



- Teams can have a maximum of 13 players on their final roster
- 1 Player = 1 Roster Spot
- No IR reserves or extra subs allowed
- Roster lock will be on week 2
- No players can play on 2 different teams . Nore in 2 different Divisions.
- If a player is caught illegally substituting on behalf of another player that team will forfeit the game against their opponent.
- If a player decides to switch teams it has to be before the end of week 2 roster lock. And the new team has to drop a player. And then add said player if the roster is already full.

#### UNIFORMS/EQUIPMENT

- Matching shorts are recommended, but not mandatory.
  - Shorts- Pocketless bottoms are RECOMMENDED.
- T-shirts will not be permitted
- Hats may only be worn backwards for safety purposes.
- No metal cleats or bare feet permitted. Must wear proper footwear.
- Every player must have a number on the back of their Jersey if not -3 points per player that does not have a number on their Jersey.
- All Jersey's must be tucked in their Shorts/Pants and or Flags belt. The play will not resume till Jersey standards have been met. However the play clock

will continue to roll till Jersey standard have been met. May result in a delay of game penalty.

### FLAGS/ACCESSORIES

- Flags must not be the same color as a player's shorts. Flags should have contrast to bottoms and be noticeably visible.
- Referees/Staff reserve the right and judgment to deem flags illegal and may give players a warning, and if a player chooses to keep the same colored flags, may be ruled down by contact.
- Players responsible for keeping flags at hip/waist to begin a play.
- Items in a players pocket are not considered flags

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## SECTION II: FIELD, TIMING, SCORING, OVERTIME

### FIELD DIMENSIONS

- The field of play is 60 yards long with 2, 10 yard end zones, totaling 80 yards in length while being 35 yards wide.

### TIMING

- Games will start at scheduled start time.
- Team must have at least 4 players to play. If a team has 4 at start time, and are waiting for a 5 or 6<sup>th</sup> game can start.
  - Teams are allowed to call two consecutive timeouts to allow for an additional 5 minutes before declaring the game a forfeit.

### Coin Toss

- Head Referee will gather captains for coin toss 5 minutes prior to scheduled game start time
- Away team get to call the coin flip

### Play Clock

- 35 seconds, which begins as soon as flag is pulled, TD is signaled, or whistle for play is blown

### Game Clock

- 2, 20-minute halves will be played.
- Both halves are running clock until they reach the 1-minute warning of the second half. First half is a running clock.
- Only exception is if the score between the playing teams is 17+, in which case it will continue on as a rolling clock until the score between teams is within 15 points.
- ROLLING GAME CLOCK: will stop only when/for:
  - A team uses a timeout
  - A DEFENSIVE PENALTY OCCURS TO MOVE MARKERS
  - At the 1-minute warning of the second half provided the score differential is 15 or less
  - Ref's time (referee's discretion)
  - Or injuries on the field

### Timeouts

- Each team is awarded 2 timeouts per half. Timeout duration- 30 seconds. The play clock will begin the following snap.
- SPECIAL USE OF TIMEOUTS
  - Use back to back timeouts to start the game to avoid forfeit and buy an extra 5 minutes of wait period
  - THE OFFENSE MAY USE A TIMEOUT TO CHANGE THEIR MIND BEFORE ATTEMPTING AN ONSIDE KICK OR PUNT

### SCORING

- Touchdown- 6 points
- 5 yard XP conversion- 1 point
- 10 yard XP conversion- 2 points
- Safety- 2 points
- Returned interception on a XP attempt- 2 points

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### RULE III: GAME PLAY

#### Field Indicators

Possession-

- LOS is where the HEAD ref places first marker
- Rush line is where the second marker, reference your down field official
- Offenses begin with the ball on the 10-yard line to start a drive at the beginning of the game, start of the second half, after touchdowns and after turnovers inside the 10-yard line.
- An offense can obtain a new set of downs at midfield, which is the 30-yard line, and at the opponent's 10-yard line.
- Once the team reaches their opponent's 10-yard line, they are awarded 2nd and goal. If at any time an offense takes possession of the ball between any of these two indicators, the team must only travel the necessary distance to the next indicator to receive a new set of downs.
- Loss of yards due to a penalty, sack or flag pull, does not allow a team another opportunity at a first down indicator, once they have passed that same indicator.

#### Down Markers-

- The line of scrimmage and rush line are marked by an official prior to a snap. The yardage is paced off and the marker is placed 5 yards off the line of scrimmage.
- The offense may not snap the ball until the both markers (down marker and rush marker) are set. If the ball is snapped before the second marker is set, a false start penalty (5 yards) will be assessed and the clock will continue to roll.
- In addition to being responsible for waiting for down markers, the offense is also responsible for retrieving their own ball.

#### Spotting the Ball-

- During "hurry-up" play, game officials are expected to move with the pace of the game. They are to do their best not to interrupt the pace of play while still effectively doing their job.
- The ball is spotted at the furthest distance the football traveled, not the body.

#### Substitution Procedure-

- Either team can substitute at a dead ball. Subs must enter and exit the game from the designated sideline.
- Defense is responsible to get their players onto the field before the offense snaps the ball, no exceptions.
- If a team has more than the maximum 6 players on the field after the snap, or substitutes a player in from the incorrect sideline, the team will be penalized 5 yards for a Substitution Infraction
- In order for an offensive player to be deemed eligible for the field of play, he must be registered on the field of play for a minimum of 5 seconds prior to the snap or leave the huddle with the team.

