

The Basics

- Play consists of a 4 v 4 format.
- Team rosters contain a maximum of eight (8) players.
 - Rosters must contain at least six (6) players.
- A minimum of five (5) teams is required for a specific league to form.
- The program fee of \$55.00 per player includes:
 - 8 league games
 - paid officials (2 per game)
 - first-class facility in which to play
- Players may play on multiple teams in different divisions, but may not play on multiple teams in the same division.
 - A \$10.00 courtesy discount will be extended to the second players fee and beyond for players participating on more than one team.
- All participants must have a Waiver of Claim form on file before being allowed on the field.
 - Players under the age of eighteen (18) are required to have a Parent/Guardian signature on the Waiver of Claim form.

The Game

- The playing field measures approximately 25 yards wide by 65 yards in length.
- The dashed boundary lines are OUT OF BOUNDS.
- A coin toss determines initial possession.
- Games consist of two (2) 18 minute halves.
- Halftime will be two (2) minutes.
- Possession alternates at the half.
- "Pro clock" (stopping on out of bounds and incomplete passes) will go into effect in the last minute of the game.
 - The "pro clock" will stop on change of possession.
- Mercy Rule comes into effect at 30 points.
 - No extra point tries will be attempted after a team has a 30 point lead.
 - In addition, if your team is leading by 20 points or more in the last minute you have the ball, the clock will not stop and you may not call a timeout, even if you still have a timeout left.
 - This is a SPORTSMANSHIP issue.
- Games that end in a tie will be deemed a tie.
- Coed teams must have two (2) men and two (2) women on the field at all times.
- Each team will have two (2) 30 second timeouts per half.
 - Unused timeouts may not be carried over to the second half.

Miscellaneous Rules

- No hard or plaster casts are to be worn by any player.
- No jewelry of any kind is to be worn.
 - This includes bracelets, necklaces, rings, watches, etc.
- No more than 2 approved coaches will be allowed in the player box area, or 1 coach in the box and 1 coach on the field.
- A game will be considered a forfeit if one or both teams have not shown up five minutes after the scheduled game time.
- One coach may be in the offensive huddle for grades 1-8, if a coach is needed.

- Once you break the huddle, the coach must back up and not say anything to his team until the play is over.
- No Run Zone – If your team is in the mid-field circle attempting to gain a 1st down at the mid-field line, you cannot run the ball.
 - If your team is on the opponent's 5 yard line (red dot) or inside the 5 yard line attempting to score, you cannot run the ball.
 - You must pass the ball to score.

Equipment

- Players are encouraged to wear a mouthpiece.
- Tennis shoes or turf shoes will be allowed.
 - Plastic cleats, or any shoe containing less than 30 cleats per shoe, are strictly prohibited.
- Team shirts or jerseys must be the same color.
- Shirts must be tucked in at all times.
- Shorts with pockets are prohibited.
 - This is a safety issue.
- The Bus & Freda Dugger Sportsplex will provide the official game ball.
 - 1st & 2nd grade will use the "Pee Wee" size football
 - 3rd & 4th grade will use the "Junior" size football
 - 5th & 6th grade will use the "intermediate" size football
 - 7th – Adults will use an "Official" size football
- Game flags and belts will be provided at the Bus & Freda Dugger Sportsplex.

Offense

- All possessions begin on the red dot, except after an interception.
 - If the player downs the ball in the end zone after the interception, the ball will be spotted on the red dot.
- Teams have three (3) downs in which to advance the ball past mid-field for a first down.
- After achieving a first down, teams have three (3) downs to score a touchdown.
- The center must be on the line of scrimmage upon the snap, and must snap the ball between his/her legs.
- Players must be past the line of scrimmage in order to be eligible for a pass.
- One (1) foot down inbounds, with possession of the ball, constitutes a reception.
- The QB has seven (7) seconds in which to pass the ball.
 - Failure to pass the ball in seven (7) seconds will result in a loss of down.
- The offense may run or pass the ball if the QB hands it off, pitches, tosses, or laterals to another player in the backfield.
 - The person now has the option to run or pass the ball before he/she crosses the line of scrimmage or he/she may use a throwback pass to another player behind the line of scrimmage and that player must run or pass the ball before he/she crosses the line of scrimmage.
 - In other words, there may be two (2) exchanges behind the line of scrimmage, after the quarterback receives the snap.
 - You may not lateral the ball down the field past the line of scrimmage.
- The seven (7) seconds is not in effect after a hand-off.

