

PLAYERS AND POSITIONS

A team shall consist of nine players and any number of substitutes. A team must have at least nine players to start the game. If a team has no substitutes and a player is disqualified, the team must play short. If at any time so many players are disqualified that the team has less than seven players available, they must default the game.

There shall be five line players, one of whom shall be a Center.

There shall be four backfield players, one of whom shall be a Quarterback.

Each team shall have a Captain.

SCORING AND TIMING

TOUCHDOWN	6 points
SUCCESSFUL TRY FOR POINT	1 point
SAFETY	2 points

A touchdown is made when a runner carries the ball across the goal line or a pass is completed in the end zone.

A try for point is awarded after a touchdown is scored. A team is given one scrimmage play from the three yard conversion line to complete a pass in the end zone or carry the ball over the goal line.

A safety is scored when the ball, legally in the possession of a player becomes dead behind her own goal line provided the impetus which sent it across was given by a member of her team.

Points are awarded to the opposing team and the team scored upon restarts play with a kick-off from their quarter line.

LENGTH OF GAME

The shall consist of four 15 minute running quarters with 2 minutes between quarters and 10 minutes between halves.

TIE GAME

If the score is tied at the end of regulation running play, the team with the greater number of earned first downs is declared the winner.

TIME-OUTS

Any player may request a team time out when the ball is dead. Each team may have 2 time-outs each half. Team time outs shall be 2 minutes in length. The running clock is then stopped until the ball is snapped.

THE GAME

Each half shall start with a kick-off. Prior to the start of the game the referee shall toss a coin. The winning captain has the choice of goal, or kicking or receiving. The losing captain has the remaining choice.

At the beginning of the second half, the losing captain receives first choice of goal, or kicking or receiving.

At the beginning of the second and fourth quarters, the ball shall be placed in a position at the opposite end of the field, corresponding to where it was located at the end of the preceding quarter. The down and distance to be gained shall remain the same.

KICK-OFF

The ball shall be put in play with a punt at the beginning of each half and after a touchdown or safety.

Any player may punt the ball from anywhere behind their own quarter line. The kicking team must remain behind their quarter line until the ball is kicked. The receiving team must remain behind the center line until the ball is kicked.

When a kick-off is caught, the receiver may run, hand-off, or throw a lateral pass. The ball remains in play until the ball carrier's flag is pulled or ball is declared dead by an official. The point at which the ball was declared dead becomes the line of scrimmage.

When a kick-off lands in the end zone, it is a touch-back and the receiving team shall start their series of downs on their own quarter line.

On a kick-off which does not cross the center line, the ball is put in play on the center line.

If the ball goes out of bounds at the side line, the ball is put in play on the inbound line opposite the spot where it went out.

SCRIMMAGE PLAY

In the line-up, the offensive team must be behind the line of scrimmage; the defensive team must be 3 feet away from the line of scrimmage until the ball is centered.

Before the ball is centered, the offensive team must have been motionless for one second.

All players are eligible to catch a pass.

The offensive team may not have more than four players in the backfield.

The ball must be centered 35 seconds after the ball has been declared ready for play. The ball may be centered to any backfield player. If the ball touches the ground after it has been centered it is dead. The next down starts from the spot where the ball first touched the ground.

DOWNES

Upon gaining possession of the ball a team shall have four downs to advance the ball into the next zone or scored.

If a team crosses into the next zone, a first down is earned and a new series of downs begins.

If a team fails to move the ball into the next zone they lose possession of the ball. The opposing team starts their series of downs from the spot where the ball became dead.

If a team loses yardage, the original line must be crossed to obtain a first down.

SCRIMMAGE KICK (PUNT)

A team may punt on any down but must announce the punt to the referee before the ball is centered.

Any backfield player may punt after receiving the ball from the center.

NEITHER team may cross the line of scrimmage until the ball has been kicked.

SCRIMMAGE KICK (PUNT) continued

Each team must have at least three players on the line of scrimmage when the ball is kicked.

The receiver may run with the ball, hand-off, or lateral

If the ball goes out of bounds at the side line it is dead and the next series of downs starts from the inbound line opposite that spot.

The ball is dead on the spot if a member of the kicking team touches the ball before it has been touched by a member of the receiving team.

If the ball lands in the end zone or goes over the end line, the receiving team starts its series of downs on their quarter line.

If the ball comes to rest inbounds without being touched by a player on the receiving team, the ball is declared dead at that point.

OFFENSIVE PLAY

The ball carrier may run in any direction until the ball is declared dead.

The ball carrier is stopped if he falls to the ground.

The carrier of the ball may use a lateral pass or hand-off anywhere on the field.

A forward pass may be thrown only from behind the line of scrimmage to any player on the offensive team.

If the pass goes out of bounds or is not caught it is incomplete and the next down is taken from the last line of scrimmage. If this occurs on the a fourth down play, the opposing team starts its series of downs from the same spot.

