



TOURNAMENT RULEBOOK





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FORMAT

Age Eligibility : August 1, 2026, is the official cutoff date used to determine player eligibility for all age divisions.

Rosters : All team rosters must be finalized and officially confirmed no later than one to two weeks before each tournament.

Sideline Access : Sideline access is strictly limited to one head coach and one assistant coach per team. All photographers, managers, position coaches, team parents, spectators, and other personnel must remain at least 10 yards from the field or within the designated Spectator Viewing Area. Approved media personnel may receive sideline access with a purchased media pass, subject to availability.

Game-Time Readiness : Teams must report to their assigned field and be fully prepared to compete by the scheduled game time.

Tournament Changes or Cancellations : GSG reserves the right to cancel, reschedule, or relocate any tournament. GSG is not responsible for reimbursing teams, players, coaches, or spectators for expenses resulting from such changes, including but not limited to airfare, ground transportation, lodging, and meals.

Withdrawal and Refund Policy : All deposits are non-refundable and non-transferable. Teams that withdraw more than two weeks before the event date will receive credit toward a future GSG event, less the original deposit. Teams that withdraw within two weeks of the event date will forfeit all payments and receive no refund or event credit.



COACH & SPECTATOR CONDUCT

Designated Viewing Areas : Coaches, family members, parents, and spectators must remain within their assigned or designated areas while observing tournament games.

Coaching Access : Authorized coaches are permitted to coach from the team sideline during all tournament games, subject to GSG sideline-access policies.

Coach Code of Conduct : All coaches must sign and comply with the GSG Coaches Code of Conduct, including all established standards governing professional behavior, sportsmanship, and attitude.

- Any coach who displays negative, abusive, disrespectful, or inappropriate behavior toward players, coaches, officials, tournament staff, or spectators will be removed from the field immediately and prohibited from coaching for the remainder of the tournament. Additional details will be reviewed during the mandatory pre-tournament coaches meeting.

Participant and Spectator Conduct : Family members, parents, and spectators must observe games from designated viewing areas. All participants, coaches, parents, family members, and spectators are expected to conduct themselves respectfully and appropriately throughout the tournament.

Team Disqualification : Inappropriate, disrespectful, abusive, or confrontational conduct by any coach, player, team representative, parent, or spectator may result in the team's immediate disqualification from the tournament at the sole discretion of GSG.

Removal from the Premises : Any individual who engages in misconduct or violates tournament policies may be removed from the premises at the sole discretion of GSG.



CHECK-IN / REGISTRATION

Registration Requirements : All participation requirements, eligibility standards, and registration instructions are available on the official Zorts Sports registration page.

Medical Release Form: Each participant must submit a completed GSG Tournament Medical Release Form signed by a parent or legal guardian during registration. Players will not be permitted to participate without a valid form on file.

Zorts Player Cards : All players and coaches must purchase and maintain a valid Zorts Player Card for age verification, identity confirmation, and required background screening.

Final Rosters : Once a team's final roster has been submitted, no player additions, replacements, or substitutions will be permitted.

Eligibility Enforcement : GSG reserves the right to disqualify any player or team that fails to satisfy the tournament requirements and eligibility standards established for the current calendar year.

Weather Policy : The tournament is scheduled to proceed rain or shine, subject to any safety-related decisions made by GSG or the facility.

ROSTERS

- **Roster Requirements** : Each team roster must include a minimum of five and a maximum of 12 players. Teams must also roster at least one coach, with a maximum of two coaches permitted. Teams may have no more than five and no fewer than four players on the field at any time.
- If injuries leave a team without sufficient substitutes, the team may continue with four players but may not compete with fewer than four.
- **Roster Challenges** : A team must use one timeout to initiate a roster challenge during gameplay. A GSG director will pause the game at the first appropriate opportunity, and the rosters of both teams will be reviewed.
If either roster is determined to be illegal, the offending team will forfeit the game, and the opposing team will be awarded a 28–0 victory.
If both rosters are confirmed to be legal, play will resume under the existing game conditions. If the game cannot reasonably be resumed, the score at the time of the stoppage will be recorded as the final score.



POOL PLAY

1. **Pool-Play Guarantee** : Teams will compete in a minimum of 2 or 3 pool-play games, depending on the tournament format, unless otherwise specified by GSG.

