



## Lake Charles Ward 3 Recreation 7/8 DIVISION OFFICIAL RULES

- I. **Ball & Field Size-** A team must play with a Size 5 (8.5x5in) football or bigger. **No plastic or foam balls allowed.** Field is a 50x30 with a 10yrd end zone.
- II. **Ball Spotting-** The ball is spotted where the runner's forward foot is when the flag is pulled, not the ball. Diving is **NOT ALLOWED** at any time. If diving occurs, it will result in a 10-yard Flag Guarding Penalty from the spot of the foul.
- III. **Blocking-** When blocking, a player(s) must have their **HANDS BEHIND HIS/HER BACK**. No player(s) are allowed to use their hands to block or ward off players. If this occurs, there can/will be an Illegal Contact/Blocking Penalty called.
- IV. **Coaches-** Only **(3)** Coaches per team are allowed on the sidelines. Fans are **NOT** allowed on the sidelines with the team. Note: The official can/will enforce a 10-yard Unsportsmanlike Penalty on a team's sideline that is in violation of this rule. Only (1) coach per team will be allowed on the field during play. Both coaches must be at a safe distance before the snap of the ball to not obstruct the play of the both teams.
- V. **Dead Ball-** Substitutions may be made on any dead ball. Any official can whistle the play dead. Play is ruled "dead" when:
  - a) The ball hits the ground.
  - b) The ball carrier's flag is pulled.
  - c) The ball carrier steps out of bounds.
  - d) A touchdown, PAT or safety is scored.
  - e) The ball carrier's knee or elbow hits the ground
  - f) The ball carrier's flag off and a defender is within arm's length. (Officials discretion)
  - g) The receiver/ball carrier is under the violation of Flag Guarding.
  - h) The receiver/ball carrier is under the violation of Players Equipment.
  - i) An inadvertent whistle is blown. (Option to replay down)
- VI. **Disciplinary Actions-** Any person (Coaches, Players, and/or Spectators) who is asked to leave the premises **MUST** leave at the time of the request given by the Ward 3 Staff Member in the conclusion of an incident. If he/she declines this request, it can lead to his/her team forfeiting the game, including but not limited to games/season's suspension(s), and/or can be banned from Lake Charles Ward 3 Recreation. All decisions made by Referees, Officials, or Site Coordinators can and will be further investigated by the Ward 3 Administration.

- VII. Field goals-** A field goal attempt can be tried on any down, and teams are to clear the field when doing so. The ball will can be placed on a kickoff tee and/or held by a teammate/coach -- **Max of 3yards/step back**. Once a team chooses to kick field goal, they must use a timeout to change it or take a 5-yard Delay of Game Penalty. If the field goal attempt is not made, then the ball will be turned over to the defense and placed at the spot of the attempt.
- VIII. First Downs-** Teams will have (4) downs to get past the 25-yard line. On 4<sup>th</sup> down, a team can elect to **(a)** kick a field goal, **(b)** punt, or **(c)** go for it. Only (1) 1<sup>st</sup> down can be gained per drive.
- IX. Flag Guarding-** The ball carrier cannot obstruct the defender's access to the flags by stiff arming, bull rushing, diving, or jumping. Although spinning is allowed, the ball carrier cannot leave his/her feet when doing so. Ball carriers **MUST** make an effort to avoid defenders with an established position. By not doing so, it can/will result into a 10-yard Flag Guarding Penalty from the spot of the foul. The only time the ball carrier is allowed to leave their feet, is if there is a clear indication that he/she has done so to avoid a collision with another player.
- X. Flag Usage-** Flags are to be visible at all times. Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when doing so. If a player's flag inadvertently falls off during the play, then the play will be blown dead if the defender is within arm's length. A defensive player cannot intentionally pull the flags off of a player who is not in possession of the ball. If occurs, then a 10-yard Unsportsmanlike Penalty will be called, and an Automatic 1<sup>st</sup> Down will be enforced.
- XI. Foul Play- FOUL PLAY WILL NOT BE TOLERATED!** If the field's monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. Offensive or confrontational language will also **NOT** be tolerated. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee may give one warning. If it continues, the player(s) can/will also be ejected from the game under direct violation of Foul Play. Decisions are made at the referee's discretion.
- XII. Fumbles- NO FUMBLES ALLOWED AND STRIPPING THE BALL IS PROHIBITED.** If the offensive player loses possession of the ball and it hits the ground, then it is a dead ball and the offense will play their next down at the spot of the forward foot. The only way the defense can obtain possession of a loose ball is if the ball is in-flight.

