



## Football Rules

Disclaimer- Please see the General Intramural Rules for rules pertaining to eligibility, divisional competition, entry procedure, ID's, forfeits, game times, weather, clothing, co-rec rules, playoffs, team captain's responsibilities, unsportsmanlike conduct, protest, alcohol, and injuries. Rules not covered here are understood to be NFHS rules.

### TIME

1. Games shall consist of two 20 minute halves.
2. Time is continuous except for timeouts and the last 2 minutes of the second half.
3. The offense has 30 seconds to put the ball in play. There is no required huddle.
4. Both teams are allowed 2 timeouts of 1 minute each per half.
5. GAME TIME IS FOREFEIT TIME!! NO EXCEPTIONS.

### UNIFORM

1. Pennies and Flags will be provided by the Recreation Staff.
2. Cleats are allowed. They must be plastic. NO METAL!!
3. No headwear that has a hard surface. EXAMPLE: BASEBALL HATS ARE NOT ALLOWED.
4. No hooded sweatshirts. If player has a hooded sweatshirt, the hood must be tucked in.
5. No jeans, pants or shorts with pockets. You will be asked to remove the clothing that is not allowed.
6. No jewelry of any kind.

### OVERTIME

1. Officials and captains will determine who will get the ball first.
2. Each team will have four downs to score from midfield.
3. The game results in a tie if neither team is ahead after each team's offensive possession.
4. (PLAYOFFS) Additional overtime possessions will be played until a winner is declared.
5. Each team will be allowed one timeout for the entire length of overtime. NO timeouts will carry over from regulation. EXAMPLE: IF "TEAM A" HAS 2 TIMEOUTS LEFT AT THE END OF REGULATION, THEY ONLY HAVE 1 TOTAL TIME OUT FOR ALL OVERTIMES.

### PLAYERS

1. A legal team is 6 players. A team must have a minimum of 5 players to begin a game.
2. Substitutes shall not enter the field of play until the player being replaced has left.
3. All 6 players are legal receivers and may line up anywhere behind their side of the line of scrimmage. Only the center is required to line up on the line of scrimmage. Only one player may be in motion before ball is snapped (see penalties).

### SCORING

<b>Touchdown = 6 Points</b>	<b>3 Yard Conv. = 1 Point</b>	<b>12 Yard Conv. = 2 Points</b>	<b>30 Yard Conv. = 3 Points</b>
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### FIELD

1. The field consists of two 30 yard sections, and two 10 yard end zones.
2. The midfield line is the only line where a first down can be achieved. The 12 yard line will be used for touchbacks and 2 point conversions.
3. The 3 yard line will be used for 1 point conversions.

### PLAY

1. Officials and captains will determine who will get the ball first. Goes by odd (1) even (2) behind the back.
2. No Kickoffs. "Receiving Team" will get the ball starting at the 12 yard line.
3. The referee will count three seconds after the start of the play and then blow the whistle. The defense cannot cross the line of scrimmage until this whistle unless the offense crosses or attempts to cross the line of scrimmage. The quarterback can only run downfield after the three second whistle or after having been rushed by a defender.
4. If a team wishes to punt, they must announce it to an official before the team lines up at the line of scrimmage. After announcement to punt is made neither team may cross the line of scrimmage until the ball is punted. The Receiving team may field the punt after it has hit the ground.
5. If a player in possession of the ball loses flags and the opposing player did not remove them, the runner is down after one hand touch.
6. A defensive player may not leave their feet or grab an offensive player to remove the flag.
7. Offensive players may not dive at any time. This will not be allowed even when diving for the end zone.
8. An offensive player may not touch or guard his/her flag with his hands or wrap the flag around itself or his clothing.
9. There are no fumbles. Whenever the ball hits the ground (including on a snap), the ball is dead at the spot in which it hit.
10. Blocking must be done without extending your arms, leaving your feet, or throwing an elbow. Only your feet are allowed to touch the ground at all times. Cut blocking, crab blocking is illegal.
11. The use of the three or four point stance is illegal.



## Football Rules

### PENALTIES

All penalties are 10 yards with the exception of plays with spot of foul options (example, pass interference). Any penalty inside of 10 yards will be half the distance to the goal line. The following are possible infractions:

1. Illegal Procedure (includes false start, off-sides, encroachment, illegal formation, delay of game, excessive timeout, illegal substitution, illegal participation, illegal forward pass)
2. Unnecessary Roughness (includes all blocking and holding fouls, pass interference and unsportsmanlike conduct)
3. No contact is allowed on an eligible receiver after 5 yards (10 yards)
4. No contact may be made on any receiver at any time when the ball is in the air (spot of the foul)