Divisional Tiebreakers

1. **Two Teams Tied** : If two teams are tied for the same position, the following tiebreakers will be applied in order:
 - a. Head-to-head result
 - b. Points allowed during pool play
 - c. Points scored during pool play
 - d. Coin toss
2. **3 or More Teams Tied** : If three or more teams are tied for the same position, the following tiebreakers will be applied in order:
 - a. Points allowed during pool play
 - b. Points scored during pool play
 - c. Coin toss if two teams remain tied, or a random drawing if three or more teams remain tied

Playoffs and Championship

1. **Playoff Scheduling** : Playoff and championship matchups will be finalized and scheduled after all pool-play results have been received and officially confirmed.
2. **Elimination Format** : All playoff and championship rounds will follow a single-elimination format.
3. **Playoff Seeding** : Divisional playoff seeds will be determined using the following criteria, applied in order:
 - a. Overall pool-play record
 - b. Points allowed during pool play
 - c. Points scored during pool play
 - d. Coin toss



GAME

Pre-Game Equipment Check : Before each game begins, the officials will inspect all required player equipment and approve the game footballs.

Coin Toss : Before kickoff, the captains from both teams will meet with the officials at midfield for a coin toss. The visiting team will call the toss.

Coin-Toss Selections : The winner of the coin toss will choose whether to begin the game on offense or defense. The opposing team will select which direction to defend. The team that begins the game on defense will receive possession to start the second half.

Offensive Possessions : Each offensive possession begins at the team's own 5-yard line. The offense has four downs to cross midfield. After crossing midfield, the offense receives three downs to score a touchdown.

- If the offense does not cross midfield within its first three downs, it may declare "Punt" or "Play" on fourth down. If "Punt" is selected, possession transfers to the opposing team at its own 5-yard line. If "Play" is selected and the offense fails to cross midfield, the opposing team takes possession at the spot where the play ends.
- Before declaring the ball ready for play, the referee must ask the offensive team's head coach to declare "Punt" or "Play." The head coach must respond promptly. Failure to make a timely declaration may result in a delay-of-game penalty at the referee's discretion.
- After declaring "Play," the offensive team may change its decision only by using a timeout before the play clock expires.
- Once "Punt" is declared, the decision is final and cannot be changed. Possession will transfer to the opposing team at its own 5-yard line with first down.
- If the offense crosses midfield but does not score within three downs, possession transfers to the opposing team, which will begin its drive at its own 5-yard line.
- Teams will change directions after halftime. The team that began the game on defense will receive possession to start the second half.



TERMINOLOGY

Boundary Lines: The outer perimeter markings of the playing field, including both sidelines and the back lines of each end zone.

Line of Scrimmage (LOS): An imaginary line extending across the width of the field through the point where the football is placed before the snap.

Line to Gain : The designated line the offense must reach or cross to earn a first down or score a touchdown.

Rush/Blitz Line : An imaginary line extending across the width of the field seven yards into the defensive side from the line of scrimmage.

Offense: The team currently in possession of the football.

Defense : The team opposing the offense and attempting to prevent it from advancing or scoring.

Passer: The offensive player who throws a forward pass, whether or not that player is designated as the quarterback.

Rusher/Blitzer : A defensive player who legally crosses the rush line to pressure the passer, pull the passer's flag, or attempt to block the pass.

Live Ball : The period beginning when the ball is legally snapped and continuing until the play is declared dead. Any live-ball penalty is considered part of the play and must be enforced before the down is considered complete.

Dead Ball : The period immediately before the ball is legally snapped or after the play has been ruled complete.



TERMINOLOGY...*(Continued)*

Whistle : A signal made by an official to end a play or stop game action for a timeout, halftime, or the conclusion of the game.

Inadvertent Whistle : A whistle sounded unintentionally or in error by an official during live play.

Charging : An illegal act in which the ball carrier runs directly into a defensive player who has established position. Charging includes lowering the head or initiating contact with the shoulder, forearm, or chest.

Flag Guarding : An illegal act in which the ball carrier prevents a defender from accessing or pulling the ball carrier's flags. Examples include stiff-arming, lowering the head or elbow, or using a hand, arm, or the football to obstruct access to the flags.

Shovel Pass : A legal forward pass thrown underhand, backhanded, or by pushing the ball forward. A shovel pass that crosses the line of scrimmage is treated as a forward pass.

Lateral : A pass or toss made backward or parallel to the line of scrimmage by the ball carrier.

Unsportsmanlike Conduct : Any disrespectful, abusive, confrontational, threatening, or otherwise inappropriate behavior or language directed toward players, coaches, officials, tournament staff, or spectators.



EQUIPMENT

Required Equipment : Participants must provide their own flag belts and mouthguards. A mouthguard must be worn at all times while a player is on the field. Additional flag belts and mouthguards will be available for purchase at the tournament.

Flag Requirements : All players must wear flags that clearly contrast with the color of their shorts or pants.

- Flag poppers must have a smooth, traditional design.
- Each flag must measure at least 14 inches from the popper.
- Flags may not be cut, modified, or otherwise altered.
- The poppers and belt attachments must be the same color.
- Flags must be inserted completely into the belt attachments. Players must be able to remove their own flags with one hand in a single, fluid motion. The use of illegal or improperly secured flags may result in the player's ejection from the game or tournament at the discretion of a GSG director.