- The ball will be spotted at the point where the player's hips were when his/her flag was pulled, unless the player is running backwards, in which case it will be spotted at the point of the ball.
- Teams may have one player in motion running parallel to the line of scrimmage.
- To begin play, the ball will be spotted at the red dot, not on the goal line, unless there was a turnover or you ran out of downs.
- Wide receiver cannot interfere with the rusher.
- There are no down field laterals.
- If the QB is in the act of throwing and his flags are pulled, the QB is not down.
- The ball carrier cannot jump to avoid a flag pull.
- If the offensive formation is tight with no wide receivers, the rusher must establish his lane for rushing on either side of the center.
- Each team will be allowed 30 seconds in the huddle.
- Successful extra point attempts from the red dot (run or pass) are worth one (1) point.
- Successful extra point attempts from the white dot (run or pass) are worth two (2) points.

Penalties (LOS = Line of Scrimmage)

Offense:

- Illegal Snap: 5 – yard penalty
- Illegal Motion: 5 – yard penalty
- False Start: 5 – yard penalty
- Impeding Rusher: 5 – yard penalty
- Blocking Downfield: 5 – yard penalty
- Illegal Pick: 5 – yard penalty
- Flag Guarding: 5 – yard penalty from spot of infraction
- Jumping: 5 – yard penalty (LOS)
- Lowering Head/Shoulder: 5 – yard penalty
- Pass Interference: 5 – yard penalty (LOS)
- Illegal Forward Pass: 5 – yard penalty (LOS)
- Illegal Hand-Off/Pitch: 5 – yard penalty (LOS)
- Illegal Run: 5 – yard penalty (LOS)
- Delay of Game: 5 – yard penalty (LOS)

Defense:

- Offsides: 5 – yard penalty, repeat down
- Illegal Rush: 5 – yard penalty, repeat down
- Illegal Contact: 5 – yard penalty, automatic first down
- Holding: 5 – yard penalty from end of play, automatic first down
- Illegal Flag Pull: 5 – yard penalty from LOS, automatic first down
- Pass Interference, Minor: 5 – yard penalty from LOS, automatic first down
- Pass Interference, Major: Spot foul, automatic first down
- Roughing the QB, Minor: 5 – yard penalty, automatic first down
- Roughing the QB, Major: 15 – yard penalty, automatic first down
- Delay of Game: 5 – yard penalty, repeat the down
- Illegal Push: 5 – yard penalty (LOS), automatic first down
- Illegal Stripping of the Ball from the Ball Carrier: 5 – yard penalty, automatic first down

Major Infractions:

- Physical Violence/Referee Abuse: Immediate ejection and a 15 – yard penalty
 - Any player and/or coach involved in a physically violent situation will be suspended for the remainder of that game, plus a minimum of one (1) additional game
 - The individual(s) receiving a suspension will also be required to make an appointment to meet with Kids, Incorporated personnel to discuss the future of their participation in the Sportsplex.
 - Individuals receiving a suspension are also subject to a monetary fine.
- Taunting: 15 – yard penalty
 - Suspension also becomes a possibility for multiple repeat offenders.
- Unsportsmanlike Conduct: 15 – yard penalty
 - The first such penalty will result in a warning for the player(s) involved.
 - A second offense will result in a suspension for the remainder of the game an one (1) additional game.

Text KIDS to 84444 to receive weather updates and registration deadline reminders!