

# **Football Rules and Regulations**

## **Players & Rosters**

- Six players from each team may be on the field at any one time.
- Each team shall have their own uniform shirts with numbers. PLNU will not provide any jerseys.
- Each team shall consist of 6 players with provision for 6 substitutes per team if desired. (That is a MAXIMUM of 12 players on each roster.) You must start with a minimum of 5 players and finish with 3. There is a MAXIMUM of two (2) coaches allowed on the sidelines
- **A copy of all rosters MUST be turned in to the tournament director or assistant tournament director at the MANDATORY "Coaches Meeting" on Friday." Players may not be added to the roster after the competition has begun. Teams not turning in rosters at this time will subject the district team to forfeiture of games.**

## **Time**

- The game consists of two 10 minute halves, separated by a 1 minute halftime.
- There will be a continuous running clock with the exception of the last 1 minute of each half.
  - The clock will be stopped in the last minute for:
    - 1) An incomplete pass
    - 2) A player going out of bounds with the ball
    - 3) A timeout (by either team or a referee)
    - 4) First downs until the ball is spotted and referee signals clock movement.
- There will be one 1 minute timeout per half, per team.
  - Timeouts do not stop the clock (exception above).
- There will be a 25 second play clock beginning with the spot of the ball.

## **Game time is forfeit time – there are no exceptions**

## **Flags**

- If a player's flag falls off while he is in contact with an opponent, the ball is down at that spot.
- If a player's flag falls off while he is not in contact with an opponent, two-hand touch rules apply.

## **Contact**

- No player is permitted to initiate contact with another player at any time, except when attempting to catch a pass, pull a flag, or two-hand touch.

## **Centers**

- A center is required to hike the ball to the quarterback.

## **Blocking (line of scrimmage AND downfield)**

- A player's hands must be behind his back while blocking.

## **Quarterbacks**

- Quarterbacks are allowed to run, hand off, pitch, pass, and catch the ball.

## **Defensive Rushing**

- 0 to 6 rushers may rush at any one time.
  - All rushers are required to start at least 1 yard off the ball.

## **Eligibility of Receivers**

- All players are eligible receivers.

## **Change of Possession**

- Following a touchdown, the opponent begins with the ball at their own 5 yard line.
- Following an interception, the ball is down where the player is stopped.
- After four unsuccessful downs, the ball is turned over at the spot.
  - A team may elect to punt the ball by throwing it (no rush).

## **Fumbles and Punts**

- A ball is deemed dead upon contact to the ground.

## **Extra Points**

- The ball will be 3 yards from the endzone and 1 point will be awarded for a run and 2 for a pass.

## **Penalties**

### **5-Yard Penalties**

- Illegal forward pass (from spot of the foul, no loss of down)
- False start (no loss of down)
- Tripping (from spot of the foul, no loss of down)
- Offsides (no loss of down)
- Delay of game (no loss of down)
- Encroachment
- Flag-guarding/stiff-arming (from spot of the foul, loss of down)
- Offensive pass interference

### **10-Yard Penalties**

- Unsportsmanlike conduct
- Unnecessary roughness
- Defensive pass interference (from line of scrimmage, automatic 1<sup>st</sup> down)

\*Anything not stated above is left to the discretion the officiating crew.

## **Sportsmanship**

Sportsmanship, fair play and fellowship are at the heart of this tournament.

Therefore:

Unsportsmanlike conduct will result in immediate ejection from the game, and possible banishment from the field and possible suspension from the tournament. If a player is banished from the field, it is the coach's responsibility to get the player out of the gym in five minutes or your team may forfeit the game.

### **Foul language will result in a unsportsmanlike conduct penalty**

If a referee has his back turned and cannot determine who was using the foul language, a 10 yard unsportsmanlike conduct penalty will be assessed to the offending team.