Official Footballs : All teams must use a regulated size football for their designated division of play. Teams may elect to use a football one size larger than the standard size assigned to their division.

Footwear : Players may wear cleats; however, cleats with exposed metal are strictly prohibited and must be removed before participation.

Protective Equipment : Players may tape their forearms, hands, and fingers and may wear gloves, elbow pads, headgear and knee pads. Braces containing exposed metal are prohibited.

Jewelry and Headwear : All hanging or loose jewelry must be removed before participation. Soft-brim bucket hats and beanies are permitted. Hard-brim hats must be worn backward. Protective eyewear must be worn properly over the eyes. Soft-shell helmets and protective headbands are permitted but must remain securely fastened at all times.

Shorts and Pants : Players must wear shorts or pants without open pockets. Pockets may not be covered or sealed with tape. Fully secured zipper pockets are permitted.

Jerseys : Any jersey extending below the belt line must be tucked into the player's shorts or pants while on the field.

Electronic Communication : Electronic communication between any player and a coach, team representative, or spectator is strictly prohibited during competition. Any team or individual found violating this policy will be immediately disqualified from play and may be subject to additional disciplinary action at the sole discretion of GSG staff.

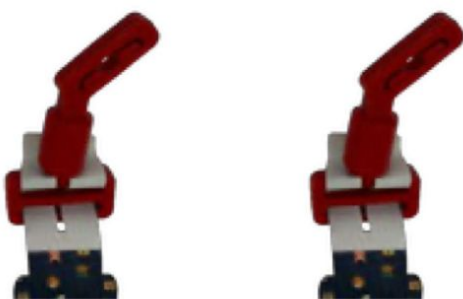


EQUIPMENT

LEGAL



REGULAR POPPERS ONLY



- POPPERS COLORS MUST BE THE SAME
- FLAGS MUST BE FULLY PUSHED IN



- BELT MUST BE TIGHTLY ADJUSTED TO THE WAIST WITH FLAGS ON THE HIPS
- QB WRISTBANDS TO BE WORN ONLY THE ARMS OF THE PLAYERS

ILLEGAL



- POPPERS COLORS ARE NOT THE SAME
- FLAGS THAT DO NOT GO ALL THE WAY IN



- QB WRISTBANDS ARE NOT TO BE WORN ON THE BELT
- NO ACCESSORIES SUCH AS WRISTBANDS, GLOVES, TOWELS, HAND WARMERS, ETC. ARE TO BE WORN ON THE BELT

