Game Rules:

1. Coin Toss: 4 choices: Take Ball, Defense, Defend a Goal, Defer to Second Half

2. Number of Players on the Field: 5v5

3. Number of Officials: One – Two

4. Time: 40 min games (two 20 min halves). Clock will only stop in the last minute of the 2nd half. Incomplete, out of bounds, and change of possession. 2 min half-time. MERCY RULE- If a team is up more than 20 points in the final 2 minutes, the clock WILL NOT STOP.

5. Scoring: Touchdowns = 6pts. Extra pt. = 1pt. Conversion = 2pts. Your entire body, ball and flags, have to be across the goal line for it to be a touchdown.

6. EXTRA POINTS: 4 yards from the goal line (1pt). 7 yards from the goal line (2pts). Defense can return 2pt. conversion only for 2pts.

7. Safety: 2 pts.

8. Kick-Offs: no kick-offs/punt choice can only be made on 4th down. Ball is placed 4 yards from the opposing team’s end zone.

9. Possession: 4 downs to obtain a 1st down at half field. You may choose to punt only on 4th down. You have 3 downs to score once you’ve reached the half field 1st down line.

10. Huddle Clock: 25 seconds. The referee will announce a 10 second warning

11. Rules of contact:

* Knocking the ball out of the QB’s throwing hand is considered stripping and is not allowed
* Contact is allowed open hand to chest only. No player, at any time, may initiate contact below the waist. No Shoulder blocks for any reason!!
* The player with the ball may not shoulder charge through a defender who has position.
* Down field blocking is not allowed
  + Defensive backs may “hand check” within 5 yards of the line of scrimmage

12. Defensive Rush: Any defender may rush the QB as long as they start their rush 2 yards back from the ball. Rushing players are not allowed to make contact with the QB

13. Offensive/Defensive Plays:

* Both Flags must be on the sides of every player before the ball is snapped
* T-Shirts must be tucked in
* When pulling the flag, please hold it up for referee to see and hand it back to the player you pulled it from
* If players flag fall out while running with the ball, 1 hand touch is needed for that player to be down
* If a player has a clear touchdown and flag fall off while running, a touchdown will be awarded

14. Pass/Run: You can pass on any down. There is no running within 5 yards of the end zone unless the QB is blitzed. Once a QB gets rid of the ball (pass/pitch/handoff) it is a free rush by the defense.

15. There must be a Center to QB exchange for down. This exchange be between the legs and must come from the ground. Shotgun snaps are allowed and one player may be in motion.

16. NO FUMBLES: NO Stripping, Fumble or Loose ball is a dead ball (Clock will continue to run).

17. Time – Outs: Two per game and they can be used at any time.

18. One Minute Warning: An official time- out will take place with ***one minute*** remaining in the second half.

19. Overtime: There will be no regular season overtime. For the playoffs NCAA rules will apply. One set of 3 down from midfield and defense will get a chance to match.

20. Rosters: Teams must have 4 rostered players to play.

21. Payment: $200 deposit will be required to register. The remaining $400 balance must be paid by week 2.

Equipment

1. Ball: The ball must be NCAA or NFL size and weight

2. Flags: The flags used at PISA must be double pop flag belts

3. Field: 200X80ft and games will played on the boarded fields. Plastic cleats and sneakers are allowed. NO METAL CLEATS.

4. Uniforms: No jewelry, sunglasses, hooded sweatshirts or hats shall be worn at any time.

Penalties

1. Foul Language will not be tolerated. 1st offense = personal foul, 2nd offense = personal foul. 2 personal fouls = ejection

2. 5yd penalties:

* Excess time out
* Delay of game
* False Start
* Defensive Holding
* Holding a runner down (automatic 1st down)
* Flag Guarding – any flag guarding will be whistled dead at the spot of the foul
* Charging
* Illegal Formation
* Stripping
* Early Defensive rush
* Intentional Grounding (and loss of down)

10yd Penalties:

* Pushing out of Bounds = (personal foul)
* Offensive Pass Interference
* Defensive Pass Interference (automatic first down)
  + If foul is committed in the end zone, ball is placed on 1yrd line
* Unsportsmanlike Conduct/ Personal Foul
  + Two Personal Fouls = ejection plus one game suspension

15yd Penalties:

* Unnecessary Roughing

Ejections (All ejections carry a minimum one game suspension)

* Fighting (Removal from League)
* 2nd Unsportsmanlike conduct (Suspended from current game and the next game)
* Intent to Injure

\*\*\*If a player is ejected anytime during the season two time, they will banned from the season!!