

## **I. The Game, Field, Players and Equipment**

- A. GAME TIME IS FORIET TIME.
- B. The game shall be played between 2 teams of 7 players each. Six players are required to avoid a default.
- C. The first downs are achieved by crossing the "zone line to gain." Zone lines are 20 yards apart.
- D. Men must use an official adult size & weight football, while women have the option to use an intermediate size football.
- E. The official field is 40 yards X 80 yards, with 10 yards end zones.
- F. Shirts must be long enough so they remain tucked in the pants or shorts. It must remain tucked in at all times.
- G. Shoes: All players must wear athletic shoes made of soft-soled, leather, canvas composition, or football cleats. Metal spikes, baseball style, spikes, and cleats with metal exposed are prohibited. Any player caught wearing spikes will not be allowed to participate.
- H. Pads or braces: No pads or braces may be worn above the waist. Leg and knee braces made of hard unyielding material must be covered on both sides at all times.
- I. Towels may not be attached at the player's waist.
- J. Women can play in the Men's League.

## **II. Captain's meeting**

- A. A coin toss shall be conducted during the captain's meeting. The captain winning the toss shall have these options:
  - 1. Offense/defense or the side a team wants to defend.
- B. In the second half both teams shall switch sides and the team who picked offense first will play defense at the start of the second half.

## **III. Periods, Time Factors, Substitutions**

- A. Playing time shall be 40 minutes, divided into two halves of 20 minutes each.
- B. **The clock will run continuously for the first 37 minutes of the game. The clock will be stopped for an injury time out, official's time out, team time out, a touchdown or extra point. Clock will restart after the official has placed the ball in play, not at the snap of ball.**
- C. During the **final 3 minutes of the 2nd half**, the clock will operate under regular high school football rules.
- D. Each team is entitled to two 60-second time-outs throughout the entire game.
- E. The ball shall be put in play within 25 seconds after it is declared ready for play by the referee.
- F. Games ending in a tie during the regular season will remain a tie.

## **IV. Overtime: "Only During Playoffs"**

- A. The officials will administer a coin toss to determine offense/defense or side. The winner of the coin toss will choose one of those options.
- B. The first team on offense will have 4 downs to score a touchdown from the 20-yard line. If defense intercepts the ball and scores a touchdown the game is over. If the player who intercepted the ball fails to score the defensive team will take over at the 20-yard line and will have 4 downs to score.
- C. If a team scored a touchdown they shall try for an extra point at the 3-yard line for one point, 10-yard line for two points or 20-yard line for three points. The defense can intercept and score 1, 2 or 3 points. The defense will now have the opportunity to win from the 20 yard line with 4 downs.
- D. If both team scored and is still tied the tie breaking process continues with 4 downs starting at the 20 yard line. The team on defense first in the first round of overtime will be on offense and the team on offense first in the first round of overtime will be on defense.
- E. If both teams fail to score during the first overtime process the second overtime process will start on the 10 yard line and each team will only have two downs to score a touchdown. The team on defense first will be on offense for the second over time.
- F. If both teams scored and the game is still tied during the second over time the over time process will remain the same (start at the 10 yard line with 2 downs to score a touchdown).
- G. If both teams failed to score in the second overtime, the third over time process will start at the 3 yard line and each team will have one down to score a touchdown.
- H. Overtime process shall be used in all divisions.
- I. No time outs during overtime. Time outs not used in regulation will not be carried over.

## V. Ball in Play, Dead Ball, Out of Bounds

- A. A player or non-player is out of bounds when any part of him/her touches anything, other than another player or a game official which **is on or outside the sideline or end line**. The player touching the line is out of bounds. **The line is out!**
- B. When any part of the runner other than a hand or foot touches the ground the ball is dead. (Knee, shoulder, elbow= deadball!
- C. Only one forward pass is allowed. When a backward pass, fumble, or snap touches the ground the ball is dead and the ball is placed at the spot of the fumble.
- D. When a runner has a flag belt removed legally by a defensive player the ball is dead.
- E. When a runner has a flag belt partially removed and then the flag drops to the ground the play shall be dead and the ball will be taken at the spot where the flag fell.
- F. If a flag belt inadvertently falls to the ground, a one hand tag between the shoulders and the knees constitutes a deadball.
- G. Diving head first with the ball at any time shall not be allowed. 5 yard penalty at the spot of the foul if there was no contact. 10 yard penalty if the diving player contacted another player. Diving to catch a ball is legal. A defensive player diving to deflag an opponent is legal.
- H. Hurdling another player is illegal: Jumping off the ground with two feet is illegal. 5 yard penalty non contact. 10 yard penalty for illegal contact.
- I. Spinning is legal only if the runner is in control. If contact is made it will be the judgment of the official to decide whether illegal contact was made. Incidental contact will occur.
- J. Jamming another player is illegal. Setting picks is illegal as well. 10 yard penalty for illegal contact.

