



RULES (QUICK SHEET)

FIELD DIMENSIONS

Field Length -- 45 yards long

Field Width -- 160 feet (60 feet to hash mark, 40 feet between)

End Zone -- 10 yards deep

- Receiver/Ball carrier is legally down when touched below the neck with both hands. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Player will be expelled if ruled unsportsmanlike & flagrant).
- Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The chaser rule remains in effect on muffed snaps.
- The QB is allowed 4.0 seconds when there is no Rusher. The Official timekeeper starts count on the snap of the ball from center and stops as soon as the QB releases the ball.

RUSHER

- Rusher is an 8th player which enters game on 3rd & 4th downs.
- Rusher will only rush on 3rd downs outside of Red Zone.
- Rusher will rush 3rd and 4th down in Red Zone.
- Rusher will not rush until 2 full seconds have passed and field judge says "go".
- If Rusher touches QB prior to his release of the football, Play is dead.
- Defensive Pass Interference will be a spot foul (1st down at the spot).
- Interceptions will result in an automatic one point for the team and a turnover on downs. Interceptions may not be returned, and defensive players may not block anyone subsequent to an interception.
- No taunting or "trash talking." (5-yard penalty & expulsion if flagrant or repeated).
- The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over. (There is no kicking). Four down territory occurs only after offense proceeds to or inside the 15-yard line cone (Red Zone).

RED ZONE

- Within this zone (15 yard space in front of end zone) Rusher rushes the quarterback on 3rd and 4th down- with a 2 second delay.
- The "Red Zone" is an extremely important part of quarterbacks learning to manage a game. Coaches will appreciate the added pressure and emphasis on this area.
- The Defense earns two points for a defensive stop within the Red Zone.
- The Defense earns three points for an interception in the Red Zone.

• SCORING

6 points for TD, 1 point for PAT from 10 yard line, 2 point PAT from 15 yard line, 1 point for every offensive first down, 1 point for interception (interception on PAT is dead ball), 2 points for defense stop in Red Zone, and 3 points for an interception in the Red Zone. Official score is kept by field judges.