

ICYP 2021 14U Division
ONE-HAND TOUCH ROOKIE
FOOTBALL RULES

All players on your roster should be advised of all rules, so there is no confusion with compliance. This is the team representatives' responsibility and failure to comply can be grounds for banishment.

Rule #1 - Field

The field shall be dirt, approximately 35 x 70 yards, plus the 7-yard end zone. The referees shall mark the field with 2 sidelines. A line will be drawn at midfield. A 5-yard line will be drawn for extra point tries and a 10-yard line for 2-point tries.

Rule #2 - League Football

All league footballs used during official league games must be regulation size and made of leather or rubber. Each QB may use his own ball. Team throwing off has choice of ball. "Stickum" may be applied to a player's hands only, not on the ball. If neither team brings a ball, game will be declared a double forfeit.

Rule #3 – Teams and Players

All teams shall consist of 6 players, with a maximum of 15 players on the roster. A team cannot start or continue without at least 5 players. Forfeit will be declared with a score registered as 6-0. Team forfeiting is responsible for paying the referees.

Rule #4 – Choice after Coin Flip

Winner will choose if they will receive the ball, defend a specific end zone, or defer their choice to the second half.

Rule #5 – Duration of Game

There will be two halves played. First half will be 30 minutes of running time. In the first half, the clock will be stopped only for timeouts. In the last 30 seconds of the half, the clock will stop for a defensive penalty and start again immediately upon setting the cone.

Second half will be timed using 28 minutes running time and 2 minutes stop time. During stop time, stoppage of play will occur on change of possession, incomplete passes, touchdowns, safeties, timeouts, penalties and/or out of bounds. Any team committing an intentional penalty to stop the clock will be assessed a 10-yard penalty, charged a timeout, and the clock will run. **Each team will have 3 timeouts per half.** Any person on the field may call the timeout.

Rule #6 – Overtime Period/Tie Games/Sudden Death

Regular season games will end in a tie. There will be no overtime or sudden death periods in the regular season.

Playoff games will feature overtime. Both teams will have an opportunity to possess the ball and score. If a team has the lead after both teams have had an opportunity to score in overtime, the leading team is declared the winner. If the game remains tied after both teams have received a possession, the next score wins.

Rule #7 – Kickoffs/Throw offs

Teams throw off to start the game and after any touchdowns. The throw off will take place from the 10-yard line. The receiving team must stay behind their 10-yard line until the ball is released. Ball must be kept inbounds. 2 offensive penalties (consecutive) will result in the receiving team starting at the midfield line. 2 receiving team offsides will result in the receiving team starting play from the 5-yard line.

A throw off can occur on any down, but generally this will occur on the fourth down. The referee must be informed of the offensive teams' intentions. If a team elects to throw, there is a 5 count, and the giver can rush after the count. If the quarterback uses a pump fake motion to throw, this is not considered a fake, as the quarterback can use the full 5 seconds to throw.

If the giver jumps offsides on a pump fake before the 5 count, it is a penalty on the defense, not on the quarterback. Ball may be offered to the receiving team at the 5-yard line. Touchbacks will be spotted at the 5-yard line. If a player touches the ball and then drops it, ball is dead at the spot, with no advancement of the ball.

Rule #8 – Manager/Coach/Team Captain Responsibility

The officials will be addressed by only 1 of these representatives at a time and only when there is a stoppage of play. Any other person will draw a penalty for unsportsmanlike behavior. These individuals are responsible for controlling spectators. Failure to comply will result in ejection and suspension from the league. The officials are empowered to declare a “double forfeit” if circumstances warrant.

The offending team will always be held responsible. The individuals will be suspended depending on the reason for ejection. The league commissioner and head of referees will make the final decision after a hearing has been conducted. Reasons for ejection are as follows: flagrant foul, fighting, any altercation with officials, attempt to injure opponent, third man in a fight, or misconduct.

Suspensions carry over into playoffs and the following season if necessary. Only actual games played will count in suspension time. Players that are on the sidelines must remain outside the 5-yardline during the game. Referee **MAY** penalize **IF** an advantage is gained by offending team.

Rule #9 – Player Behavior

Due to the increase of player threats aimed at referees, we are now making it a point of emphasis to penalize threats and a second flag for threatening a ref will result in ejection.

Rule #10 – One Hand Tag

Tag is made by 1 hand contacting the opponent's body or the ball. Grabbing of jersey on tag will be considered roughing and a 10-yard penalty. Any shoulder, elbow or excessively hard tags will be considered roughing and a 10-yard penalty. Slapping is also a 10-yard penalty. Tagging above the shoulder is a 10-yard penalty.

2 hand tags can be interpreted as pushing and may be called for a 10-yard penalty. If a player has the ball and the ball is tagged, this is considered a legal tag. Contacting a player but not touching him with your hand is **not** a tag.

Rule #11 – Mercy Rule

Any team that has a 20-point lead at or after the 5-minute mark in the second half will be declared the winner at that point.

Rule #12 – Huddle

The offense has 30 seconds to get a play off from the time the ball is spotted. **Whenever a substitute enters the game, all offensive players must be at least 3 yards off the sideline at the time of the snap.** The referee will call out a warning at the 10 second mark. 2 delay of game calls in any series of downs will result in the defense taking over the ball at that spot.

