



Section 1: Player Eligibility & General Rules

Player Eligibility

1. Players shall be age eligible for the entire season if they are age eligible on the day of the first scheduled game in a season.
2. Only players rostered by JWYS may participate in organized team activities and only for the team rosters on which they are assigned.
3. An ineligible player is one who is legally a member of the team but who is ineligible to play in a particular game or games because of an infraction of the rules, or because of a previous violation or disciplinary action. It is the duty of the head coach to keep a record of his ineligible players.
4. An illegal player is one that is not a legal member of the team (registered and rostered.) Playing illegal players will result in forfeiture of the game.
5. A player may be rostered to only one team per season in each eligible age division.
6. Players may “play up” in higher age divisions but are never allowed to “Play down” - no exceptions.

League Policy

1. The team’s head coach may dispute any rules interpretation but may not protest discretionary calls of the officials.
2. No adult, other than the head coach or game officials, will be allowed on the field during the game without the consent of the officials.
3. If any head coach, assistant coach, player, or spectator conducts himself/herself in a manner that is deemed to be unsportsmanlike, the GameDay Manager or Head Official may institute penalties on the team including yardages, loss of down, ejections, game forfeiture, season

suspension or league banishment. He/she may be removed from the game and the field in the sole discretion of the official or its league representatives.

4. Any use of tobacco products, alcohol or other legally banned substance per school, state, and federal law, may result in automatic forfeiture for team and venue expulsion for guilty party. Individual committing infraction is subject to permanent league banishment.

5. If, in the opinion of the officials, a player, head coach or assistant coach commits any act which may maim or injure an opposing player, if deemed deliberate, will be ejected from the game. Players or coaches who are ejected may not return to the game. An ejected player or coach must immediately leave the venue and shall not participate further in the game. JWYS reserves the right to institute penalties based on the severity of the infraction for any player, coach or spectator that is ejected from a game up to and including banishment from the league and legal action.

6. Concussions: Any player receiving contact to the head must be removed from the game for at least one play allowing the coach/parent to assess for symptoms of concussion. If the official, coach, or parents suspect that a concussion has been sustained, the player must be removed from play until he/she is evaluated by a medical professional and provides the league written clearance to resume activities. Officials may not see contact to the head during play, therefore, coaches and the player's parents also have a responsibility to identify any player that has sustained abnormal contact to the head and inform the official(s).

7. This is not the National Football League (NFL.) We do not use instant replay in any form. No photos or videos shall be used to contest or overturn an official's ruling during the game – no exceptions. Any concerns regarding misinterpretation or misapplication of rules or penalties must be voiced by the head coach prior to the snap of the next play.

8. No videotaping of opponents' games or practices is allowed. Teams that violate this league policy will forfeit future games in the discretion of the league commissioner.

Section 2: Pre-Game

1. A coin toss will be held to determine the opening kick-off. Game officials and team captains will meet at mid-field for pre-game instructions. One member of the visiting team will call

the toss, and the winner of the coin toss may elect to kick-off or receive (no deferrals allowed.) The opponent will elect which goal to defend during the first half and will receive the kick-off to start the second half. Teams will switch end zones at half time.

2. The offensive team has four (4) downs to cross midfield. If a team crosses midfield, it has an additional four (4) downs to score a touchdown.

3. If the offensive team fails to cross midfield or score at the end of the 4th down (after assessment of penalties,) the opposing team takes possession at the spot of the turnover.

4. Teams with 3 or fewer players at the time of kick-off shall automatically forfeit the game. Although the coaches may choose to scrimmage during their allotted game time.

5. Teams must field a team of at least 4 rostered players to play a scheduled game. The opposing team shall not be punished with a reduced roster and is allowed to field all five allotted players.

Game officials are to conduct an equipment check of both teams prior to the coin toss. Officials will

check to ensure that the following requirements are met:

1. Jerseys are tucked in.

2. Shorts have no pockets (or pockets have been sewn/taped shut.)

3. No jewelry is being worn by the players (watches, bracelets, necklaces, etc. Earrings must be removed. New piercings are NOT an exception.) Medical bracelets are allowed.

4. Players have mouth guards and must wear them during play. Mouthguards must be fully in the mouth before snap of the ball. Repeated offense will result in a unsportsmanlike penalty.

