

Countryside Bible Church

I. Game Clock

- The game will be 25 minutes in length. There is no overtime. Tied games will remain tied.
- The clock will not stop and teams will have no timeouts.
- After each play, the offense is responsible for moving disc marking the LOS.. Once the dot has been set, the offense has 30 seconds before they have to snap the ball. This is the amount of time they have to huddle, lineup, and snap the ball.

II. Field Dimensions & Startup

- Each field will run “sideline to sideline,” so the length is 53 yards
 - for MS Boys & the HS Girls → 30 yards wide
 - For the HS Men → 40 yards wide
- “Visitor” will wear the blue CBC jersey. “Home” will wear White scrimmage vests provided. All players must wear the CBC issued jerseys, shorts, & flag belts. Possession will be determined by a coin toss before the game.
- the Ladies will play - 4 on 4 *this includes the center, who is also eligible
- The HS Men & MS Boys will play 6 on 6. *this includes the center, who is also eligible

III. Moving the Ball

- The offense will begin each possession with the ball on their own 5 yard line. The only exception to this would be when there is an interception. If the defense does not return the interception for a touchdown, the field/direction is flipped, and they get to begin their offensive series where their flagged was pulled at the end of the interception return. The offense will ALWAYS go the same direction, though.
- There will be a "first down cone" at the mid field.
 - The Ladies have 4 plays to get past the first down cone.
 - The Men & Boys have only 3 plays to get the ball past the first down cone.
 - In all divisions, if they get a 1st down, then they get 4 more downs to score.
 - If they do not get a first down, the teams switch directions, and the ball goes back to the 5 yard line for the other team.
- A play starts when the center snaps the ball.
 - The offense has a limited amount of time to get the ball ACROSS the line of scrimmage. If the offense does not advance the ball (via run or pass) by the allotted time, then the play will result in a loss of down for the offense and the ball goes back to the original line of scrimmage.
 - The time allotment for each division is the following:
 1. **High School Men** - 5 seconds
 2. **Middle School Boys** - 6 seconds
 3. **Ladies** - 6 seconds
 - The player that originally receives the snap, will be the QB. The QB cannot run past the LOS as a runner. He can throw the ball or hand the ball off to a teammate. After the QB gives the ball to a teammate, he becomes just like every other player.

IV. Scoring

- 6pts - Touchdown
- 1pt - After touchdown conversion from the 5 yard line. (this includes touchdowns scored by the defense.
- 1pt - An interception returned past the 40y line on a 1pt conversion attempt

IV. Special Rules

- The defense can't pass the LOS scrimmage until a pass or handoff occurs. Essentially, if the QB still has the ball in his hands, the defense has to stay on their side of the ball.
- No blocking. Offensive players can 'trail behind' a runner in hopes of a pitch, but they can't impede the defense in any way with their movements if they are 'in front' of the ball.
- Receiver/Ball carrier is legally down when their flag is pulled. If a ball carrier's flag falls out on its own, the defense still needs to touch the ball carrier for him to be down.
- Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is NOT a fumble/dead ball....but the time on the snapping stool will continue to run.
- A Delay of game is assessed if the offense takes longer than 30 seconds to snap the ball after the LOS has been "set." The head ref keeps this clock. The center will be responsible for setting or re-positioning the snapping stool in a timely manner or the offense may be assessed a delay of game penalty.
- Any offensive penalties on the extra point try results in a turnover.
- There will be an area referred to as the tackle box that extends 3 yards on both sides of the center and extending 3 yards deep into the backfield. No eligible receiver may align within the tackle box.

V. Penalties

- No penalty will be assessed more than the offense's own 5 yd line. On an unsuccessful or successful offensive play from the 40-yard line resulting in an offensive penalty: The ball will be returned to the 40-yard line and THE NEXT SUCCEEDING PLAY WILL BE FORFEITED.
- Offsides will be a 5 yard penalty. All other penalties will be 10 yard penalties. (Automatic 1st down included for pass interference and unsportsmanlike penalties)
- Delay of game penalties will result in a loss of down AND a five yard penalty.
- Responsibility to avoid contact is with the defense, except when the ball carrier "charges" through a defender that is in position. There will be NO chucking, deliberate bumping, or grabbing. These actions will result in a 10 yd. penalty.

VI. Odds & Ends

- Substitutions:
 - Each team should play only with the players drafted by their coach.
 - The only exception to this is if a team does not have the minimum number of players required for a game. Then, the opposing coach can pick a sub for the team that doesn't have enough players. If a sub is required, the team will forfeit the game, but it will still be played. Forfeited games result in a 14-0 end score.

for the Refs **Before the Game**

- Make sure that players are not wearing necklaces, watches or bracelets.
- Make sure that all players are wearing their CBC Jersey and shorts

Old rules, not use this year

I. Game Clock

- The game will be 25 minutes in length. There is no overtime. Tied games will remain tied.
- The clock will not stop and teams will have no timeouts.
- After each play, the offense is responsible for moving the snapping stool and for placing the ball on the stool in a timely manner. Once the snapping stool has been set at the LOS, the offense has 30 seconds before they have to snap the ball. This is the amount of time they have to huddle, lineup, and snap the ball.

II. Field Dimensions & Startup

- Each field will be 40 yards long and the width will be the following:
 - for MS Boys & the HS Girls → From one hash to the sideline
 - For the HS Men → the full width of the field
- Visitors will wear black. Home will wear white. All players must wear the CBC issued jerseys, shorts, & flag belts. Possession will be determined by a coin toss before the game.
- The MS Boys & the Ladies will play - 4 on 4 *technically, it's 5 offensive players but the center is ineligible
- The HS Men will play 8 on 8
- Each field will be 40 yards long and the width will be the following:
 - for MS Boys & the HS Girls → 30 yards wide
 - For the HS Men → the full width of the field