



1Heart FFL will be divided into three divisions **for the Team Name selection ONLY**. Each team will play in their grade divisions. Grades will only be combined **IF** needed and would never span more than two grades.

D3 will be K - 2nd Grade

D2 will be 3<sup>rd</sup> – 6<sup>th</sup> Grade

D1 will be 7<sup>th</sup> and 8<sup>th</sup>

### **SPORTSMANSHIP**

- Coaches are directly responsible for team members and spectators supporting their team before, during and after the game.
- If the game referees or field supervisor witness any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike conduct, the game will be stopped and the player or players involved **may be** removed for the remainder of the game. FOUL PLAY WILL NOT BE TOLERATED.
- Any trash talking or taunting intended to embarrass, ridicule or demean others under any circumstance will not be tolerated. First offense is a warning and the second offense is ejection from the game. If deemed egregious or multiple instances immediate dismissal can occur at the field supervisors discretion
- League rules require fair playing time for all players. All players must play in at least 3 possessions throughout each game in either offense or defense
- Smoking/ Vaping is NOT ALLOWED anywhere on the fields or other spectating areas.

### **EQUIPMENT/ UNIFORMS**

- I. All participants will receive a reversible football jersey that must be worn at each game
- II. Each team will be provided flag belts for games. Coaches must return all flag equipment after each game.
- III. Rubber cleats are optional; metal spikes are NOT allowed
- IV. All players must wear a protective mouthpiece, no exceptions
- V. We recommend players wear shorts or pants that do not have pockets. Shorts or pants with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets
- VI. 1Heart FFL League will provide approved size game balls at each field. The numerical size may change by brand
  - a. D1 – Youth size (12.5oz and 26.25in long)
  - b. D2 – Junior size (11oz and 25in long)
  - c. D3 – Pee Wee size (10oz and 24in long)
  - d. A team may opt to use its own ball on offense, provided it is of proper size, standard inflation and is in good condition. Each ball must be approved by the game's referee before the game begins.
- VII. Size of Field
  - a. For D1 and D2 the field will be 30---yds. wide and 60---yds. long, including the end zones.
  - b. For D3 the field will be **25---yds. wide and 60---** yds. long including the end zones.
  - c. Field diagrams will be posted closer to the start of the season
- VIII. Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
- IX. Players must remove all jewelry, hats and do-rags. Winter beanies are allowed.

- X. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.

## **GENERAL RULES**

- I. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
- II. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.
- III. Offense for D1 and DII
  - a. The seven players on offense consist of a center, a quarterback and five eligible receivers.
  - b. Center. This player's sole responsibility is to snap the ball to begin the play. Once the center has delivered the football to the quarterback – either directly or from a pistol or shotgun formation –then is eligible to run a route.
  - c. Quarterback. This player receives the snap from the center and initiates the play either through a handoff or pass.
  - d. Receiver/back. Two receivers must be on the line of scrimmage at the snap – on opposite sides of the center – while the other three are at least one yard behind the line of scrimmage in either a slot or running back position.
- IV. Defense for D1 and DII
  - a. All players on defense are eligible to rush the quarterback or drop back into coverage.
  - b. Rusher - Any player who rushes the quarterback must be a minimum of seven yards behind the line of scrimmage at the snap. For fields that do not include yard lines, officials will mark this seven-yard zone before every play.
  - c. Following a legal handoff, any member of the defense can cross the line of scrimmage.
- V. The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield. Once a team crosses midfield, it has four plays to score a touchdown. Crossing midfield is the only opportunity for an offense to gain a first down within a single possession.
- VI. If the offense fails to score and chooses to punt, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.
- VII. If the defense intercepts the ball, a defensive player can attempt to return it until down, out of bounds or possession of the ball is lost.
- VIII. All possession changes, except interceptions, start on the offense's 5-yard line. Failure to pick up a first down or score on 4<sup>th</sup> down results in the opposing team taking over at the spot of the ball.
- IX. Teams change sides after the first half. Possession changes to the team that started the game on defense.