5. Flags are properly worn outboard at the hips. Flags to be placed slightly in front of or behind the hip bone.

6. Cleats do not have metal spikes.

7. Players are not allowed to wear anything that may be dangerous to other players. Any casts or braces made of fiberglass, plaster, metal, or any other non-pliable substances are not allowed.

8. Only beanies or softshell helmets are allowed to be worn on the field. No other hats are permitted. Soft Shelled helmets must be fastened correctly under the chin.

9. No sunglasses may be worn (prescription glasses are allowed, rec. specs are recommended.)

10. Soft/padded helmets designed to protect players heads are allowed.

11. No Go-Pros or other recording equipment may be worn by the player.

Section 3: Field & Equipment

Playing Field

The field size is 25 yards by 70 yards including a 10-yard end zone at each end. Every field will have a midfield line -to-gain (First Down) and no-running zones that precede each line-to-gain by 5 yards.

Player Equipment

1. The league will provide an official game ball that must be used by both teams during scheduled games. No other ball will be authorized for use during games.

6U and 8U will use a Pee-Wee size ball.

10U, 12U and 15U will use a Junior size ball.

U17 will use a High School Regulation size ball.

2. The league provides each player with an Official NFL Flag belt, which must be worn during games. No other flag belt besides the Official NFL Flag belt may be used.

3. Flags must be worn "outboard" on each side of the player's hips slightly forward or behind the hip bone.

a If flags are worn out of position to the point where it is at a disadvantage to the defense (i.e., one flag is behind the player, or the flag belt is rotated during play) the game official (once the flag position is recognized) will blow the play dead as if the flag were pulled.

i This rule still stands If the defense misses the flag, causing the belt to rotate as it is now at the defenses disadvantage.

ii These calls will be made at the sole discretion of the game officials and may

vary based on situation.

4. The league provides each player with an Official NFL Flag Football jersey, which must be worn during games. In the event the opposing team uniforms are similar in color, the visiting team will wear the secondary color. The league may sanction alternate team jerseys in the discretion of the commissioner providing that the entire team wears identical looking jerseys. Unless it is physically impossible, jerseys must be always tucked in during games.

The commissioner may allow an alternate jersey in the event that league provided equipment is not available.

5. Pants or shorts with pockets must be taped. Belt loops are not allowed. Short/Pant colors and tape colors must contrast with player flag colors.

6. Every player must wear a protective mouthpiece during games. No player will be allowed to play without a mouth guard.

7. Players must wear shoes. Cleats are recommended, however metal cleats are not allowed.

8. Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed.

9. Players must remove all watches, earrings, and any other jewelry that the officials deem hazardous.

Section 4: Teams & Eligibility

1. Teams will vary in size in the discretion of the league organizer.

2. All players must be registered with the league and rostered to the team. Playing with unregistered or un-rostered players will result in immediate forfeiture and potential league suspension.

3. Teams are required to report to their assigned field of play by the scheduled start time or face possible forfeiture.

Section 5: Regulation Play and Game Clock

1. Games consist of two 20-minute halves. Halftime is 2-minutes. Teams change ends to begin the second half.

2. The clock runs continuously during the first half and second half unless a time-out is called, or officials pause the game for official reasons.

3. The offensive team has 30 seconds (by the referee's count) to snap the ball after the ball spot. The offense may snap the ball at any time after the referee has completed the ball spot whether the defense is ready or not, except on the first down following a change of possession. There will be no hurry up offense allowed for the first play following a change of possession. The referee will warn the offensive team when there are 10 seconds left on the snap count clock.

4. A ball spot is completed when the ball has been spotted and the rush marker has been established. This establishes the line of scrimmage for the offense and the rush marker for the defense.

5. Each team has one 60-second time out per half that can be used at any time prior to a ball snap. Unused time-outs are lost and cannot be carried forward.

6. Officials can stop the clock for an injury, pet on the field, or at their discretion to support the safety of the players or spectators.

7. Neither the first nor second half shall end on a defensive penalty. The offense will have the opportunity to repeat the last down with all penalties assessed. In the case of offsetting penalties at the end of either half, the down will be replayed. Offsetting penalties will be assessed from the point of first infraction. (Coaches may accept or decline penalties. If defensive penalty is declined, half will end.)

