GENERAL RULES

SECTION 1: PLAYERS

1.1 Games will be played between two teams of Seven (7) players.
1.2 Offensive team must have a minimum of 3 (7 on 7) players on the line. Defensive team may use any formation.
1.3 Mandatory Play Rule: All players must start on either offense or defense in every game. Players must play the equivalent to ½ of each game.
1.4 A team will have 30 seconds to put the ball in play after the ready signal.

SECTION 2: PLAYING FIELD

2.1 The field shall measure 80 yards in length, divided into four zones of 20 yards each between two end zones of 10 yards each. The field shall be 40 yards wide.
2.2 A conversion line (marked, by a circle) shall be placed three yards from the goal line and equal distance from each sideline.
2.3 A starting area (marked by an X) shall be placed on each 20-yard line in the middle of the field equal distance from each sideline.
2.4 FIELD EQUIPMENT
   2.4A A marker will be used to indicate the distance to go for a first down.
   2.4B Markers will be used on the front and back of each endzone to designate the endzone.

SECTION 3: GAME BALL

3.1 Each team will use their official team ball during games.
3.2 Sizes: Training Division: Peewee Prep Division: Junior Junior Division: Youth

SECTION 4: GAME UNIFORMS

4.1 All players must be dressed in a uniform provided by the league. Shirts must be worn
4.2 All jerseys must be tucked in.
4.3 Shorts / Pants must be same for the entire team and free of any pockets.
4.4 Athletic shoes with or without rubber cleats may be worn. No metal cleats may be worn.
4.5 All players must wear a mouthpiece at all times when on the field.
4.6 No other equipment, pads etc. may be worn on the field. No jewelry may be worn.
4.7 Any player out of uniform will not be allowed to participate in the game.
4.8 No casts of ANY kind are allowed.

SECTION 5: FLAGS

5.1 Each player must wear a flag belt consisting of three (3) flags.
5.2 Flags must be worn properly and as intended.
5.3 Flag belts must be the appropriate size. There should be a flag on each hip and one on the tail bone.
5.4 Flags must be accessible and not obscured in any way.
5.5 If a player’s flag is inadvertently lost, the player is down when any opposing player touches him.

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SECTION 6: GENERAL RULES

6.1 PLAYERS
A. The free substitution rule is always in effect and a player may enter the game any time the ball is dead.

6.2 TEAM CAPTAINS
A. Each Team will have at least one team captain on the field at all times during the game.
B. The captain will address the referees only on matters of interpretation and to obtain information.

6.3 COACHES
A. One coach may be on the field for both offense and defense.  
   (Training & Prep Divisions Only)
B. During a time-out, two coaches may be on the field.
C. No coaching is allowed after the offense is set.

6.4 TIME
A. There will be two 20-minute halves.
B. Halftime will consist of a 10-minute period.
C. Each team may call three (3) time-outs per game.
D. Two-minute warning: Announced in the 1st half, Clock stops in the 2nd half.
   a. If one team is ahead by 14 points or more, the clock will stop only if a time-out is called.
   b. If one team is ahead by more than 20 points, the game will end

6.5 KICKOFFS
A. There will be no kickoffs; in lieu of a kickoff, each half will begin with the ball being placed at the designated starting area marked on the 20-yard line. The same procedure shall follow a touchdown.

6.6 PUNTING
A. There will be no punts in this league; in lieu of a punt, the offensive team will announce intent to “punt” and the opposing team will take over, first and zone to go 20 yards from the line of scrimmage. When punting from inside the opponent’s 20 yard line, the ball will be placed half the distance to the goal.

6.7 DOWNS (First down and zone to go)
A. Each team will have four consecutive downs to advance the ball into the next zone or to score a touchdown.
B. Once a team advances the ball into the next zone a new series of downs shall begin.
C. If a team fails to successfully advance into the next zone in four downs, the opposing team shall take possession at the point where the ball was declared dead and begin its series first down and zone to go.
D. The forward part of the ball touching any line will be the determining factor in measuring for a first down.
E. At the conclusion of each play the ball will be placed in the center of the field as determined by the center with approval from the officials.
6.8 DE-FLAGGING
A. There shall be no tackling.
B. The player carrying or having possession of the ball is down when the flag is removed from his waist. (Defensive player shall hold the flag above his head and stand still.)
C. The defensive player may not hold or push the ball carrier to remove his flag. Minimal (inadvertent) contact, as ruled by the referee, shall not be considered a violation.
D. A pass rusher must go for the passer’s flag and may not touch the passer’s arm.

6.9 BLOCKING AND PASS RUSHING
A. Blockers and Rushers may not touch at any time.
B. Blockers and pass rushers must stay on their feet at all times.
   1. Players may dive to pull the flag.
C. Blockers must begin in an upright position. (Hands on knees allowed).
D. Blockers may not move to impede a defensive player.
E. Cross body and roll blocking are not permitted.
F. Pass Rushers must start 5 yards from the line of scrimmage.
   1. The goal line will be used if offense is within 5 yards.
   2. If it is a short yardage situation, i.e (4th and 1 yd to go), Defensive pass rushers can move up to defend short yardage plays.

6.10 BALL CARRIER
A. The ball carrier may not use his arms or hands to protect his flag in any way.
B. The ball carrier may not run into any defensive player.
C. Stiff-Arming is not allowed.
D. Ball carrier may not hurdle to prevent a defensive player from removing the flags.
E. Ball carrier may run in any direction until ball is declared dead.
F. Ball carrier may spin.

