



SUMMARY RULES:

- 1) Initial possession decided by a coin toss.
- 2) Games consist of two (2) 20:00 minute halves and 5 minute half- time. The clock runs continuous during both halves.
- 3) Offense always moves in the same direction. Each possession starts on the 40 yard line - going in.
- 4) 7 defenders (may not line up 8 & drop one before snap) and 7 offensive players (must use an "ineligible" center or extra player to). (Offence will have 8 players, only 7 are eligible players)
- 5) A center must snap the ball. The center is not illegible to catch the ball or block and must be a PLAYER
The ball must be hiked by either a conventional or unconventionally method.
- 6) .No running plays allowed, No Handoffs. All plays must be pass play.
- 7) No blocking, No Rushing, NO Jam, No press coverage,
- 8) Illegal contact – the responsibility to avoid contact is with the defense. There will be NO chucking, or deliberate bumping or grabbing. Excessive force by shoving, pushing, or striking a blow will result in player being expelled.
- 9) A player needs ONE foot or body part to touch inbounds to complete a catch.
- 10) 4 downs to make a first down. No-Run Zones precede each first down line by 5 yards (25-20 yard line, 15 to 10 yard line, and 5-goal line).
- 11) First downs are made by crossing the 25 yard line and the 10 yard line.
- 12) 1 point PAT snaps are at the 5 yard line. 2 point PAT conversions will be from 10 yard line.
- 13) Clock starts on snap of ball. 5.0 seconds to get pass off. It will be a loss of down and treated " as a sack if not thrown in time (5.01 or greater). The clock will be stopped on a sack in the final 1:00 of the game.
NOTE: Passes may be thrown behind the line of scrimmage but receiver must advance beyond L.O.S. or play will be treated as a sack.
- 14) Possession changes after: PAT attempt, failure to make a first down; turnover.
- 15) CLOCK WILL STOP during injury and resume when player is safely removed from field
- 16) All offensive formations must be legal sets. (3 players which includes the "CENTER" must be on the line of scrimmage.
- 17) (30) Seconds to get the play off
- 18) One-hand touch anywhere. (Replaced with flag pull do to COVID-19 guidelines)
- 19) No Fumbles Ball is dead if it touches the ground. A muffed snap is NOT a fumble/dead ball
- 20) ONE Offensive coaches allowed on the field behind huddle and out of the field of play, Defensive Coach from the sidelines. (ok to huddle with team on hash near side line)
- 21) FACE COVERING REQUIRED
- 22) No Hurtles