8. Extra point conversions are an un-timed down in the last two minutes of the game. If an extra point conversion may change the outcome of the game, the extra point conversion shall be played even if the game clock has expired.

Dead Ball

1. Substitutions may be made on any dead ball.

2. Play is ruled "dead" when:

a. The ball touches the ground (except for kick-off and punt returns.)

b. The Ball carrier's flag is pulled.

- c. The Ball carrier's flags are noticed to be out of correct position (see section 3.3)
- d. The Ball carrier steps out of bounds.
- e. The Ball carrier's knee, elbow, hip or backside touches the ground.
- f. When a touchdown or extra point is made.

Section 6: Coaches

1. Coaches are volunteers whose role it is to help young people learn to play and enjoy football. Parents are encouraged to support their youth and their coach at all times.
2. Only one coach in the 6U and 8U age division is allowed on the field at any one time to assist players with their positions and play calling. Verbal direction may be given during plays.
 - a. 6U: At the snap, on-field coaches must be 3 yards behind their nearest player and avoid physical interference during the play.
 - b. 8U: At the snap, on-field coaches must be 5 yards behind their nearest player and avoid physical interference during the play.
3. Coaches of all other age divisions may not come on to the field of play during a game unless a player is injured. Coaches or parents who come on the field of play anytime during a game will be assessed a team penalty. A sideline warning may be issued in the discretion of the game official after which the following penalties will result:
 - a. Coach or parent on the field during live action = unsportsmanlike conduct penalty.
 - b. Coach on the field during a dead ball = delay of game penalty.
4. Coaches are expected to adhere to all coaching guidelines and codes of conduct.

Section 7: Conduct

1. Only the head coach may address the game officials.
2. Coaching staff is responsible for the conduct of their sidelines, including spectators.
3. Coaching staff must remain on their sidelines.
4. Contact is limited to incidental contact that is a normal part of flag football.
5. Players are expected to behave in a civil manner. Flag slamming, flag throwing, or other uncivil acts will result in a verbal warning for the first offense and an unsportsmanlike

conduct penalty for each subsequent offense. Players must return a pulled flag to the offensive player's team after a tackle.

6. Taunting, trash talking, cursing or other offensive language or behavior by players, coaches or their fans will result in an unsportsmanlike conduct penalty for the first offense and possible forfeiture for the second offense. Use of the F-Word is grounds for immediate ejection. Any person ejected for language, as long as they exit the venue in a civil manner, will be allowed to return if they have a 2nd game on the same day.

7. Reckless play deemed by the game official to be potentially dangerous or harmful (e.g., elbowing, cheap shots, roughing, pushing out of bounds, etc.) will result in an unsportsmanlike conduct penalty. Two such acts committed by one player during a game will result in automatic ejection.

8. Play that is deemed by the game official to be intentionally malicious (e.g., fighting, attempted punching, clothes lining, blatant tackling with no effort to pull flags, etc.) will result in an unsportsmanlike conduct penalty and player ejection. Two such acts by one team during a game will result in immediate forfeiture and potential league sanctions for future games.

9. Players, teams, or coaches who are found to have intentionally cheated will forfeit their game and be suspended until addressed by the league commissioner.

10. Players, coaches, or spectators who are ejected from a game, must vacate the premises. Failure to do so will result in game suspension, game forfeiture or league banishment. In the case of an unaccompanied minor, player will report to the main tent and remain there until the conclusion of the game, or a parent arrives.

11. Sportsmanship is paramount to the JWYS program. The head coaches and all players must participate in the postgame handshake immediately following the conclusion of the contest or be subject to a one game suspension in the sole discretion of the commissioner.

12. The league commissioner, Head Official, and game officials have the authority to suspend play and declare a forfeit if players, fans and/or coaches behave in a manner that is threatening, dangerous or violates the published code of conduct.

13. Field supervisors, game officials, security or other JWYS Football representatives will

make reports to the league commissioner of conduct violations by anyone at any JWYS event. In addition to the penalties assessed during a game, conduct violations may carry these additional penalties in the discretion of the commissioner:

- a. Intentional Unsportsmanlike conduct – 8-day suspension from practice and play.
- b. Ejection from a game – 8-day suspension from practice and play.
- c. Physically threatening an official – season suspension.
- d. Hitting an official – season suspension, possible league banishment.
- e. Public intoxication – season suspension.
- f. Fighting/physical threats (on or off the field) – season suspension or league banishment.
- g. Second offense of a or b – season suspension.