## **FORMATIONS**

- For D3 the offense must have 2 players on the line of scrimmage. For D1 and D2, the offense must have 4 players on the line of scrimmage.

## **GAME PLAY**

D1 and D2 play in 7---on---7 format. Each team must consist of a minimum of 7 players to start a game

D3 plays in 5--- on---5 format. Each team must consist of a minimum of 5 players to start a game

If a team does not have enough players at the start of the game, they can choose to start the game **one** man short **ONLY** or choose to forfeit the game.

- I. Two coaches are allowed on the field per team for D3.
- II. One coach is allowed on the field per team for D1 and D2 games
- III. All coaches must stay out of the way! Coach interference penalties will be called on those inhibiting the game.

- a. A game consists of two 20-minute halves with a running clock. The clock stops only for timeouts and injuries during the first 19 minutes (first half) 18 minutes (second half). The clock will stop for all qualifying dead balls for the final 1-minute of the first half and the final 2-minutes of the second half. (Refer to Game Clock: End of First Half and End of Game). Incomplete passes
  - b. Ball carrier runs out of bounds
  - c. All scoring plays and extra points
  - d. Any penalties on the team that is winning the game.
  - e. NOTE: If a touchdown is scored as time expires in the first half, the team will be allowed to attempt the extra point. If a touchdown is scored at the end of the game and the extra point will make a difference in the outcome, the team will be given the opportunity to attempt the extra point.
- IV.** During Regular Season, in the event of a tie, there is one sudden death play
- a. Coin toss will be held
  - b. Visiting team will have the call
  - c. Winner of the coin toss chooses offense or defense
  - d. Ball will be placed at the 5 yard line for one sudden death play
  - e. The winning team will be awarded one point for the sudden death play
- V.** Play Clock for D3 is 45 seconds; D1 and D2 it is 30 seconds. There will be a 10 second warning provided by the referee. Failure to run a play will result in a loss of down.
- VI.** Each down sequence lasts four plays (Five plays for D3).
- a. Once the offensive team crosses midfield, it has 4 plays (5 plays for D3) to score a touchdown.
  - b. On a 4th down (5th down for D3), the offense may either “punt” ----- moving the ball to opponents’ 10-yard line (5 yard line if the punting team is beyond mid-field) ----- OR it can go for it.
  - c. If the offense does not score or make a first down, the ball changes possession at the point where that play is marked

## **COACHES**

- I. One coach is allowed on the field to call plays and direct players according to need. Once the quarterback begins his cadence, however, coaches can no longer speak and must be behind the deepest offensive and defensive players and out of the action.
- II. Coaches can assist in the alignment of their players to facilitate a fast-paced game, but coaches on the field may not provide extra instruction or make audible play calls once the huddle is broken. Coaches on the sidelines can provide this information to players on the field.

## **TIMEOUTS**

- I. Each team has 2 one-minute timeouts per half.
- II. Unused timeouts will not carry over to the second half.
- III. Officials may stop the clock at their discretion for injuries, etc.

## **POSITION**

- I. Offense
  - 1. The seven players on offense consist of a center, a quarterback and five eligible receivers. Two of those receivers must be on the line of scrimmage at the snap – each positioned on opposite sides of the center.
  - 2. Center. This player’s sole responsibility is to snap the ball to begin the play. Once the center has delivered the football to the quarterback – either directly or from a pistol or shotgun formation –then is eligible to run a route.

3. Quarterback. This player receives the snap from the center and initiates the play either through a handoff or pass.
  4. Receiver/back. Two receivers must be on the line of scrimmage at the snap – on opposite sides of the center – while the other three are at least one yard behind the line of scrimmage in either a slot or running back position.
- II. Defense - All players on defense are eligible to rush the quarterback or drop back into coverage.
1. Rusher. Any player who rushes the quarterback must be a minimum of seven yards behind the line of scrimmage at the snap. For fields that do not include yard lines, officials will mark this seven-yard zone before every play.
  2. Following a legal handoff, any member of the defense can cross the line of scrimmage.