#### PRE-SNAP AND BLOCKING-

- Backyard Blitz is a pass only League.
- A pass constitutes any overhand or underhand throw, toss, or shovel that leaves the hand of the quarterback and travels forward.
- Any offensive player can attempt to catch a forward pass.
- The quarterback cannot rebound a pass off his teammate, in this case it will be treated as an incomplete pass.
  - In the event a defensive player makes an attempt at swatting the ball and the defensive player is successful in doing so. The quarterback is then able to retain the pass and may be advance the ball
- A pass that hasn't been deflected may be completed behind the LOS, and will be treated as an incomplete pass.

#### Formations-

- The center may snap the ball from anywhere along the plain of the line of scrimmage.
- The center and 2 receivers, 3 total, at least 1 on either side of the center, must be ON the line of scrimmage.
- At the snap, if there isn't a receiver on both sides of the center, on the LOS, the offense will be penalized 5 yards for Illegal Formation. 5 yard penalty, replay down.

#### Receiver Motion-

- Only one player may be in motion at once.
- The center cannot motion, once set for the snap. The offense cannot motion a lone receiver behind the center.
- The offense must have at least 1 receiver to either side of the center at all times, on the LOS, prior to the snap.
- The ball can be snapped at any time during a motioning player's movement, provided the player in motion is not traveling downfield at the time of the snap.
- A player in motion can receive the snap.
- Any Illegal Motion will be penalized 5 yards.

#### Legal Blocking Technique-

- The only time blocking is allowed, is in the pocket of the quarterback, or to protect a scrambling quarterback in the backfield.
- Blocking contact can only occur with hands and extended or bent arms. The target area on a rushing player is the waist and shoulder line.
- Any number of players can be used for blocking purposes, but cannot cross the line of scrimmage to block, only receive.
- If a blocking player engages a rusher in front of the line of scrimmage, the offense will be penalized 10 yards for Illegal Contact.
- If a blocking player makes excessive contact to the rusher, or any contact above the shoulders, the offense will be penalized 15 yards for Unsportsmanlike Conduct.

- Offensive players can block a rushing player, and then release contact to receive a pass.

#### Impeding the Rusher-

- Offensive receivers cannot make any contact with a legally rushing player. Any offensive player that crosses the line of scrimmage becomes a receiver only, and cannot return to the pocket to help block.
- If a receiver contacts the rusher and alters their path, impeding the rush as a result, the offense will be penalized 5 yards and replay the down. Defense May decline.
- Rushers are only eligible for impeding calls if they are rushing outside of the center box. Rushers who rush directly through a condensed/bunch formation are NOT eligible for impeding the rusher calls.
- Multiple false or purposeful impeding attempts in order to roll the clock or manipulate the game will result in an unsportsmanlike conduct penalty.

### SNAP/PLAY

#### Snap-

- The center must snap the ball from the ground.
- The snap can come from any player.
- The ball can be snapped from anywhere along the line of scrimmage
- Once the ball leaves the ground, the snap is initiated and the throw clock starts.
- The center cannot bluff a snap.
- If an offensive player moves across the line of scrimmage or there's movement once the center is set, the offense will be penalized 5 yards for False Start

#### Fumbled Snaps-

- The center-quarterback exchange or "Snap", is the only "live" fumble.
- The quarterback or any offensive player, other than the center, that picks up the ball will be considered the quarterback.
  - If the center recovers a snap without anyone making contact with the ball first, the play is dead. (illegal snap infraction, 5 yard loss and replay down). If the QB recovers the snap, he is eligible to throw the ball within the 5 second QB clock.
- A fumble retained by the defense cannot be advanced and their offensive possession will begin where the ball was recovered.

#### The Quarterback-

- Any player, except the center, with legal possession of the football in the backfield, prior to a forward pass attempt, is considered the quarterback.
- Any offensive player can receive the snap from the center and be the quarterback

- The quarterback cannot cross the line of scrimmage prior to attempting a forward pass.
- The ball must be completely out of the hand of the quarterback before the quarterback's whole body has crossed the line of scrimmage.
  - If the quarterback is in possession of the football and crosses the line of scrimmage, the offense will be penalized 5 yards and loss of down for Illegal Run.

#### Throw Clock-

- The offense has 5 seconds to attempt a forward pass
- If the throw clock expires with the quarterback still in possession of the football, the play will be blown dead as a sack.
- If the quarterback is halfway through their throwing motion, when the time expires, it will be considered simultaneous and play will continue.

#### Double Passes-

- The offense is allowed one backward lateral in the backfield within the 5 second throw clock
  - This does count as your 1 lateral per down.
- The backward lateral creates a new quarterback.
- The throw clock does not stop until a forward pass is attempted.
- Any backward lateral in the backfield that is dropped, will be considered a fumble. The play will be blown dead, and the ball will be placed at the spot of the drop.

#### Roughing the Passer-

- Quarterbacks are allowed all space needed to complete their throwing motion. It is illegal to make contact with the quarterback's arm/shoulder/hand on the follow through. A defender cannot strip the quarterback. Rushing players cannot make any contact to the body of the quarterback. All contact should be below their midsection, and the result of a flag pull attempt.
- If a defender contacts the quarterback, in a way that limits the motion of their throw, the defense will be penalized 15 yards for Roughing the Passer.

