

Competitive/Festival: 7- On - 6 Passing League Football Guidelines

Revised 5/8/23

Middle school games will be controlled by the National Federation rules with the following exceptions:

Participation: SUSD offers Junior Varsity and Varsity teams in the sports of Volleyball, Basketball, Baseball, and Flag Football. SUSD offers Varsity in the sports of Soccer, Softball, Track, and Cross Country. 8th Graders are not permitted to play Junior Varsity and no player may participate in more than one competitive game a day.

Teams shall “suit up” at least 12 players for each game. All players “suited up” must be played during that game utilizing free substitutions.

FIELD: 40 yard length by 40 yard wide with a 10-yard end zone. Width could be adjusted depending on schools Field availability

BALL SIZE: Youth TDY or Age 12 - 14

START OF GAME: Team captains will meet in the center of the field with the officials to perform a coin toss. Visiting team will make the call. The winner of the toss will have the choice to start the first half with the ball or defer to the 2nd half.

A whistle will begin and end each game.

Each game will be 2- 25 minutes halves with running clock; half-time should be no longer than 3 minutes for both festival and season games

Official will declare when the clock is under 2 minutes

The clock only stops on time outs

Teams have 40 Seconds to run a play

POSSESSION OF THE BALL: All possessions start at the 40-yard line. No matter where the defense stops the offense, they take over at the 40-yard line.

PLAY: The defensive team will have 7 players on the field at all times; while the team on offense will have 6 players on the field at all times. The offensive center will be represented by the “quarterback tee” which along with 2 offensive players must be on the line of scrimmage. The neutral zone is the width of the “quarterback tee.”

PLAY BEGINS WHEN: Play begins when the quarterback takes the ball from the quarterback tee. He will have 4 seconds to deliver the ball before the play is whistled dead. A pass must be in front of the line of scrimmage to be advanced and must be done prior to the 4 seconds expiring. In the event that the quarterback tee is not functioning; the referee will count the 4 seconds aloud and blow the whistle to stop the play. The game cannot end on a defensive penalty, unless the offense declines it.

ALIGNMENT, PITCHES AND LATERALS are allowed behind the line of scrimmage, the 4-second clock still runs and the subsequent pitch or lateral needs to be released before the clock runs out. There is no running the ball across the line of scrimmage. **No player may align on the line of scrimmage within 3 feet of the quarter back tee.**

PASSING: The quarterback tee will be set for 4-seconds; this represents the allotment of time for the quarterback to release the ball. If the timing device goes off prior to the quarterback releases the ball,

the play is dead, returning to the line of scrimmage for the next down. There is no rushing the quarterback or crossing the line of scrimmage, until after a pass is thrown. To have a completed pass, one foot must come down in bounds while having control of the ball. If both offensive and defensive players have the ball, the ball goes to the offensive player.

DOWNS: Offense has three (3) downs to gain a first down. First down markers will be at the 25, and 10-yard lines. Once inside the 10-yard line, the offense has 3 downs to score a touchdown.

PLAY ENDS WHEN: The flags are pulled or the whistle blows to stop play.

SUBSTITUTIONS: May occur anytime the play is dead and can be done within the legal time restrictions (45 seconds). If not done in the legal time then there will be a loss of down.

NO RUNNING PLAYS ALLOWED: Everyone is eligible to receive passes: but you must pass the ball across the line of scrimmage. There is no running the ball across the line of scrimmage.

SCORING: Touchdown scores 6 points, extra point from the 5-yard line is 1 point and extra point from 10-yard line is 2-point conversion. **An interception ends the play on a conversion and no points are awarded (no score)**

NO fumbles- ball is dead when it touches the ground

TIMEOUTS: 1 one-minute timeout per half with a stopped clock

HALFTIME: Halftime is 5 min.

PENALTIES:

Contact: This is a non- contact game **including hand checking** and any flagrant contact is cause for immediate ejection.

Unsportsmanlike Conduct: Any unsportsmanlike conduct penalty carries a 15-yard or half the distance to the goal AND automatic 1st down. A second offense by a player or coach will result in player ejection. The referee's decision is final on all plays, there will be no tolerance for arguing, and only a coach may ask for a rule clarification.

FLAG RULES:

Flags must be of factory length (NOT CUT DOWN TO BE SHORTER) AND MUST BE OUTSIDE THE SHIRT FULLY EXPOSED. Flags and shorts must not be the same or of a like color. If flags fall off, player is down where the flags fall off. A player can catch a ball without flags, but is down where the ball is caught. A player can "twist" up to 180 degrees and there are no "spins" of 360 degrees. A player can jump to avoid flag pulling, but cannot hurdle to avoid flag pulling. You cannot use hands or arms to block flags from being pulled.

OVERTIME: Each team will get one play from the 10-yard line to score. **A coin flip will determine the winner of the flip option to take the ball or play defense. If more overtimes are required to break the tie the order of possession will alternate with each possession.** This may continue for a total 5 plays each if it is still tied at this point it will be called a tie.

BLOOD RULE: When an official observes that a player is bleeding, has an open wound, or has an excessive amount of blood on his or her uniform, the player will be directed to leave the game. The

injured player is not to return until the bleeding has stopped, the open wound is covered, and the excessively bloody uniform is changed.