## **RUNNING**

- I. The quarterback for any given play is the first player to touch the ball after the snap. The offense may only run once a certain amount of times per division
  - a. D3 – QB can run it 2 out of 5 downs,
  - b. D2 – QB can run 2 out of the 4 down.
  - c. D1 – QB can only run the ball 1 out of the 4 downs.
  - d. The center may only advance the ball after he has snapped it to the quarterback. Snapped are handed off between legs, for D3, the snap can be from a kneeled position.
- II. Halftime is five minutes.
- III. The ball is spotted where the runner's front foot is when the flag is pulled, not the position of the ball.
- IV. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
  - a. NOTE: USA Football recommends that officials should use discretion with younger ages who may need more time to line up and get a play off.
- V. Only direct handoffs or pitches behind the line of scrimmage are legal. Offense may use multiple handoffs and pitches. No laterals or handoffs past the line of scrimmage. The player who receives the handoff or non---forward pitch can throw the ball as long as he does not go past the line of scrimmage.
- VI. Any lateral that is legally intercepted by the defense may be advanced the same as an intercepted pass.
- VII. To avoid his/her flag being pulled, the ball carrier may not jump or dive or stiff arm. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
- VIII. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
- IX. Spinning is allowed. There are "NON RUNNING ZONES" for D1 and D2 at the 5---yard line and five yards before midfield
- X. Moving screens protecting the ball carrier downfield are NOT allowed.
  - a. NOTE: A player may occupy any downfield space, but may not adjust positions to inhibit the defense

## **RECEIVING**

- I. All players, including the quarterback if the ball has been handed off behind the line of scrimmage, are eligible to receive passes.
- II. Only one player is allowed in motion at a time. Motion must be parallel to the line or away from the line of scrimmage. Players must have at least one---foot in---bounds with clear possession of the ball when making a reception.
- III. Intentional pick plays in the secondary by the offense are not allowed and will result in offensive pass interference
- IV. 3. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

## **PASSING**

- I. No passes are allowed beyond the line of scrimmage.
- II. Play action fakes (fake handoff to runner and then pass) are legal in all divisions. Keep in mind that, unless the player is a designated rusher, defenders cannot cross the line of scrimmage until the ball changes possession.
  - a. NOTE: If the offense performs a play action fake, the defense is allowed a 1-yard penetration "grace" beyond the line of scrimmage as a normal reaction to the fake handoff
    1. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
  - a. The quarterback may throw the ball away to avoid a sack. The pass must go beyond the line of scrimmage and be in the vicinity of a receiver per 1Heart rules.
  - b. Quarterbacks may spike the ball dead in order to stop the clock.

## **FLAG PULLING**

- I. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
- II. Defenders can dive to pull flags but cannot tackle, hold onto shirts or pants, or run through the ball-carrier when pulling flags.
- III. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
- IV. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.
- V. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
  - c. If a defender makes a good-faith flag pull while a receiver bobbles or juggles what will be a completed catch, the ball is down where possession is made

## **RUSHING THE QUARTERBACK**

- I. Any player rushing the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped in all divisions.
- II. There is one designated player allowed to rush the quarterback each play.
- III. The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where he or she lines up prior to the snap. If the "path or line" is occupied by a moving offensive player, then it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in a blocking penalty. If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and to avoid contact.
  - a. NOTE: No blocking allowed. Players not rushing the QB may defend on the line of scrimmage, but they may not cross until the quarterback relinquishes possession of the ball, including play-action fakes. Once the ball is handed off, the seven/ ten - yard rule is no longer in effect and all defenders may go beyond the line of scrimmage.
- IV. A rusher who leaves the rush line early (breaks the seven yard area) may return to the rush line, reset and then legally rush the quarterback.
- V. Teams are not required to rush the quarterback.
- VI. Teams are not required to identify their rusher before the play.
- VII. Players rushing the quarterback may attempt to block a pass. However, no contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer still results in a roughing the passer penalty.
- VIII. A sack occurs if the quarterback's flag is pulled behind the line of scrimmage. The ball is placed where the quarterback's front foot was when the flag was pulled.
- IX. If the QB is rushed, he **CAN** run and it will **NOT** count against their team's allotment of rushes.

