

2017



RULES AND REGULATIONS



COVER 2 SPORTS
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The Game:

- 1) Players are responsible for avoiding all contact. Absolutely, no intentional contact allowed.
- 2) **NO BLOCKING.**
- 3) A coin toss determines first possession.
- 4) Games are comprised of two (2) fifteen (15) minute halves with a running clock. There will be a five (5) minute halftime.
- 5) Playing Field Sizes:
 - Men's and Co-Ed: 50yds x 25yds (60yds total, with 5yd end zones)
 - Women's: 40yds x 25yds (50yds total, with 5yd end zones)
- 7) Ball may be snapped directly between legs, between legs in shotgun formation, snapped sideways or snapped sideways in shotgun formation.
- 8) The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross mid-field. Once a team crosses mid-field, the team will have three (3) plays to score a touchdown.
- 9) If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team starts its drive from its 5-yard line.
- 10) All possession changes except interceptions start on the offense's 5-yard line.
- 11) Each time the ball is spotted a team has thirty (30) seconds to snap the ball. Failure to snap the ball within thirty (30) seconds will result in a Delay of Game penalty. Officials will give a ten (10) second warning before the ball must be put in play.
- 12) Referees will give team a verbal "10 seconds" to inform teams the clock is ticking down. When it reaches five (5) seconds, the referee will signal each second with arm.
- 13) A player leaving the field must exit on his/her side line only. Failure to do so will result in a foul for illegal substitution and a 5-yard penalty.

Attire:

- 1) Cleats are recommended. Metal spikes are not permitted.
- 2) Shirts/jerseys must be tucked in shorts, pants, etc. Jerseys cut at least two (2) inches above the waist is allowed. Pants with pockets are discouraged.
- 3) No hats, visors or jewelry.

Roster Changes:

- 1) Roster changes will be accepted via email or mail up until 5:00p.m. on August 10, 2017.
- 2) NO FAXING and photo ID's must be legible.
- 3) All roster changes must be approved by tournament officials.
- 4) No player changes will be accepted at the pre-event kickoff party and player changes will not be accepted due to injury.
- 5) A team will forfeit any game in which it is determined that a player has participated who is not listed on the final team roster or is not of legal age.
- 6) Official roster change must be submitted by the team captain and include:
 - Team name, division, new player name and name of person being replaced.
 - Legible photo copy of replacement player's ID and signed waiver (on registration form).

Players/Game Schedules:

- 1) All participants must be at least 18 years old. Teams must field a minimum of five (5) players at all times.
- 2) Team rosters consist of a minimum of eight (8) players and maximum of ten (10) players.
- 3) Game time is forfeit time.
- 4) Tournament directors reserve the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances.
- 5) All players must carry ID or proof of age during the entire length of the tournament.

Scoring:

- 1) Games are played to 28-point lead or 30 minutes, whichever comes first.
- 2) TD=6 points, Extra Point=1 (5 yards out); 2 (12 yards out), Safety=2 points
 - A team who scores 2 points for a safety will also take possession at their 5-yard line.
- 3) If defense intercepts an extra point attempt and returns the ball for a score, the defensive team will be awarded points equal to the amount of the extra point attempt.
- 4) If a team scores on the last timed play of the game to tie the score, the team will have one untimed down for the extra point try. If the extra point will tie the game, the untimed down will also be played. If the extra point will have no bearing on the outcome of the game, there will be no attempt for the extra point.

Time Outs:

- 1) Each team has one thirty (30) second time out per game, in which the play stops. The clock will continue to run.
- 2) Time outs may not be called within the last five minutes of a game.

Rushing the Quarterback:

- 1) All players who rush the passer must be a minimum of seven (7) yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. The 7-yard rule is also in effect on extra point attempts.
- 2) Players not rushing the quarterback may defend on the line of scrimmage.
- 3) Once the ball has left the quarterback's hand by either hand-off, pitch, lateral or pass, the 7-yard rule is no longer in effect and all defenders are eligible to rush.
- 4) A special marker, or the referee, will designate seven (7) yards from the line of scrimmage.
- 5) Players may not line up in a three-point stance at any time.
- 6) Defenders must go for the quarterback's flag and not his arm.
- 7) Defenders rushing the quarterback are allowed to raise arms to block passing lanes or to deflect a pass. No contact to the passer's arm, hand or head is allowed and will be called a foul.

Running:

- 1) The quarterback CANNOT run the ball. Exception: if the quarterback attempts to pass and a defender bats the football, the quarterback is eligible to catch it and run.
- 2) The player that receives the snap is designated as the quarterback.
- 3) The player who takes the hand-off or lateral can run with the ball as long as the line of scrimmage is not in a "no-run zone."
- 4) The player who takes the hand-off or lateral can throw the ball as long as he does not pass the line of scrimmage.
- 5) "No running zones" are located five (5) yards before midfield and five (5) yards before the end zone in each offensive direction. All pitches or laterals must be thrown behind the line of scrimmage.
- 6) "No running zones" are designed to avoid short-yardage power-running situations.
- 7) Spinning is allowed, but players cannot leave their feet to avoid a defensive player.
- 8) The team advancing the football cannot dive in order to gain yardage, either for a first down or touchdown.
- 9) The ball is spotted where the ball carrier's BELT is when the flag is pulled, not where the ball is.
- 10) Ball and flags must break the plane for a first down and touchdown.
- 11) Downfield laterals will result in a 10-yard penalty and loss of down.

