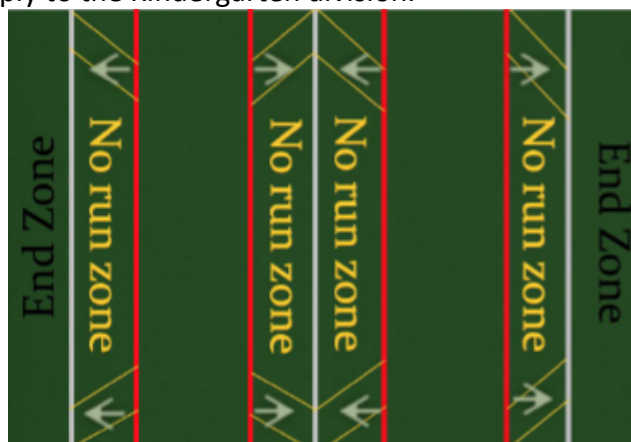


RULES UNIQUE TO CENTRAL SPORTS

- The offensive team begins the game and second half by taking possession of the ball at its 5-yard line.
- The lines 5 yards from each end zone and on both sides of the midfield line are no-run zones. No-run zones do not apply to the Kindergarten division.



- **Down Format**
 - The offensive team has four plays to gain a first down by crossing midfield. Once a team crosses midfield, it has four plays to score a touchdown.
 - Kindergarten & 1st-3rd Grade
 - If the team fails to cross midfield in four downs or score a touchdown, the other team takes possession on its own 5-yard line.
 - 4th-6th Grade
 - On fourth down, a team has two options.
 1. A team may attempt to gain a first down or a touchdown. If a team fails to convert on fourth down, either by scoring or picking up a first down, the ball changes possession at that spot.
 2. A team may "punt" as its fourth-down play by notifying the referee. In this case, the ball will be placed on the opposing team's 5-yard line and there will be a change of possession.
- **Game Clock**
 - (4) 10 minute quarters with a running clock and a brief halftime
 - Substitutions will be briefly made at the conclusion of each quarter
 - There are no timeouts during the game
 - There is a 30-second play clock that starts after the referee spots the ball for play and blows the whistle.
 - The game clock only stops at the conclusion of quarters, halftime and for injuries.

RULES UNIQUE TO CENTRAL SPORTS CONT'D

- **Game Format**

- Devotion will be led over the PA system. The teams need to meet at midfield. Warm up time will be completed before then.
- Visiting team calls the coin toss. The winning team chooses to play either offense or which end zone to defend. The team that plays defense at the start of the first half will play offense at the start of the second half.
- The team with possession at the end of the 1st and 3rd quarter will maintain possession at the start of the next quarter.
- Teams will switch end zones at the conclusion of the first half.
- Kindergarten division is 6 v. 6 while 1st-3rd and 4th-6th grade divisions are 7 v. 7.
- 4th-6th grade can have ONE coach in the huddle for the first TWO games. Kindergarten and 1st -3rd grade can have ONE coach in the huddle throughout the season.

- **Scoring**

- Touchdown: 6 points
- Extra point: 1 point (passing play from 5 yd. line) OR 2 points (running or passing play from 10 yd. line)
- Safety: 2 points. The Scoring team will receive possession on its own 5 yd. line.

- **Offense**

- A minimum of three players must be on the line of scrimmage at every snap.
- A beanbag will be used to mark the line of scrimmage.
- Only one player can be in motion when the ball is snapped.
- In the 4th – 6th grade division, the ball must be snapped between the legs to begin play.
 - Kindergarten and 1st-3rd grade players may use the side snap.
- Before handing off or passing, the quarterback must have complete possession of the ball.
- **Running the Football**
 - The person who receives the snap from the center (under-center or shotgun) is considered the quarterback and cannot run the ball across the line of scrimmage.
 - A pitch from the quarterback can be executed immediately after the snap or on a delay (similar to the option play without the quarterback being able to advance the football).
 - The quarterback is the only player who can make the pitch. The pitch can occur at any time while behind the line of scrimmage.
 - Once the pitch is received, the ball carrier can run the ball, hand-off the ball (behind the line of scrimmage) or pass the ball (halfback pass).

