

(I.) The Game

- 1) At the start of each game, captains from each team meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
- 2) The winner of the coin toss has the choice of offense and defense. The 2nd team has the choice of direction. Possession changes to start the 2nd half to the team that started the game on defense.
- 3) The offensive team receives the kickoff of the ball at its “white line” and has 4 downs to cross midfield. Once a team crosses midfield, it has 4 downs to score a touchdown.
 - If the offense fails to cross midfield on 3 downs and elects to punt on 4th down, possession of the ball changes and the opposition starts its drive from where the ball was run to on return. If the offense goes for it on 4th and does **not** cross midfield, the opposing team will start possession from that spot.
 - Offensive teams **MUST** declare 4th down intent (“Play or Punt”); when asked by the official and prior to the snap.
 - Teams may use a timeout only to change the declaration of “Play” at any time prior to the expiration of the play clock.
 - If the declaration is “Punt,” the ball changes possession and will be “kicked” to the opposing team with **NO** option to change the declaration.
 - If the offense fails to score after crossing the midfield, the ball changes possession and the new offensive team starts where the last line of scrimmage was played.
- 4) Teams change sides after the 1st half. Possession changes to the team that started the game on defense.

(II.) Timing and Overtime

- 1) Regular season games are played on a 40 minute clock with two 20 minute halves. If one team gains 35 points, the official game is over and the rest will be considered a consolation game. The clock stops for halftime, injuries, timeouts, and the official’s discretion.
- 2) Halftime is 2 minutes.
- 3) Each time the ball is spotted, teams have 20 seconds to snap the ball.
- 4) Each team has three 30 second timeouts per half.
- 5) Officials can stop the clock at their discretion.
- 6) In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.
- 7) If the score is tied at the end of regulation play, an overtime period will be used to determine a winner.
- 8) **Overtime Format:**
 - Home team calls the toss to determine the team that chooses to be offense or defense first.

- Each team will get one set of downs to score.
- If the teams are still tied at the end of the overtime period, then the result will be

a ***DRAW***.

- Final score will be recorded to include all points scored for each team.
- All regulation period rules and penalties are in effect.
- There are no timeouts.
- Interceptions are returnable in OT, and worth 2 points.
- Interceptions returned for a score in the overtime period will be the end

of the game.

(III.) Scoring

1) Touchdown: **6 points**

2) PAT (point after touchdown): **1 point** (white line) or **2 points** (5-yards behind white line)

a) Note: 1 point PAT is pass only; 2 point PAT can be run or pass

3) Interceptions returned for scores during regular game play are worth 6 points; conversions or overtime are worth 2 points.

4) ***Safety: 2 points***

a) A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, their knee touches the ground, a fumble occurs in the end zone, or if a snapped ball lands in or beyond the end zone.

5) A team that scores a touchdown must declare whether it wishes to attempt a 1-point or 2-point conversion. Any change once a decision is made to try for the extra point(s) requires a charged timeout. A decision cannot be changed after a penalty.

6) After one team is winning by 35 points or more, teams will continue playing in a consolation game. Points will not be tracked.

7) ***Forfeits are scored 35-0 for the winning team.***

8) The coaches, officials, and scorekeeper must verify the score sheet. If a coach does not verify the sheet before leaving the field, the scorekeeper will note this on the score sheet and the score will be **FINAL**.

(IV.) Coaches

1) Coaches are expected to adhere to XL Sports World philosophies, guidelines, and code of conduct.

2) Coaches are permitted to coach on the sideline and/or on the field.

3) Coaches can call for huddles to get the plays, but the play clock will not stop once the ball is signaled as "Ready to Play."

(V.) Live Ball/Dead Ball

1) The ball is live at the snap of the ball and remains live until the official whistles the ball dead.

2) The official will indicate the neutral zone, line of scrimmage, and the rush line.

a) It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams leniency and notify the players to allow them to back up behind the line of scrimmage.

3) The defense may not mimic the offensive team signals by trying to confuse the offensive players while the QB/coach is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.