REGULATED FOOTBALL SIZES

PEEWEE

Coed: 6u, 7u, 8u
Girls: 8u, 10u

JUNIOR

Coed: 9u, 10u
Girls: 12u

YOUTH

Coed: 11u, 12u, 13u, 14u
Girls: 14u, High School

PRO/NCAA/HS

Coed: 15u, 16u, 17u



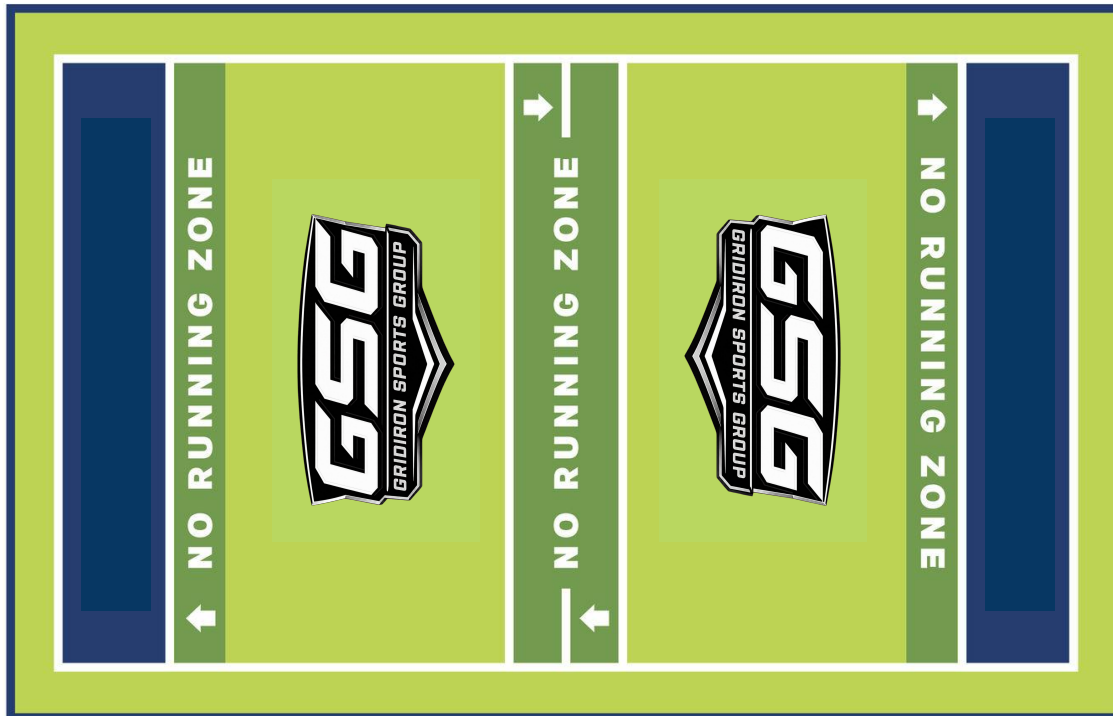
FIELD + TIMING

Field Dimensions : The standard playing field measures 25 yards wide by 64 yards long and includes two 7-yard end zones and a midfield line to gain. 5-yard no-run zones are established immediately before each line to gain. Field dimensions may be adjusted when necessary due to facility limitations or tournament scheduling requirements.

No-Run Zones : No-run zones are intended to prevent power-running plays near midfield and the end zone. When the line of scrimmage is within a no-run zone—the 5-yard area immediately before midfield or the opposing end zone—the offense may not advance the ball by running, including following a handoff or lateral. The ball must be advanced through a legal forward pass.

Boundary Lines : A player who steps on or beyond a boundary line is considered out of bounds. A player who voluntarily steps out of bounds may not be the first player to touch or possess the ball after returning to the field.

Ball Placement : Before declaring the ball ready for play, the referee will place it near the middle of the field. The ball may not be spotted within 10 yards of either sideline.



Tournament Games are played on a 24 minute continuous clock with two 12 minute halves, unless one team gains a 28-point advantage, which will then end the game. Clock stops only for halftime, time outs, injuries and the Officials discretion.

Halftime is one minute.

Each time the ball is spotted and Referees are set, a team has 25 seconds to snap the ball.

Each team has three 30-second timeouts per game.

Officials can stop the clock at their discretion.

In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.



OVERTIME

Overtime Requirement : If the score remains tied at the end of regulation, overtime will be played to determine a winner.

Overtime Procedures :

A. Coin Toss and Possession: The home team will call the coin toss. The winner will choose whether to begin the first overtime round on offense or defense.

- If additional overtime rounds are required, the team that did not receive the first choice in the previous round will choose whether to begin the next round on offense or defense. This selection will alternate in each subsequent round.
- The referee will select the end of the field where overtime will be played.

B. First Overtime: Each team will receive one offensive play. The offense may attempt a one-point conversion from the defense's 5-yard line or a two-point conversion from the defense's 10-yard line. Each team will receive an offensive opportunity regardless of whether the first team converts its attempt.

- **Example:** If Team A converts a one-point attempt from the 5-yard line, Team B may attempt a one-point conversion from the 5-yard line to extend the game or a two-point conversion from the 10-yard line to win.
 - ii. If the second team fails to equal or exceed the first team's point total for that round, the first team wins.

C. Second Overtime: Beginning with the second overtime round, both teams must attempt a two-point conversion from the 10-yard line.

D. Third Overtime and Beyond: Beginning with the third overtime round, each team will receive one play from the 5-yard line while advancing away from the end zone. The team that gains the most yardage will be declared the winner and awarded one point to its final score.

E. Final Score: The official final score will include all points scored by both teams during regulation and overtime.

F. Applicable Rules: All regulation rules and penalties remain in effect throughout overtime.

G. Timeouts: No timeouts are permitted during overtime.

H. Interceptions: Interceptions may be returned during overtime and are worth 2 points.

- An interception returned for a score during the first or second overtime immediately ends the game.



SCORING

Touchdown — 6 Points : After a touchdown, the scoring player must demonstrate that they can remove their own flags with one hand in a single, fluid motion. If the flags are determined to be illegal, the touchdown will be nullified, and the player may be ejected from the game or tournament at the discretion of a GSG director.

Point After Touchdown (PAT) : Teams may attempt a one-point conversion from the 5-yard line or a two-point conversion from the 10-yard line.

a. One-point attempts are pass-only plays. Two-point attempts may be completed by either a run or pass.

Safety — 2 Points : A safety occurs when the ball carrier is declared down in their own end zone. This includes when the player's flag is pulled or falls out, the player steps out of bounds, the player's knee or arm touches the ground, a fumble occurs in the end zone, or a snap lands in or beyond the end zone.

Interception Return — 2 Points : An interception returned during a PAT attempt is worth two points.