- XIII. Inadvertent Whistle-** When an inadvertent whistle is blown by an official, the ball is dead at the point of when the whistle was blown. The team in possession of the ball can choose to either put the ball back into play where it was declared dead, or replay the down. If the ball is in the air after a legal forward pass, the ball is returned to its previous position and the down will be replayed. Note: A flag doesn't necessarily have to be pulled for an official to stop play- they have the right to blow a play dead at any time. For instance, when a defender and offender make contact with one another accidentally, the officials will stop the play to avert an injury.
- XIV. In-Bounds-** Any play that stays within the field of play is considered in bounds, until he/she steps foot outside the field of play. If a player who gains possession in the air will be considered in bounds, as long as **(1) foot** comes down in the field of play.
- XV. Interceptions-** In case of simultaneous possession by both an offensive and defensive player, possession will be awarded to the offense. Change the possession of the ball at the point of interception. Interceptions may be returned for a touchdown. If this occurs, then the possession of the ball will change and the all blocking rules becomes in effect. Interceptions that happen within the end zones can be returned. If they are not returned it will result as a touchback and the ball will be placed at the team's 15-yard line.
- XVI. Kickoff Returns-** On returns, blockers can **ONLY BLOCK WITH HANDS BEHIND HIS/HER BACK**. Return team must have **at least 3 players** lined up on the 15-yard line awaiting the return. If a defender makes contact with a blocker that wasn't initiated by a blocker, a 5-yard Illegal Contact Penalty can/will be added at the end of the play. Balls that are kicked inside the 5-yard line (touched or not), the ball will be placed at the 5-yard line. Any ball that is touched and falls forward, then the ball will be spotted where the player's forward foot is when he/she made contact with the ball is. Ex. If the ball is touched (makes contact with player/ tires to obtain possession) by a player that is standing in the end zone, and the ball drops onto the field of play, then the ball will still be considered a touchback and placed at the 15-yard line. Note: If inside the 5-yard line, it will be placed at the 5-yard line.
- XVII. Kickoffs-** Will occur at the start of each half and after each touchdown is scored. Kickoffs will be kicked at 25 yard line, unless a penalty is enforced. No player can cross the line until the ball has been kicked. If a player is off sides when the ball is kick, the opposing team can choose another kick from 5-yards back or take it at the spot (only if the ball traveled more than 10 yards). If the kicking team jumps off sides twice, then the other team will get the ball at the fifteen yard line or take it at the spot of the kick (regardless of the yards the ball traveled). **Onside kicks are not allowed**. Note: The return man has the right to a 2 yard halo to catch the ball. Defenders are allowed to catch a ball that is bobbled, but must not hit the returner in the process. If this occurs, then the possession of the ball will change and the all blocking rules becomes in effect.

**XVIII. Live Ball/Snapping-** The ball is live at the snap of the ball and remains live until the official whistles the ball dead. The snap doesn't have to be between the legs but the motion of the snap must start on the ground. If the ball touches the ground after it is released by the snapper, the ball is dead at the spot and that will be the new line of scrimmage.

**XIX. Mercy Rule:** After a team is winning by 28 points or more after the first half, the losing team will get one offensive series to continue regulation play. If they do not score or get within 28pts, then the game will go into scrimmage mode. If there are less than 15min remaining in the game, then the game will be over.

**XX. Motion-** Only one player is allowed to be in motion at the snap of the ball. In doing so, the player must move (a) backwards, or (b) parallel to the line of scrimmage. Any motion towards the line of scrimmage at the snap of the ball is prohibited. All players that are not in motion must be at a complete stop for at least one second before the ball is snapped. Note: (3) three players MUST be on the line of scrimmage at the snap of the ball.

**XXI. Neutral Zone/Line of Scrimmage-** The official will indicate the neutral zone and line of scrimmage. The **offense MUST have at least (4) players on the line at the snap of the ball.** The **defense MUST be at least 2 yards off the line of scrimmage.** If any player on defense or offense enters the neutral zone prior to the snap, it can result in a 5-yard penalty. In regards to the neutral zone, the official may give both teams a "courtesy" neutral zone notification to allow their players to move back beyond the line.

**XXII. Overtime-** If the score is tied at the end of game play, they will go into overtime which will follow the following rules:

- a. Each team gets one series of four plays starting from the defender's 10 yard line.
- b. Possession will be determined by a coin toss. All rules and penalties are in effect.
- c. The winner will be determined by points scored (FG=3pts)
- d. If a 2<sup>nd</sup> overtime is needed, team who had 1<sup>st</sup> possession will go on defense.
- e. If a winner is not declared after the 2<sup>nd</sup> overtime, then the game ends in a tie.

**XXIII. Pass Clock-** The quarterback has a **SEVEN SECOND "pass clock."** If a pass is not thrown within the seven seconds, the play will be blown dead and the ball will be placed at the original line of scrimmage. Ex. After the snap, the ball must be received at least once for the 7-second rule to no longer be in effect.

