

Game Management:

Game consists of two, 20 minute halves with a 5 minute halftime.

30 second play clock starts when offense gets ball in hand.

Team Timeouts: each team allotted 2 timeouts per half. Only captains may call timeout.

1st Half: Clock runs continuously and does not stop unless a timeout is taken.

2nd Half: Clock automatically stops at the two-minute warning.

- **During the final two minutes of the second half of the game, the clock will stop for player's timeouts, official timeouts, penalties, after a first down, after an incomplete pass, after a play ends out of bounds, after a scoring play, or after a change of possession.**
- In the case of a player's timeout, an incomplete pass, a change of possession, a scoring play, or after a play ends out of bounds, the clock will start on the next legal snap of a timed down.
- If the clock is stopped for an official timeout or first down, the game clock will start again once the ball is spotted and the ready for play signal is given by the referee. A half may be shortened by agreement of opposing coaches and the Head Referee.

Field Positioning:

Each half starts with kickoff from 30 yard line.

Kickoff: All 7 members of **offense** lines up on their own **30 yard line**. **Defense** lines up 4 players at **Defense's 40 yard line** with 3 players back. Offense cannot move until ball has been kicked (**Offsides – live ball foul, 5 yards, rekick or added to end of return**).

If ball is kicked out of bounds, receiving team can choose re-kick or take ball at 25 yard line.

8.3.15 After the try-for-point, the non-scoring team takes possession of the ball at their 15-yard line

Punting:

6.1.5 On 4th down and before the ready for play signal, the captain(s) of Team A will be given the option to choose a protected punt; they must declare this option quickly and the referee will announce this decision to the opposing team. The decision is irrevocable, unless a team timeout is used.

6.1.6 If team chooses an announced punt, they must attempt a punt. Their team must be in scrimmage kick formation; an attempt to punt must occur immediately after the punter receives the snapped ball. All K players, except the kicker must be on their line of scrimmage. At least 4 team R players must be in the rush zone (expanded neutral zone) until after the ball is kicked

6.1.8 Any R may catch and advance a punt. If R touches the ball in flight and the ball then touches the ground (muff a kick), it belongs to him and becomes dead.

6.1.11 Following a punt that goes out-of-bounds without being touched, the ball will be put in play at the in-bounds spot where the ball crossed the out-of-bounds line.

Scoring:

Touchdown: 6 points b) Safety (points awarded to opponent): 2 points c) Successful Try-For-Point (from either run or pass) i. From the 10-yard line: 2 points ii. From the 5-yard line: 1 point.

8.3.5 Offense may change their decision to attempt a 1- or 2-point play after a team timeout is used.

Referees:

Announce 15, 10, 5, and 2 minutes (or as close as possible) before the end of each half, and after every play during the last two minutes of each half, the clock operator will notify both teams and officials of the time remaining.

If two refs present, head ref will be near goal line and back judge will be on opposite side of field behind defense.

Head Ref watches line of scrimmage, rushing, QB. When ball is thrown, announce "ball is out".

Rushing:

Primary rushers start at the rush mark, 5 yards from line of scrimmage (LOS). Rushers may start at any point on the field behind the rush mark. The primary rusher does not have to be in the same spot as the rush marker.

Primary rusher must start with entire foot/cleats behind rush cone. Primary rusher may not move in front of rush cone until the ball has been snapped/left the ground. The rush does not start on the QB's command ("Hike", "go", etc).

If the primary rusher advances in front of the rush cone prior to the ball being snapped, the rusher must reset by bringing both feet entirely behind rush cone prior to engaging in rushing/crossing LOS. **Penalty: encroachment – 5 yards**

Primary rusher must cross line of scrimmage prior to any other defensive player attempting to rush.

Definition of Bull-Rushing:

Primary rushers are not allowed to engage/make contact with the blockers until the blockers have engaged/made contact with the rusher.

Rushers are allowed to engage with blockers once blockers have made contact with rusher. Swiping blocker's arm down (swimming) is allowed; full arm extension/stiff arm is NOT allowed.

Penalty for Bullrushing: Personal foul, unnecessary roughness – 10 yards + automatic first down for Offense.

In a single primary rush scenario, the primary rusher cannot split the defenders and must attempt to go around them on first pass.

In a two or more primary rush scenario or primary rusher with a delayed rush, the second rusher may attempt to go between blockers if the blockers have shifted.

NGFFL Rule:

2.3.6 Pass rushing is the act of crossing the line of scrimmage in an attempt to interfere with a passing play and/or deflag the passer. A pass rusher must avoid charging into any Team A player. When encountering a blocker from Team A, a pass rusher must (a) stop prior to making contact with the blocker or (b) clearly change direction in an effort to move around the blocker. If a pass rusher makes an effort to move around the blocker and the blocker moves into the path of the pass rusher, there is no charging.

Penalties:

Offense:

Delay of game: 5 yards, replay down (Offense failing to snap the ball within 30 seconds after the ready for play signal)

False Start: 5 yards, replay down

Flag Guarding/Hurdling/Diving: 5 yards from spot of penalty

Illegal Forward Pass (based on QB's feet, not arm): 5 yards from previous spot

Illegal Procedure (Two offensive runs): 5 yards from previous spot

Block in the Back: 10 yard penalty + replay down

Offensive Pass Interference: 10 yard penalty from LOS, replay down

Offsides (live ball foul): 5 yards, repeat down (No offensive or defensive player shall be in the neutral zone or on the opponent's side of the neutral zone at the time of the snap, except for the snapper's right to be over the ball)

Defense:

Encroachment: 5 yard penalty

Bullrushing: Personal foul, unnecessary roughness – 10 yards + automatic first down for offense.

Defensive Pass Interference: 10 yards & automatic first down

Roughing the Passer: 10 yards and an automatic first down

Jamming: 5 yard penalty from previous spot, replay down

Unsportsmanlike Acts: 10 yards & automatic first down for offense, if by defense, (enforced from the succeeding spot)

Illegal Participation (Too many players on field): 10 yards, repeat down

Personal Foul: 10 yards, automatic first down (e.g. A runner shall not charge into a potential deflagger)

Misconduct Towards an Official: 10 yards & automatic first down (1st offense: warning, 2nd offense: removal from game)

Kick Off: Offsides 5 yard penalty and rekick

10.2.1 It is a double foul if both teams commit fouls, other than unsportsmanlike or nonplayer fouls, during the same down in which there is no change of team possession. Team A is first offered the option to accept or decline the penalty for Team B's foul then Team B is offered the option to accept or decline the penalty against Team A. If both fouls are accepted, the penalties offset and the down is replayed at the previous spot.

if a foul by either team occurs, except flag guarding by team A (see 10.4.3.c), personal foul by team A, and illegal forward pass behind the line of scrimmage, before a change of team possession, the penalty is administered from the previous spot. (Exception: If Team A's foul occurs in its own end zone, the penalty is a safety.)

- Remind captains that teams on sidelines need to be in front of 10 yard line when in Red Zone
- Blocking- no extension of arms
- Shirts must be tucked in to shorts/pants.
- Baseball caps must have bill facing backwards.
- One hand touch after flags incidentally fall off.