

## 1) Equipment

- 1) TRI SPORTS will supply the official size footballs, cones, and belts for league play. Teams may supply their own football but it must be a regulation-sized football.
- 2) Jerseys must be tucked in, or cut min. 4" higher than waistline. Flags on top of clothing. No Shorts with pockets allowed (**tape will be allowed, but not provided**). No metal cleats, dangling chains, watches, rings, & jewelry.
- 3) **Matching Team Color Shirt MUST be worn each week.**
- 4) **Protective Gear:** For everyone's protection, knee braces must be of a soft material or be covered and padded so that no hard plastic or metal is exposed.

## 2. The Game, Field, and Players

- 1) The game shall be played between 2 teams of 6 players each. Five players (min. 1 female) are required to avoid a forfeit. Teams with 1 female may play only 5 players on the field. Scheduled game time, plus 15 min. is deadline for forfeit.
- 2) **No Contact.** A defensive player may not hold, push, obstruct the free movement of or knock offensive players down in an attempt to impede their progress or remove the flag belt. Offensive players may not block, hold, pick, or otherwise obstruct any defensive players. On a kick return, non-ball carriers are expected to stay behind the ball carrier & make themselves available for the lateral; YOU MAY NOT BLOCK or OBSTRUCT for the kick returner by running in front. Blocking during a play will result in an offensive blocking penalty being assessed. Defenders should take angles of pursuit on the flag belts, not the ball carrier. Also, offensive players should not run with their head down, in an attempt to run through the defenders. Incidental contact is inevitable, but players should never be run over. **Violators will be flagged for an unnecessary roughness penalty and may be ejected from the game or the league due to severe infraction and/or repeated violations.**
- 3) **Ball/forward progress** is determined by BELT BUCKLE at time of flag being pulled; NOT the BALL.

## 3. Periods, Time Factors, and Substitutions

- 1) A coin toss (or odd/even guess) will decide who will receive the opening kick-off.
- 2) Game Time. Game clock starts on time OR 3 minutes after the last play of the previous game; whichever comes first. Have your team together ready to go on the sideline in order to maximize playing time as the clock will start on time.
- 3) **Games are comprised of two (2) 20-minute halves. A running clock is used for the entire first half and for the first 18 minutes of the 2<sup>nd</sup> half. Stop clock is used in the final 2 minutes of the 2<sup>nd</sup> half. If a team is up by 10 or more points at any point during the final 2 minutes of the 2<sup>nd</sup> half, a running clock will be used. In the final 2 minutes of the 2<sup>nd</sup> half, if a stop clock is being used, the clock stops for timeouts, dead balls, incomplete passes, and out of bounds. Inside 2 minutes remaining in the 2<sup>nd</sup> half, if a stopped clock is being used, the clock will also stop on 1<sup>st</sup> downs until the ball is spotted ready for play.**
- 4) **Kneel-Downs: The game will be declared over if the team leading has a first down with 2:00 or less in the 2<sup>nd</sup> half if the losing team does not have a time out. The game will be declared over if the team leading has a first down with 1:30 or less in the 2<sup>nd</sup> half, if the losing team DOES have a time out remaining –or– if the team leading has possession, with the losing team having no timeouts, regardless of down .** Playoff seeding is based on head-to-head results & opponent's records. There is NO benefit to beating a team by maximum points.
- 5) Teams may call one, 30-second **time-out** per half. Timeouts do not carry over at the half.
- 6) Tie Games. In the regular season, ties can result. In playoffs, college football OT rules. **Teams are required to go for a min. of 1pt. conversion in the first 2 overtimes, but must go for min. 2 pts., starting with the third.**
- 7) **Delays.** Failure to snap or kick within 30 seconds after the ball is ready for play. The referee will let teams know when there is 10 seconds remaining on the play clock. **5 yard penalty. Penalty for 2 Consecutive Delay of Game Penalties-Turnover to opponent.**
- 8) SUBSTITUTES are allowed, but should not be on the roster of any other league team. PLAYOFFS- players must be on the regular season roster and play in at least 1 game in order to be eligible. Non-rostered players are ineligible.

## 4. Dead Ball

- 1) Ball Declared Dead:
  - a) When any part of the runner other than a hand(s) or foot touches the ground.

