

RULES

- 2- 8 minute running clock halves, brief halftime water break. When the ref's whistle blows, that is the last play of the half/ game if the ball is already in motion.
- No special teams, offensive drives will begin on the 10 yard line.
- On 4th down, if you punt, the ball automatically goes back to the opposite 10 yard line. If you go for it and do not get a first down, the opposing team gets the ball at the line of scrimmage.
- TD= 7 total points.
- Overtime- first team to score. A coin flip will determine who receives the ball first at midfield.
- There will be no arguing with refs tolerated. If it happens more than once, your team is done playing.
- All passes must be forward and received beyond the line of scrimmage
- Only direct handoffs are permitted—there are no laterals or pitches anywhere on the field.
- The quarterback has seven-second pass clock to get rid of the ball
- The quarterback can't run with the ball downfield unless he is pressured when a defender crosses line of scrimmage.
- On a pass rush, no blocking with hands, box out basketball technique.
- If the ball is handed off, any defender may rush to pull the flag
- Interceptions are returnable
- The ball is dead when it hits the ground, the offensive player's flag is pulled from their belt, the ball-carrier steps out of bounds, or the ball-carrier's body—outside of their hands or feet—touches the ground.
- No Taunting
- No tucking flag in pants or shorts