RULES UNIQUE TO CENTRAL SPORTS CONT'D

- **Running the Football (cont'd)**
 - Direct handoffs behind the line of scrimmage are legal. Multiple handoffs may be used. After the ball crosses the line of scrimmage, handoffs and laterals are not permitted.
 - The 5 yards leading toward the goal line and the 5 yards leading to the midfield first-down line are NO-RUN ZONES. The no-run zones do not apply to the Kindergarten division. Plays beginning in the no-run zones must have a pass beyond the line of scrimmage.
 - A player receiving a handoff or pitch can pass the ball (halfback pass) from behind the line of scrimmage.
 - A ball carrier may not dive. A dive will result in a penalty.
 - The ball carrier's feet determine the spot of the football when a flag is pulled, not the location of the football.
- **Receiving the Football**
 - All 6 or 7 players are eligible to receive passes. The quarterback becomes eligible after a handoff or pitch.
 - A completion consists of a receiver gaining control of the football while having at least one foot in bounds.
 - If a player catches a pass with his knee(s) on the ground, the play is dead and the ball is spotted at the point of the completion.
 - All forward passes can be completed behind or beyond the line of scrimmage. Only one forward pass can be completed per play. However, while in the no-run zones, all forward passes must be completed beyond the line of scrimmage. Once the ball leaves the quarterback's hand, the defender can make a play on the ball. The defender must avoid contact with the receiver.
 - The quarterback has 7 seconds to throw a pass. If a pass is not thrown within 7 seconds, it is treated as an incomplete pass (loss of down). A handoff or pitch will end the 7-second pass count.
- **Dead Balls**
 - Play is ruled dead when one of the following occurs:
 - The ball carrier's flag is pulled or falls out.
 - The ball carrier steps out of bounds.
 - The ball carrier's knee hits the ground.
 - A touchdown or safety is scored.
 - A pass falls incomplete.
 - At the point of an interception. When the defense intercepts a pass, the play is whistled dead, and possession changes at that spot.

RULES UNIQUE TO CENTRAL SPORTS CONT'D

- **Dead Balls (cont'd)**
 - The ball hits the ground as a fumble. The ball will be spotted at the point of the fumble with 2 exceptions.
 1. Center/quarterback exchange.
 - a. If a snap is mishandled, the quarterback (and ONLY the quarterback) may pick up the ball and continue play. If a defender gets to the ball before the quarterback, the play is ruled dead and the ball is spotted at the point of the fumble (treated like a sack). This defender begins the play 7 yards off the line of scrimmage.
 2. In your own end zone.
 - a. If the ball is fumbled in your own end zone the person who fumbled the ball, and only that person, can pick up the ball and continue the play. However, if the ball is fumbled by anyone except the quarterback, the 7-yard defense rush rule will no longer be in effect. If the defense touches the ball first, a safety will be called (treated as a sack).
- **Defense Basics**
 - Teams may play man-to-man, zone defenses or combination of both.
 - Interceptions may not be returned. Change of possession will be awarded at the point of the interception.
 - Interceptions made in the end zone will result in a touchback and the ball will be spotted at the 5-yard line.
- **Rushing the Passer**
 - All players who are rushing the quarterback must begin 7 yards behind the line of scrimmage. Before each snap, the referee will designate the 7-yard rush line.
 - With the 4th – 6th grade division, any number of players may rush the quarterback. The 1st - 3rd grade division may only rush one defender.
 - Defenders not rushing the quarterback may line up on or off the line of scrimmage. In the Kindergarten, three defenders must line up 7 yards behind the line of scrimmage.
 - Once the ball is handed off or pitched, the 7-yard rule is no longer in effect, and all defenders may cross the line of scrimmage to pursue the ball carrier.

PENALTIES

- **Defense**
 - Encroachment: The penalty is 5 yards from the line of scrimmage and REPLAY OF DOWN.
 - Illegal Rush
 - Enforced when players start rushing from inside the 7-yard rush line.
 - The penalty is 5 yards from the line of scrimmage and REPLAY OF DOWN.

PENALTIES (CONT'D)

- Interference
 - The penalty is 10 yards from the line of scrimmage and an AUTOMATIC FIRST DOWN.
- Illegal contact
 - Pulling the jersey, holding, blocking, pushing.
 - The penalty is 10 yards from the line of scrimmage and an AUTOMATIC FIRST DOWN.
- Illegal flag pull
 - Before the receiver catches the football.
 - The penalty is 10 yards from the line of scrimmage and an AUTOMATIC FIRST DOWN.
- Diving
 - Diving toward the ball carrier to pull a flag
 - The penalty is 10 yards from the spot of the foul and an AUTOMATIC FIRST DOWN.
- **Offense**
 - Illegal motion
 - More than one person moving.
 - The penalty is 5 yards from the line of scrimmage and REPLAY OF DOWN.
 - Illegal formation
 - Not enough men on the line of scrimmage.
 - The penalty is 5 yards from the line of scrimmage and REPLAY OF DOWN.
 - Illegal pass
 - A pass is thrown after the ball carrier has crossed the line of scrimmage
 - The penalty is 5 yards from the line of scrimmage and a LOSS OF DOWN.
 - Delay of game
 - The penalty is 5 yards from the line of scrimmage and REPLAY OF DOWN.
 - Flag guarding
 - Intentional or unintentional use of the arm to prevent the flag from being pulled.
 - The penalty is 5 yards from the spot of the foul and a LOSS OF DOWN.
 - Illegal use of the hands
 - stiff-arming, blocking
 - The penalty is 10 yards from the spot of the foul and a LOSS OF DOWN.
 - Diving
 - Diving toward the end zone or first down.
 - The penalty is 10 yards from the spot of the foul and a LOSS OF DOWN.