- b) When a passer/runner has a flag belt removed legally or runs out of bounds. A player only needs 1 foot in bounds to make a legal catch (college rules).
- c) When a runner is legally tagged with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.
- d) If the football touches the ground for any reason (kickoffs, punts, fumbles, handoffs, etc) the ball is dead & spotted at that point. In the case of incomplete laterals, the defensive team has the option to accept where the ball touches the ground, or forward progress.
- e) Spinning - An offensive player CAN turn their bodies from side to side (180°), but CANNOT spin 360°. This prevents defensive players from injuring fingers. If a player spins, the ball is dead at that point.
- f) Jumping/Diving Offensive player can dive/jump to catch a ball but once in possession he/she cannot leave their feet. This includes jumping/diving; play is dead at point where ball carrier left their feet.

## 5. Series of Downs, Girl Plays, and First Downs

- 1) The offensive team has 1 set (4 downs) to cross the mid-field marker & 1 more set of 4 downs to score.
- 2) Girl plays required once every set (4 downs); resets with a 1<sup>st</sup> down. **Def:**-a legitimate attempt to advance ball by a girl: girl must attempt legal forward pass, be the sole rusher or intended receiver (in the discretion of the official).
- 3) The female may not lateral the ball unless she has gained positive yardage first (either by catching a forward pass or rushing). This prevents a female from lateralling backwards to a male who throws a forward pass.
- 4) The defense must loudly count five (5) "Mississippi" (5 seconds) before rushing the quarterback. While counting, the defense must line up at or behind the line of scrimmage. A defensive player crossing the line of scrimmage prior to a full 5 seconds or 5 "Mississippi" will result in a **Defensive Offsides Penalty of 5 yards.**
- 5) The quarterback may only run the football at the end of the 5 "Mississippi" **WHEN, AND IF** the defense crosses the line of scrimmage. No running if the defense doesn't cross the line of scrimmage. **Quarterback's rushing prior to the Defense crossing the line of scrimmage, will be assessed an Offensive Offsides Penalty of 5 yards and loss of down.**
- 6) Announcement: Prior to each play, the game referee will announce both the down and either "open" or "closed" status for the upcoming play. The term "open" means the girl play requirement has been satisfied for this set of downs. The term "closed" means the offensive team has yet to run a girl play.

## 6. Kicking the Ball

- 1) Offensive team may punt on 4th down & doesn't need to notify the defense. Offensive players cannot cross the line of scrimmage until the ball is kicked (5 yard penalty results).
- 2) If the ball is kicked through the end zone on either a punt or kick-off (or kicked into the end zone & the receiving team elects not to run the ball out), the offensive team will start their drive at the 1<sup>st</sup> cone outside the endzone. If the receiving team opts to catch the ball outside of their end zone and run back into their own end zone, the receiver is in play & runs the risk of being tackled in their own end zone (resulting in a safety for the Kicking Team).
- 3) If a kickoff out of bounds before the endzone, ball is spotted either at the point it went out bounds or at a point 2 yards shy of the 50 (allowing the receiving team to gain a first down). Whichever spot is preferred by the receiving team.
- 4) If a punt goes out of bounds before the endzone, ball is spotted at point where it went out of bounds.
- 5) The kicking team will kickoff from their own endzone (punt or tee kick). The kicking team members (including kicker) must remain behind the goal line until the ball is kicked. *Penalty: re-kick, or result of play.* **Kicking team has one minute from the completion of their conversion try to kickoff. Delay of game, spot 2 yards shy of the 50.**

## 7. Snapping the Ball/Pre-Snap

- 1) Offensive players are responsible for retrieving the ball after an offensive play.
- 2) Prior to the Snap, one offensive player may be in motion, but not in motion toward the opponent's goal line at the snap. Other offensive players must be stationary in their position. *Penalty: **Illegal Motion, 5 yards.***

## 8. Touchdowns and Conversions

- 1) Touchdown values are worth 6 points.

