

LEAGUE RULES - WINTER BOWL

Game Format

- 3rd-th Field is approx. 32 yards wide and 40 yards long, not including the 6 yard end zones. 5th-8th Grade field is 50 yards long, and 36 yards wide.
- Games are 6 on 6
- Teams of 9-12
- Ball Size:
 - 3rd-4th Grade: Pee-wee
 - 5th-8th Grade: Junior
 - Girls 3rd-6th Grade: Pee-wee
- Four 10-minute running clock quarters (1 minute break between quarters, 3 minute break at half)
- **Each player must play a minimum of one full uninterrupted quarter**
- Coin flip determines choice of possession or direction (winning team can elect to defer to the 2nd half). Any team deferring means that the opposing team will automatically receive the ball to start the game, with deferring team receiving the ball to start the second half.
- Two 30-second timeouts per half
 - The clock will only stop for time-outs and injuries (it does not stop for incomplete passes, out of bounds, change of possession)
 - The clock will also stop in the final 2 minutes of the game if there is an offensive penalty, while the defense is trailing, or vice versa.
 - If a timeout is called after a touchdown, the clock will not start until the play after the conversion attempt.
- Teams switch sides at halftime
- Overtime (**only in elimination rounds**)– if the score is tied, an overtime period will take place with each team receiving a possession.
 - Coin flip determines choice of 1st or 2nd possession
 - Possession begins at the 10 yard line (both teams will go in the same direction)
 - If a touchdown is scored, a team can elect to go for a 1 or 2 point conversion.
 - If an interception occurs and is returned for a touchdown on the first possession of an overtime period the game is over.
 - If an interception occurs the team intercepting the ball can elect to take possession at the 10 yard line, or where the runner is flagged.
 - If the game is still tied, overtime will be repeated until there is a winner.
 - Teams alternate first possession each overtime period

Basics

- Each possession to begin a half, after a score, or after a turnover on downs starts at the 5 yard line
- 35 second play clock
- The offensive team has three plays to get a first down, then three plays to score once they have crossed mid-field.
- Interceptions can be returned, and possession will begin where the defender is flagged.
- QB has to throw the ball within:
 - 3rd-8th grade – 4 seconds
 - If the QB does not release the ball before time expires, it is a sack, with the ball being placed 5 yards back from the previous spot.

A sack can occur in the end zone, with a resulting safety, if the ball is snapped inside of the 5 yard line. Any sack occurring on a play that starts from the 5 yard line will be placed on the 1 foot line.

- **If the ball carrier throws the ball after the sack clock has expired, the play will be blown dead and a sack called.**
- **A play will be considered a run play, when the ball carrier crosses the line of scrimmage, or if the flag is pulled before the player throws the ball. A play in which a player takes a hand-off from the quarterback, and then throws a forward pass will be considered a pass play, and not count as a team's run play. A**

fumbled hand-off will be considered a run play. A fumbled exchange between the center and QB will not be considered a run.

- Shovel passes are allowed, except in the 5 yard no run zone. Any pass not thrown in an overhand manner, inside the no-run zone will be considered a shovel pass and blown dead, regardless of whether the ball is caught in front or behind the line of scrimmage.
- Defensive players cannot cross the line of scrimmage until a handoff has occurred - **No rushing the QB**
- Offense has unlimited runs, except within the 5 yard no-run zone area
- **There are no direct QB runs (the QB is considered anyone receiving the snap)**
- There are no runs within five yards of the midfield first down, or five yards of the goal line
- One first down at midfield
- Ball is placed where the ball is when the flag is pulled
- Snapped ball has to pass between the center's legs
- Center cannot take a handoff from the QB
- All players are eligible
- No leaping (if a player dives, the ball will be spotted where the runner left his feet)
- A receiver must have **one** foot in bounds when making a reception
- Only one player can be in motion at the same time
- Absolutely no tackling or blocking
- A fumbled ball can be caught by the defensive team and advanced, but is dead if it hits the ground and the offense retains possession. No stripping by the defense. Any fumble caused from contact with a defensive player is dead at the spot. Any forward fumble that is caught in the air by an offensive player other than the player who fumbled will be brought back to the spot of the fumble.
- A play is dead when:
 - Flag is pulled
 - Runner's knee touches the ground
 - Runner steps out of bounds
- If a player loses his flag then the opposing team must touch him down.
- Games cannot end on a defensive penalty.
- If the offense commits a penalty on the games' final possession the game is over.
- One coach is permitted in the huddle on both offense and defense. The defensive coach must be to the side of the field at snap of the ball (within 3 yards of the sideline).

Mercy Rules:

- If a team is in front by 25 or more points, they cannot advance an interception. The team will take over possession at their own 5 yard line.
- If a team is up by 25 or more they only have 2 downs to get a first down.
- If a team is down by 30 points they will receive 4 downs to gain a first down.
- Any team up by 40 or more points will not receive an offensive possession. The losing team will retain possession, and will continue to reset the ball back at the 5 yard line should they not gain a first down.

Scoring

Touchdowns = 6 points

Extra Point (5 yard line) = 1 pt

Extra Point (10 yard line) = 2 pts

Safety = 2 pts

Defensive Extra Point Return = 2 PTS from either 5 yard line or 10 yard line

Penalties: NO PENALTIES WILL RESULT IN AUTOMATIC 1ST DOWN EXCEPT UNSPORTSMANLIKE CONDUCT

Defensive:

- Defensive Pass Interference - 10 yard penalty and down over
- Illegal Contact (holding, jams, etc.) – 5 yard penalty and down over
- Illegal Flag Pull (before player has ball) – 5 yard penalty and down over
- Off-sides – 5 yard penalty and replay the down
- Illegal Rushing (before a hand-off has occurred) – 5 yard penalty and replay the down
- Tackling – 10 yard penalty and down over
- Inadvertent tackle – 5 yard penalty (NO DOWN OVER)
- Inadvertent tackle From Behind w/clear path to end zone – Automatic Touchdown
- Palpably Unfair Act - when referee determines a palpably unfair act deprived a team of a touchdown, or a longer play, a touchdown will be rewarded, or a distance penalty will be determined by the referee after consultation with other officials
- Unsportsmanlike conduct – 15 yard penalty and automatic 1st down (**possible ejection - automatic ejection for 2nd unsportsmanlike**)
 - Unsportsmanlike conduct will not be tolerated (Rough play, verbal abuse, trash talking, etc. is cause for an ejection)
 - If an unsportsmanlike tackle occurs when a runner has a “clear-path” to the end zone, the offensive team will be rewarded with a touchdown
 - Any ejection will cause player to miss next game. Second ejection is grounds for expulsion from the league.

Offensive:

- Offensive Pass Interference – 10 yard penalty and replay the down
- Illegal motion (2 men in motion) – 5 yard penalty and replay the down
- False Start – 5 yard penalty, play blown dead
- Illegal Forward Pass – 5 yard penalty and loss of down
- Blocking – ball is dead at the spot of the block and a 5 yard penalty
- Leaping – ball is dead at the spot
- Flag Guarding (including stiff arms) – ball is dead at spot
- Unsportsmanlike conduct – 15 yard penalty (**possible ejection - automatic ejection for 2nd unsportsmanlike**)
 - Unsportsmanlike conduct will not be tolerated (Rough play, verbal abuse, trash talking, etc. is cause for an ejection)
- Delay of Game – clock is stopped and a 5 yard penalty
- There is no intentional grounding penalty

League rules may be changed at any time if problems arise due to concerns with safety conditions, sportsmanship, or competitive balance.