14. For safety reasons, spectators must be seated a minimum of 2 yards behind the sidelines. And may not be seated around either end-zone.

Section 8: Kick- Offs

1. The game shall commence upon the referee's whistle to begin the kick-off. The kicking team will have 10 seconds from the whistle to kick the ball. If kick is not made, a Delay of Game penalty will be assessed – 5 yards. The Kick-Off shall take place as indicated by the age group below:

6U: Kick off occurs at midfield.

8U: Kick off occurs at midfield.

10U and 12U: Kick off occurs at the 12-yard PAT line.

15U: Kick off occurs at the 5-yard line.

2. The ball will be considered live until it is touched by a defender, travels out of bounds, the ball carrier for the returning team has been tackled, or if the referee blows their whistle.

a. For player safety, the official may call a dead ball if they believe a collision may occur while opposing players are attempting to get control of a live ball that is on the ground. These calls are solely discretionary and may not be argued or overturned.

3. Any kick-off or punt that breaks the plane of the goal line shall be ruled an automatic touchback.
4. No turnovers may occur on kick-off or punt returns, unless a lateral pass is intercepted, or safety occurs.
5. The kicking team must be lined up on the ball, remain on sides, and may not run during the kick/punt until the kicker or punter has kicked or punted the ball.
 - a. The kicking team may not get a running start on kickoffs.
 - b. Violation of this rule will result in a 5-yard false start penalty enforced after the kickoff.
 - c. This rule is in place to limit contact related injuries on kickoffs due to the kicking team getting a running start.
6. Coaches are encouraged to develop kicking and receiving skills in the participants. These rules have been adapted to penalize teams that do not play within the spirit of the game.
 - a. Kicking the ball out of bounds (sidelines) in an intentional manner to prevent a return is unsportsmanlike and subject to penalty under section 1.2.3.
 - b. If the ball is kicked out of bounds (sidelines) beyond the midfield line in an unintentional manner without being touched, the receiving team will be awarded 1st down at a spot 7 yards behind the midfield line except in the case of punts.
 - c. If the ball is kicked out of bounds (sidelines) before the midfield line in an unintentional manner without being touched, the receiving team will be awarded 1st down at a spot where the ball left the playing field.
 - d. If the ball is touched by the kicking team before the midfield line, the receiving team will be awarded 1st down at a spot where the ball was downed by the kicking team.
7. If a kick-off fails to go 7 yards, the receiving team will be awarded 1st down at a spot 7 yards behind the midfield line.
8. In the U6 age group, no safety will be awarded during punt and kick returns. The ball will be spotted at the 5-yard line.
9. Touchbacks will be spotted at the 5-yard PAT line.

Section 9: Spotting the Ball

1. The ball is spotted at the location of the ball at the time the flag is pulled, or the play is called dead. Note: The ball-carrier can stretch the ball forward but cannot leap or dive to advance the ball. This will result in a leaping penalty.
2. If a ball carrier's flag falls out while running, the ball is marked at the spot where the ball is.
3. Players that start a play without a flag or lose their flag during play can receive a pass but cannot advance it. The ball is spotted where the catch occurred. (Intentionally pulling a player's flag before a catch is made will be assessed a penalty for illegal flag pull.)
4. The play is ruled dead when the ball makes contact with the ground. In the case of a fumble, the ball is spotted where the player last controlled the ball. In the case of the center muffing a snap, the ball will be spotted at the spot where the lost snap occurred.
 - A) Example 1: A player fumbles the ball forward. The ball is spotted where the player lost control at the time of fumble, not where the ball lands.
 - B) Example 2: A player muffs a snap while standing in the end zone, this will be a safety. (does include punter during a punt.) Safety will be assessed.
 - C) Example 3: A center hikes the ball over the head of the QB who may or may not touch the ball. The ball is spotted where the ball lands.

