



2007 Football Rules and Regulations

1. The game shall consist of two 20 minutes halves, with the clock only stopping for time-outs.
2. Teams are allowed 3 time outs per half.
3. Playing time equaling 10min of official play is required for each player who is dressed and physically able to play.
4. Punting- On fourth down a team (11, 12, 13 only) will have the option of trying for a first down or they can declare that they are going to punt. If a team chooses to punt, they will be awarded a free kick and can no longer advance the ball. The punter must remain in the restricted area (between tackle to tackle). Neither the offensive nor defensive team can resume regulation play until after the punt...the ball is live from that point on.
5. If at the end of regulation play, the score is tied, the tie will be resolved by the 10 yard overtime procedure. There will be a limit of three overtimes.
6. Teams are responsible to clean up the bench area after each game.
7. Good sportsmanship is expected of both coaches and players. There will be-no arguing with the officials.
8. Kickoffs: In the Flag and tackle 1 division the ball will be placed on the 20-yard line for play to begin. In the tackle 2 division teams will line up for kick offs and returns. The ball will be kicked from the 40 yard line. The receiving team will line up to receive the ball between the 45-50 yard lines.
9. Any player weighing over 105 lbs in Tackle 1 or 135lbs in Tackle 2 must play offensive or defensive line.
10. The playing field for both the tackle 1 division as well as the tackle 2 division will be 80 yards in length. Games will be played at Carolina Forest Community Center.
11. Extra Points: There are no field goals. There will be an option for a team to attempt an extra point. On an extra point attempt the ball will be placed on the 13th yard line. A successful run will be scored as 1 point and a successful pass will be scored as 2 points.
12. Flag Football: The coach will serve as quarterback for his particular team. The 3 three down lineman are not eligible for passes.