#### "ON-SIDE KICK" RULE

- A team has the option of an un-timed extension play after they have scored a touchdown and finished their PAT. Starting at their 5 yard line, they are given one untimed down play to cross the midfield marker.
- Teams must declare intention of attempting an outside play before their XP is attempted attempt
  - The offense may use a timeout to do so after the XP attempt to declare an onside.

- Teams do have the option of declaring for a conditional onside kick in which the onside may pend the xp attempt conversion. However, this does count as 1 of 2 onside attempts
- If the team attempting the extension play crosses midfield, they will be given a first down where the ball was spotted down.
- The extension play is only untimed during official clock situations.
- Each team will be allowed 2 attempts at an extension play per game.
- Offensive Penalties (if accepted) will be half the distance to the goal and retry play.
- Defensive Penalties will be assessed & retry play.

### Game Forfeits

- A scheduled game will be ruled a forfeit if a team does not show for their game or if a team does not have enough players to comply with the minimum number to play with (4)
- Forfeit games final score will be 21-0

### OVERTIME

#### Playoff Format (OT IN ANY PLAYOFF GAME)–

- If a game is tied at the end of regulation, the teams will enter an overtime period until a team wins.
- At the start of the overtime period, officials will perform a coin toss with team captains.
- Teams will be granted 1 timeout per OT period
- Offense starts their possession at the 10 yard line.
- Offense has four (4) plays to get as far as possible downfield. If a touchdown is scored, the offense must attempt a conversion.
- Conversion does not count as one of the 4 plays
- Following the first team's possession, the other team gets the ball and gets their 4 plays to beat the first team's yardage
- If both teams are again tied at the end of overtime, there will be another overtime period, with the only change being-Teams MUST go for 2 after/if they score a TD
- Overtime rules continue until a team has more points than the other

#### Regular Season Format (OT IN ANY REGULAR SEASON GAME)–

- If a game is tied at the end of regulation, the teams will enter an overtime period until a team wins.
- Teams will be granted 1 timeout for all of OT.
- At the start of the overtime period, officials will perform a coin toss with team captains.
- Offense starts their possession at the midfield line.



- Offense has two (2) plays to get as far as possible downfield. If a touchdown is scored, the offense must attempt a conversion.
- Conversion does not count as one of the 2 plays
- Following the first team's possession, the other team gets the ball and gets their 2 plays to beat the first team's yardage
- If both teams are again tied at the end of overtime, there will be another overtime period, with the only change being-
- Teams MUST go for 2 after/if they score a TD
- Overtime rules continue until a team has more points than the other

### RECEIVING AND RUNNING AFTER A CATCH

#### Definition of a Catch-

- Receivers must have at least 1-foot down inbounds after maintaining control of a pass and surviving the ground to be considered a legal reception.
- Through the process of a catch, the ball may touch the ground throughout the receivers possession so long as the ground does not assist in the catch or cause the ball to move at all. If the ball touches the ground and there is any movement, there will be no catch awarded.
- Knees and hips are other parts of the body that are considered a foot for the purposes of defining a catch.
- Once the ball is touched by a receiver beyond the line of scrimmage, or by a defender anywhere on the field, the quarterback may catch the pass and advance it.
- Should a receiver and defender come into a catch simultaneously, the offense will be awarded the reception.

#### Catches Behind the Line of Scrimmage-

- If a receiver catches a forward pass behind the line of scrimmage, it will be considered an incomplete pass.
- Quarterbacks may only receive their own pass if the ball is tipped by an opposing player first.
- Once a forward pass has been made, no more forward passes can be made. Any backward lateral in the backfield that is dropped, will be considered a fumble. The play will be blown dead once the ball hits the ground or crosses the sidelines.

#### Pass Interference-

- Defenders cannot restrict another player's ability to make a catch, once a player gains position. Both players must play the ball and not target the body. Both players have a right to the ball, thus Pass Interference can be called on either team. If any contact influences the ability of a defender to make a catch when they have position, the offending team will be penalized 15 yards for Pass Interference.

#### Offensive Picks–

- Offensive receivers cannot intentionally run into defensive players downfield. The offense cannot impede the defense by discontinuing or abruptly stopping their route.
- The receiver must make contact with a defensive player to be considered a pick.
- If a receiver contacts a defensive player downfield, the offense will be penalized 10 yards for Illegal Contact.
- Incidental Contact can be ruled by the game officials in all situations involving Receiver Picks.
- If a receiver makes any excessive contact, or contact above the shoulders, it will be ruled an Unsportsmanlike Conduct which carries a 15 yard flag and automatic first down.

#### Flag Guarding–

- Runners may not intentionally or unintentionally use their arms or hands to prevent the defense from pulling their flags. Runners may not drop their arms to the sides when they are juking or spinning. If a player uses their hands or arms to prevent the defense from successfully pulling the flag, the offense will be penalized 5 yards and a loss of down for Flag Guarding.
- If a player's jersey remains out of their waistline to start a play, game officials may issue a Flag Guarding penalty if they feel the uniform affected the play.

