

FOOTBALL RULES SUMMARY

RULE 1 THE GAME, FIELD, PLAYER AND EQUIPMENT

1 THE GAME

- * THE GAME IS WON BY THE TEAM THAT ACCUMULATES THE MOST POINTS.
- * THE OUTSIDE DIMENSIONS OF THE FIELD IS 360' X 160'.
- * WHILE THE BALL IS LIVE AN INTERVAL CALLED A DOWN IS IN PROGRESS.
- * POINTS ARE SCORED BY: TOUCHDOWN (6 POINTS), A SUCCESSFUL TRY (1 OR 2 POINTS), A FIELD GOAL (3 POINTS) OR A SAFETY (1 OR 2 POINTS).
- * A TEAM MUST START WITH 11 PLAYERS, HOWEVER, IT CAN CONTINUE WITH FEWER. HOWEVER, WHEN ON OFFENSE A TEAM MUST HAVE 7 MEN ON THE LINE OF SCRIMMAGE.
- * THE REFEREE IS THE ONLY OFFICIAL THAT CAN RULE ON SITUATIONS THAT ARE NOT SPECIFICALLY COVER IN THE RULES. THE REFEREE'S DECISIONS ARE FINAL IN ALL MATTERS PERTAINING TO THE RULES. THE REFEREE IS THE ONLY OFFICIAL THAT CAN FORFEIT A GAME. THE SCORE OF A FORFEITED GAME IS 1-0 UNLESS THE OFFENDED TEAM IS AHEAD (THEN SCORE STANDS).
- * THE OFFICIAL'S JURISDICTION BEGINS 30 MINUTES PRIOR TO THE GAME (OR AS SOON THEREAFTER AS THEY CAN BE PRESENT) AND IT ENDS WHEN THE REFEREE DECLARES THAT THE FOURTH QUARTER OR OVERTIME IS OVER.
- * PRIOR TO THE GAME THE REFEREE IS TO MEET WITH BOTH HEAD COACHES AND TEAM CAPTAINS AND EXPLAIN THAT EVERYONE IS TO EXHIBIT GOOD SPORTSMANSHIP THROUGHOUT THE GAME.
- * NO OFFICIAL CAN USE REPLAY OR TELEVISION EQUIPMENT TO RULE ON ANY PART OF THE GAME.
- * PROTESTS ARE NOT RECOGNIZED BY NATIONAL FEDERATION.

2 THE FIELD AND MARKINGS

- * ALL LINES ON THE FIELD ARE 4" WIDE.
 - A) YARD LINES END 4" FROM THE SIDE LINE AND ARE MARKED EVERY 5 YARDS.
 - B) END LINES AND SIDE LINES ARE CONTINUOUS.
 - C) INBOUND LINE (ALSO KNOW AS "HASH MARKS) ARE 24" LONG AND INTERSECT THE YARD LINES 53' 4" IN FROM EACH SIDELINE. THEY DIVIDE THE FIELD IN THIRDS (LONGITUDINALLY).
 - D) IT IS NOW REQUIRED THAT ALL FIELDS HAVE MARKS 12" LONG BY 4" WIDE NINE YARDS IN FROM EACH SIDE LINE. THESE MARKS ARE TO BISECT EACH 10 YARD LINE. THESE MARKS ARE NOT REQUIRED IF THE FIELD IS NUMBERED. THE NINE YARD MARKS ARE USED FOR SIDELINE CONFERENCES AND ALSO TO DETERMINE IF A PLAYER HAS COMPLIED WITH BEING CLOSE ENOUGH TO HIS TEAMS HUDDLE AFTER THE READY FOR PLAY SIGNAL AND PRIOR TO THE SNAP.
 - D) TEAM BOXES ARE 2 YARDS OFF THE FIELD FROM THE SIDELINE AND RUN FROM THE 25 YARD LINE TO THE OPPOSITE 25 YARD LINE. (THUS THE TEAM BOX IS FIFTY YARDS LONG). IF THEY ARE ON THE SAME SIDE OF THE FIELD THEY WILL RUN FROM THE 20 TO THE 45 YARD LINES RESPECTIVELY.
 - E) THE GOAL LINE IS THE ONLY YARD LINE THAT IS TO RUN FROM SIDELINE TO SIDELINE. THE ENTIRE GOAL LINE IS IN THE END ZONE.
 - F) DECORATIVE OR COMMERCIAL MARKINGS ARE ALLOWED IN THE END ZONE BUT CANNOT BE CLOSER THAN TWO FEET TO ANY BOUNDARY LINE OR THE GOAL LINE. DECORATIVE OR COMMERCIAL MARKINGS ARE NOT ALLOWED IN THE FIELD OF PLAY.