- 2) Conversion Try = 1, 2 or 3 points
  - a) 1 point from the 3 yard line, 2 points from the 10 yard line, or 3 points from the 20 yard line.
  - b) If a defensive intercepts during a conversion, the ball may be returned to the opposite endzone for 2 pts.
  - c) Inside of 2 minutes the clock will stop for the try, if a stop clock is in use, however the play clock will still be used

## 9. Safety

- 1) If a defending team sacks the quarterback (or any offensive player) in the end zone (safety), 2 pts. are awarded, and kickoff to defensive/scoring team.

## 10. Guarding/Grabbing the Flag Belt

- 1) Runner shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. This includes lowering the shoulders in such a manner which places the arm over the flag belt to prevent an opponent from deflagging. **Penalty: play is dead at the spot.**
- 2) The runner shall be prohibited from contacting an opponent with extended hand or arm. Includes use of a “stiff arm” to ward off an opponent attempting to deflag/tag. **Penalty: Personal Foul, 10 yards.**
- 3) The defensive player shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt or making a legal tag. **Penalty: Defensive Holding, 10 yards.**

## 11. Flag Belt Removal

- 1) **Removing the Flag Belt.** When the flag belt is clearly taken from the runner in possession of the ball the down shall end and the ball is declared dead. A player who removes the flag belt from the runner shall immediately hold the flag above his/her head to assist the official in locating the spot where the capture occurred. If a flag belt inadvertently falls to the ground, a one hand tag between the shoulders and the knees constitutes capture. A player may leave his/her feet to remove the flag belt.
- 2) Players must have possession of the ball before they can be deflagged.
- 3) When a runner loses his/her flag belt due to the flags or belt falling off accidentally, if they gain possession of the ball, a one hand tag between the shoulders and knees constitutes a capture.
- 4) In circumstances where a flag belt is pulled early, play should continue with the option of the penalty or the result of the play. **Penalty: Personal Foul, 10 yards.**

## 12. Stripping the Ball/Attempt to steal the ball

- 1) A player is not allowed to strip or attempt to strip the ball from a player in possession, including but not limited to: punching, striking or stealing. **Penalty: Personal Foul, 10 yards.**

**13. SPORTSMANSHIP-** Sportsmanship is the #1 priority in this league. As a general rule, it is fully expected that the tackler (flag puller) will politely hand the ball carrier’s flags back to him/her.

**14. League standing tiebreakers:** will be by head-2-head & opponents’ records. There is never any incentive to beat an opponent by the maximum scores possible.

**15. Penalties/Discrepancies:** All decisions made by officials are final and not up for debate. Only captains may discuss a rules question/issue with the official. Discussion about possible rules violations between opponents is considered unsportsmanlike. Please play safely and with good spirit.

- ✓ **If a defensive penalty is assessed with less than 2 mins. to go, the clock will stop until the offense snaps the ball.**
- ✓ **Blocking (offensive)- Play will be called dead, a 5 yard penalty assessed from the spot, & loss of down.**
- ✓ **Blocking (defensive) or Offsides (defensive)- Offense can elect to take result of current play, or a 5 yard penalty and replay of down.**
- ✓ **Offsides (offensive)- Play will be dead immediately, offense will be assessed a 5 yard penalty, and replay the down. If there are less than 2 minutes left in the game, a 10 second run-off will occur before the offense will be allowed to snap the ball, unless they take a time-out to stop the clock.**
- ✓ **Unnecessary Roughness- 10 yard penalty & automatic 1<sup>st</sup> down (if on defense) or loss of down (if on offense).**

- ✓ **Pass Interference- (defensive)** Ball to be placed at the spot with automatic 1<sup>st</sup> down. If penalty occurs in the end zone, ball to be placed on 1y with automatic 1<sup>st</sup> down. **(offensive)**- 10y penalty & loss of down.
- ✓ **Flag Guarding-** play is dead at the spot where the flag guard occurred.
- ✓ **Delay of Game-** Failure of Offense to snap ball prior to expiration of 30 second clock will result in a 5 yard penalty and replay of down. If less than 2 minutes left in the half and the clock is running, the clock will stop and will not start until ball is snapped.
- ✓ **Roughing the Passer-** Swatting or hitting the quarterback's arm in an attempt to deflect a pass. 10 yard Penalty and automatic 1<sup>st</sup> down.
- ✓ **Penalty Yardage-** yardage assessed will be specified distance or half the distance to the goal; whichever is less.