

# Notable Rules for 2024

- 7 on 7 Players, minimum 5 players required to play a game
- Mouth Guards Mandatory
- Two flag belt required, one on each side
- Largest field size is 45yds by 80yds with 10yd end zones
- Two 24 minute halves for Varsity, 20 minute halves for JV
- Running clock until last two minutes of halves
- Each team gets two timeouts per half, no carryovers
- No run zones exist 5 yards before first downs and end zones
- Shirts must always be tucked in
- Football must be a size 7, youth or intermediate size
- No Blocking or Moving Screens Allowed
- No Excessive Contact is allowed
- Person receiving the ball first is considered the Quarterback
- Quarterback's feet must be 2 yards or more behind the L.O.S.
- Quarterback can only run one time per series unless Blitzed
- Defense can only rush one or two players per play from 7 yards behind the line of scrimmage, L.O.S.
- If defense rushes two players it is considered a Blitz and the Quarterback can run even if they already ran during the series or if they are inside a five yard no run zone
- The Quarterback must run the ball, handoff, pitch or throw the ball to another player within 7 seconds from the snap.
- No jumping, or diving by the runner is allowed
- No stiff arming is allowed

- No fumbles allowed, ball is considered dead when it touches the ground
- No bump and run coverage is allowed
- No tackling is allowed
- Forward progress is marked at the forward most point of the ball when the flag is pulled, extending the ball forward is allowed
- No punts or kick-offs, ball is spotted at the 20 yard line when playing on 80 yard fields
- Only one player is allowed to be in motion at a time, player must not move towards the line of scrimmage while in motion
- No more than 3 players can be lined up in the offensive backfield at the snap
- Flag guarding is not allowed, whether intentional or unintentional
- A touchdown is worth 6 points
- A point after is worth 1 point from 5 yards away and 2 points from 10 yards away from the end zone
- A safety is worth 2 points
- Being disrespectful to the refs, using profanity, insulting or vulgar language or hand gestures is not allowed
- Fighting and general unsportsman like conduct is not allowed from students, parents or coaches and will lead to disqualification and/or ejection from the stadium field
- Softshell helmets or headbands are allowed to be worn