

ENDTHEZONE

RULES

- NO FIGHTING – PLAYERS EJECTED AND ANY GAMES DECIDED ARE AT THE DISCRETION OF THE REFEREES AND/OR LEAGUE OFFICIALS.
- DRINKING AND SMOKING ARE NOT ALLOWED AT THE FIELDS DURING THE GAMES. (It is illegal to smoke in the park in some cities and counties.)
- SAFETY IS 1ST – ANY PLAYER THAT HAS VISIBLE BLOOD ON THEIR BODY OR CLOTHING CANNOT CONTINUE UNTIL THE INJURY IS TAKEN CARE OF OR THE CLOTHING IS DISCARDED. FIRST-AID KITS ARE AVAILABLE FOR MINOR INJURIES.

ROSTER

- 1a OFFICIAL ROSTERS MUST BE TURNED IN BY THE DAY OF THE EVENT. THIS MUST OCCUR BEFORE THE TEAM'S FIRST GAME. **ONLY ONLINE REGISTRATION AND PAYMENT IS ACCEPTED.**
- 1b NO MORE THAN 7 PLAYERS CAN OCCUPY THE ROSTER (8 PLAYERS FOR COED); ALL PLAYERS MUST BE AT LEAST AGE 18 (CERTIFIABLE DOCUMENT I.E. DRIVER'S LICENSE, ID CARD MUST BE ACCESSIBLE UPON REQUEST)
- 1c SUBSTITUTE/PICKUP PLAYERS CANNOT BE ADDED ONCE THE ROSTER HAS BEEN TURNED IN. PLAYERS CANNOT SWITCH TEAMS ONCE THE ROSTER IS TURNED IN.
- 1d RANDOM OR PROTEST CHECKS OF THE ROSTER WILL OCCUR IF NECESSARY

- 1e PLAYERS MUST PLAY AT LEAST 2 GAMES TO BE ELIGIBLE FOR THE PLAYOFFS.
- 1f DISQUALIFICATION WILL OCCUR IF RULES ARE NOT FOLLOWED
- 1g TEAMS CAN PLAY WITH A MINIMUM OF 3 PLAYERS
- 1h FOR COED NO MORE THAN TWO MALES CAN BE ON THE FIELD OF PLAY AT ANY TIME. AT LEAST ONE FEMALE MUST BE ON THE FIELD OF PLAY AT ANY TIME
- 1i IF TEAMS ARE MORE THAN **5 MINUTES** LATE FOR THEIR SCHEDULED GAME, THE GAME WILL BE DECLARED A FORFEIT

THE GAME

- 2a TWO – 15 MINUTE HALVES AND A 1 MINUTE HALF-TIME. (RUNNING CLOCK EXCEPT FOR LAST MINUTE PRO CLOCK)
- 2b COIN TOSS DETERMINES OFFENSE OR DEFENSE, IF OFFENSE IS CHOSEN DEFENSE GETS DIRECTION NO MATTER WHAT (NO DEFERMENT); 2ND HALF SIMPLY REVERSES DIRECTION AND BALL GOES TO OTHER SIDE AT THIS TIME
- 2c THIS GAME IS NOT PENALIZED WITH YARDAGE, BUT WILL SIMPLY PROVIDE A FIRST DOWN OR A LOSS OF DOWN
- 2d CLOCK WILL BE CONTINUOUS EXCEPT FOR TIMEOUTS. HOWEVER, AT THE LAST MINUTE OF THE GAME THE CLOCK WILL STOP FOR INCOMPLETES, OUT OF BOUNDS, CHANGE OF POSSESSION (PRO CLOCK). DEFENSE MUST ALWAYS SET THE BALL. ONCE THE BALL IS SET THE PLAY CLOCK WILL CONTINUE. DEFENSE HAS 10 SECONDS TO SET THE BALL OR DELAY OF GAME WILL REWARD THE OFFENSE WITH A FIRST DOWN; IF OFFENSIVE STALLING IS DONE BY THE OFFENSE, THE OFFICIAL MAY STOP THE CLOCK (DISCRETION)
- 2e THE BALL MUST MAKE CONTACT WITH THE GROUND BEFORE BEING SNAPPED BETWEEN THE LEGS TO THE QUARTERBACK
- 2f 2 PLAYERS MUST BE ON LINE OF SCRIMMAGE AT ALL TIMES
- 2g THE OFFENSE HAS 15 SECS FROM THE TIME THE BALL IS SET TO GET THE BALL INTO PLAY OR DELAY OF GAME WILL COST THE OFFENSE ONE DOWN. IF IT IS 3RD DOWN THEN IT WILL BE A TURNOVER

