8-Man Non-Eligible Rules

Starting a Game

1. All games will start at their scheduled time or as soon as possible if the preceding game runs into overtime.
2. At the beginning of each game, the referee will flip a coin to decide who will receive and who will kick, we will automatically switch directions at half time. NO MORE DEFERMENT.
3. At scheduled game time, a team must have at least 6 legal players on the field ready to play.
4. Teams cannot be forced to start earlier than scheduled but may start earlier if both teams agree.
5. In the event of a forfeited game, the teams will be allowed to use the field for a limited time to practice. The field must be vacated 10 minutes prior to the scheduled start of the next game.
6. The forfeiting team must pay for both team referee fees before they are able to play their next scheduled game.

Uniforms

1. Jersey: The body of the jersey should be the same basic color and be numbered. If a player doesn't have a number he will be listed as #99 in the stat program.
2. Shoes: Only one-piece molded rubber shoes are acceptable or football cleats that screw INTO the shoe are acceptable. NO METAL SPIKES.
3. ALL PANTS/SHORTS MUST BE A DIFFERENT COLOR THAN THE FLAGS.
4. Baseball caps must be worn backward.
5. Ball: The ball must meet specifications of size and shape for a regulation college football. Teams may use a ball of their choice when on offense. Teams must provide the game ball.
6. Flag Belt: All eligible players must wear flags; flag must be Flag-A-Tag Sonic Flag Football Belts.
7. The flags must be of contrasting color to the pants, pants trim and/or shorts.
8. No article of clothing shall cover any portion of the flag belt. Jerseys must be long enough to tuck in or short enough to a minimum height of 2 inches from the bottom of the jersey to the waist line. Penalty: 5 yards for any player involved with this infraction.
9. Teams must provide their balls and jerseys.
10. Padding: Helmets of any nature, shoulders or forearms of any kind is prohibited.
11. Stickum of any kind is not permitted.
12. All glasses must be prescription and strapped.

Timing

1. All games shall be 40 minutes in duration, divided into 2-20-minute halves with a 5 minute half time. Each team receives 2 time outs per half. Referees are the official timekeepers.
2. 25-second play clock starts once ball is spotted by the official.
3. In the final 2 minutes of the game the clock stops for: Incomplete passes or spiking the ball to the ground, out of bounds, score, time out, non-loss of down penalties, change of possession and fair catch. (Ball must be spiked immediately; a delayed spike may result in intentional grounding). And ball can be spiked out of the shotgun formation.

Overtime Rule

In case of a tie score at the end of regulation play, the captains will be brought together for a coin toss and 1 endzone will be used the team that wins the coin toss will choose offense or defense, the team that starts on offense will choose 1 point conversion from 3-yard line or 2 point conversion from the 10-yard line if conversion attempt is failed the other team has the opportunity to win the game by scoring if that is not successful that team stays on offense and this process will continue.

- If the team that starts first scores and the other team scores then overtime is continued.

• If the team that starts first is unsuccessful and the other team scores then the game is over.
• If a pass is intercepted during overtime it can be returned for a win.

• 80 yards in length (total of 100 yards with end zones)
• 40 yards wide
• 10-yard end zones
• First downs- marked at 20-yard intervals
• *Field size can be modified in the event the regular field is not available

Kick Off

1. Kick-off begins each half of the game. Kick-off will take place from the twenty-yard line. The receiving team must have 4 players lined up at the 40-yard line when the ball is kicked. The ball must travel over the forty in the air if not ball is spotted where it hits the ground.

2. The touchback starting position is at the 20-yard line.

3. Kick-off out of bounds between the goal lines untouched inbounds by the receiving team is a foul (illegal procedure). The receiving team may take the ball where it goes out or at their 35-yard line.

4. There are on-side kicks. Onside kicks can only be attempted in the final two minutes of the game and the losing team MUST be within 18 points. A successful onside kick is made if the ball is kicked pass the receiving team's 20-yard line and the kicking team prevents the receiving team from advancing the ball pass their own 20-yard line. a) Touchbacks & Illegal procedures will result in a FAILED onside kick. b) If a penalty is called on the receiving team and the result of the penalty is spotted inside their 20-yard line. This is a SUCCESSFUL onside kick. c) If the kicking team successfully achieves an onside kick, they will begin possession at their own 40-yard line.