Section 10: Hiking the Ball

1. The ball must be snapped between the legs to start play.
2. Center sneak plays are not allowed. Note: A center sneak is any play in which the ball is transferred immediately to the center from the player receiving the snap. A center must take at least one step forward to be eligible to receive a legal forward pass or one step backward to be eligible to accept a legal handoff or pitch.
3. The ball can be hiked from the center to any offensive player.
4. The ball must be snapped from the spot where the referee places it but can be moved one time 5 yards to the left or 5 yards to the right of where the referee places the ball. Once the ball is moved it cannot be moved back unless the offense uses a time out.
5. Any number of offensive players may shift prior to the snap but only one player on offense is

allowed in motion when the ball is being snapped. The player in motion may only run parallel with the LOS and may not run towards or pass the LOS until the ball is snapped. All other players on offense must be set during the snap.

6. Only one QB may be positioned under center to receive the snap. The use of two offensive players under center in a manner that disguises the location of the ball during the snap will result in a false start penalty.

Section 11: Running the Ball

1. Any player receiving a hand-off or a pitch behind the line of scrimmage is eligible to run the ball.

Note: A pitch may be tossed or thrown underhand or overhand to a player positioned behind the player pitching it.

Note: A hand-off is a direct exchange of the football from one player to another.

Note: Only one forward hand-off per snap. Forward hand-off is defined as moving forward beyond the forward most grounded foot.

Note: When two or more hand-offs are performed in quick succession, in every case, the player handing the ball off must completely release the ball. Having a player simply touch the ball while it is in possession of another player does not constitute a hand-off. Only 1 hand-off can be in a forward motion.

2. The player receiving the snap is eligible to run only after a rusher crosses the line of scrimmage. Running is never allowed when a play starts in a no-run zone, except that the player receiving the snap may run if a defensive rusher crosses the line of scrimmage. (Note: it is not the responsibility of the Quarterback to know if the rusher is legal or not.)

3. Once the ball has been handed off or pitched, all defensive players are eligible to rush the ball carrier regardless of their position prior to the snap.

4. Pitches (in a backward motion) are allowed once the ball has crossed the line of scrimmage. However, a pitch that occurs beyond the line of scrimmage in a forward motion will be assessed an offensive penalty for illegal pass from the point of infraction.

5. No-Run Zones are located 5 yards from each end zone and 5 yards from midfield. A passing play is required when the ball is spotted in the No-Run zone. Any play that is initiated in the

No-Run zone must start with a forward pass beyond the line of scrimmage from the person that received the snap. The No-Run zone only applies to the current line to gain. (For example, if a team has been awarded a first down, the next line to gain is the end zone and the 5 yard NoRun zone preceding the midfield line no longer applies.)

6. The rules relating to the No-Run zone do not apply to the 6U age group.

7. If a player missing a flag takes a handoff, the play is ruled dead at the spot of the ball when the player receives the handoff.

8. The ball may not be stripped from the runner or receiver.

a. If any defensive player attempts to strip the ball from the ball carrier with no effort at all to pull the ball carriers flag – the defensive player will be given an unsportsmanlike conduct penalty.

9. Any offensive player advancing the ball while running must make a visible attempt to avoid a defender in an established position or receive an unsportsmanlike penalty. An established defensive position means that both feet of the player are established on the ground and the player is not moving. (Similar to a charge in Basketball.)

Section 12: Passing the Ball

1. All forward passes must be in front of the Quarterback's front foot. Excludes No-Run zone as it must be beyond Line of Scrimmage.

2. A forward pass must move in the direction of play and cannot be "dropped" vertically from the QB's hand to that of a receiver.

3. Shovel passes are allowed and subject to all the rules pertaining to forward passes.

4. Only one forward pass is allowed per play, and the passer must be entirely behind the line of scrimmage. Only one forward hand-off is allowed. Forward is defined as in front of the forward most grounded foot.

5. The quarterback has 7 seconds to handoff or pass the ball. After 7 seconds, a penalty flag will be thrown, and the play will be ruled dead. If a rusher crosses the line of scrimmage, the 7-second clock is still in effect and will continue until the quarterback passes the ball, hands it off, or runs across the line of scrimmage.

6. Interceptions may be advanced including those made during extra point conversions and during

overtime. If the interception occurs during an extra point attempt and results in a score, the intercepting team will be awarded two (2) points and receive the following kick-off.

