



### PASSING

QB has 7-secs to throw the football. *Unless fake is made.*  
Forward passes **must** cross the LOS (i.e. shovel pass).

### RECEIVING

Receivers must have at least one foot inbounds for a catch.  
Jumping is allowed, but only to adjust to high throws.

### RUNNING

The QB can not run with the football.  
The "No Running Zones" are located 5-yards from each end-zone. Pass only territory.

Spinning is allowed, but the offensive player must have one foot remaining on the ground.

No diving.

There are NO fumbles.

"Hips" of player (not ball) mark spot of ball.

### RUSHING (the Quarterback)

A player may rush from behind the 7-yard marker and within two yards left to right.

Once a fake is made then "all" can rush.

The rusher cannot raise arms or block passes within the 2-yard safety zone of the quarterback.

### MISCELLANEOUS

LOD=Next down

Blow dead all "false starts" before play develops

One Ref @LOS & one Ref @7yd marker

30 seconds between plays

### OFFENSIVE PENALTIES

|                              |                         |
|------------------------------|-------------------------|
| Substitution fouls:          | -5 yards (repeat down)  |
| Delay of Game                | -5 yards (repeat down)  |
| Offside or False Start:      | -5 yards (repeat down)  |
| Illegal Snap:                | -5 yards (repeat down)  |
| Rusher Interference:         | -5 yards (repeat down)  |
| Offensive Holding:           | -5 yards (repeat down)  |
| Player out-of-bounds:        | -5 yards (repeat down)  |
| No Cadence by QB:            | -5 yards (loss of down) |
| 7-seconds to pass expire:    | -5 yards (loss of down) |
| Illegal forward pass:        | -5 yards (loss of down) |
| Offensive Pass Interference: | -5 yards (loss of down) |
| Running inside the NRZ:      | -5 yards (loss of down) |
| Illegal (Offensive) Picking: | -5 yards (loss of down) |
| Roughing:                    | -5 yards (loss of down) |

*Spotted Foul*

Flag Guarding: -5 yards (loss of down)

Diving or Jumping: -5 yards (loss of down)



### DEFENSIVE PENALTIES

|                                     |   |
|-------------------------------------|---|
| Substitution fouls:                 | -5 yards (repeat down)                  |
| Offside:                            | -5 yards (repeat down)                  |
| Illegal Rush:                       | -5 yards (repeat down)                  |
| Snap Interference:                  | -5 yards (repeat down)                  |
| Disconcerting Signals:              | -5 yards (repeat down)                  |
| Illegal (Defensive) Picking:        | -5 yards (1 <sup>st</sup> down)         |
| Quarterback Interference:           | -5 yards (1 <sup>st</sup> down)         |
| Roughing:                           | -5 yards (1 <sup>st</sup> down)         |
| Illegal contact (holding)           | - 5 yards (1 <sup>st</sup> down)        |
| <b>Defensive Pass Interference:</b> | <b>-15 yards</b> (1 <sup>st</sup> down) |

*Spotted Foul*

Defensive Flag Dive: -5 yards (1<sup>st</sup> down)

Illegal contact (holding) flagging -5 yards (1<sup>st</sup> down)

"D" cannot grab cloth to slow player down and then grab flag. "Illegal contact".

If shorts are "pulled" down below top of hips- automatic penalty. Even if flags are pulled at same time. .

### MISCELLANEOUS

Tipped passes "O"-"O" legal cannot be advanced.  
"D"-"O" and "D"-"D" are both legal and can be advanced.

### PLAYER CONDUCT

Unsportsmanlike Conduct: **-15 yards** (loss of down or automatic 1<sup>st</sup> down) and player ejected

### CHECK LIST

Search for any Holes or Rocks

Player Uniform Inspection:

- Footwear
- Solid color gym shorts with no pockets
- Jersey tucked into shorts (no obstruction to flags)
- Flags on hips only (no gloves, play cards etc.)
- Mandatory Mouthpiece
- No jewelry or hats, (skull caps OK)
- White belts tucked in (looped)

*Keep Count of Downs yell out every play*

*Keep track score and Yell out often*

*No Team Timeouts*