

# FA SPORTS LEAGUE RULES

## The Game

- No contact allowed.
- A coin toss determines 1<sup>st</sup> possession. Team can elect to have offense, defense, defer, or direction. Choice in the 2<sup>nd</sup> half will be awarded to the team that did not have 1<sup>st</sup> half election.
- The offensive team takes possession of the ball at their 5-yard line & has 3 plays to cross mid-field. Once a team crosses mid-field they have 3 plays to score. If the offense fails to cross mid-field or score, the ball changes possession. All drives start from the 5-yard line except interceptions.

## Game Clock Format

- Each game is 40 minutes long. Two 18-minute halves & a 2-minute halftime, the clock will not stop unless a time out has been called or the official feels it is necessary.
- Each time the ball is spotted the offensive team has 30 seconds to snap the ball. (Officials will warn the offense when there are 10 seconds left to snap the ball).
- Pro clock in effect if point difference is within 8 points for the 2<sup>nd</sup> half only. Clock stops on O/B, Possession change, Incomplete pass, **leading team loss of yards or no gain**, penalty or time outs.

## Time Outs

- Each team has 2 time outs per game.
- Time outs will only stop the game clock for 30 seconds. The offense must snap at the completion of the time out.
- If a time out is called after a touchdown the clock **will not** run during the extra point.

## Attire

- Shirts or Jerseys must have numbers on them & be tucked in at all times. **Teams whose have any player without a number on their Shirt or Jersey will be docked 1 time-out at the beginning of the game.**
- Flags must be worn on each side of the players' hips.
- No pockets are allowed on shorts or pants.
- If QB's uses a towel & contains it to their belt or shorts, the Defense cannot be called for holding if that towel is held.
- No metal spikes/cleats of any kind.

## Scoring

- TD = 6 points
- Extra Point = 1 point - 5 yds, 2 points - 12 yds
- Safety = 2 points
- INT Return During Extra Point = 2 points

## Rushing the Quarterback

- Players that rush the quarterback must be a minimum of 7 yards from the line of scrimmage (LOS) when the ball is snapped.
- **Players that are not 7 yards from the LOS when the ball is snapped may not enter into**

**the backfield until there has been a change of possession.**

- The official will designate 7 yards from the LOS. Should offence elect to snap prior to the official marking the rush-line, players may rush from anywhere up to the LOS.
- **The rusher is allowed a direct line to the quarterback as long as he rushes from at least 1 yard to left or right of center. Offense MUST YIELD right of way to the rusher at ALL circumstances or be penalized.**
- Rusher must avoid contact with the QB's arm or body except with regards to making a legal flag pull. Rusher may attempt to block pass as long as he does not make contact with any part of QB's hand or arm. If rusher makes contact with ball while it is still in QB's hand, this will be considered a contact violation.

## Running

- Legal Exchange = Multiple handoffs are allowed behind the LOS only & only 1 backwards pitch/throwback/lateral per snap.
- The quarterback may not run unless as a result of a legal exchange.
- The player who receives the legal exchange may throw the ball as long as they are not beyond the LOS & the ball was pitched backwards.
- No run zones are located 5 yards before mid-field & 5-yards before the end zone.
- If the ball is placed on the "Back" of ANY Player on or off the LOS, the player MUST run the ball, no give & go to the QB.
- **The ball is spotted & considered where the leading flag was located at the time the flag was pulled.**
- **The leading flag must break the plane of the midfield or goal line to be considered a 1<sup>st</sup> down or touchdown. The ball does not have to cross.**
- Players may not block or deliberately screen at any time. Once a player begins to run with the ball after the LOS, all other players must stop.
- **Players may not hurdle a player or dive to advance the ball, jumping however is legal as long as it doesn't do the aforementioned items.**

## Passing

- The quarterback has 5 seconds to pass the ball if there is no rush. If the ball is not thrown, the play is dead, resulting in a loss of down. The ball returns to the LOS. (Once the ball has been handed off, pitched thrown back (lateral) there is no 5-second count).
- **Intentional grounding is not a penalty.**
- **If the defensive team crosses the LOS there is no 5-second count.**
- Interceptions may be returned from ANY field position of play, including end-zones.
- **QB must release the ball before rusher pulls his flag, otherwise the play ends in a sack. In the event of a "tie" the benefit goes to the QB.**

## Receiving

- All players are eligible to receive a pass, including the quarterback, if a legal exchange has occurred.
- In the event that both the offense & Defense come down with the ball the catch goes to the offense.
- **Players must have at least one foot in bounds when making a catch. Foot in bounds must be the 1<sup>st</sup> foot down.**
- Players that run out of bounds during a play are not eligible to come back in a make a reception.

