



Rule 1 Game, Field, Players, and Equipment



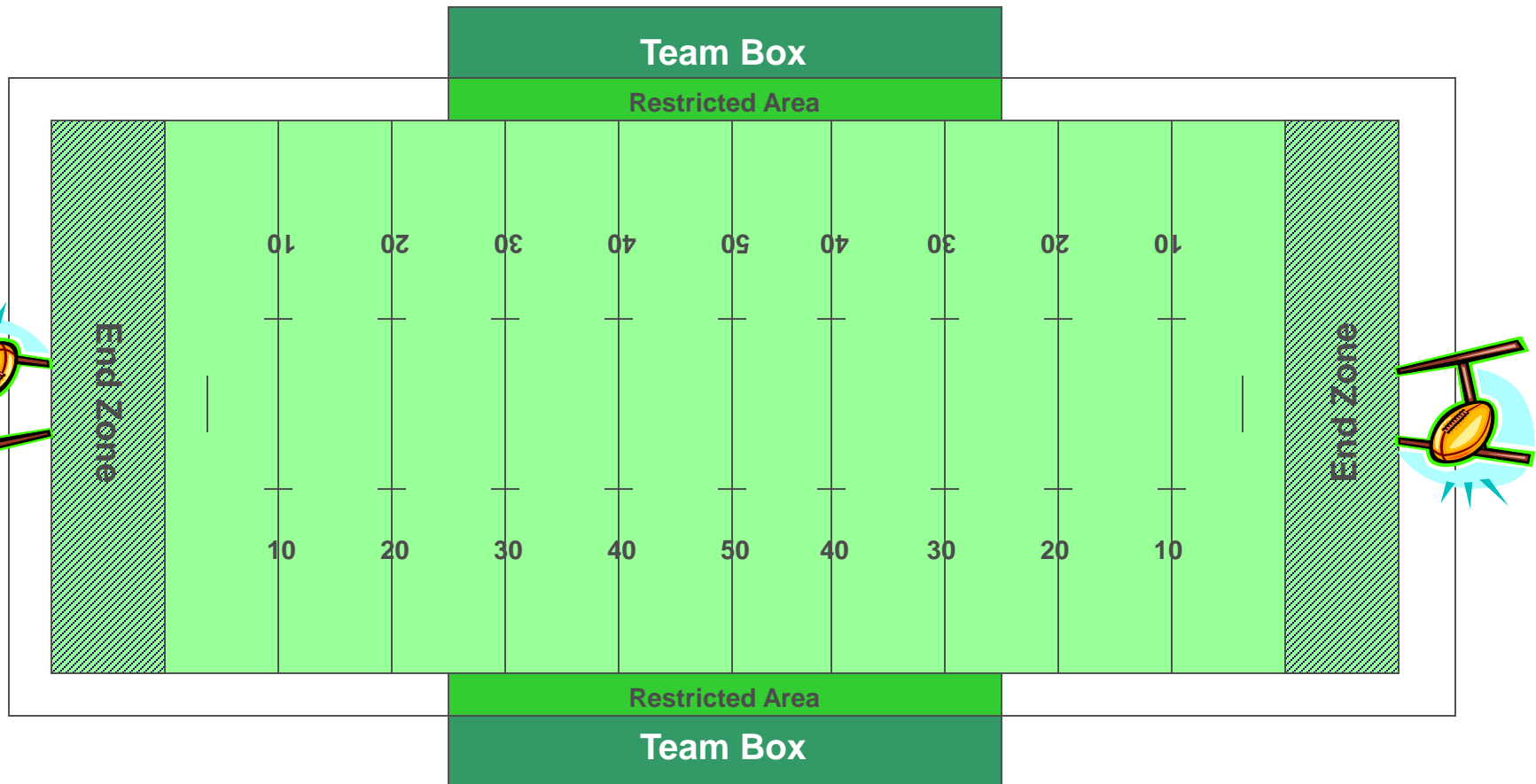
The Game

- **The game is won by the team that accumulates the most points**
- **Points are scored as follows:**
 - Touchdown – 6 points
 - Successful try – 1 or 2 points
 - Field goal – 3 points
 - Safety – 1 or 2 points



