

# THE RULES

- Parents are **NOT** allowed on the field at any time (unless asked)
- Minimum number of players **18**. Maximum number, **22**. (per team)
- 50/50 Rule** (Everybody plays an equal amount; No Free Substitutions)
- Offense & Defense Set before each half** (may change at half time)
- 4 Quarters** (each quarter is 8 minutes long; Each team has 3 Time Outs per Half)
- Offense has 40 seconds to snap the ball**  
(From the end of a play or after the ball is re-spotted by the official)
- Field is 100 Yards Long by 53 Yard Wide**
- Kick Off from the 40 yard line**
- 1 Coach on the Field** per side
- No Coaching after the Center touches the ball**
- Defense CANNOT line up over the Center or in the A Gaps**
- Offense CANNOT run a QB Sneak** (must have lead blocker)
- Offense has 4 Downs** to make 10 yards
- Free Punt** on 4<sup>th</sup> Down (coach's call) moves the ball 20 yards forward
- Touchdown** = 6 points
- Extra Points** = 1 Point for running it in -OR- 2 Points for completing a pass to score
- OVERTIME**
  - No Maximum number of Overtime Periods (play till you win)
  - Coin Toss to decide who goes first
  - Ball on the 10 yard line
  - 1 Time Out per Overtime Period
  - Each team gets a possession

