

2014 CFFL Tournament **Game Play Rules & Regulations**

A team must have at least 6 players to play otherwise the game is a forfeit.

All games during the Friday Round Robin portion of the tournament will be 20 minutes in length. The clock will run at all times.

All games during the Saturday Double Elimination portion of the tournament will be 30 minutes. The clock will run at all times, except in the last minute of game in the clock will stop on incomplete passes, running out of bounds, or calling a time out (only 1 per team per game).

There will be a 35-second play clock in which teams will have to run a play. The clock will begin immediately at the end of the previous play. The end of the play is delineated by the referees whistle. A delay of game penalty will be assessed for not running a play before the clock expires. After 3 delay of game penalties, the team will be penalized with the normal 5-yard penalty *plus* a loss of down.

Field Dimensions:

Friday: 60 yds x 40 yds (40 yds goal line to goal line)

Saturday: 80 yds x 40 yds (60 yds goal line to goal line)

Each game will start with a coin toss to determine who will have first possession and defensive ends—**there is NO deferment option**. The “visiting” team will make the call on the coin toss. The team who wins the toss will have the choice to receive the ball at the 20-yard line in either the 1st or 2nd half. The team that loses the coin toss will have the choice of which 5-yard line they will start at. After each touchdown the opposing team gets the ball at the 5-yard line.

OFFENSE:

Blocking: All blocking must be done with both feet on the ground and contact made above the waist, between the shoulders, with open palms. The player may not leave his feet to block. Any blocks in the back or from the side will result in a penalty.

The Quarterback: The quarterback is not allowed to run with the football unless a defensive player crosses the offensive line of scrimmage. The person who has the ball snapped to him first is deemed the quarterback.

There will be a 5 yard no run zone 5 yards before the goal line. In this zone the quarterbacks are NOT allowed to hand or pitch the ball to any player. *The quarterback may run with the ball if he is rushed, but still may not hand or pitch the ball to another player.*

Once the ball is snapped the quarterback has 8 seconds to throw the ball or hand the ball off to a player. If the quarterback does not get rid of the ball in the allotted time then the play will be blown dead and there will be a loss of down.

The ball-carrier may NOT:

- Use stiff arm to ward off an opponent
- Knock the hands of the defense away (flag guarding)
- Deliberately charge a defensive player. There is no charging allowed. Charging is when an offensive player runs through a defensive player who has an established defensive position.
- Be helped, pushed, or pulled by his teammates
- Dive or jump to gain extra yardage (jump cuts are allowed)

DEFENSE:

No player may push or otherwise force the ball carrier out of bounds.

Defensive players may not contact any eligible receiver even within 5 yards. This will result in an illegal contact penalty.

Head slapping and other unnecessarily rough contact by offensive players blocking or defensive players rushing will be penalized 15 yards and awarded an automatic 1st down.

The defensive players must be lined up at least 1 yard off the ball at all times.

De-flagging:

- Players must start the play with their flags in place. It is the offensive player's responsibility to make sure flags are legally in place
- If an offensive player loses his flag in a play, the play (for that player only) becomes a one hand touch (between shoulders and knees)
- Intentionally deflagging a player without the ball, or intentionally throwing the flags away from a player will result in an unsportsmanlike conduct penalty.
- If the ball carrier falls on the ground their flag must be pulled for that player to be considered down OR they may be one hand touched.
- In the event that a player grabs the ball carrier's clothing instead of his flag, the defensive player must immediately release the clothing before making another attempt at the ball carrier's flag. Failure to do so will result in a 5 yard penalty.

SCORING:

Touchdown=7 points

Extra Point Try (**Saturday only**): Teams may opt to try for an extra point by one untimed play from the 5 yard line. Failure to convert will result in the loss of a point (e.g. Team A scores a touchdown [7 points]. They elect to go for the “extra point” and fail to convert. The result of the touchdown is now only 6 points.)

KICKING:

There is no punting allowed. A team may elect to not “go for it” on 4th down which will result in the opposing team receiving the ball at a spot marked as mid-field (**Saturday only**)

MISCELLANEOUS:

First Downs:

- A first down will be awarded at each 20-yard marker
- If a team returns a fumble or interception between 20-yard markers, the next 20-yard marker becomes the first down marker even though it may be less than 20 yards away.
- If a penalty pushes you past a previous first down marker, the original first down marker is still in effect.

Scrimmage Line:

You must have 5 men on the line of scrimmage—3 linemen within 5 yards of the ball as spotted by the referee; 2 wide receivers who are NOT allowed to go in motion. One man is allowed in motion at a time.

Only one running back is allowed in the backfield at a time.

Everyone is an eligible receiver.

Fumbles are allowed to be recovered by either team and the ball is still considered live. **Stripping of the football is illegal**. If a fumble occurs that is not forced by the opposing team the ball is still considered live.

All rules not specifically mentioned in this document are subject to the National Federation of State High Schools Rulebook.