4) Substitutions may be made on any dead ball.

5) Any official can whistle if the play/ball is dead.

6) The play/ball is ruled “dead” when:

- The ball hits the ground; if the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground, wall, or net.

- The ball-carrier’s flag is pulled.

- A touchdown, PAT, or safety is scored.

- The ball-carrier’s knee hits the ground.

- The ball-carrier’s flag falls out.

- The receiver catches the ball while in possession of one or no flags.

- The pass clock expires.

- The inadvertent whistle

- Ball-carrier leaves their feet diving or to hurdle a player.

NOTE: There are no “fumbles”; ground contact does not have to be made. If the ball is fumbled forwards, then it will be spotted where the ball carrier lost possession. Loss of possession is a **DEAD BALL**.

7) If inadvertent whistle occurs, the offense has 2 options:

a) Take the ball where the whistle blew and the down is consumed

b) Replay the down from the original line of scrimmage

If it occurs on the last play of the half or game, the offense will be awarded one untimed down and given those 2 options.

8) A team is allowed to use a timeout to question an official’s rule interpretation. If the official’s ruling is correct, the team will be charged a timeout. If the rule is interpreted incorrectly, the timeout will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call.

9) Officials should all agree in order to change a call on the field that is in dispute.

10) If the ball is thrown and hits the net on a play, it’s a rest of that down. If it happens a second time, the down is consumed.

(VI.) Running

- 1) The ball is spotted where the ball is when the flag is pulled.
- 2) The QB cannot directly run with the ball.
- 3) Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind, or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
 - a) **“Center sneak” play is not allowed: The QB isn’t allowed to handoff to the center on the 1st handoff of the play. The center must run a “real” route.**
 - b) **Any player who receives a handoff can throw the ball from behind the line of scrimmage.**
 - c) **Once the ball has been handed off, in front, behind, or to the side of the QB, the passing clock is eliminated and all defensive players are eligible to rush.**
- 4) Definition of a “Legal Handoff” - Total loss of possession directly from 1 offensive play to another.
- 5) No-run zones are located at the white lines before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: each offensive team approaches only 2 no-run zones in each drive - one 5 yards from midfield to gain 1st down and one 5 yards from the goal line to score a TD).
- 6) Runners are not permitted to dive or hurdle any player when advancing the ball.
- 7) Ball carriers may leave their feet for spinning, jump cuts, QB’s passing, or if there is a clear indication that he/she has done so to avoid a collision with another player. However, if while leaving the ground and contact is made, an unnecessary roughness penalty may be enforced by the official.
- 8) Blocking and screening is **only allowed** when your hands are **behind your back**.
- 9) Offensive players in close proximity to the ball carrier must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.
- 10) Flag obstruction - all jerseys **MUST** be tucked in before play begins. The flags must be on the player’s hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

(VII.) Passing

- 1) All passes must be thrown with one hand from behind the line of scrimmage, thrown forward and out of hand prior to breaching the line of scrimmage.
 - a) There is no intentional grounding.
 - b) All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes (unless touched by a defender beyond the line of scrimmage).
 - c) The QB may throw the ball away to avoid a sack. Pass must go beyond the line

of scrimmage.

2) Shovel passes are allowed but must be received beyond the line of scrimmage.

3) The QB has a pass clock. If a pass is not thrown within the time limit, the play is dead, the down is consumed, and the ball is returned to the line of scrimmage. Once the ball is handed off, the pass clock is no longer in effect.

a) If the QB is standing in the end zone at the end of the pass clock, the ball is returned to the line of scrimmage.

b) If the QB throws the ball and then catches it, the play is dead and treated like an incomplete pass.

(VIII.) Receiving

1) All players eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).

2) Only 1 player is allowed in motion at a time. All motion must be lateral to the line of scrimmage and no motion is permitted towards the line of scrimmage.

3) In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

4) Interceptions are returnable. If returned for a score during regular gameplay, it will be worth 6 points. It will be 2 points if returned during conversions and/or overtime. It will be 1 point if the other team is going for the extra point.

