

XL SPORTS 5v5 RULES 4U ONLY

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. 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. All possession changes except interceptions start on the offense's 5-yard line. Team changes sides after the first half. Possession changes to the team that started the game on defense. 5 registered staff members are allowed on the sideline. 4 Coaches and 1 Team Mom/Dad.

TIME

Games are 34 minutes **running** game clock (17 minutes each half).

Halftime is 3 minutes long.

Each time the ball is spotted, the offense has **45 seconds** to snap the ball. One warning will be given before a delay of game penalty is enforced.

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 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

Quarterback can be the coach or an offensive player. Once the ball leaves the coach's hands, he/she cannot get the ball back. Once the ball is snapped coaches **CANNOT** assist the players by pushing, pulling and/or turning the player with the exception of the QB coach **ONLY** when handing the ball to a player. Coaches have 1 yard left and right to hand off. Any more than that a penalty will be called. Passes may be forward, side or backward and do not need to be forward of the line of scrimmage. Only one (1) forward pass per play. Absolutely **NO** laterals, pitches or screen passes of any kind are allowed beyond the LOS. Shovel passes are allowed and can be received behind the LOS. The QB has eight (8) seconds to throw the ball. If a pass is not thrown within the eight (8) 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 eight (8) second rule. The referee will count the 8 seconds. Interceptions may be returned **INCLUDING** a PAT attempt. If the Defense team scores they will be awarded the points that the offensive team were attempting. If a pass is dropped/blocked by the defender and the QB catches the ball, the play is whistled dead and considered an incomplete pass.

EQUIPMENT

Mouth guards and helmets are optional for 4U Only.

Players' jerseys must be tucked in at all times, or may be considered flag guarding. Flags **CANNOT** be the same color as shorts.

Shorts **CANNOT** have pockets. Pockets cannot be tapped.

Players **CANNOT** have ANY jewelry. Jewelry cannot be taped.

All players must wear shoes. Cleats are allowed. **NO METAL** cleats.

Football Sizes: 4U Jr Pee Wee size; Using improper equipment will result in unsportsmanlike conduct **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 Child QB if the ball has been handed off behind the LOS).

Only one (1) player is allowed in motion at a time.

A player must have at least one foot inbounds when making a reception.

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** impede the defense from attempting to pull the offensive player's flag.

ALL OTHER OFFENSIVE PLAYERS MUST STOP RUNNING

RUNNING

The QB cannot run beyond the line of scrimmage with the ball.

Only direct handoffs 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 play but it must be a CLEAR exchange. The center must turn around and receive the handoff facing the QB. **NO HAND OFFS** between the legs.

NO INTENTIONAL Screening or Blocking; NO running next to the ball-carrier. Call will be made by the Referee's discretion.

COACHES - Please remember these keikis are 4 Years old and under.

NO BLITZ ALLOWED

Players may defend on the line of scrimmage but may **NOT** enter the backfield unless the ball is handed off.

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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 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.

SPOT FOULS

DEFENSIVE

Holding	Automatic 1st Down
Defensive unnecessary roughness	Automatic 1st Down

OFFENSIVE

Screening, blocking	-5yds & Loss of Down
Flag guarding	
Offensive unnecessary roughness	-5yds & Loss of Down

DEFENSIVE PENALTIES

Illegal Flag Pull	+5yds from LOS & Automatic 1st Down
Taunting	+10yds from LOS & Automatic 1st Down
Unsportsmanlike Conduct	+10yds from LOS & Automatic 1st Down

OFFENSIVE PENALTIES

Illegal Forward Pass	-5yds from LOS & Loss of Down
Delay of Game	-5yds from LOS & Loss of Down
Taunting	-10yds from LOS & Loss of Down
Unsportsmanlike Conduct	-10yds from LOS & Loss of Down

SCORING

Touchdown: 6 points
Extra point: 1 point (from 2.5yd line) OR 2 points (from 5yd line)
Safety: 2 points

MERCY RULE - if point difference is greater than 35 points, (ie. 42-7), game goes into scrimmage mode if coaches would like to continue, no more scores will be recorded.

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 player must snap the ball. 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
- Ball-carrier's flag falls out during play - the defensive player must TOUCH the ball carrier with ONE HAND

Any player who starts a play with no flags and/or only 1 flag will be flagged for illegal equipment.

Any player who starts a play with only a flag, or no flags is down where he/she touches the ball

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. 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 intentionally 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 and down is consumed. Or 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 2.5 yard line for one point or 5-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 5 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.