

1. **Length of Game** - A game shall consist of two halves of 20 minutes each, with the clock stopping for all timeouts, for the two minute warning in the **each** half, and for each dead ball in the last two minutes of **each** half. Teams receive three 1 minute time outs per half, that do not carry over into an additional period. Half time shall be five minutes. If the score is tied after the two halves, overtime shall be played.
2. **First Downs**- Wherever the offense takes possession of the ball, the next 20 yard marker (20, 40, 40, 20) becomes the first down line to gain. Each time the offense passes the next first down marker, a new set of downs is started, and the next 20 yard marker becomes the new line to gain.
3. **Scoring**- Standard NFL scoring applies. No field goals. 1 point PAT try from 3 yard line, 2 point PAT try from 8 yard line. Turnovers on PAT try can be returned to opposite end zone for 2 points.
4. **Overtime Procedure** - In case of a game ending with a tie score, the officials will bring both captains to the center of the field to explain the overtime procedure.
 - a. There will be only one coin toss. The winner of the toss shall be given options of offense, defense, or direction. The loser of the toss shall make a choice of the remaining options.
 - b. Both teams will go the same direction in overtime.
 - c. Each team will be given a series of downs (4 downs) from the 20-yard line for first OT. The object is to score a touchdown.
 1. Subsequent OT will begin at 10 yard line.
 - d. If the first team which is awarded the ball scores, the second team will still have a series of downs to attempt to win or tie the game.
 1. Defense can also return the turnover to the opposite end zone for a touchdown to end the game.
 - e. Try for points will still be attempted in a normal manner by any team who scores a touchdown.
 - f. If the score is tied after both teams have had their series of downs, the process will be repeated.
 1. Beginning with the second OT, teams must go for 2 on PAT attempt following a TD.
 - g. However, the team that went second on offense will now go first and the team that went first on offense will now go second.
 1. The teams will rotate positions until a winner is declared.
 - h. Each team is entitled to 1 timeout only during the entire overtime.
5. **Dead Ball/Out of Bounds**

1. Play will be called dead for the following circumstances
 - a. Fumble, muffed snap, or lateral/pitch hits the ground
 - b. Ball carrier runs or is pushed out of bounds
 1. **Push Zone**- Within 3 yards of sideline, player may be pushed out of bounds rather than flag pulled.
 1. Defense may **NOT** lower shoulder or use forearm/ elbow for push. Push must be open handed with arms fully extended.
 - c. Flag is pulled
 - d. Ball carrier with two flags is touched down while knee or elbow is on the ground
 - e. Ball carrier with one flag is touched at any time
 - f. Receiver catches the ball with 2 feet OOB or the one foot OOB is the first to touch.
 1. **One** foot in bounds needed to establish "possession".

6. Penalties

1. 5 yd penalties include
 1. Offense:
 - a. False Start (dead ball)
 - b. Illegal Formation (defense decision to take penalty or accept down)
 - c. Illegal Motion (defense decision to take penalty or accept down)
 - d. Illegal Forward Pass (down counts, defense decides to take result or accept penalty).
 - e. Flag Guard (down counts, 5 yd penalty from spot of infraction)
 - f. Delay of Game
 - g. Intentional Grounding (spot foul, loss of down)
 - h. Jumping/Diving (5 yd penalty from spot of foul, loss of down)
 2. Defense:
 - a. Encroachment (dead ball)
 - b. Offsides (offense decision to accept penalty or result of down)
 - c. Holding (automatic first down)
 1. Holding receiver running route OR holding ball carrier to grab flag
2. 10 yd penalties include:
 1. Offense:

- a. Holding
 - b. Offensive Pass Interference
 - c. Blocking below the waist
- 3. 15 yard penalties include:
 - 1. Offense:
 - a. Unsportsmanlike Conduct
 - b. Personal Foul
 - 1. Unnecessary Roughness
 - 2. Defense (all automatic first down):
 - a. Pass Interference
 - b. Unsportsmanlike Conduct
 - c. Personal Foul
 - 1. Roughing the passer
 - 2. Tackling the runner