Game Play

1. Receptions require 1 foot inbounds to be a completed pass.

2. A minimum of 5 players must be on the line of scrimmage for the offense. (Three linemen and one eligible player on each side of the ball). Any time after the ball is set one player may be in motion, however, not toward their opponent's goal line until the ball is snapped.

3. Mercy Rule: If one team leads their opponent by 18 points or more when the referee announces the 2-minute warning, the game will be ended at that point.

4. Blocking Rule: OPEN HANDS ONLY. NO FOREARMS.

5. Hurdling: Ball carrier can only hurdle over falling players. Ball carrier's feet may leave the ground while making a football move but cannot leave the ground into a defender, must make an attempt to go around.

6. Lineman are not required to wear flags. If the flag falls off on its own it becomes one hand touch to the ball carrier.

7. Blood Rule: Any time a player in the game is bleeding, he must leave the game until the bleeding is stopped and the wound is covered. Excessive blood on the uniform requires the player to change clothing. Teams must provide their own 1st aid kit.

8. Language – THERE WILL BE ZERO TOLERANCE ON VULGAR OR INAPPROPRIATE LANGUAGE BY TEAMS AND THEIR IDENTIFIABLE SPECTATORS. PLAYERS AND IDENTIFIABLE SPECTATORS THAT USE VULGAR OR INAPPROPRIATE LANGUAGE WILL BE IMMEDIATELY EJECTED FROM THE GAME AND THE PARK.

9. It is the responsibility of the offense to retrieve overthrown balls. If this rule is ignored the play clock will start on refs notification.

Punting the Ball

1. All punts must be declared. The snap must be a shotgun and punter must be at least 3 yards back from center. The defense must have at least 4 players at the line of scrimmage and 3 of them must be heads up.

Offense

1. Center and 2 tackles are ineligible.
2. The center must snap the ball between the legs. Shotgun or direct snap.
3. The offense must line up with at least a tight end or receiver outside each tackle.
4. Scoring is 6 points for a touchdown, 1 point from 3-yard line, 2 points from the 10-yard line. All extra points can be returned for 2 points.

Defense

1. Must have 3 men lined up heads up to center and 2 tackles.
2. Defender is allowed open hand blocking on receivers up to 5 yards from the line of scrimmage.

Penalties

1. A player in the judgment of the official is taunting opponents or is arguing with an official will be given unsportsmanlike conduct.
2. Unsportsmanlike conduct / Personal foul… 1st Offense: 15 yards or automatic 1st down. 2nd Offense: Same as above Plus player is ejected.

Offensive Penalties

Foul	Penalty
False start/offsides	5 yards (replay down)
Illegal motion	5 yards (replay down)
Delay of the game	5 yards (replay down)
Illegal formation	5 yards (replay down)
Offensive Pass Inference	10 yards + loss of down

Spot Fouls

Foul	Penalty
Holding/illegal block/clipping/diving/hurdling	10 yards from the spot
Flag guarding	10 yards from spot + loss of down
Hands to face	10 yards from the spot
Intentional grounding	10 yards from previous spot and loss of down. Or from the spot if penalty occurs more than 10 yards. If a safety.
Charging/lowering shoulder: running through a defensive player who has established position	10 yards from spot + loss of down

Defensive Penalties

Foul	Penalty
Offside	5 yards
Encroachment	5 yards
Pass interference	Spot foul + automatic 1st down
Roughing the quarterback	15 yards + automatic 1st down
Defensive holding	10 yards (spot foul)
Illegal contact (contact on WR after 5 yards, the ball not in the air)	5 yards spot foul

Foul	Penalty
Illegal formation (no 3 linemen or lineman not at least lined up on shoulder)	5 yards
Hands to face	10 yards from the spot
Tackling	10 yards penalty from the spot
Last Man Rule — last defender tackles the ball carrier who has a clear path to the end zone	Offense awarded first and goal from the one-yard line
Defender fails to hand the flag back to the ball carrier after pulling it	Delay of game — 10-yard penalty
Pushing player out of bounds	Roughing — 15-yard penalty