



Game On! Athletics

Tournament Rules & Regulations

3/4 Division

Regulations

For the safety of our youth athletes a mouth guard **MUST** be worn by each athlete during games. An official or coach will require that any athlete without a mouth guard be removed from play until one can be obtained. Game On! Athletics will have mouth guards on-site at each tournament (\$5/mouth guard).

Sportsmanship – There will be no fighting, swearing/cursing, unnecessary roughness, or unsportsmanlike conduct of any kind by an athlete, coach, or spectator. Anyone violating this rule will be asked to leave the playing field and will be prohibited from returning for the remainder of the tournament. The game will be suspended until the violator has complied if necessary.

Rules

Teams are allowed up to two coaches. One coach must identify as the head coach and is responsible for ensuring that rules/regulations are being followed. One coach is allowed on the field during defense and in the offensive huddle.

Clock and Game Procedure:

- Two 20 minute halves
- 2 minute stopped clock - to end each half
- 2 timeouts per team/game (1 per half)
 - 1 minute - clock stopped
- Play Clock: Each team will have 30 seconds to snap the ball after the ball is set for play



Game On! Athletics

Scoring:

- A touchdown earns 6 points
- There are two options for extra point tries:
 - The ball will be placed at the 3 yard line
 - a pass is awarded 2 points
 - a run is awarded 1 point
 - Turnover on a PAT is a dead ball - no points awarded

General/Miscellaneous:

- Number of Athletes – There are to be 5 athletes on the field at a time for both teams.
- Rushing - There will be a 10 yard rush line established. The defense may choose one person to rush. This athlete must raise their hand prior to the snap to designate that they are the rusher. The rusher may leave at the snap to rush the QB. Once the QB has been rushed, they may run or advance the ball. If the rusher does not designate or crosses the rush line early, it is a 3 yard penalty on the same down. The offense can decline the penalty.
 - The passing play will be timed and considered dead at 10 seconds if no rush, hand off or pass has been attempted. This clock will be kept by the official, but not verbally counted. The official will make their best effort to give a warning, but it is the responsibility of the offensive player to be aware of the timing.
 - A play blown dead at 10 seconds will be considered a sack with the ball being placed at the original line of scrimmage.
 - The rusher may not be blocked - this includes intentionally using receiving routes while intentionally interfering with the rusher. This could result in a 3 or 7 yard penalty at the officials discretion. In inadvertent contact will not be penalized.
- Substitutions – Free substitutions are allowed at any time throughout the game when the ball is not in play.
- Flags – Each athlete will wear a GOA provided flag belt. Shirts must be tucked in so that the flags are completely visible. If a flag falls off through no contact of an opposing athlete, the play will be allowed to continue, and any touch will be considered a tackle.



Game On! Athletics

- Possession - A coin flip will be used to determine initial possession. The winner of the flip may choose offense or defense to begin. Each possession will start with the ball being placed on the 40 yard line.
 - After 4th down is completed with no score or no 1st down, the ball will be turned over to the opposing team and they will start on the 40 yard line.
- Tie – Games ending in a tie at the end of regulation time will go into overtime. **The ball will be placed on the 5 yard line and possession will be determined by a coin flip.** On the first possession for each team, they may run or pass the ball to break or retie the score. On the second (and any ensuing) possession(s) for both teams, each team must run a passing play. Each team is only allowed one down, just like a PAT. Teams will alternate possession after the first coin flip of overtime.
- Equipment – No helmets, pads, or other protective equipment will be issued. Plastic or rubber spikes are allowed but not required. **NO METAL SPIKES. NO JEWELRY. MOUTH GUARDS ARE REQUIRED!**

Offense:

- Coaches - One offensive coach is allowed in the huddle
- Downs – The offensive team will have four downs to reach midfield, the 20 yard line which is a first down. This is the only first down opportunity.
- Pass Interference – Definition: Interference on the part of the offense or defense with players attempting to catch the ball. If both players are going for the ball this is not considered a penalty.
- Illegal Blocking – There is no blocking below the waist, flying blocks, or crack back blocks. **All blocks are to be made standing upright with hands clasping the front of the player's own shirt at all times.**
- Holding – An athlete may not grab another athlete on the opposing team and impede his/her movement
- Fumbles – All fumbles (when the ball comes in contact with the field) are considered dead. The offensive team advances to the next down unless the ball carrier passes the first down marker prior to fumble of the ball.