PAT Declaration : After scoring a touchdown, the team must declare whether it will attempt a one-point conversion from the 5-yard line or a two-point conversion from the 10-yard line. Once declared, the decision may be changed only by using a charged timeout. A declaration cannot be changed after a penalty occurs.

28-Point Mercy Rule : The game will end immediately when a team establishes a lead of 28 points or more. If a touchdown creates a lead of at least 28 points, no PAT attempt will be permitted.

Forfeits : A forfeited game will be officially recorded as a 28–0 victory for the opposing team.

Final Score Confirmation : Officials will announce the final score at the conclusion of the game. Any coach disputing the score must request clarification before the official scorecard is submitted. Once the scorecard has been submitted, the score is final.

Max Point Differential : The maximum point differential a game can end in is by a margin of no more than 33 points.



COACHES

Coaching Standards : All coaches must comply with GSG's organizational philosophy, coaching standards, tournament policies, and Coaches Code of Conduct.

Sideline Personnel : Each team is limited to a maximum of two authorized coaches on the sideline. Exceeding this limit may result in ejection, penalty, or game forfeiture at the discretion of GSG officials.

- Authorized coaches may actively coach from their team's designated sideline area.
- Coaches must remain on the sideline and may enter the field only when permitted by an official to assist an injured player.
- Photographers, managers, position coaches, team parents, spectators, and all other team-affiliated individuals must remain at least 10 yards from the playing field or within the designated viewing area.
- Players may huddle with their coaches on the sideline to receive the play. However, the play clock will continue running once the ball has been declared ready for play.
- The coaching staff is responsible for ensuring that all spectators and team-affiliated individuals remain within their assigned or designated areas.
- Coaches are responsible for their parents/spectators/fans behavior throughout tournament play.



LIVE BALL / DEAD BALL - 1

Live Ball : The ball becomes live at the snap and remains live until an official sounds the whistle and declares the play dead.

Neutral Zone and Line of Scrimmage : Before each play, an official will identify the neutral zone and line of scrimmage.

- Entry into the neutral zone by any offensive or defensive player constitutes an automatic dead-ball foul. At their discretion, officials may provide a courtesy warning and allow players to reposition themselves behind the line of scrimmage before assessing a penalty.

Possession In Bounds : A player who gains possession while airborne is considered in bounds if the first point of contact is one foot—or another body part other than a hand—within the field of play while maintaining possession.

Unfair and Deceptive Acts : The defense may not imitate the offense's signals or cadence in an attempt to confuse offensive players. Other unfair acts include intentionally failing to return five eligible players to the field following halftime or after a team or official timeout and before the referee's ready-for-play signal. Violations will result in an unsportsmanlike-conduct penalty.

Substitutions : Player substitutions may be made during any dead-ball period.

Authority to End a Play : Any official may sound the whistle and declare a play dead.



LIVE BALL / DEAD BALL - 2

Dead-Ball Situations: A play will be declared dead when:

- a.) The ball contacts the ground.
 - If the ball contacts the ground because of a bad snap, it will be spotted at the location where it first touched the ground.
- b.) The ball carrier's flag is pulled.
- c.) The ball carrier steps on or beyond a boundary line.
- d.) A touchdown, PAT, or safety is scored.
- e.) The ball carrier's knee or arm contacts the ground.
- f.) The ball carrier's flag falls out.
- g.) A receiver gains possession while wearing only one flag or no flags.
- h.) The seven-second pass clock expires.
- i.) An inadvertent whistle is sounded.
- j.) The ball carrier leaves their feet to dive forward or hurdle another player.

Note: A fumble occurs when a player loses possession and the ball contacts the ground. The play is declared dead at the location where the ball first contacts the ground. There are no live-ball fumble recoveries.

Inadvertent Whistle : If an inadvertent whistle occurs, the offense may choose either of the following:

- Accept the result of the play at the location where the whistle was sounded, with the down counting; or
- Replay the down from the original line of scrimmage.
- If the inadvertent whistle occurs during the final play of either half, the offense will receive one untimed down and may select either option.

Rules-Interpretation Challenge : A team may use a timeout to question an official's interpretation of a rule. If the original interpretation is correct, the team will be charged a timeout. If the interpretation is incorrect, the timeout will be restored and the proper ruling enforced. The officiating crew should confer on disputed or controversial rulings to ensure the rule is applied accurately.

Changing an On-Field Ruling : A disputed ruling may be changed only after the officiating crew confers and reaches agreement that the original call was incorrect.



RUNNING

Ball Spot : The ball will be spotted at the location of the ball—not the ball carrier's body—when the flag is pulled.

