



## PLAYING RULES

1. Player eligibility: All teams must submit a roster with signed waivers so if a team is caught with a non-rostered player or a player that's too old, they will forfeit all games that player was involved in. Players can play up in age groups, but cannot play down.
2. Field size: Approximately 50 yards long (including end zones) and 20 yards wide (5-yard end zones; 20 yard playing zones). Field sizes will depend on the amount of beach space available.
3. Game length = 24 minutes running clock.
  - 2 12-minute halves
  - 1-minute halftime
  - Each team will have 1 time per game
4. Roster = 10 Players maximum. 5 players minimum to avoid forfeit.
  - **ADULT COED TEAMS – Minimum of 2 female players on the field at all times**
5. SCORING: TD = 6 points / Extra Point = 1 point (5 yards) or 2 points (10 yards), Safety = 2 points
6. Players can run the ball only if the ball is handed off behind the LOS (in front or behind hand off is legal for running purposes only). (Except in the "NO-RUN ZONES"). QB cannot run the ball from the direct snap, it must be handed off.
7. **RUN ZONES**
  - Divisions that are 7U and up have "NO-RUN ZONES" which are located 5 yards from the goal line & the mid-field 1st down line only in the direction of the offense.
  - 6U divisions can run the ball at any time. The "NO-RUN ZONES" DO NOT APPLY to this division.
8. QB CANNOT take the snap from under center.
9. Unlimited Laterals
10. All players are eligible to receive passes.
11. NO BLOCKING ALLOWED
12. QB has 7 seconds to throw the ball, unless the ball is handed off. No time limit to throw the ball if the ball is handed off.
13. Any hand off behind the QB only or backwards pass behind the LOS can be thrown forward. No limit to backward handoffs or passes behind the LOS. Only one forward pass or handoff is permitted.
14. All drives & changes of possession (except interceptions) start at the 5 yd line.
15. Offense has 3 plays to cross the mid-field line or score a touchdown unless a penalty dictates otherwise.
16. Penalties = Offensive Penalties – Loss of down & yardage (5 Yards). All offensive penalties are enforced from the LOS except flag guarding and holding which is spot of flag guard and 5 yards. Holding behind the LOS will be enforced from the LOS except holding in the end zone which will result safety.



17. Defensive Penalties – Automatic 1st down & yardage (5 Yards). All penalties at or behind the LOS are 5 yards from the LOS and automatic first down except holding which will be a 5-yard tack on from the end of the run and Defensive PI which will be a spot foul.
18. Personal Fouls, Roughing the Passer and Unsportsmanlike conduct penalties are 10 yards and automatic first down (defensive) or 10 yards loss of down (offensive).
19. Flag Belts – 2 **POP** flags per belt! **NO “TRIPLE THREAT” or “VELCO” belts allowed** (check with tournament staff to determine if your flags are legal).

### Legal Flags



### Illegal Flags



20. Any ball that hits the ground will be ruled dead. Fumbles or Muffs are dead at spot.
21. Ball must be snapped between legs, not off to one side to start play.
22. It is encouraged that all players wear a protective mouthpiece.
23. Flagrant contact fouls will not be tolerated. Offending player(s) will be ejected from that game. Tournament Director has the right to ban the player(s) from future games.
24. Interceptions may be returned (If returned on an extra point, the returning team will be awarded the point value that the team attempted the extra point attempt for).
25. Overtime - 2 plays from 12-yard line going into end zone - College Rules Apply (Same scoring as in regular game).



26. Roughing the QB also includes striking the arm when the defense tries to block the pass.
27. Defensive players have to be one yard off the ball before the snap.
28. Any defensive player rushing the QB must start at least 5 yards from the LOS. The center has a straight path and you must line up at least 1 yard to his/her left and cannot impede his/her pattern. Doing so will result in a 5-yard penalty and automatic first down. Official will mark the rush line. Check in to make sure you legally can rush.
29. Any player that comes off the sidelines during a fight will be ejected.
30. All players flag belts must be worn properly. The hip points must be facing out and the ribs on the flag must be facing out. The referee will enforce the rule, and, if improperly used, will result in a live ball penalty. If a player alters his flag in any way, he will be ejected from game.
31. Minimum of 2 Players must be on the LOS before the ball is snapped. 1 Player can be in motion, but cannot be moving forward before the snap.
32. No stiff arming allowed – considered flag guarding.
33. Center snap – If ball hits ground, ball dead at spot.
34. If player falls down, or if knee touches ground, ball is dead at spot – player may not get up and run.
35. Footballs: Must be LEATHER!! Suggestions Only – May use bigger size. Teams use their own ball while on offense.
  - U6-U9 – Pee Wee Size
  - U9-U12 – Junior Size
  - U12-U14 – Youth Size
  - U14-U18 – High School or College Size
  - Adults – College or NFL Size
36. NO Shoes Allowed - May wear socks, Sand Socks, or tape.
37. When flags fall off inadvertently, revert to a 1 hand touch between shoulders and knees.
38. The ball will be spotted where the BALL is when the flag is pulled for ALL plays.
39. All penalties can be accepted or declined.