

XL SPORTS 5v5 RULES

GAME

At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss. The winner of the coin toss has the choice to take offense or defense. The loser of the coin toss chooses which direction it will defend. There is no option to defer to the second half. The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has another 4 downs to score a touchdown.

6U ONLY - If the offense fails to cross midfield or fails to score, the ball changes possession, and the new offensive team takes over on its own 5-yard line. Interceptions - Teams retain the ball at the dead ball spot.

8U and above - the offensive team may choose to "punt" the ball on 4th down. If so, the opposing team will retain the ball on their own 5 yard. If the offensive team goes for it and does not make the first down or TD, the opposing team will retain the ball at the dead ball spot.

Team changes sides after the first half. Possession changes to the team that started the game on defense.

BALL IS SPOTTED WHERE THE FOOT IS - NOT THE BALL.

ONLY 5 registered staff members WITH AUTHORIZED XL BADGES ALLOWED ON THE SIDELINES. Team Manager included in count.

TIME

Games are 40 minutes **running** time (20 minutes each half). Halftime is 3 minutes. Each time the ball is spotted, a team has **30 seconds** to snap the ball. **Last 1 minute** of the game will be regulation clock (i.e. stops on out of bounds, & incomplete pass, 1st downs, until ball is ready for play.) When the official blows the whistle, the clock will start. Officials can stop the clock at their discretion. In the event of an injury, the clock will stop and then restart when the injured player is removed from the field of play. **Time-outs** - each team will get two (2) 30 sec time-outs per half. Time-outs do **NOT** carry over.

PASSING

6U DIVISION PASS ONLY ZONE - Pass can be thrown in any direction behind the line of scrimmage but **MUST BE thrown in a "OVERHAND" motion.

**8U and UP PASS ONLY ZONE - Pass must be thrown forward towards the line of scrimmage and received beyond the LOS.

Absolutely **NO** laterals, pitches or screen passes of any kind are allowed once you pass the LOS. Shovel passes are allowed but must be received beyond the LOS.

The quarterback has seven (7) seconds to throw the ball. If a pass is not thrown within the seven (7) seconds, the play is whistled dead and it's a loss of down. (Treat it like an incomplete pass). Once the ball is handed off, there is no seven (7) second rule. The referee will be counting out the 7 seconds for the QB. If the QB's flag is pulled before the ball leaves his or her hand, the play is ruled dead and the ball is spotted where the QB's feet are.

Interceptions may be returned for a TD.

During an EXTRA point attempt - if the interception is returned all the way to the house, they will be awarded 1pt or 2pts- depending on what extra point the offensive team attempts. If a pass is tipped/ blocked by the defender and the QB catches the ball, the play is whistled dead and considered an incomplete pass. The QB may throw the ball away to avoid a sack.

EQUIPMENT

All players must use a mouth guard & soft shell/bandana helmet at all times on the field. Players' jerseys must be tucked in or will be considered flag guarding. Flags **CANNOT** be the same color as shorts. Shorts **CANNOT** have pockets. Pockets **CANNOT** be taped. Players **CANNOT** have **ANY jewelry even with helmets on**. Jewelry **CANNOT** be taped. All players must wear shoes. **NO METAL** cleats.

*Football Sizes: 4U-Junior Pee-Wee size 5, 6U-8U-Pee-Wee size 6, 10U/12U -Junior size 7, 14U-Youth size 8, 15/HS Official size 9 football. Using improper equipment will result in illegal use of equipment and a **CHANGE OF POSSESSION!** If it is determined before the next play that improper equipment was used the points will not count. (After TD or PAT both TD and PAT will not count.)

RECEIVING

All players are eligible to receive a pass (including the QB if the ball has been handed off behind the LOS). Only one (1) player is allowed in motion at a time once the ball is set. A player must have at least one foot inbounds when making a reception. The first foot touching the ground must land in the field of play **FIRST BEFORE** the second foot lands out of bounds. Once the ball is advanced beyond the LOS, the current ball-carrier is the only player allowed to have possession of the ball until the play is dead. Once the ball is advanced beyond the LOS, the remaining offensive players **CANNOT INTERFERE** with the defense attempting to pull the offensive player's flag.

RUNNING

The QB cannot run beyond the line of scrimmage with the ball. Only direct handoffs, pitch, & tosses behind the line of scrimmage are permitted. Teams may perform multiple handoffs as long as they remain behind the LOS. The player who receives the handoff can throw the ball as long as he/she remains behind the line of scrimmage. The ball is spotted where the runner's feet are when the flag is pulled, not where the ball is. Center sneak play is not allowed. The QB may handoff the ball to the center on the first handoff of the play but the exchange **MUST** be clear where the center **TURNS AROUND** and receives the handoff. **NO Screening or Blocking; NO running next to the ball-carrier.**

NO RUN ZONE

"No Run Zones" are located 5 yards before midfield and 5 yards before the goal line in each offensive direction. If the ball is spotted on or inside the "No Run Zone," the offense **MUST** use a pass play to achieve a first down or touchdown.

RUSHING THE PASSER

Players rushing the passer must be 7 yards from the line of scrimmage when the ball is snapped. Before each play, an official will mark 7 yards from the LOS. The rusher has a clear path to the passer, any interference by the offense to impede the path will be considered screening. If a rusher leaves the rush line early, the rusher may return to the rush line, reset and then legally rush the passer. Players not rushing the passer may defend on the line of scrimmage but may **NOT** enter the backfield unless the ball is handed off. Players rushing the passer may **NOT** attempt to block the pass by raising their arms/hands once they cross the LOS.

