



Fast Play Football Passing Rules

1. Games are 30 minutes. The clock runs continuous during the 1st 25 minutes & stops according to playing rules during the final 5 minutes. The last 5 minutes will be considered OT if teams are in a tie game at that point.

Offensive Possessions

2. The QB has **5.0 seconds** to get pass off. It will be a loss of down and treated as a sack if not thrown in time. A QB tee will be used in place of the center position.
3. The QB is responsible for placing the QB tee at the spot of the referee's yard line request. QB tee's can only be placed anywhere between the middle field hash marks.
4. Each possession starts on the 40 yard line.
5. First downs are made by crossing the 25 yard line and the 10 yard line.
6. Three (3) downs to make a first down even inside the 10 yard line; 1st downs can result inside the 10 yard line on a defensive penalty (holding, interference or personal foul).
7. All offensive formations must be legal sets with at least two receivers lining up on the line of scrimmage. You can bunch 5 receivers to one side, but there must be one receiver on the opposite side of the ball.
8. NO running plays, no double passes or shuffle passes, and no backwards passes.
9. No running after a made catch the play is dead on a made catch, the next down will start at the point where the catch was made.

Scoring

- a. Touchdown = 6 points
- b. Interception = 3 points (no points for INT on PAT)
- c. **Turnover on downs if sack is called on 3rd down - 1 point**
- d. PAT: 2 point from the 3-yard line. 3 points from the 10-yard line.

Playing Defense

10. Defensive players are not allowed to hand check at the LOS or anywhere else on the field.
11. Defensive players must always make a play on the ball.
12. No unnecessary contact of any kind during, or after a made catch, the play is dead on a made catch.
13. **Defenders can try to bat the ball loose before the receiver returns to the ground.**

PI (Pass Interference)

Pass Interference Definition: Any act by a player more than 1 yard beyond the line of scrimmage that significantly hinders an eligible player's opportunity to catch the ball.

When ruling on PI's rather it's a player on offense or defense the following conditions apply:

- Players not playing the ball
- Playing through the back of an opponent
- Holding an opponent's arm
- Armbar
- Cutting off opponent's route without playing the ball
- Hooking and turning opponent

NOTE: When ruling on PI's to weather the ball is catchable or not will not be taking into consideration.

Overtime Period

14. Overtime period will start at any point of a tied ball game during the last 5 minutes of the game.
15. No game clock during overtime period.
16. Overtime consists of 3 plays from the 10 yard line on each team's first possession. Each team has an attempt to score in each overtime period. If both teams tie in first overtime, then a second overtime period will commence with the ball being placed on the 40 yard line with one play to see who gains the most yardage. The team with the most yardage will determine the winner of that game. **NOTE:** Two-Point PATs only in overtime.
17. Mouthpieces & Soft-Shell Protective Headgear are not mandatory but are recommended.
18. 25-second Play Clock: The offense has 25 seconds to get the play off once the referee has blown his whistle starting a new down. Failure to get the ball snapped in time will result in a loss of down. Offense is responsible for retrieving the ball and placing it on the QB-Tee. The offense has seven (7) seconds to retrieve an errant ball. After the seven seconds has expired, the thirty (25) second play clock will begin.
19. Shoving or Forearm Shivers during live plays will result in an initial warning, then a Personal Foul penalty which will result in an automatic first down for the offense to the next first down marker and/or a loss of down for the offense. If the initial penalty is too severe, then the Personal Foul penalty may be enforced. A third infraction will result in the same penalty and a possible ejection for either and/or both offensive and defensive teams.
20. Designated team box areas: all teams are allowed between the 45 yard lines mid-field, and between the 50 yard line and 20 yard lines on each sideline.

PENALTIES

Defense PI's - automatic first down to the next first down marker.

Offense PI's – loss of down, ball back to original LOS and/or turnover.

Holding penalty on a defender includes checking at the LOS or anywhere on the field during live plays. Automatic first down to the next first down marker.

Offensive and defensive penalties that occur during live action will result in off-setting penalties and a replay of the down.

Illegal procedure / False Start (offense) = Loss of down.

Illegal pass = Loss of down.

Defensive off-sides = 5 yard penalty (replay down unless penalty results in a first down)

NOTE: If the original line of scrimmage was at the 10 yard line or closer, the penalty will be half the distance to the goal.

Fighting / Personal Fouls

- 1st INFRACTION = ejection from game. If the infraction is severe, the result will be an ejection from the tournament.
- 2nd INFRACTION = Team ejection from the tournament - no refund given.

Un-Sportsmanlike Conduct

- Excessive arguing / language
- Excessive Celebration delaying possession

Penalties after scoring

If an infraction occurs after a score, the penalty will be enforced on the succeeding drive. If the penalty is against the defense, their offense will begin with a loss of down. If the penalty is on the offense, the opposing team's offense will be rewarding a starting position at the 25 yard line.

NOTE: No offensive penalty yardage can push the ball back past the starting 40 yard line.

PENALTY BOX INFRACTION

- If both teams begin to exhibit overly aggressive behavior, the head referee or appointed field manager will have the power to call a PENALTY BOX INFRACTION. This means that both teams will be asked to adjourn to their opposing sidelines. The head coach, team captain referees and Appointed Field Manager will meet at the center of the field to discuss the overly aggressive behavior. All this will take place WHILE the clock is running. There will be a maximum of 5 minutes allowed during this phase, if teams cannot resolve their differences to resume playing with sportsmanship, the game will be stopped and BOTH teams will forfeit. If a second PENALTY BOX INFRACTION is called, a minimum of 2 minutes will be imposed no matter if the situation is remedied in less time. A third infraction will result in a forfeit for both teams. **PLAY WITH INTEGRITY!**