

Rules

Uniform

- Shorts with no pockets
- T-shirt or athletic wear shirt
- Football cleats
- Flag (2 flagged poppers)

The Game

- Field Length
 - a. 25 yards in width
 - b. 7 yard end zones
 - c. 50 yards from the front of the end zone to the front of the other end zone
 - First down will be 25 yards from the front of the end zone
 - d. Total of 64 yards in length
- 5 players on the field per team at all times.
- No contact allowed.
- No Blocking.
- A coin toss determines first possession.
- Ball must be snapped between the legs to start play. (Not for girls)
- The offensive team takes possession of the ball at their 5-yard line and has three (3) plays to cross mid-field. The offense will have an opportunity to go for it on 4th down. If the offense doesn't cross the mid-field first down, the opposing team will get the ball at the spot the offense ended. If you choose not to go for it on 4th, the opposing team will get the ball at their 5 yard line.
- Once a team crosses mid-field, they will only have three (3) plays to score a touchdown.
- If the offensive team fails to score, possession of the ball changes and the opposite team starts their drive from their 5-yard line.
- All possession changes except interceptions and failed 4th down attempts start on the offense's 5-yard line.
- Teams change sides after the first 12 minutes, possession will change at half along with direction (no quick snaps). Each team will have three timeouts per half along with a 2 minute pro-clock in the second half.
- Each time the ball is spotted a team has 25 seconds to snap the ball.
- Interceptions can be returned for a touchdown (6) score. Extra points are allowed to be returned for a score of (2) points.
- All plays will start from the line of scrimmage. Before a play begins the line of scrimmage must be set. In the event of a hurry up offense, the rusher can rush from anywhere if the referee is not set.

Attire

- Cleats are allowed, except for metal spikes. Inspections can and will be made.
- Shirts must be tucked in shorts, pants, etc.
- Shorts must not have pockets. (Will not be allowed to play)
- Mouthpiece (optional)

Players/Game Schedules

- Teams must field a minimum of three (3) players at all times.
- Teams consist of however many players as wanted. There are only 5 players on the field at a time for both teams. ALL SUBSTITUTIONS MUST COME ON A DEAD-BALL.
- All forfeits are scored 21-0.

Scoring

- TD=6 points, Extra Point=1 (5 yards out); 2 (12 yards out), Safety=2 points
- All players who score must have the ball cross the goal line.

Rushing the Quarterback

- All players that rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the QB.
- The rusher must rush from an angle (lane). In the event of a team running a tight formation play the rusher must rush from the outside of the formation. (Players must be close together).
- Once a handoff has taken place, the lane rule is negated.
- Players not rushing the QB may defend beyond the line of scrimmage.
- Once the ball has been handed off the 7 yard rule is no longer in effect and all defenders are eligible to rush.
- A special marker, or the referee, will designate 7 yards from the line of scrimmage.
- In order to be called a sack the quarterback must have the ball in his hand. All TIES will go to the quarterback, this will be a judgment call.
- In the event of a hurry offense the rusher may rush from anywhere on the field.
- The rusher must be behind the 7 yard referee at all times. If someone rushes in front of the 7 yard mark, a penalty will be called.
- When the QB rolls out, the rusher's angle then changes.

Running

- The Quarterback CANNOT run the ball.
- Only direct hand-offs behind the line of scrimmage are legal. NO laterals or pitches of any kind. Offense may use multiple hand-offs.
- The player who takes the hand-off can throw the ball as long as he does not pass the line of scrimmage.
- "No Running Zones" are located 5 yards before midfield and 5 yards before the end zone in each offensive direction.
- Players cannot leave their feet to avoid a defensive player.
- The ball is spotted where the football last was when the flag is pulled. Only the ball has to break the plane for a 1st down and touchdown.

Passing

- All passes must be forward and received beyond the line of scrimmage.

- Shovel passes are allowed but must be received beyond the line of scrimmage.
- The QB has a 7 second pass clock. If a pass is not thrown within the pass clock, play is dead, loss of down, ball returns to line of scrimmage. Once the ball is handed off the pass clock rule is no longer in effect..
- If the passer crosses the line of scrimmage before he releases the ball (players' whole body must be passed the line of scrimmage) it will result in a penalty. The penalty will be 5 yards back and a loss of down. (Play will continue until the whistle is blown).
- All passers must have the ball released from their hand in order to avoid a sack. All TIES will go to the quarterback..

Receiving

- All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time. (Ball must be set)
- Players must have at least one foot in bounds when making a catch.
- Pass may not be intentionally tipped in any direction to another teammate.
- If an offensive player steps out of bounds during the play, they may not be the first person to touch the ball. This will result in a penalty of 5 yards.
- In the event of a tip ball, any receiver is eligible to receive the deflected pass. This includes a player who happens to step out of bounds and come back in the field of play.
- If the receiver initiates contact it is illegal contact, this penalty will result in a loss of 10 yards from the point of contact.