**XXIV. Pass Rush-** All players who are elected to rush the passer, must be at a minimum of 7-yards from the line of scrimmage at the snap of the ball. Note: The whole defense is eligible to rush the quarterback, as long as they are 7-yards from the line of scrimmage. Players not rushing the quarterback may defend on the line of scrimmage, but without crossing until the ball is received at least once after the snap. Ex. Once the ball is handed off, pitched or passed the 7-yard rule is no longer in effect. When rushing, the defender cannot raise his/her hands, jump, or touch the quarterback (**AIM FOR FLAGS, NOT PLAYER**). If this occurs

there will be a 10-yard roughing the passer penalty and an automatic 1<sup>st</sup> down will be enforced.

***Pass Rush Rule Continues On Next Page ----->***

**A legal rush is:**

- Any rush that is at least 7 yards from the defensive line of scrimmage.
- A rush from after the ball has been handed off, pitched or passed.
- A rusher that leaves the rush line early, return to it, then rush the quarterback.

**An illegal rush is:**

- A player that is not 7-yards back at the snap of the ball.
- Any defensive player crosses the line of scrimmage before the ball is snapped.

**XXV. Passing-** In case of simultaneous possession by both an offensive and defensive player, possession will be awarded to the offense. All players are allowed to go out for a pass. All passes must be from behind the line of scrimmage, but may also be received behind the line of scrimmage. Shovel passes are allowed, but no forward pass is allowed after the ball has passed the line of scrimmage. Pitches are allowed, as long as they aren't pitched forward in the process. If occurs, a loss of down and a 5-yard Illegal Forward Pass Penalty will be enforced.

**XXVI. Penalty Calling-** The referee will call all penalties. Referees determine incidental contact. All penalties will be assessed from the line of scrimmage, except as noted (spot fouls). Games cannot end on a defensive penalty, unless the offense declines it. Two forms of penalties are assessed: live ball and dead ball. Live ball penalties must be assessed before the play is considered completed. Penalties will be assessed half the distance to the goal line if the distance to the goal line is less than the penalty yardage.

**>Spot Fouls:**

- Flag Guarding**.....From the spot of the foul, 10 yard Penalty & **Loss of Down**
- Bull Rushing**.....From the spot of the foul, 10 yard Penalty & **Loss of Down**
- Defensive Pass Interference**.....From the spot of the foul, **Automatic 1<sup>st</sup> Down**
- Stripping**.....From the spot of the foul, add 10 yards & **Automatic 1<sup>st</sup> Down**
- Unn. Roughness**..... At the spot of the foul, 10 yard Penalty & **Automatic 1<sup>st</sup> Down**
- Diving**.....From the spot of the foul, 10 yard Penalty & **Loss of Down**

**>Defensive Penalties:**

- Offsides**.....5 yard Penalty & **Replay the Down**
- Bull Rushing**.....5 yard Penalty **Assessed**
- Interference**.....From the spot of the foul & **Automatic 1<sup>st</sup> Down**
- Illegal Contact**.....From the spot of the foul, 5 yard Penalty & **Automatic 1<sup>st</sup> Down**
- Illegal Flag Pull**.....5 yard Penalty **Assessed & Automatic 1<sup>st</sup> Down**
- Neutral Zone Infraction**.....5 yard Penalty & **Reply the Down**
- Roughing the Passer**.....10 yard Penalty **Assessed & Automatic 1<sup>st</sup> Down**
- Unn. Roughness**.....From the spot of the foul, 10 yard Penalty & **Automatic 1<sup>st</sup> Down**

- Stripping**.....From the spot of the foul, 10 yard Penalty & **Automatic 1<sup>st</sup> Down**
- Holding**.....From the spot of the foul, 5 yard Penalty & **Automatic 1<sup>st</sup> Down**
- Tackling**....From the spot of the foul, 10 yard Penalty Assessed & **Automatic 1<sup>st</sup> Down**
- Taunting**.....10 yard Unsportsmanlike Penalty **Assessed**  
**Penalty Calling Rule Continues On Next Page ----->**

**>Offense:**

- Illegal Motion**.....5 yard Penalty & **Reply the Down**
- Illegal Blocking (Clipping or Holding)**.....5 yard Penalty & **Reply the Down**
- Offensive Pass Interference**.....5 yard Penalty & **Loss of Down**
- Flag Guarding**.....From the spot of the foul, 10 yard Penalty & **Loss of Down**
- Bull Rushing**.....From the spot of the foul, 10 yard Penalty & **Loss of Down**
- Delay of Game**.....5 yard Penalty & **Replay the Down**
- Diving**.....From the spot of the foul, 10 yard Penalty & **Loss of Down**
- Taunting**.....10 yard Unsportsmanlike Penalty **Assessed**

**XXVII. Pitch/Hand-offs-** There are **NO QUARTERBACK KEEPS!** The only time a Quarterback will be allowed to run, is after he/she receives the ball back after it has been pitched, passed, or handed off. **THE BALL SNAPPER is not allowed** to (a) receive a handoff between his/her legs, (b) receive a handoff behind his/her back. If this occurs, it will result in dead ball 5-yard illegal procedure, and the team will replay the down. Any player behind the line of scrimmage may throw the ball forward, as long as the ball was received behind his/her teammate. Once the ball has been released once, all defensive players are eligible to rush. Once the ball crosses the line of scrimmage, no forward pitches, handoffs or passes will be allowed.