- * PYLONS: 4" X 18" CAN BE ORANGE, RED OR YELLOW AND WHEN PROPERLY PLACED THEY ARE OUT OF BOUNDS AND AT THE INTERSECTION OF THE GOAL LINE AND THE SIDELINE.

THE GOAL:

- * IT'S A VERTICAL PLANE THAT IS MIDWAY BETWEEN THE SIDELINES AND EXTENDS ABOVE THE INSIDE EDGE OF EACH UPRIGHT AND THE FRONT EDGE OF THE CROSSBAR. IT IS IN THE SAME VERTICAL PLANE AS THE INSIDE EDGE OF THE END LINE.
- * THE TOP OF THE CROSSBAR IS 10' ABOVE THE GROUND.
- * THE INSIDE OF THE UPRIGHTS ARE 23' 4" APART.
- * THE UPRIGHTS MUST EXTEND A MINIMUM OF 10' ABOVE THE CROSSBAR.
- * THE GOAL POST(S) SHALL BE PADDED TO A MINIMUM HEIGHT OF 6'
- * NO DECORATIVE MARKINGS ARE ALLOWED ON THE CROSSBAR OR THE UPRIGHTS OTHER THAN PAINT (SHOULD BE WHITE, YELLOW OR SILVER).
- * A WIND DIRECTIONAL STREAMER MAY BE ATTACHED TO THE TOP OF EACH UPRIGHT (MUST BE ORANGE, RED OR YELLOW).

3 GAME EQUIPMENT

- * THE BALL- 8 OR 12 EVENLY SPACED LACES. 1" WHITE OR YELLOW STRIPE. WEIGHS BETWEEN 14 & 15 OUNCES. INFLATES TO 12 1/2 TO 13 1/2 POUNDS OF PRESSURE. EACH TEAM IS TO PROVIDE A LEGAL GAME BALL TO THE REFEREE. A TEAM CAN USE ANY APPROVED BALL TO FREE KICK OR TO START A NEW SERIES OF DOWNS. THE BALL NO LONGER HAS TO BE MADE OF FOUR PANELS.
- * KICKING TEE: CANNOT ELEVATE THE BALL MORE THAN 2" OFF THE GROUND.
- * ONLY THE CAPTAIN MAY COMMUNICATE WITH THE OFFICIALS. HIS FIRST CHOICE OF ANY OFFERED DECISION IS FINAL. NO TIMEOUT MAY BE GRANTED TO EITHER TEAM PRIOR TO A DECISION REGARDING A PENALTY.
- * UNIFORM NUMBERS: MUST BE SAME COLOR ON FRONT AND BACK, 1-99 INCLUSIVE (ARABIC NUMBERS), 8" & 10" HIGH ON FRONT AND BACK OF JERSEY RESPECTIVELY.
- * A TAPE RECORDER IS LEGAL COACHING EQUIPMENT FOR USE DURING THE GAME.

4) **A) MANDATORY PLAYER EQUIPMENT-**

- a) Uniform shirt with numbers on front and back. Numbered 1 through 99 inclusive. (beginning in 2010 the visiting team must wear white jerseys).
- b) Uniform Pants that cover the knee and knee pads.
- c) Helmet that with a face mask and a four point chin strap.
- d) Hip pads and tailbone protector.
- e) Shoes that are designed for use in football.
- f) A mouth piece that is neither white or clear.
- g) Shoulder pads (these and any auxiliary equipment must be covered by the player's jersey).

B) AUXILIARY PLAYER EQUIPMENT-

- a) Forearm pads.
- b) Gloves
- c) Hand pads.
- d) Eye shield which is clear,rigid and molded.
- f) An American Flag not to exceed 2" x 3" and cannot interfere with number.
- g) Memorial patch that is not to exceed 4" square and cannot interfere with number.

SOME EXAMPLES OF ILLEGAL EQUIPMENT ARE:

- * BALL COLORED HELMETS, JERSEYS PADS OR GLOVES.
- * PENALTY FLAG COLORED PADS OR GLOVES
- * HARD SUBSTANCE (IN ITS FINAL FORM-UNLESS PROPERLY COVERED) WORN ON THE ELBOW OR BELOW.
- * ANY EXPOSED METAL.
- * SLIPPERY OR STICKY SUBSTANCES
- * EYE SHIELDS THAT ARE NOT CLEAR, MOLDED NOR NON-RIGID.
- * A TOWEL OR STREAMER THAT IS NOT PLAIN WHITE AND A MINIMUM OF 4" X 12" TO A MAXIMUM OF 18" X 36" AND IS MOISTURE ABSORBING (NEW FOR 2004).
- * CLOTHING OR PADS THAT ARE DESIGNED TO ENHANCE CONTROL OF THE BALL ARE ILLEGAL (NEW RULE-2001)
- * Jewelry- A medic alert medal or a religious medal are not considered jewelry and thus can be worn. Medic alert must be taped. Religious medal must be taped and under the uniform.