Quarterback Running : The quarterback may not directly advance the ball beyond the line of scrimmage after receiving the snap. The quarterback is defined as the offensive player who directly receives the snap, whether under center or in shotgun formation.

Backfield Exchanges : Direct handoffs, backward pitches, and laterals are permitted only behind the line of scrimmage. If an exchange occurs after the ball carrier crosses the line of scrimmage, the official will immediately declare the play dead. The ball will be spotted where possession was relinquished.

- Center-sneak plays are prohibited. The quarterback may not initially hand, pitch, or lateral the ball back to the center.
- Any player who receives a legal handoff, backward pass, pitch, or lateral may throw a forward pass, provided the player remains behind the line of scrimmage.

*Once a handoff, backward pass, pitch, or lateral occurs—whether in front of, behind, or beside the quarterback—the seven-second pass clock is eliminated, and all defensive players become eligible to rush.

Legal Handoff : A legal handoff requires the complete transfer of possession directly from one offensive player to another.

No-Run Zones : Five-yard no-run zones are established immediately before each end zone and on both sides of midfield to prevent short-yardage power-running plays. The offense may not run the ball when the next applicable line to gain is active. During a standard possession, the offense encounters two no-run zones: one immediately before midfield and one immediately before the opposing goal line.



RUNNING... *(Continued)*

Jumping and Hurdling : A ball carrier may not jump, leap, or hurdle while advancing the ball, as determined by the officials. The play will be declared dead, and the ball will be spotted at the location of the ball when the player left the ground.

Permitted Airborne Movements : A ball carrier may leave the ground while spinning, making a jump cut, progressing through a passing motion, or clearly attempting to avoid a collision. Play may continue when these movements are not used to gain an unfair advantage. If unnecessary contact occurs while the player is airborne, the officials may assess an illegal-contact or unnecessary-roughness penalty.

Blocking and Screening : Blocking and screening are prohibited at all times.

Off-Ball Offensive Players : Once the ball crosses the line of scrimmage, nearby offensive players must stop advancing and may not run alongside, lead, or otherwise escort the ball carrier.

Flag Obstruction : Jerseys must be tucked in before every play. Flags must remain properly positioned on the player's hips and fully accessible. Any deliberate obstruction of a flag will be penalized as flag guarding.

Possession Beyond the Line of Scrimmage : Once the ball advances beyond the line of scrimmage, possession may not be transferred. The current ball carrier must retain possession until the play is declared dead.



PASSING

Forward Pass : Only one forward pass is permitted during each offensive play. The pass must be released from behind the line of scrimmage before any part of the passer's body crosses the line.

- Behind the line of scrimmage, the ball may be passed forward or backward, subject to the one-forward-pass limitation.
- Intentional grounding is not a penalty.
- A forward pass completed behind the line of scrimmage is permitted outside a no-run zone. When the offense is within a no-run zone, the forward pass must cross the line of scrimmage.
- The quarterback may intentionally throw the ball away to avoid a sack. However, while operating within a no-run zone, the pass must cross the line of scrimmage.

Seven-Second Pass Clock : The quarterback has seven seconds to release a pass. If the ball is not released before the pass clock expires, the play will be declared dead, the down will count, and the ball will be returned to the original line of scrimmage. The seven-second pass clock is eliminated after a legal handoff, backward pitch, or lateral occurs behind the line of scrimmage.

- If the quarterback is positioned in their own end zone when the seven-second pass clock expires, the ball will be returned to the original line of scrimmage and no safety will be awarded.
- If the quarterback throws the ball and subsequently catches their own pass, the play will be declared dead and recorded as an incomplete pass.



RECEIVING

Eligible Receivers : All offensive players are eligible to receive a pass. The quarterback becomes an eligible receiver after legally transferring possession through a handoff, backward pitch, or lateral behind the line of scrimmage.

Pre-Snap Motion : Only one offensive player may be in motion at the time of the snap. The moving player must be positioned off the line of scrimmage and may not move forward toward the line of scrimmage.

Completed Catch : A catch is complete when the receiver secures possession and first contacts the ground in bounds with at least one foot or another body part other than a hand.

Simultaneous Possession : If an offensive and defensive player gain possession of the ball simultaneously, possession will be awarded to the offense.

Interceptions : Interceptions may be returned. An interception returned for a touchdown during regulation is worth six points. An interception returned for a score during a PAT attempt or overtime is worth two points



RUSHING THE PASSER

Rusher Eligibility and Identification : Any defender rushing the passer must be positioned at least seven yards from the line of scrimmage when the ball is snapped. A maximum of two defenders may be designated as rushers. Each designated rusher must raise one hand before the snap and keep it raised until the ball is snapped. A designated rusher is not required to rush; however, if the player elects to rush, the rush must begin immediately after the snap. Delayed rushing is prohibited. Defenders who do not rush may defend at the line of scrimmage.