Section 13: Receiving a Pass

1. All players are eligible to receive forward passes or pitches.
2. A player must have one foot inbounds when making a reception. If a player receives the ball while in the air, the first foot to touch the ground determines in-bounds or out-of-bounds in the official's sole discretion. If both feet land simultaneously while straddling the out of bounds line, the receiver shall be awarded a reception.
3. An offensive player who voluntarily runs out of bounds during live action may not return to the field of play until the ball is dead.
4. An offensive player who is forced out of bounds during live action by contact with a defender may return to the field of play during live action without penalty. The defender is allowed contact with an offensive player within 2 yards of the line of scrimmage. Hands to the face or neck area, driving the offensive player to the ground will result in an unsportsmanlike conduct penalty.
5. If a defensive player pulls a receiver's flag prior to a legal reception of a pitch or forward pass, the defense will be penalized for illegal flag pull and it will be assessed from the point of reception, not where the flag was pulled.
6. When a pass is thrown, any player from either team has a right to catch the ball. It is not pass interference if unavoidable contact occurs when two or more eligible players are making a simultaneous, bonafide attempt to move toward, catch or bat the pass. Referees will determine incidental contact that is a normal part of sports.
7. If a ball is simultaneously caught and controlled by 2 opposing players, possession will be awarded to the offense with the ball being dead at the spot.
8. The receiver's hands are considered to be part of the ball. If an opponent interferes with a receiver's ability to make a fair catch of the ball by making physical contact to any of the receiver's body, legs or arms (except the hands) pass interference has occurred. Pass interference may include tripping, pushing, pulling or covering the receiver's face, or pulling on the receiver's hands or arms. Pass interference may occur to a receiver on offense or defense

when the receiver has a favorable position to receive the ball and the ball is deemed “catchable.” This is not tackle football, and we encourage clean play.

Section 14: Rushing the Quarterback

1. There will be No Rushing of the QB in the 6U age group.
2. All players in the 8U, 10U and 12U age groups who rush the QB must be a minimum of seven yards from the line of scrimmage when the ball is snapped. A special marker will designate seven yards from the line of scrimmage. (Player must be fully behind the rush bag.) The rush marker for the 15U age group shall be set 10 yards before the line of scrimmage.
3. A defender rushing from a point within 2 yards to the left or right of the rushing marker (i.e., up the middle) may not interfere with the Center or Hiker. Contact with or attempts to impede the center or hiker will be ruled defensive holding. The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback if they are lined up within 2 yards of the rushing marker. The PATH is set pre-snap from the rusher or rushers directly to the QB. PATH does not move once the quarterback moves. If the “path or line” is occupied by a moving offensive player, then it is the offense’s responsibility to avoid the rusher. Any disruption to the rusher’s path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher’s responsibility to go around the offensive player and to avoid contact.
4. Any number of players can rush the quarterback.
5. Rushers may jump to block a pass but may not make contact with the QB during the throwing motion.
6. If a rusher leaves the rush line prior to the snap, he/she may return to the rush line, reset, and then legally rush the quarterback.
7. If a rusher leaves the rush line early but the ball is handed off before the rusher crosses the line of scrimmage, the rusher may continue to legal rush.
8. Once the ball is handed off, passed laterally, or pitched, the seven-yard rushing rule is no longer in effect, and all defenders are eligible to tackle the ball carrier.
9. The player receiving the snap is eligible to run whenever the rusher crosses the line of scrimmage (including the No Run Zone.)

Section 15: Punting

1. The offensive team may elect to punt on the 4th down.
2. Punting is required for the 10U age group and above. For the 8U age group, a pass may be substituted for a punt.
3. For the 6U age group, if the punting team has not yet passed the midfield line, the ball will be placed in the receiving team's zone 7 yards before midfield. If the punting team has passed the midfield line and elects to punt, the ball will be placed in the receiving team's zone 10 yards before the end zone (The 10-yard line).
4. Once a punt has been declared by the offense: a) All defensive players must take position behind the rush cone (7 yards from the line of scrimmage) and may not rush the punter, b) the Punter shall have 7 seconds after the snap to punt the ball, c.) false start by the offense will result in a 5-yard penalty and re-punt.
5. The Punting team must remain set behind the LOS until the ball has been kicked. Offsides will be assessed at the end of the punt return.
6. Fake punts are not allowed. Teams who declare a punt must punt.
7. Punts traveling out of the field of play are spotted where the ball left the playing field.
8. Punter may take snap from under center or shotgun. If, while in end zone, punter drops the snap, a safety will be awarded.