6.11 CENTER
A. The center must snap the ball between his/her legs to a backfield player.
B. Both feet must be parallel to the line of scrimmage with no part of his body beyond the ball.

6.12 PASSING
A. All players are eligible passers.
B. Passing will be attempted from behind the line of scrimmage only. Multiple passes are allowed behind the line of scrimmage if pass is thrown as a lateral (meaning backwards).
C. A lateral pass is not considered a forward pass. A lateral dropped in the endzone will be considered a Safety.
D. A forward pass is a pass thrown from behind the line of scrimmage toward the defensive team’s goal line.

6.13 RECEIVING
A. All players are eligible to catch a forward pass.
B. As long as the 1st foot is in bounds, a catch shall be legal.
C. If offensive and defensive players catch a ball simultaneously, the ball is declared dead, and possession shall be awarded to the offensive team.
D. An offensive player may not leave the field of play and return, “in-bounds” to catch a pass. In this event, the pass shall be declared incomplete.

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6.14 DEAD BALL
-All balls touching the ground are immediately dead.

A. When the ball carrier touches the ground with a part of his body other than hands and feet.
B. When the ball carrier’s flag has been pulled.
C. If a pass receiver or ball carrier has a missing flag and is touched by an opposing player
D. Following a touchdown, safety, or touchback.
E. When the ball goes out-of-bounds.
F. If the center snap hits the ground before reaching a backfield player.
G. If the ball is fumbled and hits the ground.

SECTION 7: SCORING VALUES

7.1 TOUCHDOWN
7.2 POINTS AFTER TOUCHDOWN
   Running 1 Point
   Passing (Any Forward Pass) 2 Points
   Turnover Returned for a TD 2 Points

7.3 SAFETY 2 Points
7.4 FORFEIT Score shall be 1-0

SECTION 8: TIE GAMES

In the event of a tie, a coin will be tossed to determine possession. The ball will be placed on the 20-yard line and the offensive team will be given four downs to score. After the four downs, the opposing team will be given the same opportunity. The team with the ball first will play defense first in the second overtime and vice versa. This process may be repeated twice. The team to score without answer from their opponent shall be declared the winner. If in regular season no winner is determined after two overtime drives, the game will be ruled a draw. In playoffs games will be played until a winner is determined.

SECTION 9: INJURIES

All injured players must leave the playing field for a minimum of two plays, and the injury must be reported to league personnel before re-entry.

SECTION 10: PRACTICES

Practices should not last more than one hour on weekdays or 1½ hours on weekends. Teams may have no more than three scheduled events in any week. An event is defined as a practice or game.
SECTION 11: PENALTIES

11.1 LINE OF SCRIMMAGE
A. Offside – Offense or Defense 5 Yards
B. Illegal Snap 5 Yards
C. Delay of Game (30 Second Rule) 5 Yards
D. Illegal Motion 5 Yards
E. Illegal Formation, Offense 5 Yards

11.2 PASSING
A. Passer crosses line of scrimmage 5 Yards & L.O.D.***
B. Intentional Grounding 5 Yards & L.O.D.
C. Offensive pass interference 10 Yards & L.O.D.
D. Defensive pass interference Automatic 1st down at spot

11.3 FLAG WEARING & DE-FLAGGING
A. Tackling 10 Yards & Ejection Warning
B. Wearing Flags Illegally 10 Yards & L.O.D.
C. Flag Guarding 5 Yards & L.O.D.
D. Holding, pushing, hitting ball carrier 10 Yards

11.4 ILLEGAL HAND-OFF
A. Ball handed forward past line of scrimmage 5 Yards & L.O.D.

11.5 ILLEGAL SUBSTITUTION
A. More than the allotted players on the field 5 Yards
B. Substitution during a live ball 5 Yards

11.6 BLOCKING
A. Leaving Feet to Block 10 Yards & L.O.D.
B. Screening 10 Yards & L.O.D.
C. Illegal use of hands/Holding (Offense or Defense) 10 Yards
   a. L.O.D. for Offense
D. Clipping 10 Yards & L.O.D.

11.7 BALL CARRIER
A. Stiff-Arming 10 Yards from spot & L.O.D.
B. Charging (running into defensive player) 10 Yards from spot & L.O.D.
C. Flag-Guarding 5 Yards from spot & L.O.D.
D. Hurdling 5 Yards from spot & L.O.D.

11.8 UNNECESSARY ROUGHNESS
A. Offensive or Defensive 10 Yards & Warning
B. If Repeated Ejection

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11.9 UNSPORTSMANLIKE CONDUCT**

A. Fighting 10 Yards & Expulsion
B. Inappropriate flag pulling 1st Down & Warning*
C. Insulting or abusive language 10 Yards & Warning
D. Interference with game, coach etc. 10 Yards & Warning
E. Inappropriate conduct (fans) 10 Yards & Ejection**

* Warnings will be followed by an Ejection and Suspension.
** Officials have the authority to issue a forfeit if ejected fans do not leave.
*** L.O.D. = Loss of Down

**NOTE: All Player / Coach Ejections will result in a two (2) game suspension, in which coaches may not be at the fields. Any further ejection will result in expulsion from the league. Fighting will be an automatic expulsion from the league for the season (if it is in the playoffs then it will be for next season).