#### Runners with 1 Flag–

- Offensive players are required to have two flags on their belt, at either side of their hips, at all times. If the flag belt shifts during a run, it is to be corrected after the play, but the runners live until their flag has been pulled.
  - Should offensive players knock their own flag off, or should the flag fall on its own accord, the player only needs to be tagged during a live run.
  - If the defense removes the flag prematurely, they are still responsible to pull the remaining flag.

#### Runner Considered Down–

- An official shall declare the ball dead if/when-
  - Runner's flag pulled
  - Runner with 1 flag is touched
  - Runners knee contacts the ground with the intent to give himself up
  - Runner is touched by an opponent while runner is touching the ground with any part of the body other than hands or feet
  - Runner uses the ball to balance off of the ground
    - WITH POSSESSION OF THE BALL, BALL TOUCHES GROUND = DOWN.
  - If a receiver is contacted by a defender in mid-air while attempting a catch, they would be considered "down by contact" if the contact brought them to the ground. If contact from the defense happens

before a catch, the receiver will not be considered "down by contact," and they would be a live runner.

- If a ball carrier is brought to the ground due to an attempt of a flag pull, it is down by contact. It is up to the official to determine if it was excessive or determine if it was illegal contact.

#### Jumping and Diving-

- A ball carrier is not allowed to dive with the intent for positive gain. The ball carrier is allowed to Jump at any time.
- If a player already in possession of the football, dives, the offense will be penalized 5 yards for Diving.

#### Laterals-

- After a catch or interception, or during a punt return, there can only be one backward lateral attempt.
- There is no penalty yardage assessed for forward lateral. There is no penalty if a player laterals more than once, the ball will be blown dead at the spot of the second lateral attempt.
- If a legal lateral does not get possessed by a player, the ball will be placed at the spot where it hits the ground or crosses the sideline. A lateral is considered live until it hits the ground or crosses the sideline. Any offensive player downfield from the ball carrier, must allow defense the right of way.
- If the offense makes contact with defensive players after a catch, or prohibits the path of the defense, or runs towards a defender while in front of a ball carrier, the offense will be penalized with an Illegal Contact 10-yard penalty for blocking downfield.

#### Fumbles-

- The center-quarterback exchange or "Snap", is the only "live" fumble. The quarterback or any offensive player, other than the center, that picks up the ball will be considered the quarterback.
- If the center recovers a snap, the play is dead.
- If a player fumbles forward, it will return to the spot where possession was lost.
- If a player fumbles backwards, the ball will be placed at the spot where it hits the ground or crosses the sideline.
- A fumble is considered live until it hits the ground or crosses the sideline. No recovery is needed.

## PUNTING

#### Declaring a Punt-

- The offense can punt on any down. The offense must clearly declare their decision to the game officials. Should the offense change their mind during the 35 second game clock, they will be charged a timeout.

- If the offense chooses to punt and changes their mind and the offense has no timeouts, the offense will be penalized 5 yards for Delay of Game.

### SUBSTITUTIONS

#### Substitution Procedure-

- Either team can substitute at a dead ball. Subs must enter and exit the game from the designated sideline.
- Defense is responsible for getting their players onto the field before the offense snaps the ball, no exceptions. If a team has more than the maximum 6 players on the field after the snap, the team will be penalized 5 yards for a Substitution Infraction.
- In order for an offensive player to be deemed eligible for the field of play, he must be registered on the field of play for a minimum of 5 seconds prior to the snap or leave the huddle with the team.
- IN ORDER FOR AN OFFENSIVE PLAYER TO SUBSTITUTE AFTER THE BALL HAS BEEN PLACED ON THE TURF FOR PLAY, THE INCOMING PLAYER MUST CHECK IN WITH THE HEAD REF

### LINE OF SCRIMMAGE DEFENSE

#### Formations-

- The defense may align their players any way desired. Players that are rushing must begin the play at or beyond the rush line, but are not required to declare themselves to the offense. If a defensive player crosses the line of scrimmage after the snap, and did not begin the play behind the 5-yard rush line, the defense will be penalized 5 yards for Illegal Rush.
- Defensive players cannot begin the play in the offensive backfield. If a player is ON or beyond the line of scrimmage when the ball is snapped, the defense will be penalized 5 yards for Off-sides.

#### Bump and Run Contact-

- The defense is allowed to contact an offensive receiver 1 time, within a 1-yard extension, beginning at the line of scrimmage.
- Defensive players may not make contact with the receiver throughout the extension, only 1 "bump" will be allowed.
- The defensive player cannot cross the line of scrimmage to contact the offense. Intentional contact to the receiver is not allowed once the 1-yard extension has expired.
- If a defensive player "bumps" a receiver more than once, or outside of the 1-yard extension, the defense will be penalized 10 yards for Illegal Contact.

- If a defensive player makes excessive contact, or contact above the shoulders of a receiver, the defense will be penalized 15 yards for Unsportsmanlike Conduct.

#### Covering a Center-

- Defenders cannot contact centers until they cross the line of scrimmage. The center cannot be "bumped" while still in the process of rising from the snap.
- If a defensive player contacts the center prematurely, the defense will be penalized 10 yards for Illegal Contact.
- If the center is contacted above the shoulders while rising from the snap, the defense will be penalized 15 yards for Unsportsmanlike Conduct.