## **DEAD BALLS AND FUMBLES**

- I. The center must snap the ball between his/her legs to start the play.
- II. The ball is live at the snap and remains live until an official's whistle blows the ball dead.
- III. The official will indicate the neutral zone and line of scrimmage by spotting the ball before each play and signaling ready for play with a short whistle.
  - a. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, an official may give both teams a "courtesy" neutral zone notification prior to the snap to allow their players to move back behind the line of scrimmage.
- IV. The defense may not mimic the offensive team's signals by trying to confuse the offensive players while the quarterback is calling signals to start the play. This will result in an unsportsmanlike conduct penalty.
- V. Substitutions may be made on any dead ball.
- VI. Any official can whistle the play dead.
- VII. Play is ruled "dead" when:
  - a. The ball hits the ground
  - b. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground
  - c. The ball-carrier's flag is pulled
  - d. The ball-carrier steps out of bounds
  - e. A touchdown, PAT or safety is scored
  - f. Any part of the ball carrier's body other than feet or hands touches the ground
  - g. The ball-carrier's flag falls out
  - h. The receiver catches the ball while his flag is off.
  - i. An inadvertent whistle
    1. In the case of an inadvertent whistle, the offense has two options:
      1. Take the ball where it was when the whistle blew, and the down is consumed.
      2. Replay the down from the original line of scrimmage.

## **SCORING**

- I. Touchdown: 6 points
- II. Extra point:
  - a. A team that scores a touchdown must declare prior to the snap whether it wishes to attempt a one- or two-point conversion. Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.
  - b. 1 point (played from 5 yard line ----- pass only except D3)
  - c. 2 points (played from 10 yard line ----- run or pass)
- III. Defensive interception returned for a score during an extra point attempt:
  - a. 1 point if the offensive team is attempting a 1---point---try.
  - b. 2 points if the offensive team is attempting a 2---point---try.
- IV. Safety: 2 points
  - a. A safety occurs when the ball-carrier is declared down in his or her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, a knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone. If the defensive team scores a safety, they will take possession of the ball at mid-field.

C) At ALL levels, after one team is leading by 35 points or more, score is no longer kept. Once a 35 or more point advantage is gained, no PATs are attempted. The game continues with a running clock for the remainder of the game.

- b. All such situations are scored 35-0 for the winning team.

**PENALTIES**

- I. Referees determine incidental contact that may result from normal play.
- II. Games cannot end on a defensive penalty ----- unless the offense declines it. Penalties are assessed “live ball” first, then “dead ball.” Live ball penalties must be assessed before play is considered complete.
- III. Penalties will be assessed half the distance to the goal when the penalty yardage is more than half the distance to the goal.
- IV. Failure to wear a mouthpiece will be a dead ball/delay of game penalty. Players must exit the game until he/she retrieves a mouthpiece (NOTE: once the ball is snapped, players are assumed to have started the play with a mouthpiece.
- V. Players must wear their flags on their hips/sides. Failure to do so will result in a dead ball/delay of game penalty. Flags shifting to positions other than on the hips during the course of live ball play will not be penalized. Each player must check flag position between downs.
- VI. Failure to tuck in jerseys will result in a dead ball/delay of game penalty.
- VII. Offensive Coach Interference results in the player being down at the spot of contact.
- VIII. “NO RUN ZONE PENALTIES”
  - a. Pre-Snap, Dead Ball Penalties –If the defense accepts the penalty, the penalty will be assessed and the offense will be considered to be back outside of the no run zone. The defense may alternatively decline the penalty and keep the offense in the no run zone.
  - b. Live Ball Offensive Penalties – any live ball foul by the offense that is accepted by the defense, will maintain the “No Run” status of the offense for any succeeding plays

