



QUICK RULES

PENALTIES

- 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 (eg: penalty occurred on 1st down, then it will be 2nd down).
- Any loss of down on 3rd/4th down results in a turnover on downs and the other Team taking possession.

SPOT FOULS

Defensive

- | | |
|---------------------------|---|
| • Pass interference | Automatic 1 st Down |
| • Holding/Illegal Contact | +5 yards & Automatic 1 st Down |
| • Stripping | +5 yards & Automatic 1 st Down |

Offensive

- | | |
|---------------------------|-------------------------|
| • Screening, blocking | -5 yards & Loss of Down |
| • Charging | -5 yards & Loss of Down |
| • Flag guarding | -5 yards & Loss of Down |
| • Holding/Illegal Contact | -5 yards & Loss of Down |

DEFENSIVE PENALTIES

- | | |
|---------------------------|---|
| • Offside | +5 yards from LOS & Auto 1 st DWN |
| • Illegal rush | +5 yards from LOS & Auto 1 st DWN |
| • Illegal flag pull | +5 yards from LOS & Auto 1 st DWN |
| • Roughing the passer | +5 yards from LOS & Auto 1 st DWN |
| • Taunting | +10 yards from LOS & Auto 1 st DWN |
| • Unsportsmanlike conduct | +10 yards LOS & Auto 1 st DWN |
| • Unnecessary roughness | +10 yards & Auto 1 st DWN |

OFFENSIVE PENALTIES

- | | |
|---------------------------|---|
| • Offside / false start | -5 yds from LOS & Loss of Down |
| • Illegal forward pass | -5 yds from LOS & Loss of Down |
| • Pass interference | -5 yds from LOS & Loss of Down |
| • Illegal motion | -5 yds from LOS & Loss of Down |
| • Delay of game | -5 yds from LOS & Loss of Down |
| • Impeding the rusher | -5 yds from LOS & Loss of Down |
| • Taunting | -10 yds from LOS & Loss of Down |
| • Unsportsmanlike conduct | -10 yds LOS & Loss of Down |
| • Unnecessary roughness | -10 yards LOS & Auto 1 st Down |

EQUIPMENT

- Players must have a mouth guard in use at all times
- Players jerseys must be tucked in at all times
- Shorts with pockets must be taped
- Players must remove all jewelry
- Players cannot wear cleats with exposed metal
- Players cannot wear knee or elbow braces with exposed metals.

LIVE BALL / DEAD BALL

- **Ball must be snapped between the legs to start play**
- **A fumble of a snap is not a dead ball and play continues**
- **A rush cannot occur if a snap is fumbled**
- A fumble anywhere else on the field results in the ball being spotted where the ball-carrier lost possession (no loss of possession)
- Any player who starts a play without a flag is down where they take possession of the ball
- Receiver has one (1) or no flags when catching a ball, the ball is spotted where it was caught
- Inadvertent whistle results in the offense 1) taking the ball when whistle was blown & down is consumed, 2) Replay the down from the original LOS

GAME

- Visiting team calls the coin toss
- There is no option to defer
- Offensive team takes possession of ball on its 5 yard line
- 4 downs to reach midfield
- 3 downs to score
- Team can only declare punt on own side of field on 4th down
- Punt results in opposing team taking possession on their own 5 yard line
- If an unsuccessful attempt is made on 4th down opposing team takes over at that spot

TIMING

- Games are 24 minutes each half, with a 3 minute halftime
- Once ball is spotted the team must snap the ball within 30 seconds (11-12 & 13-15 age groups) and 45 seconds (8-10 age group).
- **Teams will have 1 x 60 sec timeout per half (not 8-10)**



QUICK RULES

SCORING

- TD: 6 points
- Safety: 2 points
- Extra Point: 1 point from 5 yard line OR 2 points from 10 yard line

PASSING (8-10 & 11-12)

- Laterals, pitches or shovel passes of any kind are allowed behind but not beyond the LOS.
- In the 8-10 and 11-12 age divisions the QB has 7 seconds to throw the ball.
- If a pass is not thrown, the defensive rusher can pursue the QB.
- Interceptions may be returned, but not after an extra point attempt.
- A pass tipped/ blocked by the defender and caught by the QB continues as a play.
- The QB may throw the ball to avoid a sack.

RUSHING THE PASSER

- For 13-15 age division only.
- 1-2 Players may rush the passer but must be 7 yards from the line of scrimmage when the ball is snapped.
- An official will mark off 7 yards from the LOS.
- The rusher has a clear path to the passer and any interference by the offense to impede his or her path will be considered impeding.
- If the rusher leaves the rush line early (breaks the 7 yard mark), they may NOT reset and are ineligible to rush the passer unless a handoff is made behind the LOS.
- Players not rushing the passer may defend on the line of scrimmage but may not enter the backfield unless the ball is handed off.

RECEIVING

- Only one (1) player is allowed in motion at a time.
- A player must have the first foot in bounds when making a reception.
- Laterals are not allowed after the ball has crossed LOS.
- Offensive players cannot impede the defense from attempting to pull the offensive ball carrier's flag.

RUNNING

- The QB cannot run the ball beyond the LOS.
- Laterals are not allowed after the ball has crossed LOS.
- Teams may perform multiple handoffs and laterals behind the LOS.
- Once a handoff or lateral occurs a forward pass cannot be attempted
- Centre sneak play is not allowed – the QB may not handoff the ball to the centre on the first handoff of the play.

NO RUN ZONE

- "No Run Zones" area located 5 yards before midfield and 5 yards before the goal line in each offensive direction.
- If a ball is spotted on or inside the "No Run Zone", the offense must use a pass to advance the ball.

FLAG PULL

- A legal flag pull takes place when the ballcarrier is in full possession of the ball.
- A defensive player may not pull flags off of a player who does not have possession of the ball.
- Defenders cannot dive, hold, tackle or run through a 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 an attempt by the ball-carrier to obstruct the defenders access to the flags by stiff arming, dropping the hand, arm, shoulder, elbow, ball or intentionally covering the flags with the jersey.

Highlight = Change