- 2h** OFFENSE TAKES POSSESSION OF THE BALL AT THEIR 5-YARD LINE AND HAS 3 DOWNS TO CROSS MIDFIELD. ONCE MIDFIELD IS CROSSED THERE ARE 3 DOWNS TO SCORE.
IF A TEAM FAILS TO CROSS MIDFIELD OR SCORE THE OTHER TEAM TAKES OVER AT THEIR OWN 5-YARD LINE
- 2i** AN INTERCEPTION CAN BE ADVANCED FOR A SCORE OF 6 POINTS; EXCEPT FOR OVERTIME, OTHERWISE THE BALL IS SPOTTED WHERE THE FLAG IS PULLED
- 2j** BALL IS SPOTTED WHERE THE BALL IS WHEN THE FLAG IS PULLED
- 2k** IF AN OFFENSE PLAYER IS DOWN IN THE OFFENSE'S END ZONE THEN A SAFETY IS DECLARED; AT THIS POINT THE BALL IS TURNED OVER TO THE DEFENSE'S 5-YARD LINE. NO POINTS ARE AWARDED FOR A SAFETY.

OVERTIME [after both teams score, first possession of ball alternates]

- 3a** IF THE TEAMS ARE TIED AT THE END OF REGULATION A COIN TOSS WILL DETERMINE OFFENSE OR DEFENSE
- 3b** BOTH TEAMS WILL GET THE BALL FROM MIDFIELD AND WILL GET 2 PLAYS EACH; THE TEAM WITH THE MOST PENETRATION WINS THE GAME
- 3c** IF BOTH TEAMS SCORE EQUALLY THE OVERTIME ATTEMPTS WILL CONTINUE UNTIL PENETRATION WINS OUT
- 3d** IN OVERTIME AN INTERCEPTION CANNOT BE ADVANCED; IF THE BALL IS INTERCEPTED AT ANY POINT INVOLVING THE 2 PLAYS THE DRIVE IS DEAD AND NO YARDS ARE AWARDED- THIS RESULTS IN AN AUTOMATIC TURNOVER
- 3e** IF THE FIRST TEAM DOESN'T ADVANCE THE BALL AND REMAINS AT THE LINE OF SCRIMMAGE THE OPPOSING TEAM MUST ADVANCE THE BALL FOR ANY POSITIVE GAIN TO WIN
- 3f** IF A QB IS SACKED THE BALL IS SPOTTED AT THAT SPOT
- 3g** IN THE EVENT THAT A SACK RESULTS IN NEGATIVE YARDS, THE OPPOSING TEAM WILL ONLY NEED TO PASS MIDFIELD TO WIN BY PENETRATION.

RUSHING

- 4a ALL PLAYERS ARE ELIGIBLE TO RUSH THE QUARTERBACK
- 4b ANY PLAYER RUSHING THE QUARTERBACK MUST BE 5 YARDS FROM THE LINE OF SCRIMMAGE AND THIS WILL BE DESIGNATED BY THE REFEREE
- 4c ANY PLAYER MUST RUSH AROUND THE OFFENSIVE PLAYERS NOT THROUGH THE PLAYERS
- 4d THE QB HAS UNLIMITED TIME TO THROW THE BALL

RUNNING

- 5a RUNNING IS NOT ALLOWED
- 5b HANDOFFS, PITCHES OR LATERALS ARE NOT ALLOWED
- 5c SPINNING IS ALLOWED BUT A PLAYER CANNOT LEAVE THEIR FEET AT ALL (only allowed to leave feet to avoid injury)