**XXVIII. Play Clock-** A team has **35 seconds** to get another play off once the ball has been spotted by the official. The official will inform both teams when there is 10 seconds remaining on the play clock. If this time becomes exceeded, then it will result in a **5-yard Delay of Game Penalty.**

**XXIX. Players Equipment-** The proper Jersey with **THREE FLAGS** is required while on the field. Each jersey should be equipped with 3 flags hanging (1 in the backside & 1 each side of the player). Flags must be visible at all times. Mouth Guards are recommended.

**XXX. Punting-** A team will have 3 downs to make a first down. If the team is unsuccessful on third down **behind the 25-yard line**, then they can choose to go for it or **automatically punt** it to the other team's 15-yard line. If the team is unsuccessful on third down, and they are **passed the 25-yard line**, then they can choose to go for it or **manually punt** it. If a team previously crossed the 25-yard line and was penalized pushing them back behind the 25-yard line or a play that resulted in a loss, then the team is still considered **past** the 25-yard line and can either go for it or manually punt it. When punting, the field is cleared by both teams. When the official blows the live ball whistle, the punter will punt the ball and the other team will play the ball from where the ball hits. If the ball is kicked within the 5-yard line, then the ball will be spotted at the 5-yard line. Touchbacks will be placed at the 10-yard line.

**XXXI. QB Sack-** Occurs when the quarterback's flags are pulled behind the line of scrimmage. The ball is placed where the quarterback's forward foot is when the flag is pulled. A safety is awarded if the sack takes place in the offensive team's end zone. Note: The play can/will still be blown dead with the ball in possession of the Quarterback if he/she's **(a)** knee or elbow touches the ground, **(b)** flag falls off and the defender is within arm's length, **(c)** if the ball is fumbled, or **(d)** if he/she runs out of bounds.

**XXXII. Rosters/Players-** A team cannot consist of more than (15) players, unless there are adequate reasons – League Director's consent. Games will be played 7 on 7, with a minimum of **(6) four** players required to play a game.

**XXXIII. Safety-** If a safety occurs; the ball will be awarded to the defense with their offense starting the series on their own 10-yard line. Safeties can occur when an offensive player with the possession of the ball either **(a)** has their flag pulled, **(b)** knee or elbow touches the ground, **(c)** flag falls off the ball carrier and the defender is within arm's length, **(d)** if the ball is fumbled or the snap touches the ground in the end zone, or **(e)** if he/she runs out of bounds within the boundaries of the end zone.

**XXXIV. Scoring/Playoffs/Power Rankings -** Scores will be kept every game to determine playoff seeding. Teams tied in the record column will seeded by head-to-head matchup, power rankings & point differential. Max number of +/- points is 28pts. All teams will make the playoffs in this division. In the event of a tie for 1<sup>st</sup> Place, coins will be flipped to determine which team gets the top seed in the playoffs.

**Power Rankings:**

+5pts for a Top 3 Win

+3pts for a Top 5 Win

+1pts for a Top 10 Win

+2pts for a Top 3 Matchup

+1pts for a Top 5 Matchup

**XXXV. Scrimmage Mode-** The only way this rule becomes in effect, is if more than 15 minutes remain in the game. The losing team gets the ball for up to two possessions, and each possession lasts until the team scores or fails to achieve the Line-To-Gain. Points will not count in or changes the final score. After two possessions the game is over.

**XXXVI. Time-** All games MUST start on time. (2) **25 minute** halves, with a **4 minute** **halftime**. The time doesn't stop unless timeouts are called or injuries occur. Each team has (2) Timeouts per half, (1) 60sec & (1) 30sec. Any other clock stoppage is at the discretion of the officials.

**XXXVII. Touchdown-** Worth **(6) six points**, with a chance for a PAT worth (1pt) PLAY from the 5-yard line or (2pt) KICK from the 5-yard line (max of 3yards/step back). A team that scores a touchdown must declare whether they wish to attempt a (1pt) point play or a (2pt) point kick before the ball is set by the official. Once the ball is set, teams must use a timeout or received a 5-yard Delay of Game Penalty to change it.

