

# General

- 7v7
- Game is played in two 20-minute halves with a 5-minute break at halftime.
- Clock runs continuously, except inside the last two minutes of each half, where the clock will operate according to standard high school rules (see below).
  - There is a 30 second play clock between plays. Each team gets 4 timeouts per game, and can use up to three in one half.
  - During the last two minutes of both halves, the clock will stop for:
    - scores, team time-outs, official time-outs, penalties, after a first down, after an incomplete pass, after a change of possession, or after a play ends out of bounds.
    - In the case of a score, team time-out, incomplete pass, or after a play ends out of bounds, the clock will start on the next legal snap.
    - In the case of a penalty or first down, the game clock will start again once the ball is spotted and the ready-for-play signal is given by the referee.
    - After the two minute warning, certain fouls that occur while the clock is running can cause a 10-second subtraction from the game clock.
- Fumbles that touch the ground become dead, however may be recovered while in flight.
  - The ball is dead where it first touches the ground if backwards; the ball is dead where runner lost possession if forward.
  - A "bad snap" that touches the ground goes back to the previous spot and the down counts.
  - First down every 10 yards.
  - 6 points for a touchdown.
  - One extra point is scored by converting a play from the 5 yard line.
  - Two extra points are scored if you convert from the 10.
  - Running is always allowed on extra points.

# Equipment

## Needed:

- Mouthguards – Mandatory
- Shorts Without Pockets – Mandatory
  - Pockets with zippers are acceptable
- Cleats (highly recommended) – No metal spikes!

## Illegal/Unpermitted

- Hard helmets (soft helmets are fine)
- Hard plastic pads (e.g. football, hockey, rollerblading)
- Hat/cap with a hard bill (must be turned backwards)
- Metal framed sunglasses (plastic only)
- Any kind of hard brace (braces should be soft and/or padded) - Head referee can approve hard braces prior to the game.
- Watches, rings, or other jewelry
- Piercings
- Sticky or slippery substances

# Offense

- Ball must be on the ground for a snap.
- Only one running play (including a QB scramble across the line of scrimmage) per possession.
- QB is across the line of scrimmage (and therefore cannot make a legal forward pass) if either of their feet are across the line. If their entire body is across the line but his feet are behind it, the forward pass is legal. It only takes one foot across the line to be illegal.
- Multiple players allowed in motion before any play, but everyone must be set for one full second before the snap or before one single receiver goes into motion. Only one can be in motion at the time of the snap, and their direction can't be toward the line of scrimmage.
- There is no penalty for intentional grounding by the QB.
- No flag guarding is allowed.
  - No stiff-arming. No jumping/hurdling or lowering your head more than halfway between your shoulders and waist to avoid being deflagged (spinning is allowed).
- No lowering your head when running with the ball.
- No diving when running with the ball.
- No charging into an opponent. You must go around a stationary player.
- Teammates cannot push or pull a runner with the ball.
- Receiver needs to get one foot in bounds with possession of ball for a legal catch.
- Downfield blocking is only allowed after a receiver makes a catch or during a running play. Regular blocking rules (described below) apply.
  - 2 on 1 blocking is only allowed in the neutral zone and behind it.
- Receivers cannot contact the defenders when coming off the line of scrimmage.
- Once offensive receivers pass or occupy the same yard line as a defender, that defender cannot obstruct the receiver's opportunity to move freely about the field.
- Contact by the defender may happen once as long as the pass is not in the air and contact does not continue beyond the expanded neutral zone (5-yards past the line of scrimmage).

# Defense

- Blocking
  - A blocker is allowed to contact only that portion of the opponent's body between the waist and shoulders and the blocker's hands or forearms must be in front or to the side of the player being blocked.
  - In any block, the hands or arms may not be swinging forward faster than the blocker's body.
  - Players must block with hands and elbows within the frame of their body and arms must be bent. No full extension.
- Rushing
  - When rushing as a defender, you must be beyond the neutral zone -- 5 yards off the line of scrimmage if you are the first defensive player to cross the line of scrimmage.
  - When the ball is snapped, you can immediately rush from this position.
  - There is no limit to the number of people who can rush from this position (5 yards deep).
  - A pass rusher must avoid charging into any Team A player.
  - When encountering a blocker from Team A, a pass rusher must (a) stop prior to making contact with the blocker or (b) clearly change direction in an effort to move around the blocker. If a pass rusher makes an effort to move around the blocker and the blocker moves into the path of the pass rusher, there is no charging.
  - Rushing Exception: You CAN rush from the line of scrimmage (not 5 yards deep) once a rusher who has lined up 5 yards back has crossed the line of scrimmage. If you line up on the line of scrimmage you must wait until one of the rushers who lined up 5 yards off the line of scrimmage crosses the line before you can rush in.
  - Also, all rush zone restrictions for the defense end once the quarterback's initial possession ends (i.e. handoff to another player, forward or backward pass, etc.)
- "Tackling"
  - Only way to "tackle" a ball-carrier is to remove their flag.
  - You can't push the player out of bounds or try to knock them down.
  - You are not allowed to obstruct the forward progress of a ball-carrier.
  - You are allowed to contact the receiver on the line within 5 yards. Blocking rules apply here as well.
  - You cannot have contact with the receiver (other than incidental) beyond 5 yards. When defending a pass, you must make a play on the ball only. Contact is required for pass interference to occur.

# Special Teams

- Kicking
  - kickoff all teammates of the kicker must be behind their 30 yard line until the ball is kicked.
  - Receiving team must have at least 4 players between their 30 yard line and midfield. At least 4 receivers must remain in this area until the ball is kicked.
- Punts
  - Fourth down punts may be announced or declared (you can quick-kick unannounced or undeclared on any down).
  - For announced punts, all teammates of the kicker must be within 1 yard of the line of scrimmage.
  - Receiving team must have 4 players within one yard of the expanded neutral zone yard until after the ball is kicked.
  - No receiver can cross or move off the line of scrimmage until after the ball is kicked.

# Overtime

- There is a coin toss to start OT, with the winning captain choosing to go on offense first, defense first, or which end of field to play all overtime periods.
- The loser of the toss chooses from remaining options.
- Each team gets a possession from the opponent's 20-yard line, starting 1st & 10.
- The team with the higher score after both possessions wins.
- Series alternate until one team has scored more points than the other. If after two possessions each, the score is still tied, teams must go for 2 points after scoring a touchdown.
- If the defensive team gains possession of a live ball, the ball becomes dead immediately and the down and series has ended for the offensive team.
- Each team shall be permitted one timeout during each overtime period (a series for A and a series for B)

## Offensive Penalties

Delay of Game	5 yards
False Start	5 yards
Offsides	5 yards
Snap Infraction	5 yards
Illegal Motion	5 yards
Illegal Forward	5 yards
Pass interference	10 yards
Rusher Interference	5 yards
Illegal Pass-Play Contact	5 yards
Flag Guarding	5 yards
Personal Foul	10 yards
Unsportsmanlike	10 yards
Illegal Participation Player out of bounds and/or 8 players at snap)	5 yards

## Defensive Penalties

Holding the runner	5 yards (added to end of run)
Encroachment	5 yards
Offsides	5 yards
Pass interference	Spot foul; first down
Illegal Pass-Play Contact	5 yards
Stripping the ball	5 yards (spot foul)
Personal Foul (bull rush)	10 yards
Unsportsmanlike	10 yards
Roughing the Passer	10 yards
Illegal de-flagging	5 yards