**Fouls:**

Defensive Fouls:

- Offside.....5 yards from LOS, replay the down
- Illegal Contact (Holding, arm---blocking, etc.) .....5 yards from LOS, replay the down
- Illegal Flag Pull (Before receiver has ball) ..... 5 yards from LOS if pass is incomplete, replay down
- Illegal Flag Pull (Before receiver has ball) ..... 5 yards from spot if pass is complete, replay down
- Illegal Rush (Starting rush inside 7 yards or before QB gives up possession)... 5 yards from LOS
- Charging (Bull Rushing) ..... 5 yards from LOS & replay down
- Roughing the Passer.....10 yards from end of play & replay down
- Unnecessary Roughness ..... 10 yards & first down
- Stripping ..... 5 yards & replay down
- Defensive Pass Interference .....10 yards & first down
- Defensive Coach Interference.....10 yards & replay down
- Tackling .....10 yards & replay down
- Unsportsmanlike conduct.....10 yards (1st offense). Automatic Ejection (2nd offense)

Offensive Fouls:

- Illegal Motion ..... 5 yards from LOS
- Illegal Forward Pass ..... 5 yards from spot & loss of down
- Offensive Pass Interference (Illegal picks included).....10 yards from LOS & loss of down
- Flag guarding.....Spotfoul, 5 yards & down counts

- Jumping or Diving .....Spot foul, 5 yards & down counts
- Screening, Blocking or Running with the ball carrier.....Spot foul, 5 yards & down counts
- Charging (Running over Defensive Player) ..... Spot foul, 5 yards down counts
- Delay of game ..... 5 yards from LOS
- Unnecessary Roughness ..... Spot foul, 10 yards & loss of down
- Failure to pass once per series ..... 5 yards from LOS
- Lining up Beyond the Neutral Zone .....5 yards from LOS
- Unsportsmanlike conduct.....10 yards (1st offense). Automatic Ejection (2nd offense)

**GAME CLOCK: END OF FIRST HALF AND END OF GAME**

- The clock will stop in the final 1-minute of the first half and the final 2-minutes of each half for the following occurrences:
  - Incomplete passes/spiked ball
  - Ball carrier runs out of bounds
  - All scoring plays and extra points
  - Any penalties on the team that is winning the game.
- NOTE: If a touchdown is scored as time expires in the first half, the team will be allowed to attempt the extra point. If a touchdown is scored at the end of the game and the extra point will make a difference in the outcome, the team will be given the opportunity to attempt the extra point.

**END OF SEASON TOURNAMENT Resolving Tied**

Games – Overtime Procedures

An overtime period is untimed play after a regulation game has ended with the score tied. During an overtime period, each team has an opportunity for an offensive series of downs.

- When the score is tied at the end of the 2nd half, the referee will instruct each team to return to their team benches for a 1--minute rest period and to confer with their coaches.
- Officials will conduct a coin flip with coaches, with the winner of the coin flip choosing offense or defense. Each team has one play to score. There are no time-outs in the overtime periods.
- Once an end of the field is determined, all overtimes will be played on that end.
- After a score or failure to score by the offense, the opposing team gets a play on offense in the same manner.
- If the score remains tied after the first overtime, teams will alternate who plays offense first for all succeeding overtimes.

**SHOOT OUT**

- Beginning with the 3rd overtime, “shootout/regular season overtime rules will go into effect.
- A team will get one play from the defense’s 5-yard line. If the offensive team scores, they win the game. If the defensive team stops them, they win.

Fields to use(60 yards long 30 yards wide)

Frank Andrews x2 for D3 with smaller dimensions 40 yards long 20 yard width 7 yard end zones