

VMFL 2012 Spring Flag

Condensed League Rules

These Issues only pertain to our league play not Provincial championship.

If a team shows up with less than a full team.

- The game will be played with the amount of players the lesser team has. 4 on 4, 3 on 3

Scoring

- The winning team is responsible to hand in the game sheet with the score.
- If the game sheet is not handed in, the score will be counted as a tie.
- Touchdown: 6 pts
- Extra points: from 5 yd line, 1 pt; from 12 yd line, 2pts
- Safety: 2 pts
- Because of time restraints, ties at the end of regulation time will be ties.

Game and Timing

- Round robin, 4-5 games per Jamboree
- 25 minutes games. Games start promptly on the half hour. And finish 5 minutes before the next half hour. If game is started late it still must be finished 5 minutes before the next half hour.

Field size

- 50 x 25 yds with 7-10 yd endzones

Play

- All offensive possessions start on the offenses 5 yd line, except on an interception
- Offense has 3 downs to get across midfield line, then another 3 downs to get into the endzone
- No Run Zone, from the 5 yd line to the goal line going in. Must be a pass play in that zone
- Ball must cross the LOS on a forward pass
- QB has 7 seconds to get rid of ball
- QB cannot run
- Handoffs, pitches etc, allowed
- Only players starting 7 yds behind the LOS can rush the passer
- Once the ball is handed off or tossed, fake or real, the 7 yd rule and the 7 second rule are no longer in effect
- Rusher cannot put hands up (to block pass) within 2 yds of QB