PASSING

- 6a ALL PASSES MUST BE FORWARD AND RECEIVED BEYOND THE LINE OF SCRIMMAGE
- 6b SHUFFLE/SHOVEL PASSES ARE LEGAL AND MUST GO BEYOND THE LINE OF SCRIMMAGE
- 6c THERE IS NO PENALTY FOR INTENTIONAL GROUNDING
- 6d QB HAS NO TIME LIMIT TO THROW THE BALL

RECEIVING

- 7a ALL PLAYERS ARE ELIGIBLE TO RECEIVE PASSES
- 7b THE RECEIVER MUST BE 3 YARDS FROM THE SIDELINE AT THE TIME THE BALL IS SNAPPED
- 7b ONLY ONE PLAYER CAN GO IN MOTION AT ONE TIME AND MOTION CAN RESET AS LONG AS IT IS BEFORE THE SNAP OF THE BALL
- 7c NO INTENTIONAL TIP-BACKS OR TIP-UPS DIRECTED TOWARD OTHER OFFENSIVE PLAYERS
- 7d ONLY ONE FOOT **INBOUNDS** IS REQUIRED FOR A LEGAL CATCH; IF THE LEAD FOOT TOUCHES THE OUT OF BOUNDS LINE FIRST IT IS RULED A NO-CATCH

- 7e** IF A PLAYER GOES OUT OF BOUNDS WITHOUT BEING FORCED OUT, THIS PLAYER CANNOT BE THE FIRST ONE TO TOUCH THE BALL BEFORE ESTABLISHING A RECEPTION

DEAD BALLS

- 8a** ONCE FLAGS ARE PULLED
- 8b** WHEN PLAYER STEPS OUT OF BOUNDS
- 8c** WHEN BALL, KNEE, ELBOW TOUCH THE GROUND
- 8d** IF PLAYER'S FLAG FALLS OFF HE IS DOWN IMMEDIATELY; IF FLAG FALLS OFF BEFORE THE CATCH, THE PLAYER IS DOWN AT THE SPOT OF THE RECEPTION
- 8e** WHEN TOUCHDOWN IS SCORED
- 8f** CANNOT FUMBLE THE BALL FORWARD, BALL DEAD WHERE FUMBLE BEGAN; UNLESS FUMBLE FALLS INTO POSSESSION OF THE DEFENSE

SCORES (MENS)

- 9a** A TOUCHDOWN IS WORTH 6 POINTS
- 9b** NO EXTRA POINTS
- 9c** FIRST TEAM TO REACH 36 POINTS IS DECLARED THE WINNER OR THE TEAM THAT IS AHEAD AT THE END OF REGULATION

SCORES (CO-ED)

- 9d** TD BY A MALE IS 6 POINTS
TD BY A FEMALE IS 7 POINTS
- 9e** EXTRA POINTS ARE ALLOWED
EXTRA POINT BY A MALE IS 1 POINT
EXTRA POINT BY A FEMALE IS 2 POINTS
- 9f** FIRST TEAM TO REACH 45 POINTS IS DECLARED THE WINNER OR THE TEAM THAT IS AHEAD AT THE END OF REGULATION

TIMEOUTS

- 10a** EACH TEAM IS AWARDED A 30-SECOND TIMEOUT PER GAME

CONTACT

- 11a NO CONTACT ALLOWED AT ALL; NO BLOCKING, NO BUMPING, NO BRUSHING, NO HANDS, NO HOLDING, NO RESTRICTING, NO IMPEDING, NO PICK PLAYS

