

General Rules

-7 v 7

-7 players maximum on field per team, minimum of 5 players to avoid forfeit

-2 23 minute halves with a 2 minute half time

-Running clock until the final 2 minutes of the 2nd half unless a team is down by 17

-Each team gets 2 time outs that are up to 1 minute each

-Each team will have 4 downs to move the ball from one zone to another. Mid-field is the only 1st down marker. When past mid-field, it would become 1st and goal

-Coin Flip to start game and winning team can choose offense/defense of direction

-Ball to start at own teams 10 yard line

Clock Time

- 2 23 minute halves with a 2 minute half time
- Running clock
- Final two minutes of second half - clock stops when the score differential is 16 points or less for:
- Official's time-outs (injuries and called time-outs)
- An incomplete pass
- An offensive player goes out-of-bounds (Without being deflagged)
- A touchdown
- A First Down
- Any turnover (interception, change of possession on downs or after a punt)
- The clock continues to run on all fumbles (including fumbles snaps from the center to the QB)
- Any penalty deemed intentional by the referee in an effort to affect the clock (whether to run off time or stop the clock) in the last two minutes of the game is prohibited
- If a team is up by 17 or more points, the clock will continue to run for the last 2 minutes
- If the point differential changes from below 17 points (stoppage time) to 17 points or above (running time) within the final 2 minutes the clock shall stop/run in accordance with the score.
- The clock will stop for a 2 minute warning in the second half if the score differential is 16 points or less. Clock is always restarted when the offense snaps the ball.

Play is ruled "dead" when:

- Ball carrier's flag is pulled
- Ball carrier steps out of bounds
- Touchdown or safety is scored
- At the point of an interception (interception returns are not allowed).
- Ball carrier's knee hits the ground.
- Ball carrier's flag falls out.

Scoring:

- 6 points for Touchdown
- 1 point for extra point - ball is at 2 yard line
- 2 points for 2pt conversion- ball is at 10 yard line
- 2 points for safety

Safety -

- Occurs when tagged down with the ball across the goal-line in their own end zone (not on a punt or intercepted pass). Once the ball is brought into the end zone, the entire ball must cross the goal line to be considered out of the end zone.

- If a player is tagged after a player advances ball out of end zone and runs back in on a punt or intercepted pass, a safety will be awarded
- Runs out of bounds in their own end zone while in possession of the ball
- Snaps the ball out of the end zone
- Fumbles in their own end zone

First Down:

Each team will have 4 downs to either score or earn another 1st down. First downs are earned by:

- Crossing the mid-field line
- Once a marker is passed the offensive team cannot regain it for a first down until the next possession

If a team fails to score or earn a first down, possession goes to the other team. Offensive team may elect to punt on any down.

Punting:

-Team receives ball at their own 10 yard line

Kick-Off:

-Team receives ball at their own 10 yard line

Snapping Ball into Play:

- Only 7 men are allowed in the huddle
- Ball must always be snapped near the ground by the center to the quarterback
- The center is eligible to receive a pass after snapping the ball into play
- The player receiving the snap is the quarterback for that play
- No player shall put the ball in play until it is declared ready-for-play by the head referee
- The offensive team has 20 seconds to put the ball in play after it is spotted by the referee
- Centers may adjust the ball, including picking it up to reposition it as long as this motion is not used to intentionally draw the defense offside
- Only 1 man may be allowed in motion when the ball is snapped. The man in motion has to be moving parallel to the line of scrimmage or backwards.
- Only 3 players are allowed in the backfield at the snap
- If the ball hits the ground during the snap it is treated like a fumble and is dead immediately at the spot where it hit the ground.
- This will not stop the clock during the last two minutes of the 2nd half

Rushing Quarterback:

- Pursuing the QB is allowed after 3 Mississippi (counted by the Referee) or during the defensive teams 1 blitz per four downs
- The quarterback may only run when the defense uses a blitz (crosses the line of scrimmage prior to the 3 Mississippi Count)
- The defense must yell BLITZ when blitzing. If BLITZ is not yelled by the defense, a five yard penalty will be assessed for defensive offside.
- The defense may rush immediately if a handoff/lateral takes place behind the line of scrimmage. This is not counted against your blitz if you haven't used it already.
- If there is Defensive offside and the offense accepts the call the defense will get their blitz back. If the offense declines the penalty the defense loses their blitz.

Blocking:

- Offensive linemen are allowed to block the defense (No Shoulder Blocks)
- The offense can keep players in the backfield to block for the quarterback for the rush. Everyone is an eligible receiver.
- Making contact with a receiver within 5 yards of the line of scrimmage is allowed
- Downfield blocking is allowed (No Shoulder Blocking/Checking)
- Offensive picks are not allowed (Intentionally impeding the path of a defensive player in order to free up a potential receiver). This is considered offensive pass interference, 10 yards replay the down
- There are no stiff arms allowed by any player. This will be considered an illegal contact foul and a 10-yard penalty will be assessed and loss of down.