Section 16: Scoring

1. Touchdowns are worth 6 points.
2. Extra Points are worth 1 point from 5-yard line or 2 points from 12-yard line. (The no run zones apply to extra point attempts.)
3. A safety is worth 2 points. In the event of a Safety, the Defense is awarded 2 points and the ball will be spotted on their own 5-yard line (there is no free kick following a safety.) A safety is awarded when:
 - a. The ball carrier is tackled in his own end zone.
 - b. The offense commits a spot penalty in their own end zone.
 - c. Punter drops a snap in the end zone.
4. In the 6U age group, no safety will be awarded during punt and kick returns. The ball will be

spotted at the 5-yard line as a Touchback. All other age groups will be awarded safeties.

5. The defense may return an interception including extra point attempts during regulation and overtime. An interception returned for a score on an extra point attempt is always worth 2 points.

Section 17: Rules Violation

1. All live penalties will be assessed at the end of the play. Dead Ball penalties will be assessed prior to the snap. Coaches shall not contest calls made during previous plays.
2. Diving or leaping to advance the ball is not allowed. If a player dives or leaps, the ball will be marked where the player left his feet.
3. Blocking is not allowed. No player may run interference, screen or make contact with a player from the opposing team with the intent of impeding motion. It is a natural instinct to run with the play and players are allowed to do so providing that they are not impeding a defender from attacking or pulling the ball carrier's flag. Blocking is in the official's discretion and is largely interpreted by intent or proximity to other players.
4. Any player that comes onto the field from out of bounds after the play has begun will be penalized for illegal participation.
5. Referees will determine incidental contact that results from normal play.
6. The head coach (or the on-field coaches in the 6U and 8U division) may ask the referee for a rule clarification or interpretation but the request must come immediately after the play in question. Any stoppage of play by a coach to question a call or rule pertaining to a play other than the one just played will result in a delay of game penalty.
7. Game Officials calls are final. Players may not question calls. Coaches may ask for rules clarification but shall not question discretionary calls.
8. In the case of offensive and defensive offsetting penalties, the down will be concluded at the dead ball spot with yardage penalties enforced, unless one of the infractions was a personal foul. In that case, the personal foul will take precedence over the non-personal foul. Example: A defender interferes with a pass and, following the whistle; the offensive player turns and pushes the defensive player in anger. While both the defense and offense are flagged

respectively for pass interference and unsportsmanlike conduct, the offense alone would then be penalized for the personal foul of unsportsmanlike conduct.

9. Games cannot end on a defensive penalty unless the offense declines it.

Section 18: Overtime Play

1. If the score is tied at the end of regulation, play moves into overtime.
2. Overtime is a point conversion competition. Teams may elect for one or two point attempts. Both teams will take turns attempting one or two point conversions until a winner is determined. The team starting on defense will have an opportunity to match or beat the offensive point conversion during each overtime period. Each team will have one play to make a point conversion of their choice, all penalties apply.
3. Repeat the coin toss to begin the competition. Visiting team calls the toss and the winner elects offense or defense. The opponent chooses the end of the field on which play will occur during the entire overtime period. Teams will alternate first possession during subsequent overtime periods if applicable. (For Example, if Team A starts with the ball during the first OT period, Team B shall start with the ball during the second OT period.)
4. During overtime, an interception may be returned for 2 points (which would conclude the game.)
5. All applicable regulation period rules and penalties are in effect including the 30 second play clock.
6. There are no time-outs in overtime.
7. A winner is declared if a point differential exists at the end of each overtime period.

Section 19: Inadvertent Whistle

1. An inadvertent whistle is defined as the whistle being blown when it should not have been, accidentally or otherwise. Game officials will do their best to eliminate inadvertent whistles from happening, but they are inevitable.
2. In the case of an inadvertent whistle by the game official, the offense has two options:
 - a. Take the ball at the spot of forward progress when the whistle blew, which concludes the down.

