

8-Man Eligible Rules

The Field

- Elite / A / B Divisions: 45 yards x 100 yards with 10-yard end zones.
- C Division and some B: 45 yards x 80 yards.
- All teams play on the larger field for playoffs and championships.
- First down system: 4 zones of 20 yards each.

Timing

- 4 quarters of 12 minutes each. Clock stops only on timeouts or injuries.
- Last 2 minutes: stop-clock rules apply.
- 25-second play clock. 3 timeouts per half; unused timeouts do not carry over.

Format & Rosters

- 8 players per side; game may start with 7.
- If a team is reduced to only 6 players, the opposing team wins 7-0.
- Maximum 20 players on the roster; due before the first game.
- Rosters are frozen after the 4th game.
- Elite Division players cannot fill in for lower-division teams.

Kick-offs & Punts

- No kickoffs. Ball placed on own 20-yard line at start, second half, and after scores.
- All punts must be declared to the referee before the play.
- No direct snap for a punt; punter must kick immediately in continuous forward motion.

Scoring

- TD = 6 pts | 1 PAT from 5 yd | 2 PAT from 10 yd | Safety = 2 pts
- Defense can score on PAT attempts: interception returned = 2 points.
- After a safety, the scoring team regains the ball at their own 40-yard line.

Offensive Formations

- All 8 players are eligible receivers.
- Minimum 4 players on the line of scrimmage at the snap.
- Shifts allowed; 1 player in motion (a receiver from LOS must retreat 5 yards first).
- Direct runs are allowed - no handoff or pass is required.

Blocking

- Open hands with palms facing; stay on feet at all times.
- No chop blocks, no leaving feet to block, no contact above shoulders or below the waist.
- No forearms or elbows. "Two-on-one" blocking: only from the LOS and behind.

Defense

- Any formation is permitted. Defenders may use hands but may not hold.
- Bump-and-run until the ball is thrown (NFL 5-yard rule does NOT apply).
- No holding, tackling, or pushing a player out of bounds.

Overtime (Hybrid College Rules)

- Coin toss; winner picks offense or defense.
- Each team starts at the 20-yard line going toward the goal line, with 4 plays.
- If the first team scores, they choose 1 or 2 PAT; the second team must match.
- 3rd OT: teams must go for the 2-point PAT.

Conduct & Miscellaneous

- Zero tolerance for physical or verbal abuse. Bodily harm = immediate removal + incident report to SDPD.
- Profanity: 15-yard unsportsmanlike; 2nd penalty = ejection.
- Blood rule: bleeding player removed until wound is treated.
- No alcoholic beverages on the field or consumed by players during games.
- Children must be supervised and kept 15 yards from the sideline.
- No vehicles, glass containers, smoking, dogs, or bicycles on the field.
- Managers are responsible for ensuring all trash is removed.