If two opponents catch a pass simultaneously, the ball is dead and belongs to the team which put the ball in play. The next down begins at the spot where the simultaneous catch occurred.

The ball carrier cannot protect his flags

THE DEFENSIVE PLAY

A defensive player must have one or both feet on the ground when detaching a flag. After the flag is pulled, the ball is dead and the next down starts from that spot.

The flag must be pulled without pushing, holding or hitting the ball carrier.

Five people must be on the line when the ball is snapped. After the snap, they can move to where they wish.

Defensive play of an illegal nature on the part of the last defender results in a touchdown.

DEAD BALL

Anytime the ball carrier touches the ground with any part of the body other than feet and hands.

When the ball carrier has a flag pulled.

Following a touchdown, try for point, safety or touchback

DEAD BALL continued

When the ball goes out of bounds or when a player in possession of the ball steps on or over a boundary line.

When a player of the kicking team touches a punted ball before a member of the receiving team.

When a punt hits the ground

On an incomplete forward pass.

When a simultaneous catch occurs.

When a fumbled ball touches the ground.

FOULS AND PENALTIES:

A foul is any infringement of the rules which results in loss of yardage. The captain of the offended team has the option of accepting or declining any penalty, whichever is to their team's best interest. If the penalty is declined the number of the next down is the same as if the foul had not occurred. Whenever the penalty is greater than the distance to the goal line, the penalty shall be half that remaining distance. Fouls that will be penalized 5 yards are:

Fouls occurring on kick-off

Fouls occurring as or before the ball is centered

Fouls occurring on scrimmage kick

Forward pass

Delaying game

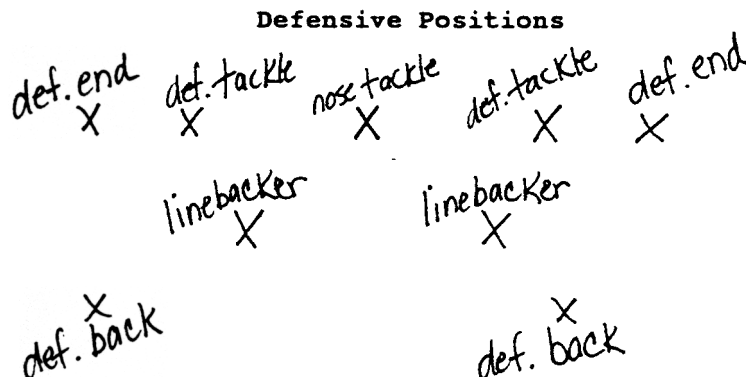
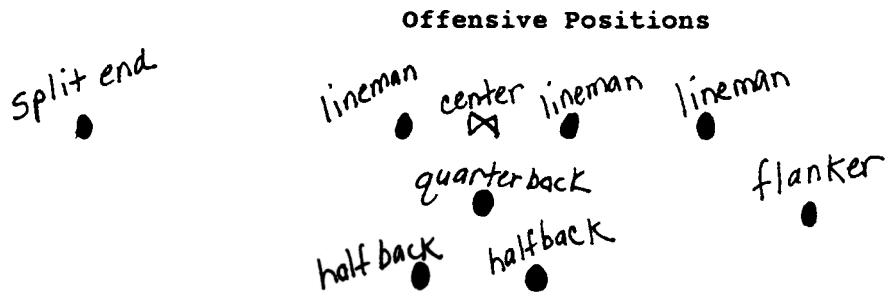
Illegal wearing or pulling of flags

Illegal handoff

Illegal substitution

Personal contact

Unsportsmanlike conduct



SEVEN ON SEVEN TOUCH FOOTBALL

PLAYERS:

Each team will consist of seven (7) players.

Offense: One (1) Quarterback - One (1) Center - Five (5) Eligible Receivers

PLAY:

The QB must receive the snap from Center.

2. No minimum or maximum on QB drop from Center. Can use play action.

The QB must throw the ball in 5.0 seconds or less. Referee will count out loud.

4. The offense will consist of two (2) Ends, four (4) Backs, and an eligible Center. Three (3) men must be on the line of scrimmage at the snap, one (1) End on each side of the Center.

5. One hand touch anywhere below the head downs the ball carrier.

6. Ball is put in play at the five yard-line.

7. Five (5) downs to reach midfield and earn a first down. (Five (5) more downs.)

8. If offensive team fails to reach mid-field in four downs they may punt, give the ball to the defensive team at their five (5) yard line or risk a play on fifth down. If they fail to reach mid-field, the defense puts the ball in play at that line of scrimmage.

9. A team is allowed one (1) running play per each set of five (5) downs.

10. The field is the width of a standard football field in length and is 30 yards wide.

PENALTIES:

1. Off-sides - Five yards back.

2. Time expires before thrown - loss of down.

3. Pass interference - Offense-loss of down.

Defense-Automatic first down.

SCORING:

Offense-touchdown - 6 points

-first down - 1 point

Defense-interception - 3 points