



Game On! Athletics

League Rules & Regulations

Regulations

For the safety of our youth athletes a mouth guard **MUST** be worn by each athlete in practice and games. An official or coach will require that any athlete without a mouth guard be removed from play until one can be obtained. Each athlete is provided a mouth guard as part of his/her league registration. Game On! Athletics will have additional mouth guards on-site at each event (\$5/mouth guard).

Sportsmanship – There will be no fighting, swearing/cursing, unnecessary roughness, or unsportsmanlike conduct of any kind by an athlete, a coach, or a spectator. Anyone violating this rule will be asked to leave the field of play. Play will be suspended if necessary until the official or event director have resolved the situation.

Respect - Game On! Athletics will make this league about what it is created for - creating awesome football experiences for our youth. In doing so, we require everyone involved to show respect for all aspects of our game: the players, coaches, officials, and other spectators. Let's keep the focus on a positive experience for our young athletes. Game On! Athletics reserves the right to remove or restrict those who cannot be respectful from participating or being present at our events. Thank you in advance for your cooperation and help in making this a positive experience your athlete will remember in a positive way.



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Rules

Game times will vary by league, but are typically between 5:45 pm and 8:00 pm for start times. We will make our best effort to make sure games start on-time. Should a team not have enough athletes to participate (minimum of 5) at the scheduled game time, that team will forfeit said game. Another option would be for both coaches to work out an agreement for an alternative game to be played with fewer players or by sharing players - as long as games remain on schedule.

Teams need one coach that must identify as the head coach and is responsible for ensuring that rules/regulations are being followed. We allow one coach on the field during defense and one coach is allowed in the offensive huddle. Athletes can be utilized for various positions within the game, however, there are some expectations that are to be followed for league play:

- It is expected that all athletes have even playing time in all positions.
 - This means that one player should not have over 50% of the snaps in the same position.
 - For example: Player A should not play QB/RB for the majority of the game. It is expected and non-negotiable that Player A will also play other positions within the same game and not exceed 50% of the snaps at QB/RB.
 - All athletes should have the opportunity to play these positions and equal opportunity for the season
 - a running back would be anyone receiving a lateral (backward pitch) or hand off
 - This rule has changed from the previous rule which stated that an athlete could only play QB/RB for one half of each game. Due to teams having smaller rosters, we have adjusted this rule. Please be respectful of this rule so we can continue to leave it open and trust coaches to do the right thing.
 - It is still expected that all league players have equal opportunity over the course of the season to play all positions.
- Each head coach is responsible for tracking this and being respectful of what we are striving for within this league. While the honor system is in play here, our officials will also do their best to help keep track of this rule. Thank you in advance for your cooperation.



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- League Games consist of two 15 minute running clock halves. The last one (1) minutes of each half will be a stop clock situation. The clock will stop at halftime. Halftime will be about three (3) minutes in length. The clock will stop with each time-out. Each team is allowed two (2) time-outs per game (1 per half). Each time-out is one (1) minute in length. Official timeouts may be required for equipment problems, injury, or rule interpretation.

Miscellaneous:

- Number of Athletes
 - There are to be 5 athletes on the field at a time for both teams.
 - It is expected that coaches will make an honest and consistent effort to play all athletes fair and as close to equally as possible. Make your best effort as a coach to set all athletes up for success in some way.
- Substitutions
 - Athletes must have the opportunity to play all positions over the course of the season
 - It is expected that coaches provide equal opportunities
 - Substitutions are allowed during any dead ball throughout the game
- Rushing the quarterback
 - There will be a 5 Apple Rush
 - The QB can only run after being rushed
 - The play is blown dead at 10 Apple - 3/4 Division
 - The play is blown dead at 7 Apple - 5/6 Division
- Flags
 - Each athlete will wear a flag belt provided by Game On!
 - 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.
 - a runner is down when their body touches the ground as in tackle football
- Punting and Kicking
 - Not Applicable - no special teams



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Miscellaneous (continued):

- Tie/Overtime
 - Games ending in a tie at the end of regulation time will go into overtime.
 - The ball will be placed on the 3 yard line and possession will be determined by a coin flip.
 - winner may choose offense or defense
 - On the first possession each team may run or pass the ball to break or retie the score.
 - On the second and every ensuing possession each team must pass the ball to score.
 - 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 or allowed
 - Plastic or rubber spikes are allowed but not required.
 - NO METAL SPIKES
 - NO JEWELRY
 - MOUTH GUARDS ARE REQUIRED!

Offense:

- Each possession will begin at the 40 yard line.
- Each touchdown earns 6 points for the offense
- There will be two options for extra point(s) attempts from the 3 yard line:
 - A successful run play into the end zone will earn 1 point
 - A successful pass play into the end zone will earn 2 points.
 - Any Turnover on PAT attempts are ruled dead - no points.
- Offensive Huddles
 - Each team will have a maximum of 30 seconds in a huddle. After 20 seconds have passed the official will notify each coach.
 - One coach is allowed in the huddle



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Offense (Continued):

- The offensive team must have at least 2 athletes on the line of scrimmage when the ball is snapped.
 - All athletes, including the center, are eligible receivers.
 - The quarterback is only eligible after a backward hand off or lateral prior to receiving a pass
- Advancing the Ball
 - The offensive team will have four downs to move past the first down line or across the goal line.
 - There will be one first down - at the 20 yard line
 - After the 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.
- Quarterback-Center exchange
 - must occur between the legs of the center.
 - Pistol or shotgun formations are allowed, but the snap must occur between the center's legs.
- Fumbles
 - All fumbles (when the ball comes in contact with the field) are considered dead at the spot.
 - The down advances to the next down unless the ball carrier passes the first down marker prior to fumbling the ball.
 - **Exceptions:**
 - During a fumble between the center and quarterback exchange, the ball will be ruled dead and the down will be played over
 - 1 retry before loss of down
- Illegal Blocking
 - **All blocks are to be made standing upright with hands clasping the front of the shirt at all times.**
 - There is no blocking below the waist, flying blocks, or crack back blocks.
 - If arms are extended, our officials are encouraged to penalize the offending team
 - Holding
 - An athlete may not grab another athlete on the opposing team and impede his/her movement



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- **PLAYERS RUNNING THE BALL MUST MAKE AN ATTEMPT TO AVOID CONTACT (IE – no running over another player)**
 - Failure to follow this rule can result in removal from games or suspensions
- Flag Guarding
 - Consists of diving or swatting away a 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.

Defense:

- Defensive Offsides
 - The defense must wait 5 seconds before they can cross the line of scrimmage.
 - If the defense crosses the line of scrimmage prior to 5 seconds, it will be considered offsides and will result in a 3 yard penalty. This only applies to passing plays.
 - Quarterbacks can run only if rushed;
 - plays will be blown dead after 7 or 10 seconds if the quarterback has not thrown the ball. (Sack)
- 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
- **PLAYERS ATTEMPTING TO PULL FLAGS MUST MAKE AN ATTEMPT TO AVOID CONTACT (IE – no running over another player)**
 - Failure to follow this rule could result in removal or suspensions
- Interceptions
 - Will be dead ball and play will stop
 - The intercepting team will be **awarded 3 points** and the ball at the 40 yard line



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3 Yard Penalties	Down	Enforced From
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
Holding Offense	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.



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7 Yard Penalties	Down	Enforced From
Unnecessary Roughness Offense	Loss of Down	Line of Scrimmage
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
Clipping	Same	Point of Infraction

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.