The Field

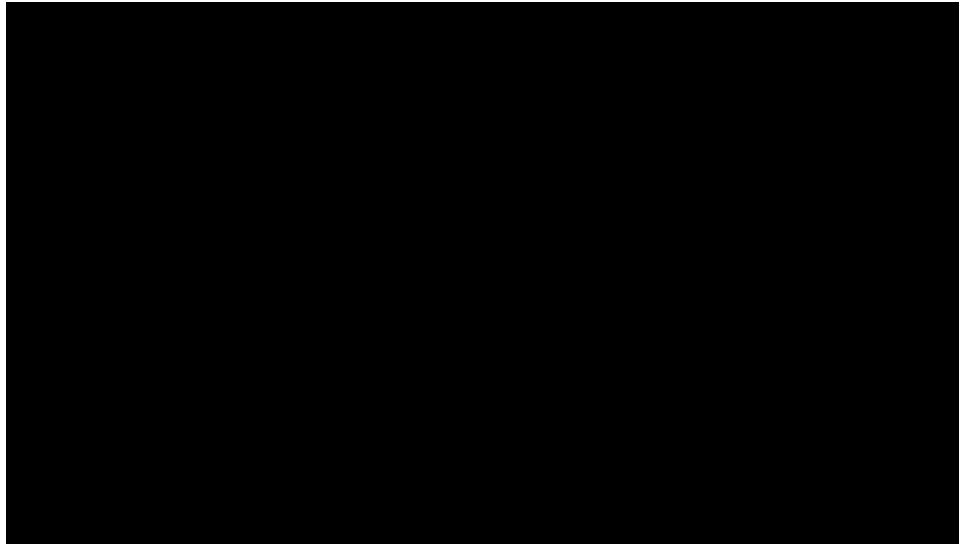
- The outside dimensions of the field are 360' by 160'





Downs

- While the ball is live an interval called a down is in progress



- [Jump to 5:11](#)



Teams

- **A team must start with 11 players, however, it can continue with fewer**
- **When on offense a team must have 7 men on the line of scrimmage**



Referee's Authority

- **The referee is the only official that can rule on situations that are not specifically covered 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 the score stands).**



Official's Jurisdiction

- **The official's jurisdiction begins 30 minutes prior to the game (or as soon thereafter as they can be present) and ends when the referee declares that the fourth quarter or overtime is over. The game officials retain clerical authority through the completion of any reports.**
- **No official can use replay or television equipment to rule on any part of the game**



Sportsmanship

- **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**



Protests

- **Protests are not recognized by National Federation**



Field & Markings

- **Must Have:**

- Sidelines, goal lines, end lines (must be at least 4 inches wide). Sidelines and end lines are completely out of bounds. The goal line is entirely in the end zone.
- Yard lines every 5 yards beginning and ending 4 inches from sideline
- Restraining lines 2 yards from the sidelines and end lines.
- Hash marks 53 feet, 4 inches from each sideline and intersecting each 5-yard line.
 - May use field marked for college or pro dimensions
- Nine Yard marks, unless using numbers. The top of the numbers must then be 9-yards from the sideline.
- Team boxes between the 25-yard lines. May have both on one side of the field.
- Coaches area a minimum of 2-yards between the team box and the sideline. This area becomes restricted when ball is live.



Field & Markings

- **Must Have (cont.)**

- A 4-inch wide, 24-inch long line 3 yards from each goal line.
- Soft, flexible pylons, 4x18 inches either red, orange, or yellow
 - Pylons are always placed out of bounds at the line intersections
- A goal with the top of the crossbar 10 feet above the ground, 23 feet 4 inches wide with uprights at least 10 feet high.
- Goal post padding at least 6 feet above the ground



Field & Markings

- **May Have:**

- Pliable, soft, yard line markers no closer than 5 yards from sideline
- Yard line extensions 4 inches from the sideline
- Logos that do not obstruct required yard lines. May use shadow lines.
- Decorative markings in the end zone no closer than 2 feet from boundary and goal lines
- Paint on the goal (silver, white or yellow)
- One directional streamer at the top of each upright (red, orange or yellow)



Game Equipment

- **The ball**

- Tan-colored
- Leather or rubber
- 8 OR 12 evenly spaced laces
- 1-inch white or yellow stripe on each end of the ball located only on the two panels adjacent to the laces
- 12 ½ to 13 ½ psi
- Each team shall provide at least one legal game ball
 - No penalty for not complying
 - Any game ball approved by the Referee may be used to free kick or start a new series
 - Any game ball approved by the Referee may be used for a try if there was a change of possession and the scoring team did not originally put the ball in play
 - If the field is wet, the Referee may order the ball to be changed between downs.