### RUSHING THE QB

#### Legal Rushing Technique-

- At the beginning of each play, defensive players that want to rush the quarterback must be lined up at or beyond the 5-yard rush line.
- Rushing players are allowed a free path to the line of scrimmage and cannot be impeded with contact by a wide receiver, so long as the rusher is outside of the center box.
- Rushers must try to limit contact with blocking players by attempting to get around a side of the blocker.
- If the offense laterals the ball in the backfield, the 5-yard rush line remains in effect. Rushers are allowed to leave their feet to block a pass, but cannot make contact with the ball during a quarterback's throwing motion.

#### Illegal Rushing Moves-

- Rushing players cannot swing their arms upward or downward forcibly at the arms of a blocker.
- Defensive players cannot "Bull Rush". Defense will be penalized 5 yards if a Bull Rush occurs. Bull rush is defined as a rusher driving a blocking player backwards due to direct contact. Rushers cannot plow through a blocker without picking a side and attempting a legal rush move. 5 yards and replay down. Offense may decline.
- If the rusher makes excessive contact, or contact above the shoulders of a blocking player, the defense will be penalized 15 yards for Unsportsmanlike Conduct.
- The defense cannot imitate the Throw Timer. If any player attempts to manipulate the Throw Timer, the team will be penalized 5 yards for Delay of Game.

#### Roughing the Passer-

- Quarterbacks are allowed any space needed to complete their throwing motion. It is illegal to make contact with the quarterback's arm or follow through.
- A defender cannot strip the quarterback.

- Rushing players cannot make any contact to the upper body of the quarterback. Any contact should be below their midsection, and the result of a flag pull attempt. If a defender contacts a quarterback in a way that limits the motion of their throw, the defense will be penalized 15 yards for Roughing the Passer.

### PASS DEFENSE

#### Pass Interference-

- Offensive players cannot have their movement blocked or ability to make a catch altered by the defense.
- Both players must play the ball and not target the body. Contact above the shoulders is not allowed at any time. (Least- Pass Interference, Most- Unsportsmanlike Conduct)
- Both players have a right to the ball, thus Pass Interference can be called on either team. Neither the defense nor the offense, has a right to the ball through the opponent's back. If contact influences the ability of a receiver to make a catch, the defense will be penalized 15 yards for Pass Interference.

#### Incidental Contact-

- If two players should come into contact that neither player meant to cause, it can be ruled Incidental Contact by the game officials. This can happen when feet become entangled or when two players collide. In the event of Incidental Contact, play stands as called.
- Incidental Contact can be ruled by the game officials in all situations involving Pass Interference, Illegal Contact, or where applicable.

### FLAG PULLING AND PURSUIT

#### Legal Flag Pulling-

- The defense must obtain an offensive player's flag without impeding the forward motion of the runner.
- The defense can only grab a flag, flag belt or accessory in the waistline of the runner.
- The defense cannot "bear hug" a runner before pulling their flag. If a player prohibits a runner's movement while attempting a flag pull, the defense will be penalized 5 yards for Holding.
- If a defensive player makes excessive contact, or contact above the shoulders of a runner, the defense will be penalized 15 yards for Unsportsmanlike Conduct.

#### Sideline Pursuit-

- Defensive players cannot force a ball carrier out of bounds without attempting to pull a flag.

- Any contact that is unreasonable for the flag pull attempt will not be allowed.
- If the defender rides a receiver out of bounds while making contact, the defense will be penalized 5 yards for Holding.
- If a defender pulls or pushes a runner out of bounds, the defense will be penalized 10 yards for Illegal Contact.
- If the defense makes excessive contact, or contact above the shoulders of a runner, the defense will be penalized 15 yards for Unsportsmanlike Conduct.

#### Stripping-

- Once a receiver has possession of the ball, defensive players can only attempt a flag pull. Should a ball remain unsecured (bobbled) by a receiver, the defense may still target the ball.
- At no time can a defender rip the ball away from a runner.
- If the ball comes loose due to a strip attempt, the play is blown dead. If a runner has possession forcibly removed by a defender, the defense will be penalized 5 yards for Stripping, from the spot of the foul.

#### Inadvertent Whistle-

- If a game official blows a play dead prematurely, the ball is spotted at the location of the ball carrier at the time of the whistle.
  - If the ball is still in the possession of the quarterback, or in the air, at the time of the whistle, play is stopped, replay down.
- "CLEAR PATH" call- Should an Inadvertent Whistle occur when a runner has an unrestricted path to the goal, the game officials may award the team a touchdown.
  - "Clear Path" calls require confirmation from ALL game officials

#### "Last Man" Rule (OFFENSE MAY NOT DECLINE)-

- If the last defender between a runner and the goal is penalized for Holding, the team will be awarded a touchdown.
- Should there be a defender anywhere along the plane of the ball across the field, the Holding penalty is assessed but no touchdown is awarded.
- "Last Man" calls require confirmation from BOTH game officials.

## TURNOVERS

#### Interceptions-

- Intercepted passes can be returned for additional yardage and defensive touchdowns.
- An Intercepted conversion attempt returned to the opposite end zone is rewarded with 2 points.
- Interceptions in the end zone, that are kneeled or returned to less than the 10-yard line, will be spotted at the 10-yard line on the change of possession.