Dead Ball

- Play is ruled "DEAD" when
 - Offensive player's flag is pulled.
 - Ball carrier steps out of bounds.
 - Touchdown is scored.
 - Ball carrier's knee hits the ground.
 - Ball carrier's flag falls out.
 - The Receiver's flag falls out. (play is dead at the point of reception.)
 - If the quarterback takes a snap without flags, the ball is dead where he or receives the snap.
- If there is an illegal flag pull prior to the catch of the football, You must pull the other flag in order to be down. If both flags are pulled you must touch the player one hand below the waist, and a 5 yard penalty will be enforced at the end of the play.

Clarification:

- If a receiver loses a flag during a play they are still eligible to catch the ball. As soon as they catch the ball, play is dead at that spot and the ball cannot be advanced. If the ball is caught in the end zone the play results in a touchdown.
- There are no fumbles. Ball is spotted from where it fell. Anytime the ball touches the ground it is dead.

- If the flag is pulled before football leaves the QB's hand, QB is down.
- The center must have both flags before he snaps the ball. One flag will result in a dead play and loss of down.

Sportsmanship

- If the officials witness ANY acts of tackling, elbowing, cheap shots, blocking, or other unnecessary conduct, the offender may be ejected. Suspension from future games and/or expulsion from the league will be considered also.
- Trash talking: Officials will determine what is and what is not offensive in nature. Offenders are subject to ejection. (The player or players will be automatically suspended for 2 games.)
- Any player who throws another player's flag will be warned with a delay of game. The second will result in a 5 yard penalty that will be added on at the end of the play, and the down will be replayed. In the event of a third delay of game, it will result in a 10 yard penalty and a 1st down.
- Excessive Celebrations: No team is allowed to do excessive celebration during or after a big play, touchdown, or at the end of the game. We want to promote good sportsmanship no matter the score.
- Any players, coaches, teams, parents and/or fans using abusive language or threatening any official or any SFPSL sports staff member before, during, or after the game will be ejected from the game and is subject to potential suspension for the next (2) games.
- Any player ejected for fighting (throwing punches, slapping, or other physical contact) will be automatically suspended for 2 games and/or the remainder of the season. (Leagues Discretion) (There will be no refunds of money for an ejection!)
- No Cursing allowed.
- The head Coach is responsible for his teams (parents, fans/spectators) watching the game. If any parents, fans/spectators cannot maintain good conduct they will be asked to leave. The referee will stop the game. If anyone refuses to leave the (game/field). The game will be stopped and the opposing team will be awarded the victory by forfeit.

SFPSL has the right to enforce and /or extend any rules and /or suspensions to include the complete season, playoff, and / or the entire year.

Time/Overtime

- Games will consist of two (2) twelve (12) minute halves. A running clock format will be used, except for the last minute of the game. There is a 25 second play clock.
- Each team will have two (2) thirty (30) second time-outs per half. If a timeout is called before an extra point is attempted the clock will start when the ball is hiked.
- There will be a one (1) minute pro-clock in the second half of play. If a timeout is called on a touchdown the clock will not run until after the extra point.
- Officials may stop the clock at any time for administrative purposes.
- Should the score remain tied at the end of regulation; the teams will go directly into overtime. A coin toss will determine starting possession. The winner of the toss will have the choice of starting on offense or defense. The loser of the toss will have a choice of

direction for the entire overtime. Each team will be provided one (1) time-out for the entire over-time (no carry over).

- Each team will have one drive from the 5 yard line to score. If no team scores or ends in a tie, then a second overtime will take place.
- Second Overtime - Each time will have one drive five yards after the first down to score. If no team scores or ends in a tie, then a third overtime will take place.
- Third Overtime - Each team will have one attempt at an extra point.
- In the event it ends in a tie after the third overtime, then the game will end in a tie.
- Playoffs will not end in a tie and the third overtime rule will stay in effect until there is a winner.

**Any offensive penalty inside the one(1)minute pro clock will stop the clock. **

Penalties

Offense:

- False start: 5 yards, repeat down
- Illegal Motion: 5 yards, loss of down
- Illegal forward pass: 5 yards, loss of down
- Offensive Pass Interference: 10 yards, loss of down
- Flag Guarding: 5 yards from the spot of the foul, loss of down (Spot Foul)
- Impeding the rusher: 5 yards ,loss of down
- Illegal Contact/ Charging by an Offensive player -10 yards from the spot of the foul.
- Blocking or screening: 5 yards, loss of down
- Delay of game: 5 yards, loss of down

Defense: (all defensive penalties result in an automatic first down for the offense)

- Encroachment: 5 yards
- Defensive Pass Interference: 10 yards
- Illegal Contact: 5 yards,
- Holding: 5 yards from the spot of the foul
- Illegal flag pull (Both Flags): 5 yards
- Illegal rush: 5 yards,
- All penalties are enforced from the line of scrimmage, unless noted.
- Officials will determine incidental contact, that may result during play
- The last man rule is applied at all times of the game.
 - a. If a player holds the runner and they are the last player down the field, this will result in an automatic touchdown.
- Games cannot end a defensive foul, unless declined.

Divisional Tie Breakers

1. Best winning PCT %
2. Head to head matchups

3. Point differential
4. Coin toss