

General Rules

- All players must wear head gear
- Mouthpieces are recommended
- Zero Tolerance Policy for fighting
- Blocking is not permitted.
- Players are allowed to play for multiple teams, however players cannot play for multiple teams in the same division. If caught player and team will forfeit
- All teams are guaranteed 3 games (pool play) depending on bracket size all teams will also make playoffs

Games

- All games are 20 minutes long with a running clock
- Teams have 5 mins from completion of previous games to start the next game
- Pool play games are coin flipped / playoffs - higher seed gets the ball
- No overtime in pool play only in playoffs.
- Overtime will be decided by the longest yard from the 40. Each team gets 1 play.
- Interception is an automatic WIN
- No blitzing at the 40 yard line - 1 blitz per game

Offensive

- Ball starts on the 40 yard line. 3 Plays to the 25 for First and 4 plays to score
- All legal formation (must have 2 players on the line)
- QB has 4 seconds to pass the ball
- Touchdowns are 6 points. A team can take the automatic 7 or go for 2 point conversion from the 10 yard line.
- All passes must be past the LOS

- Can have up to 2 offensive players on knee behind the play
- No runs allowed
- False Start results in loss of downs
- Offense has 30 seconds from the end of the previous play to snap the ball
- Offense PI is a loss of 10 yards and loss of down
- Game can end on an offense penalty

Defensive

- 1 blitz per game
- 3 points for an interception. Can not return int
- Defense pass interference is an automatic first down at the spot of the foul
- Press is allowed up to 5 yards
- Diving to tag a player is permitted
- Game cannot end on Defense penalty

Scoring

- Touchdowns are 6 points. A team can take the automatic 7 or go for 2 point conversion from the 10 yard line.
- Offense can choose left, middle or right hash for the 2 point conversion
- Interceptions are 3 points. Returns are not allowed on interceptions

Referees

- All pool play games will have 2-3 refs plus a field manager
- Playoffs will have 2-4 refs plus a field manager

- Highest rated referees will ref playoffs

Field Supervisors

- There will be field managers for 2 sets of fields
- They will assure all penalties called are enforced properly
- All issues a coach has should address the field manager
- Field Managers have the ability to penalize a team, for unsportsmanlike as well as eject a player or coach
- Defense coaches are not allowed to be on the field
- 1 coach for offense and 1 for defense Coaches

Coaches

- Defense coaches are not allowed to be on the field behind the offense
- 1 coach per offensive and defense

Playoffs

- Clock stops for a 2 point conversion attempt with less than (2) minutes remaining in the game unless the game is not within 14 points.
- Clock will stop in the final (15) seconds after a TD if the game is within (8) points.
- Game cannot end on a defense penalty. Penalty will be enforced against the defense resulting in an untimed play.

Code of Conduct

- NO FOOD OR DRINKS allowed on the turf.
- All Bottles and trash we please place in the trash can.
- Only people with media passes will be allowed on the fields
- Any disrespect towards Phenom Staff and or Referees will result in a 1 game suspension followed by expulsion of the offending party.