

These are the written rules.....However; **the official (referee) has the final call** on the field and that call stands. To be eligible to play, each player shall have signed a waiver and will wear an issued wristband at all times. Any team in violation will be eliminated from the tournament.

Game length: Games will be 30 minutes running time for the entire tournament. The defending goals of each team will switch upon the first score or turnover on downs when the game has reached its 15 minute mark.

Playoff rounds will remain at 30 minutes; however the championship game will be 40 minutes with a 20 minute goal change.

Players: 7 on 7 set up. Linemen are not required, but each ball must be snapped at the line of scrimmage.

Downs: There are 2 zones on the field. The offense will have 4 downs to cross the “mid zone,” and then a final 4 downs to score.

Blitzing: A defensive player who chooses to rush the quarterback must do so from 7 yards away from the line of scrimmage. A defensive player who is lined up within 7 yards is not eligible to rush. A redo on the down and 5 yard advancement will be awarded to the offence. During a defensive rush, quarterbacks are allowed to advance the ball by running, once per zone. Otherwise the ball must be thrown or handed off to a teammate. The quarterback will have 6 seconds to throw or handoff the ball each play, regardless of being rushed or not.

BACKWARD PASSES AND FUMBLES: Any ball that is fumbled during a down will be dead by rule once it has touched the ground. A backward pass or fumble may be caught or intercepted by any player inbounds and advanced. A player may not intentionally throw a backward pass out of bounds to conserve time or to avoid being downed. *This will be penalized as an Illegal pass: loss of 5 yards, loss of down.* Once a ball has touched the ground the ball is considered dead.

FORWARD PASSES AND INTERCEPTIONS: If a player is in the air attempting to catch a ball, the player must contact the ground with at least one foot in-bounds with the ball in their possession prior to going out of bounds, unless contact by an opponent causes the player to first touch out-of-bounds. If possession of the ball is lost simultaneously when they hit the ground, it is not a catch. If a forward pass is caught simultaneously by members of opposing teams, the ball is dead at that spot and belongs to the team that snapped the ball.

PASS INTERFERENCE: Any contact that, in the view of the official, interferes with the attempt to catch a pass (offensive or defensive player) is pass interference unless, in the view of the official, it occurs when two or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass. It is also pass interference if an eligible receiver is deflagged or touched prior to touching the ball on a pass thrown beyond the offense's line of scrimmage. If the pass interference by the defense is intentional and/or unsportsmanlike, the defense may be penalized an additional 10 yards.

SCORING:

Touchdowns = 6 points

Extra Points = 1 point if successful from the 3 yard line

Extra Points = 2 points if successful from the 3 yard line twice

* team must elect 1 or 2 points prior to initial attempt. If a team decides to go for 2 points and fails on either their first or second attempt, 0 points are awarded.

Safety = 2 points

Defensive Conversion on Extra Point Attempt = 3 points

Once a team has made their choice on the extra point, they can only change their decision by taking a time-out.

SAFETY: If a player carries the ball across the goal line they are defending and the ball becomes dead while in their team's possession, it is a safety. If a team commits a foul in the end zone where the spot of enforcement is designated as the spot of the foul, it will be declared a safety. **A team recording a safety will receive two points, and the ball shall be snapped by the scoring team at their own 5-yard-line, unless moved by penalty.**

PERSONAL FOULS: Any act listed below or any other act of unnecessary roughness is a personal foul. Players shall not:

- Punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
- Trip an opponent.
- Contact an opponent who is on the ground.
- Throw the runner to the ground.
- Hurdle another player.
- Contact an opponent either before or after the ball is declared dead.
- Make any contact with an opponent that is deemed unnecessary.
- Deliberately drive or run into a defensive player.
- Clip an opponent.
- Position themselves on the shoulders of a teammate or opponent to gain an advantage.
- Tackle the runner. (Warrants ejection)

SCREEN BLOCKING: Legally obstructing an opponent without using any part of the body to initiate contact. Screen blocking shall take place without contact. The

blocker shall have their hands and arms at their sides or behind their back. A screen blocker cannot use their hands, arms, elbows, legs or body to initiate contact. If they do use contact it will be called a Personal Foul.

Screen blockers may not:

- Take a position closer than a normal step when behind a stationary opponent.
- Make contact when assuming a position at the side or in front of a stationary opponent.
- Take a position so close to an opponent that they cannot avoid contact by stopping or changing direction.

STIFF ARMING: Stiff arming is not allowed; a personal foul will be called, and if warranted an unsportsmanlike conduct or ejection will result.

OBSTRUCTING THE RUNNER: A defensive player shall not hold, grasp, or obstruct the forward progress of the runner when attempting to remove the flag belt.

THE FLAG BELT: All shirts must be tucked in, and are not permitted to hang over the flag belt. Should a player loose their flag belt legally or illegally during a down and should that player gain possession of a live ball, that player will be considered down when a legal tag (one hand touched by the defense between the shoulders and knees, including the hand and arm) is made. It is illegal for a defensive player to intentionally pull a flag from an offensive player who is not in possession of the ball. In cases where a flag belt is removed illegally, play should continue with the option of the penalty of the play (Penalty: Personal foul, 10 yards).

GUARDING THE FLAG BELT: Runners shall not flag guard by using any part of the body or ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes but is not limited to:

- Swinging the hand or arm over the flag belt to prevent an opponent from deflagging.
- Placing the ball in possession over the flag belt to prevent an opponent from deflagging.
- Lowering the shoulders in such a manner that flag guards.

Play clock: The play clock shall run for 30 seconds after the officials have spotted the ball. If the offense has not snapped the ball by the time the play clock has ended; five yards will be taken away with a loss in a loss in downs. If 2 consecutive play clock violations occur, this will result in a change of possession. **Timeouts** will only stop the play clock, not the game clock. Each team will have 2 per game.

Overtime: If teams are tied at the end of regulation, after a coin toss, each team will have 4 downs from the goal line to score. A touchdown will result with 6 points and the scoring team would attempt the extra point(s) of their choice. The following team would then be given the same opportunity.

In case of a double or triple overtime, teams would flip a coin for sudden death rules.