#### Possession-

- Safeties-
- When a runner loses control of the ball it will fall under the rules of a lateral.
  - If the quarterback is sacked in the end zone or the 5 Second Throw Timer expires while the quarterback is in possession of the ball in the end zone, the defense will be awarded a safety.
  - If the snap goes out of bounds through the end zone, or Holding is called on the offense in the end zone, the defense will be awarded a safety.
  - Following a safety, the defense will be awarded 2 points and possession will change with a punt from the 10-yard line. Normal punt rules apply.

Turnover on Downs-

- If a team does not advance the ball past the first down indicator on a 4th down attempt, possession will change at the same line of scrimmage. The rush line is flipped and the game continues.
- If the offense fails to score a touchdown on 4th and goal, within the 10-yard line, the ball is spotted at the 10-yard line on the change of possession.

RULE IV: Penalties

OFFENSIVE PENALTIES

Delay of Game – Dead ball foul, 5 yards from LOS & replay down and 10 second runoff-

- If the offense is unable to snap the football before the play clock expires, or cannot signal for a timeout before the play clock expires, the offense will be penalized 5 yards for delay of game.
- If the offense chooses to punt and changes their mind, with under 30 seconds on the play clock, and the offense has no timeouts, the offense will be penalized.
- If a time out is called in which the team does have any more to use, the team will be penalized.

Substitution Procedure-

- Either team can substitute at a dead ball. Subs must enter and exit the game from the designated sideline.
- If a team has more than the maximum 6 players on the field after the snap, or substitutes a player in from the incorrect sideline, the team will be penalized 5 yards for a Substitution Infraction
- In order for an offensive player to be deemed eligible for the field of play, he must be registered on the field of play for a minimum of 5 seconds prior to the snap or leave the huddle with the team.

LEGAL FORMATION-

- The center may snap the ball from anywhere along the plain of the line of scrimmage.
- The center and 2 receivers, 3 total, at least 1 on either side of the center, must be ON the line of scrimmage.



- At the snap, if there isn't a receiver on both sides of the center, on the LOS, the offense will be penalized 5 yards for Illegal Formation. 5 yard penalty, replay down.

False Start – Dead ball foul, 5 yards from LOS & replay down-

- If the center balks the snap movement, the offense will be penalized.
- If an offensive player moves across the line of scrimmage or there's movement once set once the center is set, the offense will be penalized.
- Flag Guarding – Spot foul, 5 yards & loss of down
- If ball is snapped before markers are set
- When a player is in possession of the ball, they may not intentionally or unintentionally use their arms or hands to prevent the defense from pulling their flags. If a player's jersey remains out of their waistline to start a play, the official may issue a Flag Guarding penalty if they feel the uniform affected the play. The ball is an extension of the hand.

Illegal Blocking – 10 yards from LOS & loss of down (defense may decline-

- All blocking must be with open hands. No offensive player may grab the jersey, arms or waist of a rushing player. No pulling a player to the ground. No contact to a rushing player is allowed once they are on the ground. No blocking to the back of a rushing player.
- If a blocker blindsides a rushing player, the offense will be penalized 15 yards for Unsportsmanlike Conduct. If the offense makes contact with defensive players after a catch, or prohibits the path of the defense, the offense will be penalized with an Illegal Contact 10-yard penalty for blocking downfield.

Illegal Contact – 10 yards from LOS & replay down (defense may decline)-

- The offense cannot push-off to create separation with a defender, by using their arms or hands, while running a route downfield.
- If downfield contact gives a receiver an advantage, the offense will be penalized. If the offense makes contact with defensive players after a catch, or prohibits the path of the defense, the offense will be penalized. Beyond the 1 yard bump window, any intentional contact that puts a defender at a disadvantage will be deemed Illegal Contact.

Illegal Formation – Dead ball foul, 5 yards from LOS & replay down-

- If the center snaps the ball and there is not a receiver to either side of them, the offense will be penalized 5 yards for Illegal Formation.
- There must be at least 4 players on the line of scrimmage prior to the snap.
- If the first player to control the snap is the lone player on either side of the center, the offense will be penalized 5 yards for Illegal Formation. Replay Down.

Illegal Motion – Dead ball foul, 5 yards from LOS & replay down-

- If the penalty is committed during a conversion attempt, the conversion will be repeated.
- Only one player may be in motion at once. The center cannot motion, once set for the snap. The offense cannot motion a lone receiver behind the

center. The ball can be snapped at any time during a motioning player's movement, so long as the player is not moving vertically.

Illegal Run – 5 yards from LOS & loss of down-

- If the quarterback crosses the line of scrimmage, the play will be blown dead and the offense will be penalized for an Illegal Run. The ball must be completely out of the hand of the quarterback before their entire body has crossed the line of Scrimmage.

Illegal Snap – Dead ball foul, 5 yards from LOS & replay down-

- If the penalty is committed during a conversion attempt, the conversion will be repeated.
- If the center snaps the ball from in front of the line of scrimmage, or without the ball starting from the ground, the offense will be penalized.

Impeding the rusher – 5 yards from LOS and replay down (defense May decline-

- Offensive receivers cannot make any contact with a legally rushing player.
- If a receiver makes excessive contact to the rusher, or any contact above the shoulders, the offense will be penalized 15 yards for Unsportsmanlike Conduct. If a rusher initiates contact with a receiver while rushing, it will not be considered impeding.

