

Rosters – ALL Leagues

- 5v5

Equipment – ALL Leagues

Game balls: Provided at game site. Not provided for practices. 8U – Pee Wee | 11U – Junior

Flags: Provided at game site. Not provided for practices.

Mouthpieces / Team shirts: Provided by SCPR

GAME PLAY – ALL Leagues

Game time: Four 10-minute quarters | Substitute as needed

Field dimensions: 8U – 30 yd x 50 yd | 11U – 40 yd x 60 yd

Stoppages: 5-minute halftime | 1-minute quarter breaks | 35-second play clock | 1 timeout (1 min) per team, per half

SCORES + STANDINGS

Scores + standings will be kept. HOME coach should post scores online after each game.

See overtime rules below

IN GAME RULES – Offense

Blocking: Blockers shall not extend arms | May get in the way of defender and move with them with minimal contact

Catches: Player needs one foot established in bounds at time of possession

Flags: Flag falls off + Play whistled dead

First Down: Controlling team has 4 downs to cross the first down line

Fumbles: Play is ruled dead | Fumbling team retains possession unless 4th Down

OT (11U only): Alternating possession (each team has chance to possess ball) from opponent's initial LOS (8/12-yard box) until winner determined.

PAT: Teams will have the option to try for 1-point or 2-point conversion after scoring touchdown.

Conversion distances: 8U – 3 yards (1 point), 8 yards (2 points) | 11U – 4 yards (1 point), 12 yards (2 points)

- Interceptions thrown on conversions are now returnable. Defensive team earns the number of points being tried by the offense if they return the conversion all the way back to opposite end zone.

Possession: Determined by COIN TOSS to start game/OT | Possessions after TD or to start half begin on own 8/12-yard box

Pre-snap: Only one player in motion at a time

Punt: No fake punts. Punting team must announce intention to punt. Punter may not be rushed.

- Option A: Punt
- Option B: Go for it
- Option C: Place ball at midfield for opponent to take over

Snaps: Ball must be snapped/handed backward to a player in the backfield to be entered into play. Ball does NOT need to be snapped between the legs.

Touchdown: Player crosses plane of the goal line with any part of the football | TD is worth 6 points

Quarterback: May not run the ball at any time – even if he is rushed | May hand off or pass at any time

IN GAME RULES – Defense

Blitz: ONE defensive player may blitz/rush the offense (*not required to rush*) | **Must be 7 yards back from LOS (official will mark) to be eligible to rush** | Multiple rushers may rush, as long as they were behind the 7 yard official when ball was snapped | 8U teams should receive 1 warning before being penalized | If a team leads by 18+ points, they may no longer rush the QB

Interceptions: Ball is still live/in play until ruled dead by official (*See also: Above rule on INT on PAT attempt*)

Tackle: A “tackle” is made by removing ball carrier’s flag | Player should hold flag up to show official

IN GAME RULES – Penalties

Dead ball: Illegal carry – An act by a rusher in which he/she intentionally fails to avoid defender/contact to gain an advantage. This play shall be whistled dead. No yards shall be penalized.

**This will be treated as a warning on the first offense, but a player committing this act multiple times will be penalized as unsportsmanlike for ensuing violations.*

5 yard PEN: Delay of Game | Elbowing | Guarding flag | Holding | Illegal pass | Illegal rush | Tackling | Tripping

10 yard PEN: Unsportsmanlike conduct [+1 full half suspension at discretion of officials]

Updated August 22, 2021