OFFENSIVE PENALTIES –

- 12a ANY OFFENSIVE PENALTY WILL RESULT IN A SIMPLE LOSS OF DOWN AND WILL RETURN THE BALL TO THE LAST LINE OF SCRIMMAGE. IF IT IS 3RD DOWN A TURNOVER WILL OCCUR. (WITH THE EXCEPTION OF FLAG GUARDING AND FLAGS OUT OF PLACE, WHICH ARE SIMPLY DEAD SPOT PENALTIES.)
- 12b ILLEGAL SNAPS-LOSS OF DOWN
- 12c ILLEGAL FORWARD PASS -LOSS OF DOWN
- 12d PITCHING -LOSS OF DOWN
- 12e PITCHING OR LATERALS DOWN THE FIELD –LOSS OF DOWN
- 12f ILLEGAL RUN-LOSS OF DOWN
- 12g ILLEGAL MOTION -LOSS OF DOWN
- 12h FALSE START- LOSS OF DOWN
- 12i IMPEDING RUSHER- LOSS OF DOWN
- 12j BLOCKING DOWNFIELD-LOSS OF DOWN
- 12k ILLEGAL PICK-LOSS OF DOWN
- 12l FLAG GUARDING-LOSS OF DOWN (LEAVING THE FEET IS CONSIDERED FLAG GUARDING)
- 12m PASS INTERFERENCE -LOSS OF DOWN
LOWERING HEAD OR DIPPING -LOSS OF DOWN
- 12n IF THE FLAGS ARE OUT OF POSITION, AND SEEN BY THE REF HE IS DOWN AT THE SPOT (THIS AND FLAG GUARDING ARE THE ONLY PENALTY THAT FREEZES THE PLAY AT THE SPOT OF INFRACTION

DEFENSIVE PENALTIES –

- 13a ANY DEFENSIVE PENALTIES WILL SIMPLY PROVIDE A 1ST DOWN; IF A TEAM HAS MADE YARDAGE GAIN COUPLED WITH A DEFENSIVE PENALTY, THEY WILL BE REWARDED THE YARDS OR A 1ST DOWN AT THE ORIGINAL LINE OF SCRIMMAGE UNLESS PASS

**INTERFERENCE OCCURS, WHICH IS A SPOT FOUL AND AN
AUTOMATIC FIRST DOWN**

- 13b OFF-SIDES
- 13c ILLEGAL RUSHING
- 13d ILLEGAL CONTACT
- 13e HOLDING
- 13f ILLEGAL DEFLAGGING
- 13g ROUGHING THE QUARTERBACK
- 13h PASS INTERFERENCE-SPOT FOUL
- 13i DELAY OF GAME OR HOLDING THE BALL
- 13j LAST ONE STANDING RULE IS IN EFFECT; A PLAYER THAT HAS ONE PERSON TO BEAT AND IS TACKLED IS AWARDED AN AUTOMATIC TOUCHDOWN
- 13k DEFENSIVE PENALTY CANNOT END THE GAME

UNIFORMS

- 14a CLEATS ARE ACCEPTABLE, EXCEPT FOR METAL CLEATS/SPIKES
- 14b SHIRTS OR JERSEYS MUST BE TUCKED AT ALL TIMES; ALL JERSEYS MUST MATCH OR PENNIES WILL BE WORN
- 14c TRIPLE THREAT FLAGS WILL BE THE ONLY FLAGS ALLOWED
- 14d FLAGS MUST BE 1.5 INCHES WIDE AND 12 INCHES LONG
- 14e FLAGS MUST BE WORN IN A MANNER WHERE ONE IS ON EACH SIDE AND ONE IN THE REAR
- 14f IF THE FLAGS ARE OUT OF POSITION ON THE BALL CARRIER, AND SEEN BY THE REF, HE IS DOWN AT THE SPOT (THIS WILL FREEZE THE PLAY AT THE SPOT OF INFRACTION)
- 14g SHORTS WITH POCKETS ARE NOT ALLOWED. POCKETS MUST BE SEWED, ZIPPED OR TAPED SHUT.

FIELD DIMENSIONS

LENGTH OF GOAL LINE TO GOAL LINE IS 50 YARDS
END ZONES ARE 7 YARDS
TOTAL DISTANCE OF FIELD OF PLAY IS 64 YARDS
WIDTH OF FIELD OF PLAY IS 25 YARDS

Get End The Zone

Final Ver. 3
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