Passing:

- 1) The quarterback has a five (5) second "pass clock", when there is no defensive rush. We will have a quarterback tee that will sound after the allotted time has passed. If a pass is not thrown in allotted time, play is dead, loss of down, ball returns to line of scrimmage. If the defense rush the quarterback, then there is no pass clock.
- 2) Interceptions change the possession and the ball is placed where the player is downed.
- 3) Interceptions may be returned. The ball comes out to the 5-yard line if the interception occurs in the end-zone and is downed in the end-zone.
- 4) Only one forward pass is permitted per offensive play, even if it occurs behind the line of scrimmage. Two forward passes on one play are not allowed.

Receiving:

- 1) All players are eligible to receive passes (including the quarterback if the ball has been handed
- 2) off behind the line of scrimmage).
- 3) Only one player is allowed in motion at a time. Motion must be parallel to the line of
- 4) scrimmage.
- 5) Player must have at least one foot in bounds and control of the ball for a completed pass.
- 6) Pass may not be intentionally tipped in any direction to another teammate.
- 7) If a receiver goes out of bounds, he/she cannot be the first to touch the ball.

Substitutions:

- 1) Players may substitute freely between plays.
- 2) A player leaving the field must exit on his/her side line only. Failure to do so will result in a foul for illegal substitution and a 5-yard penalty

Dead Balls:

- 1) There are no fumbles. The ball is spotted where it hits the ground. Anytime the ball touches the ground, it is dead.
- 2) Play is ruled "DEAD" when: Offensive player's flag is pulled.
 - Ball carrier steps out of bounds.
 - Touchdown is scored.
 - Anything other than the ball carrier's hand or foot hits the ground.
 - The ball hits the ground.
 - Ball carrier's belt falls to the ground. Receiver's belt falls to the ground (play is dead at point of reception).

Sportsmanship/Roughing:

- 1) If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, flag tying or any unsportsmanlike act, the game will be stopped and the player can be ejected from the game. Tournament director has authority to eject players from the tournament. FOUL PLAY WILL NOT BE TOLERATED.
- 2) Trash talking is illegal. Official has the right to determine language which is offensive. (Trash talk is that which may be offensive to official, opposing team, or spectators). Referee can eject players from the game for trash talking.
- 3) The first warning to one team will serve as a warning to both teams.

Overtime:

- 1) In case of a game ending in a tie score, the officials will bring all players of both teams to the center of the field. They will discuss the tiebreaker procedures and answer all questions PRIOR to the coin toss. After this meeting, the captains will stay and the remaining players will return to their respective sidelines.
 - A coin will be flipped to determine the start of overtime. The winner of the toss shall be given the options of offense or defense.
 - **ALL OVER TIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE.**
 - Unless moved by penalty, each team will start from the 5-yard line. The object will be to score a touchdown. An overtime period consists of one possession by each team. If the score is still tied after one period; they go to a second period or as many as needed to determine a winner. If the first team which is awarded the ball scores, the opponent still has a chance to win the game. If the defense intercepts the pass and returns for a touchdown, the game is over.

- Each team is entitled to one time out per overtime period.

Penalties:

- 1) The offense should be awarded a new series of four (4) downs when the penalty for defensive pass interference or roughing the passer is accepted.

Penalties:

- 1) All penalties will be called by the Referee and may be declined.
- 2) All penalties are assessed from the original line of scrimmage, except for unsportsmanlike conduct, which will be tacked-on after the play has finished.
- 3) A penalty will not move the ball more than half the distance to the goal line.

Defense: Penalties

- Offsides
- Interference
- Illegal Contact (holding, bump and run, blocking, etc.)
- Illegal Flag Pull (before receiver has ball)
- Illegal Rushing (start rush from inside 7-yard marker)
- All defensive penalties are ten (10) yards (from line of scrimmage) and automatic first down.

Offense: Penalties

- Illegal Motion (more than one (1) person moving, false start, motion, etc.)
- Illegal Substitution
- Offensive Pass Interference (illegal pick play, pushing off/away defender)
- Flag Guarding
- Delay of Game – ten (10) yards and loss of down (clock will NOT stop). Two consecutive delay of game infractions will result in an unsportsmanlike conduct penalty.
- All offensive penalties are ten (10) yards (from line of scrimmage) and loss of down
- Within ten (10) yards of goal, ball is placed half the distance to the goal
- Referees determine incidental contact which may result from normal run of play.
- Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- Games cannot end on a defensive penalty unless the offense declines it.

Other:

- 1) If flag is pulled before the football leaves the quarterback's hand, quarterback is down.
- 2) Players experiencing bleeding must step off the field of play until bleeding is stopped.