

## TACKLE FOOTBALL RULES

- 1) National Federation Football rules will be used along with the following league rules.
- 2) Jewelry of any kind may not be worn.
- 3) Four quarters at ten minutes each with a ten minute halftime. We will use a traditional clock.
- 4) Three, sixty second time outs per half.
- 5) Each team provides the football they will use on offense. Teams may use Youth size or standard size footballs.
- 6) Running clock after 42 points at any time during the game.
- 7) Extra point after a touchdown:
  - a. A team may run for one point from the three yard line
  - b. A team may snap it from the three yard line, kicking it in for two points
- 8) In the event of a tie after regulation, each team will receive the ball at the other team's twenty five yard line. Each team will have an opportunity to score and the first team to stop the other team after a score wins the game. (NCAA overtime rules)
- 9) Mouth pieces that connect to the face mask are required. The mouthpiece cannot be clear.
- 10) If face shields are worn they must be clear.
- 11) No metal cleats
- 12) Any player that is ejected will sit out the remaining time of the game plus the next scheduled game.
- 13) Kick off team lines up at the forty yard line, receiving team starts on the fifty yard line.
- 14) Playoff teams will be determined by season ranking. If there is a tie the teams will be determined as follows:
  - Overall winning percentage
  - Head to head record
  - Points allowed per game
  - Coin Flip