Change of Possession Behind the Line : Once the quarterback completes a legal handoff, backward pitch, or lateral behind the line of scrimmage, the seven-yard restriction is eliminated, and all defenders may cross the line of scrimmage.

Rush-Line Designation : A special marker or an official will establish the rush line seven yards from the line of scrimmage. Defenders are responsible for confirming their legal positioning with an official before each play.

A legal rush includes :

- An immediate rush initiated from a position at least seven yards from the line of scrimmage.
- A rush initiated from any position after the quarterback completes a legal handoff, backward pitch, or lateral.

Rush-related penalties include :

- If a designated rusher leaves the rush line early and crosses the line of scrimmage before a pass, handoff, backward pitch, or lateral occurs, an illegal-rush penalty will be assessed: five yards from the line of scrimmage and an automatic first down.
- If any defender crosses the line of scrimmage before the snap, an offsides penalty will be assessed: five yards from the line of scrimmage and an automatic first down.
- If a defender who was not legally positioned at the rush line crosses the line of scrimmage before a pass, handoff, backward pitch, or lateral occurs, an illegal-rush penalty will be assessed: five yards from the line of scrimmage and an automatic first down.
- If the offense causes a designated rusher to cross or leave the seven-yard rush marker before the snap, that player loses eligibility to rush on that play. Another defender who was legally positioned at least seven yards from the line of scrimmage may rush instead. Leaving the rush line early is not a penalty unless the defender crosses the line of scrimmage before a pass, handoff, backward pitch, or lateral occurs.

Special Provisions :

- The defense is not required to rush the quarterback while the seven-second pass clock is in effect.
- All intended rushers must identify themselves before the snap.



RUSHING THE PASSER... *(Continued)*

Contact with the Passer : A rusher may attempt to block a pass. However, contact with the quarterback that is not ruled incidental by an official will result in a roughing-the-passer penalty.

Right to an Unobstructed Rush Path : The offense may not impede a legal rusher's path to the quarterback. The rusher is entitled to a direct and unobstructed path based on the pre-snap positions of the rusher and quarterback. This path does not shift when the quarterback moves after the snap.

If a moving offensive player enters the established rush path, that player is responsible for avoiding the rusher. Any contact with or disruption of the rusher's path may result in an impeding-the-rusher penalty. If an offensive player remains stationary after the snap, the rusher is responsible for avoiding that player.

Sacks : A sack occurs when the quarterback's flag is pulled behind the line of scrimmage. The ball will be spotted at the location of the football when the flag is pulled.

- If the quarterback is sacked in their own end zone, the defensive team will be awarded a safety.



FLAG PULLING

Legal Flag Pull : A flag pull is legal only when the ball carrier has established full possession of the football.

Diving for Flags : Defenders may dive in an attempt to pull a ball carrier's flag. However, they may not tackle, hold, run through, or initiate unnecessary contact with the ball carrier.

Stripping the Football : Defenders may not strip, pull, or otherwise attempt to remove the football from the ball carrier's possession.

Inadvertently Detached Flag : If a ball carrier's flag inadvertently falls out during the play, the player will be declared down immediately. The play will end, and the ball will be spotted where the flag landed.

Possession Without Two Flags : If a player wearing only one flag or no flags gains possession of the ball, the play will immediately be declared dead and the ball spotted at the point of possession.

Premature Flag Pull : A defender may not intentionally pull the flag of a player who does not have possession of the football.

Flag Guarding : Flag guarding occurs when a ball carrier intentionally obstructs a defender's access to the flags. Prohibited actions include stiff-arming, lowering the head, hand, arm, or shoulder, or using the football or jersey to cover or block access to the flags



FORMATION

Offensive Formation : The offense must have at least one player—the center—positioned on the line of scrimmage and may have no more than four players on the line. The quarterback must be positioned off the line of scrimmage.

- The offense may shift formations before the snap, provided all players become set and remain stationary for at least one full second before the ball is snapped.
- Only one player may be in motion at a time. The moving player must remain at least one yard behind the line of scrimmage and may not move forward toward it.

False Start : Any movement by an offensive player after becoming set, or any forward movement toward the line of scrimmage by a player in motion, constitutes a false start.

Legal Snap : The center must snap the ball between their legs using one rapid, continuous motion to a player positioned in the backfield. The football must completely leave the center's hands for the snap to be legal.



UNSPORTSMANLIKE CONDUCT

Zero Tolerance for Foul Play: If a field monitor or official witnesses intentional tackling, elbowing, blocking, cheap shots, or any other deliberate act of unsportsmanlike conduct, play will be stopped and the offending player will be ejected. Ejections are issued at the referee's discretion and are not subject to appeal. **Foul play will not be tolerated under any circumstances.**

Offensive or Confrontational Language: Offensive, abusive, or confrontational language is prohibited. Officials have sole discretion to determine whether language violates this policy. A first offense may result in a warning; any continued misconduct will result in the ejection of the offending player or players.

