

Game play

NFL coin toss to choose possession and direction.

Offence gets the ball on their 20 yard line and will have 4 downs to get to the next 20 yard line for a first down. If the offence chooses to punt the defense takes possession 40 yards from the line of scrimmage. (40 yard punt) or half the distance to the goal if inside the 40 yard line. Each 20 Yard line is a first down regardless of first down position. In the event of a score, the scoring team will be awarded 6 points and can go for 1 point from the 3 yard line (running the ball for an extra point is acceptable) or go for 2 points from the 8 yard line.

Afterwards possession is awarded to the defense on their 20 yard line. Teams will trade possessions until clock expires.

Touchbacks will also be spotted at the 20 Yard line

Game Clock

The game will be broken into four 20 minute quarters. The clock will not stop in the first half except for penalties, timeouts, possession change until the ball is set and the 2 minute warning. Time outs will be 60 seconds after which the play clock will resume.

After the 2 minute warning NFL clock stoppage will be in effect.

Throughout the game the play clock will start at ball placement. The line judge will count down from 5 after a 10 second warning. Same applies to the end of the first half with the addition of a thirty second warning.

The second half clock management will be the same as the first with the exception that NFL stoppage will start at the 3 minute mark instead of the 2 minute mark.

- 1) All players must wear their team jersey. Players without will not be allowed to play. No Jewelry.
- 2) All jerseys and extra belt must be tucked in to allow unobstructed shot at flag. Flags must be worn on hips.
- 3) Absolutely no smoking by any player on the field. If you must smoke, do it in the parking lot.

Referees

Refs have been given the green light to toss anyone out of the game for unsportsmanlike conduct including; cheap shots dangerous infractions and arguing calls. Respect the call. Cry babies need not apply.

Ejections

Rules are in place to promote a safe competitive game as well as a family setting for our supporters. Sportsman like conduct is expected. Dangerous violations, excessive cursing and smoking will not be tolerated. Referees will have full discretion on ejections. If you are ejected from any 1 games you **Will** be suspended for 1 game no exceptions and a 2nd ejection may result in your dismissal from the league (Captain's will vote based on referee recommendation.) 3rd time automatic dismissal.

Don't act like a child and you won't have to worry about it.

Scoring

Touchdown-----6 points

Extra point from 3 yard line-----1 point

Extra point from 8 yard line-----2 points

Before the Snap (offense);

40 second game clock from ball placement (NFL delay of game rule)

Standard NFL motion rules

Minimum 2 down lineman non-eligible (center)

Eligible down linemen must raise hand and check in with ump

Maximum 5 eligible receivers

Maximum 3 receivers on the line of scrimmage per side

Possession starts at the 5 yard line

First down at each 20 yard line regardless of first down starting point

Before the Snap (defense);

3) Lineman must line up on the 3 offensive linemen no wider or tighter than head to shoulder.

After the snap they can go where they want within the line of scrimmage rules set Forth below.

After the snap (offense);

Ball carrier down by contact or flag

Ball carrier can;

Spin, Jump, dive, use his non-ball hand to shove or push as long as arm is

Not stiff and flag is not being guarded.

Ball Carrier cannot;

- In the open field, in a one on one situation, a ball carrier may not lower his shoulder. Contact is still permissible as the ball carrier reserves his right to choose his own path. But in this instance, the ball carrier cannot lower his shoulder and charge through the defender. This rule applies only to the open field and one on one and is not in effect on the sideline.

After the Snap (Offensive)

Flag guard, swat hands away from flag, stiff arm

NFL scrimmage/forward pass rules

NFL no pick (basketball) rule

NFL offensive pass interference rules

NFL holding rules

NFL intentional grounding rule (grounding prohibited inside the pocket)

NFL False start rule

NFL clipping rule

No blocking below the waist (chop block) (ejection)

Center & 2 Lineman must stay in

Fumble = dead ball on the spot

Backward pass unlimited. If the ball hits the ground it's dead on the spot

No stiff arms

No self pass unless ball touched by defender (obviously)

After the snap (Defense);

The line and pressure D is now wide open. Anyone can blitz anytime and as often they want.

- NFL defensive pass interference rules (Contact prohibited after 5 yards)

- NFL offside's rule

-NFL defensive holding rules

-Absolutely no tackling

-Absolutely no stripping or tripping (stripping not to be confused with preventing a catch)

-If you get a handful of any part of the ball carrier's body or clothing

You must let go, you cannot use it to slow the ball carrier.

-if the ball carrier is on the side line you may force him out of bounds(you do not have to go for the flag.

****If you get to the QB as he is releasing the ball, you may shove him to disrupt the pass. This is***

to offset the advantage of the defenders hands going for the flag rather than being up and in

the way. Referee's discretion on whether or not the hit is late or excessive. It will be a tight

call. Don't abuse it.

Fighting

Anyone who throws a punch or makes contact during an altercation will be instantly ejected from the game. It is in everyone's best interest to help control your teammates.

Penalties (Defense)

1) Offside -----5 yards from the line, replay the down

2) Defensive holding-----5 yards, automatic first down

3) D Pass interference-----first down from the spot of the foul

4) Tackling-----15 yards, automatic first down 2nd offense by same Player, player ejected from game.

5) Tripping or Stripping-----15 yards, automatic first down. 2nd offense by same Player, player ejected from game.

6) Too many men on the field-----5 yards replay down or result of play

7) Using any part of the ball carrier's

Body or clothing to slow runner-----15 yards from the end of the run automatic first

8) Horse collar-----15 yards, automatic first, player ejected

9) Unnecessary Roughness-----15 yards automatic First down

10) Hitting a player inside the safe zone-----15 yards automatic First down

11) illegal contact-----5 yards, first down

Penalties (Offense)

NFL no pick(basketball) rule-----15 yards, replay down

NFL offensive pass interference rules-----15 yards, replay down
 NFL holding rules-----10 yards, replay down
 NFL intentional grounding rule -----5 yards from the spot loss of down
 NFL False start rule-----5 yards, replay down
 NFL clipping rule-----15 yards, automatic first
 down 2nd
 offense

by same Player, player ejected from game. Someone rushing the quarter back can be blocked in the back if it has been continuous contact from the line. If contact breaks clipping in affect. (see NFL rule book for exact explanation.)

No blocking below the waist----- 15 yards, automatic first down (ejection)
 To many men on the field-----5 yards replay down
 Illegal man down field-----5 yards, loss of down
 Stiff Arm-----10 yards from the spot, loss of down
 Self Pass-----loss of down
 Flag Guarding-----5 yards, Dead ball

Rules are subject to change without notice. Any changes will be updated on the website.

Payment does not guarantee playing time. No Refunds, No Exceptions.