Game On! Athletics

- Exceptions: A fumble between the center and quarterback exchange. The ball will be ruled dead and the down will be played over (no more than one time consecutively).
 - More than one consecutive fumbled snap will result in a loss of down
- Players running the ball must make an attempt to avoid contact if at all possible (if deemed intentional, it is penalized as “charging”)
- Flag Guarding – Flag guarding consists of jumping, diving, or swatting away defender’s hands.
 - If a player is called for flag guarding, the play is stopped and the ball is ruled down at the point of infraction. Therefore, a ball carrier cannot jump, dive, or swat hands away.
 - Spinning IS allowed
- Passing - one forward pass per down that must be thrown from behind the line of scrimmage; lateral (or backward) passes are legal.
- Handoffs - only one player is allowed to be in possession of the ball; no simultaneous possession (option-type plays)
- Snaps - The ball must be snapped between the center's legs. Shotgun/pistol snaps are allowed.
- Receiving - all players are eligible to receive the ball. The Receiver must have at least one foot in bounds when making a catch.

Defense:

- Coaches - One Defensive coach is allowed on the field
- Defensive Off Sides – If the designated (raises hand) defensive rusher crosses the rush line prior to the snap and continues to rush the QB crossing the line of scrimmage at any point in that play it will be deemed a defensive off-sides. This will result in a 3 yard penalty. This applies only to passing plays; once the ball has been handed off or lateralled, the defense may rush the runner.
 - The rusher can designate and cross the rush line prior to the snap as long as they do not cross the line of scrimmage to rush the QB. Quarterbacks can run only if rushed. Plays will be whistled dead after 10 seconds if the quarterback has not thrown the ball or handed off the ball; resulting in a loss of down.



Game On! Athletics

- Pass Interference – Definition: Interference on the part of the offense or defense with players attempting to catch the ball. If both players are going for the ball this is not considered a penalty.
- Holding – An athlete may not grab another athlete on the opposing team and impede his/her movement
- Interceptions - will result in a dead ball with possession of the ball and 3 points being awarded to the defense

<u>3 Yard Penalties</u>	<u>Down</u>	<u>Enforced From</u>
Offside (offense or defense)	Same	Line of Scrimmage
Offensive Motion	Same	Line of Scrimmage
Encroachment	Same	Line of Scrimmage
Too Many Players On Field	Same	Line of Scrimmage
Delay of Game	Same	Line of Scrimmage
Intentional Grounding	Loss of Down	Line of Scrimmage
Illegal Blocking	Same	Point of Infraction
Offensive or Defensive Holding	Same	Point of Infraction
Obstructing the Rusher (minor)	Same	Point of Infraction
Not Enough Players On Line	Same	Line of Scrimmage
Pass Interference Defense	Same	Point of Infraction
Pass Interference Offense	Same	Line of Scrimmage

Same means the same down as the previous play, unless the penalty places the ball past the first down marker, then it becomes a first down.



Game On! Athletics

<u>7 Yard Penalties</u>	<u>Down</u>	<u>Enforced From</u>
Unnecessary Roughness Offense	Loss of Down	Line of Scrimmage
Obstructing the Rusher (excessive)	Loss of Down	Point of Infraction
Unnecessary Roughness Defense	Auto 1 st Down	Line of Scrimmage
Piling/Tackling/Tripping	Same	Point of Infraction
Stiff Arming	Loss of Down	Point of Infraction
Unsportsmanlike Offense	Loss of Down	Line of Scrimmage
Unsportsmanlike Defense	Auto 1 st Down	Line of Scrimmage

Same means the same down as the previous play, unless the penalty places the ball past the first down marker, then it becomes a first down.