & 2-Point conversion attempts may be intercepted and returned for 1 or 2 points, depending on what the offensive teams attempt was.

 Receivers intentionally leaving the field of play are ineligible to receive a pass if they are the first person to touch the ball. This includes the back of the endzone.

 A player who catches the ball and lands with 1 or 2 feet across the goal-line, but has his flag pulled after possession and before he puts the ball across the plane of the goal will not be awarded a touchdown. The ball will be spotted at the point of where the ball was at the time he was called “down”.

 Only the ball needs to cross the plane of the goal-line in order for a touchdown to be awarded.   
  
**DEFENSE**

 Laterals may be intercepted and run back for a touchdown or yardage.

 Defenders rushing the quarterback may not grab an offensive player by the jersey to move them. This will result in an UNNECESSARY ROUGHNESS penalty.

 Safeties: A safety will be scored if a player is:

 Flag pulled in their own endzone (not on a punt return);

 Runs out of bounds in their own endzone;

 Snaps the ball out of the endzone;

 If the offense fumbles the ball in their own endzone.

 As a result, the team on defense receives 2 points, and the team on offense must now punt a “free” kick from their own 20 yard line. Also, a player having intercepted a pass or received a punt in the endzone, cannot be called for a safety in the endzone unless he has previously crossed the plane of the endzone with the ball.

 Players may leave their feet to pull flag.   
  
OTHER

 Shirt must be tucked in and flags must be securely attached. Loose hanging articles (i.e. sweatshirts, long T-shirts, etc.) that are held/ripped will not result in a holding penalty, unless in ref’s eyes player was not attempting to go for flag.

 If a team substitutes players during the game, they must do so from the same sideline the entire game. Eligible receivers must be on the playing field before the cadence is started.

 Play shall continue until:

 Ball-carrier has at least one flag pulled by an opponent (see flag specifics for the few exceptions/additions concerning flag pulling)

 Ball-carrier leaves the field of play

 Ball-carrier scores

 Ball touches the ground as a result of a fumble, punt or incomplete pass (the ball is not an extension of the arm. If the ball is pinned between the ground and the ball-carrier’s hand, the play is dead)

 Ball-Carrier’s knee touches the ground

 A change of possession can only occur on an interception of a forward pass or a lateral. A fumble is not a turnover. The ball is dead at the point of the fumble and the offense retains possession. A lateral is not a forward pass and can be picked off in mid-air. A picked off lateral will result in a change of possession, and can be returned for a touchdown. EXCEPTION. A lateral intercepted in an overtime period of a playoff game cannot be returned for points. This is simply a turnover.

**SPORTSMANSHIP  
The idea of is to have fun: Meet. Greet. Compete. We hope that all participants keep that in mind when becoming involved. Although the games may become intense, you still can be competitive while maintaining good sportsmanship. With this said, any behavior deemed unacceptable by staff may result in suspension and/or ejection from a game. Abuse of officials, referees, and other staff will not be tolerated. We reserve the right to remove a player from a game if they are considered to be bringing down the quality of the tournament. We will not tolerate fighting! Fighting will be an automatic ejection from any game as well as OSS with a referral.**