## Start of Play

- **Teams can't snap the ball until both officials are set or 1 official acknowledges they are ready for play to start.**
- Players may not be moving forward when the ball is snapped.
- The ball must be snapped between the legs with the center facing the LOS to start a play.
- No more than 1 offensive player may be "in motion" at 1 time prior to the snap.
- Once set prior to snapping, the center may not lift the ball off the ground.

## Play Ruled Dead when:

- Ball-carriers' flag is pulled. If defensive player pulls ball-carriers' flag prior to reception, defense must pull the 2<sup>nd</sup> flag to end play. If both flags are pulled prematurely, player must be touched with 2 hands. Flag pulls are legal once ball touches any part of the receiver.
- **If a player loses a flag unintentionally, the defense only has to touch the ball carrier, not pull the flag.**
- Any player that starts a play without a flag is down where they touch the ball.
- Ball carrier steps out of bounds.
- Ball or Ball carriers' knee touches the ground.
- Touchdown, Extra Point or Safety is scored.
- Incomplete pass.
- Player loses possession of the ball. As there are no fumbles & stripping is illegal, ball will be spotted where player lost control.
- Official blows whistle.
- **INADVERTENT WHISTLES** – In the event the official blows their whistle prematurely, team with possession will have choice of accepting the result of the play or replaying the down.

## Overtime (OT) Extra Point Shoot Out

- A coin flip determines choice of 1<sup>st</sup> possession.
- Each team has one possession in OT.
- Teams may elect to go for one or two points.
- If the score is tied at the end of the 1<sup>st</sup> OT teams will go into a 2<sup>nd</sup> OT.
- **If score tied after 2 OT, both teams will have one play from the 5 yard line to gain as much yardage as possible. Team with the most yardage will win.**
- The winning team in OT is awarded 1 point.

- Interceptions in OT are considered a DEAD BALL.

## Defensive Penalties:

**All defensive penalties are automatic 1<sup>st</sup> down (except offsides) & 5 yards from the LOS (except holding & forced outs, which are added to end of play).**

- **Excessive Contact**
- **Illegal Contact** (holding, bump & run, blocking, forced outs, etc.) \*Note officials will determine incidental contact which may result from normal run of play.
- **Offside-Illegal Rush** – Not Loss of Down
- **Pass Interference**
- **Face Guarding** (must play/look at ball)
- **Roughing The Quarterback**

## Offensive Penalties:

**All offensive penalties are loss of down (except offsides) & 5 yards (except flag guarding & diving, which is from point of infraction).**

- **Blocking/Screening** - All Offensive players must be still if a player is running the ball.
- **Charging** (the offensive player must avoid the defender if they are set).
- **Delay of Game**
- **Diving**
- **Excessive Contact**
- **Flag Guarding** (players must keep their hands above their waist).
- **Illegal Motion/False Start** - Not loss of down.
- **Illegal Pass or Run**
- **Impeding The Rush** (offensive players must yield right of way to the rusher at all circumstances or be penalized).
- **Pass Interference** (illegal pick, pushing off defender).

## Sportsmanship / Roughing

- **Trash talking will not be tolerated.** The official has the right to determine language that is offensive (language that may be considered offensive to the official, opposing team, or spectators). The official may eject players from the game for trash talking.
- If the official witnesses any act of tackling, elbowing, cheap shots, or any other unsportsmanlike act, the game will be stopped & the player will be ejected from the game.

## "Last-Man-Rule"

- When there is no one between ball-carrier & goal-line, & defender commits a flagrant-foul to save a TD or First-Down, officials will invoke this rule automatically awarding the offense with score or first down as it applies.

**FOUL PLAY WILL NOT BE TOLERATED!**