Abusive Conduct: Players and coaches may not physically or verbally abuse, threaten, or intimidate any opponent, coach, official, staff member, or spectator.

Ball-Carrier Responsibility: Ball carriers must make a reasonable effort to avoid defenders who have established a legal position on the field.

Defensive Conduct: Defenders must allow offensive players a free release from the line of scrimmage. When attempting a flag pull, defenders may not tackle, hold, run through, or initiate unnecessary contact with the ball carrier. **Rough play will not be tolerated.**

Spectator Sportsmanship: All spectators are expected to demonstrate appropriate sportsmanship.

- Cheer positively for participants; do not harass officials, players, coaches, or opposing teams.
- All comments must remain respectful and free of profanity.
- Encourage and recognize good play by all participants, regardless of team affiliation.

Spectator-Area Safety: Spectators are responsible for maintaining a safe, organized, and family-friendly environment.

- Children and personal equipment—including coolers, chairs, and tents—must remain at least 10 yards from the playing field within the designated end-zone viewing area.
- Spectators must remain in the designated end-zone viewing area and may not stand between fields.
- All trash must be disposed of in designated receptacles.
- Loud, disruptive, explicit, or offensive music is prohibited.

Unsportsmanlike-Conduct Penalties:

a.) **Defensive Violation:** Ten-yard penalty enforced from the line of scrimmage and an automatic first down.

b.) **Offensive Violation:** Ten-yard penalty enforced from the line of scrimmage and loss of down.

c.) Any player or coach who receives two unsportsmanlike-conduct penalties in the same game will be automatically disqualified from that game and may face additional disciplinary action.



PENALTIES

1. General

- a. The referee will call all penalties.**
- b. Referees determine incidental contact that may result from normal run of play.**
- c. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)**
- d. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.**
- e. Games or halves may not end on a defensive penalty unless the offense declines it.**
- f. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.**
- g. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.**
- h. Spot fouls in end zone: Defensive (Ball on one-yard line, first down)/Offensive (Safety)**

2. Defensive spot fouls

- a. Defensive pass interference**
Automatic first down
- b. Holding**
+5 yards and automatic first down
- c. Stripping**
+5 yards and automatic first down

3. Offensive spot fouls

- a. Screening, blocking or running with the ball**
-5 yards and loss of down
- b. Charging**
-5 yards and loss of down
- c. Flag guarding**
-5 yards and loss of down
- d. Holding/ Illegal Contact**
-5 yards and loss of down



PENALTIES... *(Continued)*

4. Defensive penalties

a. Defensive unnecessary roughness

+10 yards and automatic first down

b. Defensive unsportsmanlike conduct

+10 yards and automatic first down

c. Offside

+5 yards from line of scrimmage and automatic first down

d. Illegal rush (Starting rush from inside 7-yard marker)

+5 yards from line of scrimmage and automatic first down

e. Illegal flag pull (Before the receiver has the ball)

+5 yards from line of scrimmage and automatic first down

f. Roughing the passer

+5 yards from line of scrimmage and automatic first down

g. Taunting

+5 yards from line of scrimmage and automatic first down

h. Illegal Equipment

-5 yards from line of scrimmage and loss of down (player ejection)

5. Offensive penalties

a. Offensive unnecessary roughness

-10 yards and loss of down

b. Offensive unsportsmanlike conduct

-10 yards and loss of down

c. Offside / false start

-5 yards from line of scrimmage and loss of down

d. Illegal forward pass (Any pass received or lands behind the line of scrimmage in a “No Run Zone” or throwing a pass after crossing the line of scrimmage)

-5 yards from line of scrimmage and loss of down

e. Offensive pass interference

-5 yards from line of scrimmage and loss of down

f. Illegal motion (More than one person moving)

-5 yards from line of scrimmage and loss of down

Delay of game

-5 yards from line of scrimmage and loss of down

g. Impeding the rusher

-5 yards from line of scrimmage and loss of down

h. Illegal Procedure

-5 yards from line of scrimmage and loss of down

i. Illegal Equipment

-5 yards from line of scrimmage and loss of down (player ejection)



6u/7u GUIDELINES

- 1) 'No Run' zones are eliminated. Teams may run the ball anywhere on the field.
- 2) Defenders may NOT rush the passer unless there is a legal handoff executed in the backfield.
- 3) One offensive Coach is allowed on the field but must be behind the play and not interfere.
One defensive coach may go on the field pre snap but must be off before the ball is snapped.