**Uniform:**

* 1. No shorts with pockets
  2. No cleats with metal spikes

**Game Play**

* 1. Two 22 minute halves
     + Clock runs continuously throughout 1st half
     + Clock runs continuously throughout 2nd half until 2 minutes
     + With 2 minutes remaining in 2nd half, clock stops on incomplete passes, ball carrier running out of bounds, and PATs (extra points)
  2. Beginning each half and after touchdowns, the ball is placed at the 15 yard line. No kickoffs.
  3. Coin Toss – choices for team winning coin toss: chose offense, choose defense, or defer choice to 2nd half.
  4. Timeouts – each team is allowed 2 one-minute time-outs per half. Half time will consist of no more than 3 minutes. Unused timeouts do not carry over into the second half.
  5. Mercy Rule: if a team is winning by 20 points with 2 minutes left or if a team is winning by 30 points with 10 minutes left, the game is over.
  6. PAT (extra point)
     + 1 point – 3 yard line
     + 2 points – 10 yard line
     + 2 points – 20 yard line
     + Defensive team intercepts a pass and returns for a touchdown – 2 points

**Offensive**

* 1. Any offensive player may receive the snap, but they must be a minimum of **3-yards** behind the scrimmage line.
  2. Referee must declare “line set,” meaning there are a minimum of 4 players on the line of scrimmage, before the ball can be snapped
  3. Only one player may be in motion parallel to or away from the line of scrimmage when the ball is snapped
  4. Blocking – minimal/no contact, can be downfield as long as the offensive blocker is not running in the direction of the defensive play, making purposeful contact. The offensive blocker may keep his position in between a runner and a defender.
  5. Ball carrier must not make contact with a defender or lower his/her shoulder into a defender
  6. No flag guarding
  7. If ball carrier loses his/her flag belt, one-hand tag constitutes the offensive player down.

**Defense**

* 1. Rusher is not allowed to have ANY contact with the thrower’s arm.
  2. Defender is not allowed to hold the ball carrier when attempting to de-flag.
  3. Defender is not allowed to intentionally de-flag an offensive player who does not have the ball

**Both Offense and Defense**

* 1. Both offense and defense have same opportunity at a thrown ball. Pass interference is enforced when either player initiates contact that hinders the opponent from catching the ball
  2. Neither offensive nor defensive players are allowed to make contact with opposing players off the line of scrimmage

**Important Penalties**

**5 yard penalty**

* 1. Delay of game
  2. Offensive player illegally in motion
  3. Less than 4 players on the offensive line of   
     scrimmage
  4. Illegal forward pass (also loss of down)
  5. False start

**10 yard penalty**

* 1. Contact before or after ball is dead
  2. Unnecessary contact
  3. Drive or run into player
  4. Forward pass interference-Defensive (automatic   
     1st down)
  5. Illegally secured flag belt on touchdown (loss of   
     down)
  6. Roughing the passer (automatic 1st down)
  7. Illegal offensive screen blocking
  8. Guarding the flag belt (Flag Guarding)