- b. Replay the down from the original line of scrimmage.
3. If a personal foul is committed during or immediately after a play whistled dead by an inadvertent whistle, the penalty for the personal foul will be assessed after the inadvertent whistle ruling.

Section 20: Penalties

1. Roughing/unsportsmanlike conduct = 10 yards from the end of play.
2. Delay of game = 5 yards from the original line of scrimmage.
3. Too many players on the field = 5 yards from line of scrimmage.

NOTE: When the listed penalty yardage cannot be carried out due to proximity to the goal-line, the penalty will be enforced as "Half the distance to the goal line." Example: The original line of scrimmage is 3 yards from the goal line. The defense is flagged for being offside. The ball will be moved toward the goal line and spotted at the 1.5-yard mark.

OFFENSIVE PENALTIES

EXCEPT AS NOTED OTHERWISE – ALL OFFENSIVE PENALTIES RESULT IN AN AUTOMATIC LOSS OF DOWN

NOTE: Offensive penalties that do not result in a loss of down are defined as pre-snap penalties. This means that the ball was not snapped when the penalty occurred, therefore the team will not be penalized for the down that was not played.

1. Illegal Hike = 5 yards from the original line of scrimmage.
2. Illegal Motion = 5 yards from the original line of scrimmage. (NO LOSS OF DOWN)
3. Offsides = 5 yards from the original line of scrimmage.
4. False Start = 5 yards from the original line of scrimmage. (NO LOSS OF DOWN.)
4. Illegal Run in No-Run Zone = 5 yards from the original line of scrimmage.
5. Illegal Forward Pass = 5 yards from the original line of scrimmage.
6. Offensive Pass Interference = 5 yards from the original line of scrimmage.
7. Flag Guarding/Blocking = 5 yards from spot of foul.
8. Center Sneak = 5 yards from the original line of scrimmage.
9. Failure to pass within 7 seconds = Loss of down only (No Penalty Yardage.)
10. Illegal participation = 5 yards from the original line of scrimmage and loss of down.

11. Illegal contact = 10 yards from spot of foul.

A note on Offensive Penalties: To prevent the wasting of game time, and calling back long offensive plays, ALL offensive penalties shall be whistled dead when they occur.

DEFENSIVE PENALTIES

ALL DEFENSIVE PENALTIES RESULT IN AN AUTOMATIC REPLAY OF DOWN

1. Offside/Illegal Rush = 5 yards from the original line of scrimmage.
2. Pass Interference = Ball placed at spot of the foul – automatic first down. In the case of pass interference in the end zone, the ball will be spotted 1 yard from the goal line. If pass interference occurs on a 2-point conversion, the spot shall be on the 1 yard line and a successful attempt shall be worth 2 points.
3. Face guarding = Ball placed at spot of the foul. In the case of face guarding in the end zone, the ball will be spotted 1 yard from the goal line.
4. Holding = 5 yards from the spot of the foul.
5. Illegal Flag Pull = 5 yards from the spot of the reception.
6. Roughing the passer = 10 yards from end of play
7. Illegal participation = 5 yards from the original line of scrimmage and automatic first down.
8. Illegal contact = 10 yards from the spot of foul.
9. Offsides = 5 yards from the line of scrimmage.
10. Kick-Off Delay of Game = 5 yards from original ball spot

A note of defensive holding: It is inevitable that a defensive player may inadvertently grab shorts when attempting a flag pull. If the flag is in hand, the defensive player may continue the tackle. If the flag is missed, the defensive player must release the shorts. With the exception of the above, defensive holding is defined as impeding an offensive player's progress by holding of clothing/body.

Section 21: League Standing

FORFEITS AND NO-SHOWS

Please contact the League Commissioner if your team is unable to field a team and must forfeit. This will allow us to notify the other team. Players, Parents and Coaches are accountable for their commitment to the team and the league to participate with their best effort in every practice, every

scheduled game, during the whole season.

1. League standings are based solely on wins and losses. The league discourages “Running up the score.” The league is organized for competitive fun and encourages coaches with a strong lead to mix up their player positions and plays to ensure that development and fun is the focus. If teams are tied in the standings:

a. 2 teams: head to head victory will determine seeding.

b. 3 or more teams: total points scored in season will determine seeding.