

## HS SPECIFIC RULES

- 25 MIN GAMES
- 4 SECOND SACK CLOCK
- EMPTY SETS ARE ALLOWED
- AN OFFENSIVE PENALTY IS LOSS OF DOWN

### FIELD:

The playing field will be 40 yards in length, plus a 10-yard end zone.

### BALL SIZE:

Varsity Division- High School Size

Freshman Division -High School size

Middle School - Division - High School Size

Youth Division – Junior Size

### EQUIPMENT:

Soft-shell helmets are mandatory.

Mouthguards are mandatory.

Matching uniforms are mandatory

### TIME:

All games will be 25 minutes in length with a running clock.

**\*\*IF time runs out and the team in possession has the opportunity to tie or win and is on or inside the 20-yard line, they will have 1 play after time has run out.**

No time-outs (In case of injury the clock will stop at the discretion of the referee. Any stoppage by the referee will require the injured player to leave the field for a single play). (1 timeout in Single elimination tourney)

If the team in the lead commits a penalty in the last 2 minutes of a game the clock will stop, and not start until the following snap. (rule only applied in single elimination tourney)

A 25-second play clock is in effect and begins on the referee's whistle after the ball is spotted.

### POSSESSION OF THE BALL:

Starting possession will be decided by a coin toss. All possessions start at the 40-yard line to start the game, or after a turnover on downs.

### PLAY:

- Play is limited to seven on seven. Failure to comply will result in the offense having the choice of accepting the result of the play or taking the down over.

-1 Coach is allowed in the huddle but must stay behind and outside of the side hash. No more than 1 coach in the huddle.

. Any player not in a play must stand on the sideline.

- Included in the offense's seven must be a center. A center does not have to snap between his legs but can be a player handing the ball off the ground to the QB. Once the ball is lifted off the ground the play clock begins. A QB tee is allowed.

- Offense must be lined up in a legal formation. Everyone is eligible to receive passes, except the center.

- Hand off(Run) is allowed

- No fumbles, or stripping. The ball is dead if it touches the ground and the offense retains possession.

- There are no laterals

- Play ends with one hand touch below the neck.

- Regular substitution rules apply. There is no mandatory playing time.

- The QB has 4 seconds to release the ball or it is blown dead.

- No double passes, or RB passes.

- No shovel passes. Passes between the tackle box must be caught in front of the line of scrimmage. Swing passes behind the line of scrimmage are allowed.

- Only 2 first down per series is possible, achieved when reaching the 25-yard line within 3 downs and 10-yard line within 3 downs. Once a team is inside the 10-yard line they have 3 downs to score.

-Defense has 1 attempt to Rush Qb per game. Team can't rush on the first play of each series. (at the 40-yard line)

- The game cannot end on a defensive penalty unless the offense declines it.

#### SCORING:

Touchdown scores 7 points

2 extra points by passing from the 10-yard line

#### OVERTIME ( Tourney Only):

1. A tiebreaker will occur, with a flip of a coin to determine possession. After a 2-minute break, the teams will each have 3 plays to score from the 20-yard line. Team can go for 2 for the win.

2. If it remains a tie, we will flip the coin again then back to the standard longest passing yard from the 40-yard line. There is no running allowed in the longest yard situations.

3. The team with the most yards will be declared the winner of the tiebreaker and will add 1 point to the final score.

4. If there is no completion, or the deepest completion is equal, the tiebreaker will be repeated with the team that lost the initial coin toss making the choice to either take offense or defense.

5. This format will be repeated until there is a clear winner declared.

## 9. This tiebreaker format will be used in SINGLE-ELIMINATION GAMES ONLY.

### PENALTIES:

All penalties will be enforced. Emphasis is placed on pass interference, holding, unnecessary roughness, and unsportsmanlike conduct.

No blocking, or screening of opponents.

Bump is allowed off the line, and all bump and run must be executed with hands. No forearms or shoulders allowed. Safety is of utmost importance during the contest.

This is a minimal-contact game and any flagrant contact is cause for immediate ejection. As always, any unsportsmanlike conduct is also cause for ejection. The referees' decision is final on all plays, there will be no tolerance for arguing, and only a coach may ask for a rule clarification. Coaches control profanity and are expected to eliminate profanity on their team.

### Offensive Penalties:

Blocking or Holding: 10 yards from spot of foul and replay the down.

Illegal Motion: 5-yard penalty and replay the down.

Offensive Pass Interference: 10-yard penalty

Delay of Game: 5 yards penalty. In the last 2 minutes of a game the clock will be stopped. (Tourney only the clock will be stopped)

Unsportsmanlike Conduct: 15-yard penalty, and possible ejection

### Defensive penalties:

Holding/Illegal Bump: 10-yard penalty, and down over

Offsides: 5 yards penalty, ball is dead

Pass Interference: 10-yard penalty, and down over

Unsportsmanlike Conduct: 15-yard penalty, and possible ejection

**BLOOD RULE:** If and when an official observes that a player is bleeding, has an open wound, or has an excessive amount of blood on his or her uniform, the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the open wound is covered, and excessively bloody uniform is changed.

**PROTEST:** Protest must be made verbally with the tournament official by the offended team at the time of play. No judgment calls can be protested, only misinterpretation of the rules.

**EJECTIONS:** An ejection carries an automatic additional one game suspension.

ELIGIBILITY: Once a player plays a single play for one team, he is ineligible to play for another team the entire season, regardless of the situation.

Coaches:

1. Make sure you maintain control over your team's parents. Be proactive and take care of the problem before it escalates.
2. Officials call the penalties and run the clock...not teams or coaches.
3. Please pick up trash at the end of your game.