(IX.) Rushing the Passer

1) All players who rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the QB.

2) Once the ball is handed off, the 7 yard rule is no longer in effect. All defenders may go behind the line of scrimmage.

3) A penalty may be called if:

- Any defensive player crosses the line of scrimmage before the snap, or before a handoff or pass.

4) Teams are not required to rush the QB, or to identify their rusher before the player.

5) Players rushing the QB may attempt to block the pass; however, contact with the QB (unless ruled incidental by the official) would result in a "roughing the passer penalty."

6) The offense cannot impede the rusher in any way. The rusher has a right to a clear path to the QB, regardless of where they line up prior to the snap. Any disruption to the rusher's path and/or contact will result in an impeding the rusher penalty. **If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and avoid contact.**

7) A sack occurs if the QB's flags are pulled behind the line of scrimmage. The ball will be spotted where possession of the ball is once the flag is pulled.

- a) Safety is awarded if the sack takes place in the offensive team's end zone.
- 8) The QB can scramble as long as the rusher crosses the line of scrimmage.
- 9) The rusher has unlimited rushes.

(X.) Flag Pulling

- 1) A legal flag pull takes place when the ball carrier is in full possession of the ball.
- 2) Defenders can dive to pull flags, but cannot tackle, hold, or run through the ball carrier when pulling flags.
- 3) It is illegal to attempt to strip or pull the ball from the carrier's possession at any time.
- 4) If a player's flag inadvertently falls off during a play while that player has possession, the player is down immediately and the play ends. The ball is placed where the flag lands.
- 5) If a player who has one or no flags in their belt takes possession of the ball, the play is dead at the spot of the field.
- 6) A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- 7) Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by: stiff-arming, dropping the head/hand/ball/arm/shoulder or intentionally covering the flags with the football jersey.

(XI.) Formations

- 1) Offenses must have a minimum of 1 player on the line of scrimmage (the center) and up to 4 players on the line of scrimmage. The QB must be off of the line.
 - a) Teams may shift formations prior to the snap as long as they are set for at least 1 second before the ball is snapped
 - b) 1 player at a time may go in motion at least 1 yard behind the line of scrimmage.
- 2) Movement by a player who is set or a player who runs the line of scrimmage while in motion is considered a false start.
- 3) The center must snap the ball with a rapid and continuous motion to a player in the backfield. The ball must completely leave his/her hands.

(XII.) Unsportsmanlike Conduct

- 1) If the officials witness any acts of intentional tackling, elbowing, cheap shots, or any unsportsmanlike act, the game will be stopped and a warning will be issued. The player will be ejected from the game if they continue to exhibit unsportsmanlike behavior. The decision is made at the official's discretion. No appeals will be considered.
- 2) Offensive or confrontational language is **NOT** allowed. Officials have the right to determine offensive language. If such language occurs, the officials will determine if a warning or immediate ejection is warranted.

- 3) Players may not physically or verbally abuse any opponent, coach, or official.
- 4) Ball carriers **MUST** make an effort to avoid defenders with an established position.
- 5) Defenders must give free releases off the line of scrimmage to offensive players. They are also not allowed to run through the ball carrier when pulling flags.
- 6) Parents must adhere to good sportsmanship as well:
 - a) Cheering on your players is perfect; harassing officials or other teams will not be tolerated.
 - b) Keep comments clean and profanity free.
- 7) Unsportsmanlike Conduct Penalties:
 - a) Defense: +10 yards from line of scrimmage and automatic 1st down
 - b) Offense: -10 yards from line of scrimmage and loss of down

(XIII.) Penalties

- 1) The officials will call all penalties.
- 2) Officials determine incidental contact that may result from normal run of play.
- 3) All penalties will be assessed from the line of scrimmage, except as noted (spot fouls).
- 4) Players may not question calls. This can lead to a penalty.
- 5) Games or halves may not end on a defensive penalty unless the offense declines it.
- 6) Penalties are assessed live ball, then dead ball. Live ball penalties must be assessed before play is considered complete.

