

Art David Athletic League Football Passing League Rules 2008-2009

Playing Area:

1. The playing area will be 60 yards long and 40 yards wide with two (2) 10-yard end zones.
2. The field will be divided into four fifteen (15) yard zones.
3. Cones or shall be placed at each 15 yard zone, including the end zone and back of the end zone.
4. 1st Down – Each time a team passes over a zone line, it is a first down.

Equipment:

1. Play is with an intermediate size ball; 6th grade may use a junior size ball.
2. The home team supplies the ball. The visiting team may use their own ball as long as the time involved in getting their ball in play doesn't delay the game. In this case, the team shall receive one warning and the next time they must use the home team ball.
3. Tennis shoes or cleats must be worn. No screw-on / metal cleats.
4. A player may not wear anything that would make it harder to grab their flag. No wrapping of flags around the belt. No pop out flags.
5. Flags must be a different color than the team uniform. Red uniform = yellow flags.
6. A player wearing glasses must have protective eyewear over the glasses.
7. A player will not wear the following: jewelry, watches, earrings, posts, hats or bandanas.
8. Flags must be of the RIP type. If you are wearing the belts with adjustable flags and the flags are flagrantly in the wrong place, the play will be whistled dead.
9. Uniform shirts must be worn and tucked in and flags worn on the hips. Excess belt strap must be tucked in.
10. Forearm, knee and elbow pads can be worn but no cast of any sort can be worn. There must be no reinforcement in the pads. No pads of the fist can be worn. Golf or batting gloves are OK. No shoulder pads of any kind.
11. All home teams must have device to signal the number of downs remaining.
12. Teams will line up before the game for an equipment check by referees.
13. It is recommended that all players wear a protective mouthpiece.

7 on 7 Passing League – Specific Rules

1. Blocking – None; No contact!
2. Tackle – Pulling one flag off flag belt.
3. Start of play – The ball is snapped through the legs by the center to the quarterback and the 5.0-second count begins. **Center snaps the ball and is an eligible receiver.** Receivers begin pass routes. If the quarterback drops the center snap, the play is whistled dead, loss of down, play restarts at the line of scrimmage

4. Time of play – Quarterback has 5.0 seconds to release the ball. If they don't, play is whistled dead, loss of down. **The ball must be released from the quarterbacks hand before the count of 5.**
5. Defense – Man to man or zone coverage allowed.
6. No Bump & Run – No contact allowed by pass defender as receiver runs route.
7. Quarterback is allowed to lateral and become an eligible receiver. The five second count continues (does not reset).
8. A player can pivot up to 270 degrees. Spins over 270 degrees are illegal and the ball is dead on the spot.

Playing Time:

1. Substitution Rule – Coach may only substitute during the period of the game where participants are playing their entire quarter and leave due to injury or ejection OR a participant, having already played their quarter, is substituted for by another participant having already played their quarter.

Scrimmage Line:

1. Ball will be placed on the 15-yard line to begin any offensive series, including after a safety. No kickoffs.
2. Huddles are not required.
3. All defensive players must be at least one (1) yard off the line of scrimmage.
4. Defensive players can cross the line of scrimmage as soon as the quarterback releases the ball to defend a receiver. This includes a ball pitched back to another player.

Length of Game:

1. There will be a total of 15 plays per quarter, not counting kick-offs and extra point attempts. There are a total of 15 plays, not 15 plays per team.
2. A game shall consist of 60 plays with teams changing position every quarter. If there are not enough plays left in the game for a team to catch up, it is the option of the losing team to end play. Ties will not be played off.
3. A team, ahead in the game with four plays or less left in the fourth quarter, has the option to end the game by choosing not to run plays. This will eliminate having to take a knee, throw the ball out of bounds or fumble purposely.
4. One person will be assigned to keep track of the number of plays in case of disagreement; they will be the correct total.
5. On live ball penalties, the play shall count unless the penalty is accepted. On dead ball situations, the play shall not count.

Fumbles:

1. All fumbles and loose balls are dead and are not playable.
2. If the ball is dropped while carrying it, it is dead where the fumble occurs, not where it touches the ground.
3. Balls dropped on the center snap and punts are dead.

4. If the ball is fumbled into the air without touching the ground, the opposing team may intercept the ball and advance it.