Intentional Grounding – 10 yards from LOS & loss of down-

- The quarterback MUST throw the ball past the line of scrimmage or have a receiver within the area. If the quarterback attempts a pass that does not pass the line of scrimmage, the offense will be penalized.
- Kicking a Fumble – Play blown dead, Spot foul, 5 yards & loss of down
- If any player intentionally kicks the ball during a fumble recovery, the team will be penalized

Pass Interference - Offense – 10 yards from LOS & replay down (defense may decline)-

- Receivers cannot restrict a defender's ability to make a catch, if the defensive player gains position.
- Both players must play the ball and not target the body. Both players have a right to the ball, thus Pass Interference can be called on either team.

Substitution Infraction – Dead ball foul, 5 yards from LOS & replay down-

- ▪ If a team has more than the maximum 6 players on the field after the snap, the team will be penalized. If the offense has less than the required 4 players on the field, the offense will be penalized.
- ▪ If the penalty is committed during a conversion attempt, the conversion will be repeated.

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### DEFENSIVE PENALTIES

Delay of Game – 5 yards from LOS and replay down (offense may decline)-

- Defensive players may not simulate the offense's snap, play clock count, or throw clock in any way. If any defender attempts to simulate the snap, or manipulate the play or throw clocks, the team will be penalized.

- If a time out is called in which the team does not have any more to use, the team will be penalized.
- If the penalty is committed during a conversion attempt, the ball will be placed half the distance and the conversion will be repeated.

Holding a ball carrier – 5 yards assessed added to end of play (offense may decline)-

- If a player prohibits a runner's movement while attempting a flag pull, the defense will be penalized.
  - If occurs on an onside attempt, offense gets the choice to take the play or take 5 yards from LOS and replay down

Holding a receiver - 5 yards and automatic first (offense may decline)-

Substitution Procedure-

- Either team can substitute at a dead ball. Subs must enter and exit the game from the designated sideline.
- Defense is responsible to get their players onto the field before the offense snaps the ball, no exceptions.
- If a team has more than the maximum 6 players on the field after the snap, or substitutes a player in from the incorrect sideline, the team will be penalized 5 yards for a Substitution Infraction
- Illegal Contact – 10 yards from LOS & automatic 1st down (offense may decline)
  - If a defensive player "bumps" a receiver that impedes his progress, route, or outside of the 1-yard extension, the defense will be penalized.
  - If a defensive player contacts the center prematurely or while in a vulnerable position, the defense will be penalized.
  - If a rusher drives a blocking player backward, due to direct contact, the defense will be penalized.
  - If a defender pulls or pushes a runner out of bounds without the attempt of pulling a flag, the defense will be penalized.
    - If the penalty is committed during a conversion attempt, the ball will be spotted at half the distance. The offense will retry the conversion

Illegal Rush – 5 yards from LOS and replay down (offense may decline)-

- If a defensive player crosses the line of scrimmage after the snap, and does not begin the play behind the 5-yard rush line, the defense will be penalized.
- If the penalty is committed during a conversion attempt, the conversion will be repeated.
- Kicking a Fumble – Dead ball foul, 5 yards added from LOS or added from where runner lost possession
- If any player intentionally kicks the ball during a fumble recovery, the team will be penalized.
- If the penalty is committed during a conversion attempt, the conversion will be repeated.
- If the penalty is committed in the endzone, the ball will be placed at the 15 yard Line.
- Offsides – 5 yards from LOS and replay down (offense may decline)-

- If a player is ON or beyond the line of scrimmage when the ball is snapped, the defense will be penalized.

Verbal Offsides – 5 yards from LOS

- Defense may elect a verbal offsides penalty once per first down section.

Pass Interference - Defense – 15 yards & automatic 1st down (offense may decline)-

- If contact influences the ability of a receiver to make a catch, the defense will be penalized.
- If the pass defender does not play the ball in the air, the defense will be penalized.
  - If penalty occurs in the red zone, yardage is half the distance to the goal
  - If the penalty is committed during a conversion attempt, ball is spotted at half the distance and the conversion will be repeated

Roughing the Passer – 15 yards from LOS & automatic 1st down (offense may decline)-

- If a defender contacts the quarterback in a way that limits the motion of the quarterback's throw, the defense will be penalized
  - If the penalty is committed during a conversion attempt, ball is spotted at half the distance and the conversion will be repeated

Stripping – Dead ball foul, 5 yards from spot of foul and replay down-

- If a defender forcibly removes possession of the football from the offense, the defense will be penalized.
- Offense may elect to add penalty yardage and replay down

Substitution Infraction – 5 yards and replay down (offense may decline)

- If a team has more than the maximum 6 players on the field after the snap, the team will be penalized 5 yards for a Substitution Infraction.

Unsportsmanlike Conduct (During play) – 15 yards from LOS and automatic 1st down-

- **\*\*\*IF A PLAYER RECEIVES 2 UNSPORTSMANLIKE PENALTIES, THEY WILL BE DISQUALIFIED FOR THE REMAINDER OF THAT GAME\*\*\***
- If a defensive player makes excessive contact, or contact above the shoulders/head and neck area of a receiver, the defense will be penalized.
- ▪ If the center is contacted above the shoulders while rising from the snap, the defense will be penalized.
- ▪ If the rusher makes excessive contact, or contact above the shoulders of a blocking player, the defense will be penalized. If a defensive player makes excessive contact, or contact above the shoulders of a runner, the defense will be penalized.