## VI. Punts

- A. **When a punt touches the ground on or anywhere in a playable area, any player on the receiving team may pick up the ball and run with it. If a receiver tries to catch the ball but drops it the ball is dead and the spot is taken where the ball hit the ground.**
- B. If a punt touches the ground that is behind the goal line a player may catch the ball and advance or down the ball; whistle is blown and play is stopped immediately (touchback). A touchback will be awarded to the receiving team. It's a change of possession and the ball is placed on the 15-yard line. Clock shall continue to run unless it's the last 3 minutes of the game.
- C. At least 4 players of the receiving team must be within 1 yard of the punt after the ball is ready for play and until the ball is kicked.
- D. There are no on-side kicks.
- E. When a punt is to be made, the kicking team must announce to the referee of its intention.
- F. The kicker must be at least 5 yards or more behind the scrimmage line. **The Kicker in one continuous motion must kick the ball. Penalty: Delay of game. 5 yard penalty, repeat 4th down.**
- G. Both teams must have at least 4 players within 1 yard of their scrimmage line and remain motionless until the kick is made (arms must be to the player's side).

## VII. Snapping, Handing, and Passing the Ball

- A. The offensive team must have at least 4 players on the line of scrimmage at the snap. The 4 players must have at least one foot on the line of scrimmage. The defensive line of scrimmage is 1 yard off the ball.
- B. 3 point or 4 point stances are illegal. (illegal procedure= 5 yd penalty from the line of scrimmage.)
- C. No direct snaps are allowed. The receiver/QB must be in shot gun formation.
- D. After the ball is ready for play, all offensive players must momentarily be within 15 yards of the ball before the snap.
- E. All players of either team are eligible to touch or catch a pass.
- F. Only one forward pass can be thrown per down.
- G. A player must have at least a foot in bounds on all catches.

## VII. Scoring Plays and Touchbacks

- A. Extra points: From the 3 yard line is worth 1 point, from the 10-yard line is worth 2 points and from the 20-yard line is worth 3 points.
- B. A safety is worth 2 points.

- C. A defensive player intercepting a ball and running it back for a touchdown will be worth the extra point (Whether it's 1 point, 2 points or 3 points).
- D. Once a player scores a touchdown an official shall remove the flag to ensure equipment is legal.
- E. Clock will stop after a touchdown and during the extra points. Clock will not restart until the official blows the whistle to put the ball back in play.

## **IX. Blocking**

- A. Offensive Screen
  - 1. The offensive screen block shall take place without contact.
  - 2. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back.
  - 3. Any use of the arms, elbows, or legs to initiate contact during an offensive player's screen is illegal.
- B. Defense
  - 1. Defensive players must go around the offensive player's screen block.
  - 2. The arms and hands may not be used to contact an opponent except when capturing a flag belt or tagging a runner without a belt.
  - 3. Attempting to steal, punch or strip the ball from a player is illegal.
  - 4. Holding, pushing, or tackling a runner is illegal.
  - 5. Grabbing on to the shirt is illegal: 10 yard penalty.
  - 6. The swim maneuver is prohibited and shall be deemed illegal. 10 yard penalty.
- C. Offense
  - 1. Guarding of the flag belts with any part of the body to avoid being deflagged is illegal: 10 yard penalty.
  - 2. A player is not allowed to "stiff arm" a defending to avoid being deflagged: 10 yard penalty.
  - 3. A player may not deliberately drive or run into an opponent, or lower their head and shoulders, causing any contact: 10 yard penalty.
  - 4. An offense player shall not hurdle, take off with both feet, dive head first towards a goal or a defense player(s) who is in front or around defense players to avoid a deflagging: 5 yard penalty no contact, 10 yard penalty with contact.

## **X. Quarterback**

- A. Defensive players may not push, pull, hold, tackle, trip, or hit a quarterback while he/she is attempting to make a play. (Roughing the passer, 10 yard penalty from the previous spot, automatic first down.)
- B. Quarterback may not push, flag guard, or stiff arm a defensive player while he/she is trying to go for the flag. (10 yard penalty at the spot of the foul (repeat down).

## **XI. Sportsmanship: Conduct of Players, spectators and fans**

- A. **"City-County Athletic Complex (CCAC) Staff reserves the right to deny participation to anyone (player or spectator) that fails to demonstrate proper sportsmanship."**
- B. **The CCAC Program Director at the time of play shall have the power to make decisions on any matters or questions not specifically covered in the League Rules.**
- C. **"Any protest or player ejection ruling will be reviewed by the CCAC Program Director. The CCAC Program Director will make the final ruling on these issues and matters not covered in the League Rules.**