The offense has 4 downs to secure a first down. The offensive team will be allowed to throw off on 4th down if they choose not to go for the first down. Quarterback has a 5 second count before the giver can rush (referee counts). Quarterback cannot run until after the 5 count.

The defense can rush in the following circumstances:

1. After the 5 count
2. On any change of possession behind the line of scrimmage

If the quarterback drops the ball, the play is whistled dead.

Rule #13 – Inbounds

Receiver must have 2 feet in bounds for a legal catch. Tipped ball can be touched by multiple receivers before catch. The first receiver cannot intentionally redirect the ball forward to a receiver. Illegal procedure will result in a 5-yard penalty and loss of down. A receiver has possession of the ball, when it is deemed by the officials, that there was complete control. Any player that has possession of the ball and falls can get up and continue to advance the ball, unless he has been tagged or the ball touches the ground.

Rule #14 – Passes/Lateral

A lateral may be thrown to the side or behind the ball carrier. It may be thrown overhand, underhand, or side arm. In the event of a dropped lateral, the ball will be placed where it hits the ground. If a lateral is dropped in the end zone of the defensive team, it is a **safety**. A dropped lateral does not stop the clock in the last 2 minutes.

Rule #15 – Scoring

Touchdown- 6 points. Both feet must break the plane on a pass play and on a running play, ball must break plane (two steps minimum after catching pass constitutes a running play). Runner may leave his feet and dive into the end zone.

Conversions- 1 point from the 5-yard line. 2 points from the 10-yard line. Offensive penalty after the ball is snapped will result in no retry of extra point unless offsetting penalties. Extra point attempts may be run back by defense for 2 points

Safety- 2 points. The team scoring will receive the ball. Player tagged in the end zone. A player tagged behind the line after an interception is a touchback. Intentional grounding in the end zone is a safety. Forward lateral in end zone is a safety.

Rule #16 Penalties

Minor- 5 Yards

Offside

Too many players on the field

Delay of game

Illegal Procedure

In bounds/out of bounds reception

Illegal pass plus loss of down

Intentional grounding plus loss of down

No bump and run allowed

Face guarding by defender is pass interference – First Down at point of infraction

Major – 10 yards

Blocking

Holding

Tripping

Roughing (two hand tags on incomplete passes will now be a **10 yard penalty and replay of down**)

Unsportsmanlike conduct – plus ejection and suspension

Interference:

Offense – 10 yards and loss of down

Defense – Point of infraction and automatic first down, when occurring in the end zone, ball spotted on the 1-yard line

Fighting – see attached

Offsetting Penalties - If a penalty is called against each team, the down is replayed regardless of whether one is 5 yards and the other is 10 yards. Exception to this rule is a flagrant foul, which carries a penalty of 15 yards and automatic first down. (Fighting or abuse to an official).

Blocking - No blocking is permitted. Screening is permitted. No moving screens (no body contact – judgment call). If a player extends arms or body out 6 inches or more intentionally or not, this will be interpreted as a block.

Double Penalties - When there are 2 live ball fouls by 1 team, the offended team has an option of the penalties. Exception... if a personal foul is called, this is added to the first foul – no option.

Penalty on the last play – If penalty is against the defensive team then period cannot end. If penalty is against offensive team, then period ends.

Rule #17 – Officials

Play until the officials whistle stops play. If the official blows whistle in error, play is dead at that point.

Rule #18 – Contingency Rule

In all cases not specifically covered by the league rules, the official shall have jurisdiction, using NCAA rules for the basis of judgment.

NOTES:

1. Playoff format will be announced during the season.
2. Tie breakers – Head to head, least defensive points.
3. The league reserves the right to shorten schedule at any time.
4. All players agree to abide by all decisions and interpretations of league officials.
5. This league carries no insurance. All players and members must carry their own personal injury/liability insurance.
6. After score, the scoring team has **45** seconds to throw off or be penalized.
7. On change of possession, defensive team must be given enough time (10 seconds) to set up before offense can run a play. This includes extra point tries.
8. If the defense goes offsides deliberately, in the last two minutes or either half, a 10-yard penalty will be assessed, and full time put back on the clock. If it is the last play of either half, 10 seconds will be put back on the clock
9. Hurry Up. The idea of allowing teams to hurry up is not meant to give an unfair advantage to a team because their QB is faster than the defenses' giver. If the defense and the officials have had a chance to hustle down field after a completion, then the ref is free to call hike. Remember it is the referee's responsibility to call hike, it is a verbal snap and the ref should make sure there is no unfair advantage gained. If the offense runs a pass play and the receiver and defender are downfield and the offense sends in a new receiver, then the defense has time to get back and no hurry up is permitted. Also, if the ball is not retrieved by the offense and they throw in a new ball from the sidelines and the defense has not had time to get back, no hurry up is permitted. Many teams & refs are misinterpreting this 10 second rule. It is **not** the substitute player, nor the replacement ball that dictates the 10 second rule. A QB can change a ball every down if everyone has had time there is **no** 10 second delay. The same goes for substitutions.
10. Clock. After a time out the clock starts when the ball is snapped. After a time-out which is called after an extra-point try, the clock starts when the receiving team touches the kick-off. (This applies first half or second half, even during a running time half (1st) the clock does not start until the ball is touched. Fair catches are allowed, and the clock would not start on a fair-catch. On fourth down throw offs coming out of a time out the clock starts on the snap.