Punts:

1. All punts must be declared. There are no quick kicks.
2. The punter cannot be rushed. Defensive line must remain behind the line of scrimmage. Defense may block a punt; ball dead where it first bounces.
3. The receiver may run back the punt (with no blocking from teammates), elect to fair catch or let the ball fall where it stops. The returner may run the ball back after it hits the ground and bounces and is then picked up.

Scoring

1. A touchdown counts 6 points.
2. Extra Point – The ball will be placed 5 yards out and completed pass counts 1 point. Option – The ball may be placed 10 yards out and completed pass counts 2 points.
3. Eighteen (18) Point Rule – If a team scores a touchdown or safety and remains more than 18 points behind, the team will receive possession of the following kickoff, even though they have just scored. If after scoring the score goes below 18 points, the opposing team will receive possession as usual.
4. Interception of an extra point may be run back for two (2) points.

Passes:

1. A forward pass may be thrown from anywhere behind the line of scrimmage.
2. A player who catches a pass without a flag(s) may not advance the ball from where they catch it.
3. A pass interference penalty is first down where the penalty occurs.
4. Each play must have a forward pass *but the pass doesn't have to travel over the line of scrimmage*. As soon as a pass is thrown, defense can cross over the line of scrimmage.
5. **Laterals beyond the line of scrimmage are allowed.**

Penalties:

1. The following are 5 yard penalties:
 - a. Offside
 - b. Any player who receives a lateral/pitch behind the line of scrimmage may not run with the ball. Loss of down.
 - c. too many players on the field, not in the play
 - d. being closer than 5 yards from the sidelines
 - e. delay of game (longer than 30 seconds to snap ball)
 - f. all players, coaches, cheerleaders and spectators must stay at least 5 feet from the sidelines and must stay between the two 15 yard lines. One warning, then penalty
 - g. failure of player to drop the flag to the ground. One warning, then penalty.
 - h. defensive holding – penalty plus automatic first down

- i. charging – if a defensive player has their feet set and the ballcarrier charges into them. Ballcarrier must veer off. Penalty is from spot of foul.
2. The following are 10 yard penalties:
 - a. offensive holding
 - b. holding, grasping or pulling a player
3. The following are 15 yard penalties:
 - a. no blocking – One warning to team & penalty; 2nd time = ejection & penalty.
 - b. no tackling – One warning to team & penalty; 2nd time = ejection & penalty.
 - c. deliberately pushing a person out of bounds. One warning to team & penalty; 2nd time = ejection & penalty.
 - d. holding up a pulled flag that does not belong to ballcarrier
 - e. faking a pulled flag.
 - f. unnecessary roughness of a player in making body contact when attempting to pull the flag or to elude the flag being pulled. One warning to team & penalty; 2nd time = ejection & penalty
 - g. lowering head
 - h. too many men on the field, in play
 - i. swinging at another player with forearms
 - j. unsportsmanlike conduct is cause for expulsion from the game and a fifteen yard penalty
4. Marking penalties:
 - a. Inside the 30 yard line – 5 & 10 yard, full distance; 15 yard, ½ the distance
 - b. Inside the 15 yard line – 5 yard, full distance; 10 & 15 yard, ½ the distance (Exception): If the ball is closer than the 10 yard line, 5 yard is ½ the distance
5. Additional Penalties:
 - a. hurdling if not jumping over a fallen person or unavoidable jump – dead on the spot.
 - b. flag guarding – dead on the spot
 - c. straight arm – dead on the spot
 - d. spinning – See Section C, Rule 8. Ball is dead on the spot
 - e. no game or half can end with a penalty on the defensive team. The offense shall be given one more play.
 - f. if a player is going for a touchdown and in the judgement of the officials they are clear of everybody (and a fake flag pulling occurs) the team with the ball shall receive 6 points.
 - g. If a player or coach is expelled from a game he may not play in the following game. It is the responsibility of the athletic director to let the league president know of a suspension to a player or a coach. Also, the Athletic Director, not a coach, should report any problems to the league president.
 - h. *If a coach receives two (2) unsportsmanlike penalties during a game that will result in forfeiture of the game. The coach will not coach the next game.*

Timeouts

1. There are two time-outs per game.