***A. FIELD DIMENSIONS***

* Field Length—40 yards long.
* Field Width--160 feet (60 feet to hash mark, 40 feet between).
* End Zone--10 yards deep.

***B. STARTING THE GAME***

* A central timekeeper will be designated. All games will begin and end on this person’s instructions. He will also announce the time remaining at the 10-, 5-, and 2-minute mark.
* Pack T-Shirts in the event of a conflict. Visitors will have possession for the 1st Half and Home for the 2nd half.
* Team Jerseys are allowed to be worn. However, the Home Team will wear their Spirit Pack T-Shirts in the event of a conflict.
* MOUTH PIECES & HEAD GEAR ARE: Required and must be worn, Mouthpieces 3” to 5” long tag, no pop-offs allowed.
* Visitors will always align their team on the right sideline facing the end zone. Home will always align their team on the left sideline facing the end zone.
* Ball is always placed IN THE MIDDLE when at the 40-yard line.
* Referee will announce/post score before each offensive possession begins.

***C. MOVING THE BALL***

* Offensive plays must consist of passing only. Absolutely no running allowed. Running will result in a loss of down.
* Field is marked at 2–15-yard intervals and 1–10-yard interval with cones. (3 first downs without a penalty would result in a touchdown). Inside the 10 is 4 plays, everywhere else is only 3.
* Possession always begins at the 40-yard line IN THE MIDDLE OF THE FIELD. Placement of the ball must be enforced by officials, in accordance with NCAA rules, once the ball has been advanced.
* No penalty will be assessed in excess of the 40 yd line. On an unsuccessful or successful offensive play from the 45-yard line resulting in an offensive penalty: The ball will be returned to the 40 yard line and 1st down will become 2nd down; 2nd down will become 3rd down; and 3rd down will result in a turnover.
* Offenses always move in the same direction
* All passes must be forward. A lateral pass will be considered a running play.
* Once a forward pass has been thrown, a backward pass (lateral) is allowed.
* Should a swing pass not cross the LOS and before the 4 second count has expired, a defensive player tags the ball carrier behind the 40-yard line, it is a safety.

***D. SPECIAL RULES***

* No blocking. You can shadow block but if your player makes contact it is a loss of down. Bump and Run Coverage is OK.
* Receiver/Ball carrier is legally down when touched with both hands. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Expulsion of a player(s) if ruled unsportsmanlike & flagrant).
* Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The 4.0 second count remains in Effect on snaps.
* Each team will have 25 seconds to snap the ball once it has been marked ready for play. Two (2) “delay of game” penalties in the same possession results in a turnover. A delay of game penalty on the extra point tries results in a turnover.
* The QB is allowed 4.0 seconds) to throw the ball. The Official Timekeeper starts a stopwatch on the snap of the ball from center and stops the watch as soon as the QB releases the ball. 1) If release is under 4.0 seconds, the play goes on. Under the center= 3.7 sec------shotgun/pistol=4.0 sec
* 2) If the timekeeper sees that the clock has exceeded 4.0 seconds, he waits until the play is over (the play is not blown dead), then brings the ball back to the original line of scrimmage with loss of down. (The Timekeeper will be an official or coach from a team that is not playing).
* 3) The only infractions possible when a 4 second count is called are unsportsmanlike acts.
* Defensive Pass Interference will be a spot foul (1st down at the spot).
* Responsibility to avoid contact is with the defense. There will be NO chucking, deliberate bumping or grabbing. These actions will result in a "tack on" penalty at the end of the play (5-yard penalty).
* Offensive pass interference is the same as NCAA rules. (15-yard penalty).
* Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot in a timely fashion. Failure to do so can result in a delay of game penalty.
* The offensive center is not an eligible receiver (teams must have a center). The ball can be snapped by any team mate not on offense at the current time.
* The center will be responsible for setting or re-positioning the Referee's bean bag at the line of scrimmage. On change of possession, the team moving to offense will ensure the bean bag gets to the new scrimmage line. (Centers on both teams responsible).
* No taunting or "trash talking" (5-yard penalty & expulsion if flagrant).
* The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over. (There is no kicking). Four down territory occurs only after offense proceeds to or inside the 10-yard line cone (third quadrant).
* Fighting: the player(s) involved will be ejected from the game and tournament. If a team fight occurs, the teams involved will be ejected from the game. They will also be disqualified from participating in the tournament. NO REFUNDS for this league whatsoever!!
* Any dead ball foul on a play that results in the defense getting the ball and it is unable to be penalized back to the 50-yard line will result in a loss of down penalty. The defense, now the offense, would be starting play with 2nd down.
* There will be an area referred to as the tackle box that extends 3 yards on both sides of the center and extending 3 yards deep into the backfield. No eligible receiver may align within the tackle box.

***E. SCORING***

* 6 points for TD
* 1 point for PAT from 3-yard line, 2-point PAT from 10-yard line. Interception on PAT is dead ball, no points either side.
* During possession an interception by the defense will be 2 points unless ran back without getting touched! (6points) if touched its 2 points and a dead ball and change of possession at the 40-yard line.
* Official score is kept by field referee and game manager.

***F. TIE BREAKER***

* After coin flip to determine first possession, both teams will be awarded one play from the 40-yard line. Whoever gets the farthest yardage from that spot on one play will be determined the winner.

***G. TIME***

* 20-minute running clock.
* Time-outs- 1 Timeout per half. Only can be used under 2 minutes in half & game, clock will continue to run but if timeout is called as time is expiring, the offensive team will be rewarded one last play. *(Exception: Injuries. Both games on the Field will halt until player(s) can be removed as soon as safety dictates).*
* 5 minutes between games.

***H. OFFICIALS: (1)—REFEREE/FIELD JUDGE, (1) —BACK JUDGE***

* Timekeeper: designated official will keep the 4 second clock.
* Seed games will have 1 referee, 1 Line judge.
* Championship games will have 1 referee, 1 Line judge.

***I. PLAYOFFS***

* All Teams each division will be placed in single game elimination tournament based on records from pool play to decide the Champion. Championship games will be live streamed.
* Championship Tournament will be directly after 3 game pool play.

***J. PLAYER ELIGIBILITY***

* Players may be added to a Team Roster up until Saturday, February 17th, 2018.
* Once on a Team Roster (and have played in a tournament game) the player may not switch to another Chapter/team during 7 on 7 and compete in this tournament (unless playing in a different age division).
* Only Players on the Team Roster on Game Day are allowed to play.
* Absolutely NO OLDER kids allowed to play under any circumstances. You are allowed to play up as many levels as u see fit but never down.