



# PASSFEST RULES AND REGULATIONS

## 1. COACHING

One coach is allowed in offensive huddle during games until the snap of ball; no on-field coach may assist the play by saying anything to his team until the play is over and must back-up out of the way a minimum of 10 yards behind the line of scrimmage. The penalty for first interference is loss of down. The penalty for a second interference is no huddle coach for the team.

## 2. TEAM COMPOSITION

A) 7-on-7 competitive teams will consist of a quarterback, center, and five (5) receivers versus 7 defenders.

B) 5-on-5 recreational teams will consist of a quarterback and four (4) receivers versus 5 defenders. For 5-on-5 divisions the Quarterback slaps the ball to initiate play.

## 3. FIELD DIMENSIONS

A) Field Length - 40 yards long

B) Field Width - 160 feet (60 feet to hash mark, 40 feet between)

C) End Zone - 10 yards deep

## 4. STARTING THE GAME

A) Each site will have a designated central time keeper. All games will begin and end on this person's instructions. He will also announce the time remaining at the 10, 5, and 2 minute marks. Each game has 2-12 minute halves, a 1 minute halftime. Running clock.

B) Visitors will have first possession (top team in bracket or first team listed will be the visitor). The home team will have first possession in the 2nd half (bottom team in bracket or 2nd team listed will be the home team). Teams must be on opposite sides of the field). Visitors will line up on the right side of the field when facing the end zone. Home will line up on the left side of the field when facing the end zone.

C) Players are permitted to wear standard football cleats with plastic or rubber spikes. **NO METAL SPIKES ARE ALLOWED!**

D) Each team will use its own ball during offensive possessions. High School standard size footballs must be used in high school and above. Pop Warner "youth" size (Spalding ball -see PW rules for sizes of other brands) for 14u, "junior" for 12u, 10u and "mighty mite" or "rookie" size for 8u. Women's and girls HS division, Co-ed can use any size larger than Spalding "mighty mite" and all teams supply their own ball for games. No Nerf or special grip style nontraditional balls please.

E) Referee will announce score before each offensive possession begins.

## 5. MOVING THE BALL

A) No kicking/punting.

B) Field is marked at 20 yard intervals with cones. (2 first downs without a penalty would result in a TD).

C) Possession always begins at the 40 yard line at the right hash

D) Offenses always move in the same direction

E) **NO PASSER MAY RUN WITH THE BALL. ALL PASSES MUST BE FORWARD.** A pass caught behind the line must be forward. The only laterals that will be allowed will be laterals that occur **AFTER** the completion of a forward pass.

## 6. SPECIAL RULES



A) No blocking.

B) Receiver/Ball carrier is legally down when touched below the neck with one or both hands. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Player will be expelled if ruled unsportsmanlike & flagrant).

C) Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The 4.0 second count remains in effect on snaps.

D) Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be a 5-yard penalty.

E) The QB is allowed 4.0 seconds to throw the ball. The referee counts out loud 1001, 1002, 1003, 1004.

1. If release is under 4.0 seconds, the play goes on.

2. If the referee sees that the clock has exceeded 4.0 seconds, the play is blown dead, then brings the ball back to the original line of scrimmage with loss of down.

F) Defensive Pass Interference will be a spot foul (1st down at the spot) - in end zone a Touchdown.

G) Responsibility to avoid contact is with the defense. There will be NO chucking, or deliberate bumping or grabbing. These actions will result in a "tack on" penalty at the end of the play (5-yard penalty).

H) Offensive pass interference is 10 yards and loss of down.

I) Interceptions are a change of possession - defense becomes offense at 40 - no run back of interception

J) Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by offense in retrieving and returning the ball TO THE REFEREE will result in a delay of game and will be a 5- yard penalty from the succeeding spot.

K) The offensive center is not an eligible receiver (all teams must have a center – the center may be any player). The center is responsible for establishing the succeeding spot as designated by the Referee.

L) The center will be responsible for setting or re-positioning the Referee's bean bag at the line of scrimmage.

M) No taunting or "trash talking." (5-yard penalty & expulsion if flagrant or repeated).

N) The offense must gain at least 20 yards within 4 plays once past the 20 yard line, 4 plays to score or reverts to defense who starts on 40.

O) Fighting: the player(s) involved will be ejected from the game and tournament. If a team fight occurs, the teams involved will be ejected from the tournament and denied participation in any/all state qualifying tournaments and the state tournament.

## 7. SCORING

6 points for TD, 1 point for PAT from 3 yard line, 2 point PAT from 10 yard line (interception on PAT is dead ball). Official score is kept by field referee and game manager.

## 8. OVERTIME RULES

After coin flip to determine first possession, teams will alternate 4 down series from the 15-yard line. A winner is determined when one team outscores the other team during an overtime session. Each team must go for two points on the conversion attempts beginning in the second overtime.

## 9. TIME

A) 2-12 minute halves with 1 minute halftime.

B) No time outs. (EXCEPTION: Injuries. All games will halt until injured player(s) can be safely removed from the field).