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PENALTIES

The referee will call all penalties. Referees determine incidental contact that may result from normal run of play. This is considered a judgment call. Players cannot question judgment calls. Only the team captain or the head coach may ask the referee questions about rule clarification and rule interpretations. All penalties will be assessed from the line of scrimmage, except for SPOT FOULS. Games cannot end on a defensive penalty unless the offense declines. If the distance to the goal is shorter than the penalty yardage, then the penalty will be assessed half the distance to the goal. Loss of down means that down is consumed. Any loss of down on the fourth down results in a turnover on downs and the other team taking possession.

DEFENSIVE PENALTIES

Offside	+5yds from LOS & Automatic 1st Down
Illegal Rush	+5 yds from LOS & Automatic 1st Down
Illegal Flag Pull	+5yds from LOS & Automatic 1st Down
Defensive pass interference	+10yds & Automatic 1st Down
Holding	+10yds & Automatic 1st Down
Stripping	+10yds & Automatic 1st Down
Roughing the Passer	+10 yds from LOS & Automatic 1st Down
Taunting	+10yds from LOS & Automatic 1st Down
Unsportsmanlike Conduct	+10yds from LOS & Automatic 1st Down
Illegal Equipment	+5yds from LOS & Automatic 1st Down

OFFENSIVE PENALTIES

Offside / False Start	-5yds from LOS & Loss of Down
Illegal Forward Pass	-5yds from LOS & Loss of Down
Offensive Pass Interference	-5yds from LOS & Loss of Down
Illegal Motion	-5yds from LOS & Loss of Down
Delay of Game	-5yds from LOS & Loss of Down
Illegal Procedure	-5yds from LOS & Loss of Down
Flag Guarding	-5yds & Loss of Down
Screening, blocking	-5yds & Loss of Down
*Impeding the Rusher	-5yds from LOS & Loss of Down
*(this rule only applies to 8U and up)	
Charging	-10yds & Loss of Down
Taunting	-10yds from LOS & Loss of Down
Unsportsmanlike Conduct	-10yds from LOS & Loss of Down
Illegal Equipment	-5yds from LOS & Loss of Down

SCORING

Touchdown: 6 points

Extra point: 1 point (from 5 yard line) OR 2 points (from 10 yard line)

Safety: 2 points

REFEREE MUST SAY THE SCORE OUT LOUD

MERCY RULE - if point difference is greater than **35 points**, (ie. 42-7), game goes into scrimmage mode if coaches would like to continue, and any scores after will not be recorded. Overtime winner: Add 1 or 2 points to the winning team's score which is determined on their FINAL position and if they scored from 5 or 10-yard line. (See OVERTIME section)

STANDINGS: WINS/LOSSES, POINTS ALLOWED & then **HEAD TO HEAD**.

LIVE BALL/DEAD BALL

Team must have a minimum of four (4) players but no more than five (5) on the field at a time. Substitutions may be made on any dead ball. You must always substitute from the same side of the field.

The ball **MUST** be snapped between the legs at the start of each play. **ONLY** the 6U division and QB or Center of opposite sex or gender may snap the ball from the side. Ball is now Live, until the play is ruled "dead"

The play is ruled "dead" when:

- *Ball-carrier's flag is pulled
- *Ball-carrier steps out of bounds
- *Incomplete pass
- *Ball hits the ground
- *Touchdown, PAT or safety is scored
- *Ball-carrier's knee hits the ground including **HIKING THE BALL** (6U and UP)
- *Ball-carrier's flag falls out; defense must conduct a one hand touch to be ruled down.
- *Receiver has one (1) or no flags when catching the ball (ball is spotted where the receiver caught the ball)
- *Any player who starts a play with no flags and/or only 1 flag will be flagged for illegal equipment.
- *If a player flags/belt falls out during a play and receives a handoff or a pass, the defense must touch the player with **ONE HAND** to be ruled down.

A legal flag pull takes place when the ball carrier is in full possession of the ball. A defensive player may **NOT** pull the flags off of a player who does not have possession of the ball. (Ref will call an Illegal Flag Pull) Defenders can dive to pull a ball carrier's flag, but **CANNOT** hold, tackle or run through the ball carrier when attempting to pull their flags. It is **ILLEGAL** to attempt to strip or pull the ball from the ball carrier that has full possession of the ball. Flag guarding is the attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the hand, arm, shoulder or head or covering the flags with the football or jersey. There are no fumbles! Ball is spotted where the ball-carrier's feet were at the time of the fumble.

In the case of an inadvertent whistle, the offense has two options: Take the ball where it was when the whistle blew, the down is consumed. Replay the down from the original line of scrimmage.

OVERTIME

NO TIES THROUGHOUT THE ENTIRE SEASON

Overtime winner is determined by whichever team scores more points within a single overtime period.

1st Round of Overtime -

Winner of the coin toss chooses offense or defense first.

Each team takes turns getting one (1) play from the defense's 5- yard line for one point or 10-yard line for two points. Whether to go for one or two points is up to the offensive team. The defense may return an interception. If they return it all the way to the opposing team's end zone the game will be over and they will be rewarded the point(s). Whether or not the team that begins on offense converts, the team that started on defense gets a chance on offense to win or tie by converting out one- or two-point play of its own.

2nd Round of Overtime - Both teams will need to go for 2 from the 10 yard line. If both teams fail or convert we will head to a 3rd OT.

3rd round of Overtime - longest yards gained from the opponents 5 yard line will be deemed the winner.

1 point will be added to the final score.