

# **BucksMont Indoor Sports Center Youth Football League**

Revised 3/30/11

- **Running Clock:**
  - 2 Twenty-two minute halves, running clock
  - 2 Minute half time – Team that did not start with the ball in first half, gets ball to start in the second half
  - Each team has 2 time outs per game of 30 seconds (time out resets play clock)
  - 45 second play clock (Kept by referee)
  - 30 second P.A.T play clock
  - All ages will play 5-on-5. If a team has 4 players the opposing team will play 4-on-4. Coaches are encouraged to be on the field to help.
  - Clock stops at 1 minute left in the game if the score is within 12 points at each incomplete pass, penalties, and change of possession.
  - There is no Overtime in the regular season.
- **Ball movement**
  - Offense begins on 3-yard line
  - Team has 4 plays to cross mid field for first down and then 4 plays to score.
  - On fourth down offense has 2 options:
    1. Go for the first down (If in their defensive zone). If offense doesn't make first down whether through incompleting or inadequate yardage, defense takes over where ball carrier is down or original line of scrimmage if incompleting.
    2. Offense can opt to punt and the ball will be spotted at opposite 3-yard line with the opposing team taking possession there.
  - If the ball is intercepted, offense is spotted at the end of the return and offense is started.
  - NO FUMBLE RECOVERIES, Ball is dead on contact with turf. Spot determined by referee
  - Play is dead when ball carrier's knees make contact with the ground.
  - Coin toss determines who begins with ball at beginning of the game, other team starts second half.
- **Line of Scrimmage**
  - The offensive team must have a minimum of two players on the line of scrimmage at the snap. One additional player may be in motion, but they do not count as a player on the line.
- **Passing:**
  - There is a 5-count blitz. The referee will yell "Blitz" when the count gets to "5"
  - Players may blitz the ball carrier if the ball is handed off and touched by the player other than the quarterback. The defense may not cross the line of scrimmage until the ball is in the running back's hands.
  - Quarterback may only run the ball when he is blitzed.
  - Quarterback has 7 seconds to throw the ball unless blitzed

- **Running/Receiving:**
  - No Body BLOCKING
  - Moving screens are allowed
  - A completed pass is when a player comes down with the ball in bounds with one foot touching in bounds. (NCAA Rules)
  - Runners may use other teammates as screens
  - Laterals are allowed
  - Everyone is eligible
  - Offense may **not** run the ball within 5 yards of midfield and 5 yards within end zone unless quarterback is blitzed.
  - Ball carrier may not do the following: NO DIVING, NO JUMPING, NO HURDLING
- **Kicking:**
  - There is no kicking in the game
- **Scoring:**
  - 6 points for a Touchdown
  - 2 points for a safety
  - 1 point for conversion after touchdown, ball is spotted on 4-yardline
  - 2 points for conversion after touchdown, ball is spotted on the 8-yardline
  - If a team goes up by 21 points, any additional scoring by that team is not counted. If the team who is down by 21 points cuts the deficit, the leading team may begin scoring points again. Points score while the leading team is up by 21 are NOT counted.
- **Defense:**
  - Player is tackled when one flag is pulled.
  - After pulling a flag, defender must raise the flag above his head.
  - Defender must hand flag to ball carrier
  - If flag falls out before player has possession of ball they will be down with one hand touch
  - If flag falls out after player has possession of ball they are down at spot of flag, unless in the opinion of the referee the player is in the clear of all players.
  - Any blitz must be after the 5 count by the ref. Any amount of players can blitz
  - Interceptions may be returned.
  - A defensive player shall not hold, grasp or obstruct the forward progress of the runner when attempting to remove the flag. Defender will avoid contact of the player when attempting to pull flag. Defenders should be reaching from the side or behind the call carrier to grab flags. Charging at or jumping in front of the ball carrier is prohibited. Intentionally grabbing the ball carrier's clothing will result in a penalty added onto the end of the play
  - Any player pursuing a running or throwing quarterback may only pull flags. No contact, incidental or otherwise is allowed.
- **Penalties**
  - Offsides – 5 yards or half the distance replay down
  - Offensive pass interference – 10 yards from original spot or half the distance replay down
  - Defensive pass interference – Ball moves to spot of foul, automatic first down

- Delay of game – 5 yards or half the distance
- Unnecessary roughness – Defense: 15 yards, automatic first down. Offense: 15 yards, loss of downs
- Offset penalties – replay down
- Flag guarding – Offense: 5 yards from spot of foul and the play will be whistled dead. Defense after interception: 5 yards from spot of foul, begin offense
- Acts of tackling, cheap shots, elbowing or an unsportsmanlike act will not be tolerated. Player may be ejected from the game and will result in unsportsmanlike penalty.
- Obstruction of a player's forward progress is a 10 yard penalty from the spot of the foul. Automatic first down.
- Any player instigating or encouraging a fight, taunting or throwing a punch will be immediately removed from the game.
- Trash talking is illegal and may result in unsportsmanlike penalty. Anyone verbally abusing a player, spectator, referee or employee of BucksMont Indoor Sports Center will be immediately removed from the game.
- Personal fouls/unsportsmanlike penalties will result in an automatic first down and 15 yards from the end of play. Player assessed the foul will be removed from the game for the remainder of the half, or longer.