Unsportsmanlike Conduct (During dead ball) – Dead ball foul, 15 yards from LOS & replay down

- If a player engages in any verbal abuse or physical altercation with a game official, opposing player, or spectator, before, during or after a play, the team will be penalized. See Player Conduct.

- If the penalty is committed following 4th down, the yardage is added to the change of possession.

### OFFSETTING PENALTIES

With No Unsportsmanlike Conduct Penalty-

- If a penalties are called on both teams, and no Unsportsmanlike Conduct has been called, the play will be erased and down will be repeated by the offense regardless of the quantity of penalties called on either team.

With Unsportsmanlike Conduct Penalty on DEFENSE-

- If the defense is penalized for Unsportsmanlike Conduct, and the offense is flagged for any other penalty, the offense will be awarded the difference in yardage and an automatic 1st down.

With Unsportsmanlike Conduct Penalty on OFFENSE-

- If the offense is penalized for Unsportsmanlike Conduct, and the defense is flagged for any other penalty, the offense will lose the difference in yardage, and the down will not be repeated.

With Unsportsmanlike Conduct Penalty on Both Teams-

- If Unsportsmanlike Conduct is called on both teams, and there are no other penalty flags, the down will be repeated by the offense.

### DEAD BALL DELAY OF GAME

Begging/Badgering – See description-

- Players, and their spectators, cannot heckle or complain incessantly about the performance of the game officials. In most instances, the game officials will offer a warning to players that they are in jeopardy of a penalty.
- If a player continues to badger the game officials about a call, or the performance of the game officials, the team will be penalized 5 yards for Badgering. The penalty is addressed the same as Delay of Game.
- If a team receives a 3rd, or any subsequent Begging/Badgering penalties, they will be penalized 15 yards for Unsportsmanlike Conduct each time thereafter. If a player is excessive or threatening, the player will be penalized 15 yards for Unsportsmanlike Conduct and a possible ejection at the discretion of the game officials.

Kicking The Ball – 15 yards/See description-

- If a player intentionally kicks or throws the opponent's ball, before or after a play, the team will be penalized 15 yards for Unsportsmanlike Conduct. If a player kicks or throws their own team's football in a celebratory manner, the team will be penalized 5 yards for delay of game.

- If the penalty occurs during 1-minute clock, the team will be penalized 15 yards for Unsportsmanlike Conduct
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RULE V: Conduct of Players and Others Subject to Rules  
PLAYER CONDUCT

Players and spectators must adhere to the game rules, which are administered by Backyard Blitz appointed staff and game officials. Captains are expected to communicate with officials before a game to clarify any rule or roster questions.

- All attendees must adhere to posted park rules. No drugs or alcohol, loud music, dogs kept on leash and cleaned after, etc.
- Teams are expected to clean up after themselves and their spectators.  
THROW AWAY YOUR TRASH
- Consistent unsportsmanlike conduct, extensive or vulgar trash talk, verbal abuse and rough play will not be tolerated.
- Game officials have a duty to provide warnings before suspending/ejecting when possible.
- ANY PHYSICAL VIOLENCE (throwing a punch, kicking, spitting, etc) will result in a season suspension. NO EXCEPTIONS. ZERO TOLERANCE.(at the field)
- Repeat offenders are subject to league banning at the discretion of Backyard Blitz officials
- All decisions of the officials are final, and must be abided by. Players shall not object in an inappropriate manner at an official's decision. Demonstrations of dissent by throwing equipment or using exaggerated gestures could result in player penalties up to and including suspension. Should a player make physical contact with an official in an aggressive manner, discipline could include season long suspension or permanent league dismissal. No league fees will be refunded.
- Teams are expected to maintain a 3-yard distance between players and the sideline. If a team interrupts a game officials' movement they will be issued a warning on the first offense. Any additional violations will result in a 5-yard penalty. Players may only exit and enter from the designated sideline.
- Zero tolerance policy for fighting and bench clearing arguments. Game officials have the discretion to penalize a team for bench clearing altercations.
- Team captains are the only players allowed to address the officials with questions during the game. The captain may designate another player to speak for them. During the game, the captain or designated player may speak to the game officials for no longer than 30 seconds. The player will be warned that the time is up, and if they continue to engage the game

officials, a delay of game penalty will be called. Game officials are available briefly between games for other players to ask questions.

- Team captains are held to a higher standard than other players and spectators. They are expected to remain in control and manage their team during explosive situations. The team captain is responsible for their players' knowledge of the rules.

### PLAYER SUSPENSION AND EJECTION

#### Ejection-

- If a player continues to ignore the warnings of the game officials, and/or a penalty flag is not enough action for a player's transgression, a game official may eject a player from a game. The ejection may be for any period of time ranging from a play to an entire game, at the discretion of the game officials.
  - No league fees will be refunded.

#### Suspension

- If a player is ejected from a game, Backyard Blitz officials will review the matter with all parties involved. After information is gathered, the league may suspend a player/team for any period of time, at the discretion of Backyard Blitz commissioner.
  - No league fees will be refunded.