Game Equipment

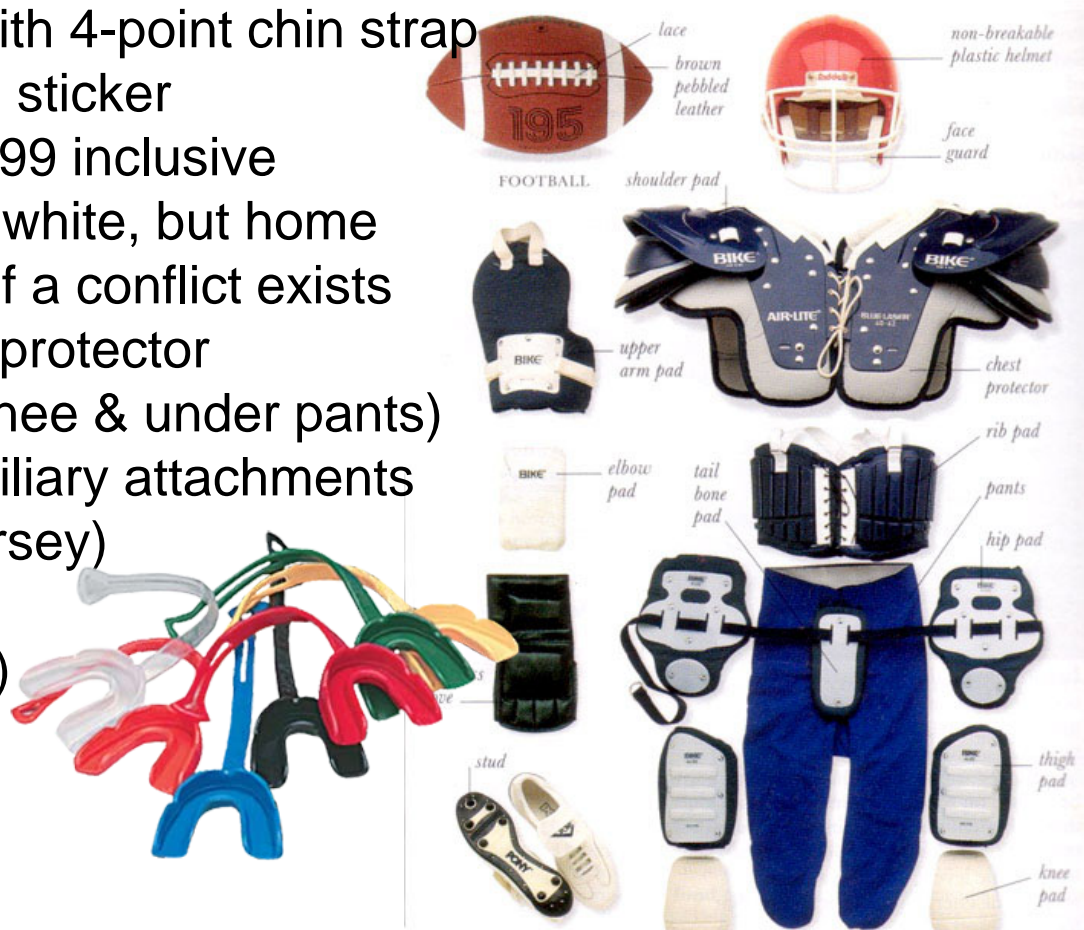
- **Required Equipment to be provided by Game Management**
 - Yardage chain with 2 rods exactly 10 yards apart and a down indicator
 - Rods must have flat ends with protective caps
 - Game Clock



Player Equipment

• Must have:

- Helmet & face mask with 4-point chin strap
 - Helmet w/ NOCSAE sticker
- Jersey numbered 1 to 99 inclusive
 - Visiting team wears white, but home team is will change if a conflict exists
- Hip pads and tailbone protector
- Knee pads (over the knee & under pants)
- Shoulder pads (all auxiliary attachments must be covered by jersey)
- Thigh guards
- Mouthpiece (any color)
- Pants
- Shoes





Player Equipment

- **May have:**

- Forearm pads
- Gloves or hand pads with NOCSAE seal
- Tape, bandage or support wrap to protect an existing injury



Player Equipment

- **May not have:**

- Anything dangerous, confusing or inappropriate
- Slippery or sticky substance
- Tear-away jersey
- Any adornments except
 - A towel of any one solid color, except ball or penalty flag colored, as long as all players are wearing the same color
 - Moisture-absorbing sweatbands on the wrist worn within 3” of the base of the thumb
- Guards, casts and braces unless padded
- Knee and ankle braces which have been altered
- Knee braces worn over the pants
- Ball-colored helmets, jerseys, patches, arm pads, undershirts or gloves



Player Equipment

- **May not have:**

- Communication devices used to communicate with a player except during an outside 9-yard mark conference
- Eye Shade more than a single stroke or which includes words, numbers, logos or other symbols within it
- Eye shields that are not molded or clear
- Jewelry
 - A religious medal must be taped and worn under the uniform
 - A medical alert must be taped and may be visible
- Play cards not worn on the wrist or arm
- Equipment not worn as intended by the manufacturer



Player Equipment

- **Head coach must verify to the Referee and Umpire all players are legally equipped during pregame**
- **Referee and any other official shall approve balls**
- **Questions are resolved by the Umpire**
- **If equipment is missing or illegal, correction shall be made before participation**
- **Unsportsmanlike Conduct foul on the head coach (9-8-1h) for violation of above rules**