A forward (overhand or underhand) pass is complete when:

- Caught by any player of the passing team (who has at least one foot in bounds) beyond the line of scrimmage
- Caught in bounds simultaneously by opponents – ball becomes dead and is awarded to passing team at spot of catch
- Player that has ball control and is pushed out of the end zone/sideline will be considered in bounds/TD/extra point

Substitutions in the Huddle:

- A team is permitted to substitute players before each play. Players must be set on the field for one second before the snap.
- Teams may not have more than 6 players in the huddle.
- The penalty for an illegal substitution is 5 yards from the line of scrimmage prior to the ball being snapped

Fumbles and Interceptions

- There are no fumbles, any play ends when the ball makes contact with the ground
- If a player has possession of the ball and then loses it and the ball makes contact with the ground the ball will be spot where the player last had complete control of the ball
- If a ball becomes loose, either team may attempt to catch the ball prior to it hitting the ground and advance it towards their opponents end zone
- Stripping the ball is not allowed

Interceptions

- Interceptions may be advanced by the defense.
- If the offensive and defensive players both have simultaneous possession, the ball will be awarded to the offensive player

Laterals

- Downfield laterals are allowed
- A lateral is a toss of the ball to a team member next to or behind you. If the lateral is behind the line of scrimmage, the player receiving the pass has the option to run the ball, regardless of Mississippi count, or throw the ball down field to an eligible receiver
- Illegal forward laterals will result in a 5 yard penalty from the spot of the foul.

Athletic Sportsmanship:

-We understand that games can get competitive, but there is no place for verbal or physical abuse. We are here to have fun, be active, and compete in a friendly manner. Any behavior or abusive language to another player or referee, and is considered unacceptable by the referee, may result in suspension or ejection from a game or the league.

Penalties

Delay of game The offense has 20 seconds to run a play after the referee has signaled he is ready for play. Referees will give a count from 5 down to zero before calling this penalty **5 yards; play is blown dead prior to snap**

Too Many Men on the field - No more than 7 players Penalty will be assessed after discovery **5 yards; replay down. Opposing team may decline penalty**

- **Defense**
- **Defensive Offsides**- If any defender crosses the line of scrimmage before 3-Mississippi is fully uttered: 5 yards will be assessed from the line of scrimmage and the down will be replayed (Penalty may be decline by the offense)
- **Offense**
- **QB illegal forward pass/illegal run** - The QB throws a forward pass after he crosses the line of scrimmage or runs before defense crosses the line of scrimmage- 5 yards will be assessed from the line of scrimmage and there will be a loss of down (Penalty may be declined by the defense)
- **Offensive Offsides**- When any part of the offensive player's body is beyond the scrimmage line before the ball is snapped or an offensive play leaves before the ball is snapped: play is blown dead at snap, 5 yards will be assessed from the line of scrimmage and the down will be replayed
- **Illegal Motion** - Players must be set on the field for one second before the snap. - **5 yards;**
- **Intentional grounding** - **5 yards; loss of down** (Intentional grounding will not be called if the QB spikes the ball immediately after the snap during the last two minutes of the game to stop the clock)
- **Illegal forward lateral** - Illegal forward laterals will result in a 5 yard penalty from the spot of the foul.
- **Shoulder Blocking/Checking** - No shoulder/checking blocking is allowed (Penalty: 10 yards from line of scrimmage; replay down.)
- **Illegal contact/holding** Making intention contact with another player will result in a 10 yard penalty and replay the down
- **Offensive picking** - Offensive picks are not allowed (Intentionally impeding the path of a defensive player in order to free up a potential receiver). The penalty is yards and replay the down
- **Pass interference** (when ball is in the air) - Pass interference will be called if a player significantly hinders the ability for an opposing player to get open or catch the ball. It will be considered incidental contact if both players are clearly going for the ball.
- Defensive Pass interference will be an automatic first down at the spot of the penalty.
- Defensive pass interference in the end zone will result in a first down on the 1 yard line

- Offensive Pass interference will result in a 10 yard penalty and replay the down.
- **Flag Guarding**- Intentionally or unintentionally obstructing an opposing player from reaching for a flag belt - The play will be blown dead and it will be a 10 yard penalty from the spot of the foul. This will also result in a loss of down.
- **Diving/Sliding To Gain Extra Yardage** - a player with possession of the ball may not dive or slide to gain extra yards. This will result in a 10 yard penalty from the spot of the dive and loss of down
- **Unsportsmanlike conduct** - including an illegal tag, grabbing and holding onto the shirt, tackling or pushing, abusive or insulting language to another player or referee, taunting opponent or similar theatrics before or after the touchdown. **15 yard penalty. If after touchdown, will be assessed on conversion**
- 2 unsportsmanlike penalties to 1 player in 1 game - player automatically ejected from the game and has a one-week suspension.
- Any player fighting or abusing the referee will automatically be ejected from the game without a warning.
- NJ Play reserves the right to remove any player from a game, season and/or future season

Note: If a team commits a loss of down penalty on 4th down, the ball is turned over to the defense.

Unintentional Whistle

If a referee inadvertently sounds the whistle during a play, the play is immediately dead. If the whistle is sounded during a run, it is the offensive team's ball at the spot when the inadvertent whistle occurred or they have the option to replay the down. If the ball is in flight (snap, pass, or punt) the down will be replayed.

Standings/Ranking

- Ranking Points (Win: 3, Tie:1, Loss: 0)
- Win Percentage
- Head to Head
- Points Against
- Power Index (Strength of Schedule Metric)
- If none of the above tie breakers resolve seeding issues there will a coin toss to break the tie

Overtime (Playoffs)

- There is no Overtime during the regular season, a tie at the end of regulation is a tie in the standings
- Playoffs: Each team will have four downs to score from the opponents 10 yard line
- A coin toss, rock/paper/scissors, odds/evens will determine possession in overtime
- Teams will attempt to score in the same end zone
- If a team scores, they will have the opportunity to go for 1 or 2 on the PAT
- An interception will result in a team losing its possession. (Interceptions may be returned for a touchdown, which would end overtime)
- Overtime will end when each team receives the same amount of possessions and one team has the lead
- No 1st downs will be awarded except in the case of a penalty

