



Founder's Day Football Tournament Rules and Regulations

I. The Game, Field, Players and Equipment

- The game shall be played between 2 teams of 7 players each. Six players are required to avoid a default. **The first team listed is the visitors and shall wear dark t-shirts. The second team listed is the home team and shall wear light t-shirts.**
- The first downs are achieved by crossing the “zone line to gain.” Zone lines are 20 yards apart. The official field is 40 yards X 80 yards, with 10 yards end zones.
- Men must use an official adult size & weight football, while women have the option to use an intermediate size football. **Teams will need to supply their own ball.**
- Shirts must be long enough so they remain tucked in the pants or shorts. It must remain tucked in at all times. Players may not wear pants or shorts that have belt loops, pockets, or an exposed drawstring. A team shall be given a 10-yard unsportsmanlike penalty for players wearing illegal equipment (pants or shorts that have belt loops, pockets, an exposed drawstring, no jewelry, no caps, no metal cleat, or illegal wearing of the belt flags.) No baseball caps or other rigid headwear. Bandanas with knots are prohibited.
- **Shoes:** All players must wear athletic shoes made of soft-soled, leather, or canvas composition. Metal spikes, baseball style, spikes, and cleats with metal exposed are prohibited. Any player caught wearing spikes will not be allowed to participate. **Pads or braces:** No pads or braces may be worn above the waist. Leg and knee braces made of hard unyielding material must be covered on both sides at all times. **Towels may not be attached at the player's waist.**

II. Captain's meeting

- A coin toss shall be conducted during the captain's meeting. The captain winning the toss shall have these options:
- Offense/defense or the side a team wants to defend. **There will be no kicking option, the team who picks/receives offense will take the ball from their 15 yard line.**
- In the second half both teams shall switch sides and the team who played offense to start the game will play defense at the start of the second half.

III. Periods, Time Factors, Substitutions

- Playing time shall be 40 minutes, divided into two halves of 20 minutes each. **The clock will run continuously for the first half, and the first 17 minutes of the 2nd half, unless it's for an injury time out, official's time out or after a scored touchdown. The clock will be stopped after every touch down and during the 1, 2, or 3 extra**

points. Clock will restart after the official has placed the ball in play, not at the snap of ball. During the **final 3 minutes of the 2nd half**, the clock will operate under regular California high school football rules.

- Each team is entitled to two 60-second time-outs throughout the entire game. The ball shall be put in play within 25 seconds after it is declared ready for play by the referee otherwise a 5-yard delay of game penalty shall be issued to the offensive team. Games ending in a tie during the regular season will move on to overtime (See “Overtime” Rules).
- **Mercy Rule:** A game shall end if a team with 21 points or more at the start or during the last 3 minutes of the second half.
- The clock will run continuously during the last three minutes of the second half if a team is ahead by 15 points.

IV. Overtime

The officials will administer a coin toss to determine offense/defense or side. The winner of the coin toss will choose one of those options. The first team will have 4 downs to score a touchdown from the 20-yard line. If defense intercepts the ball and scores a touchdown the game is over. If the player who intercepted the ball fails to score the defensive team will take over at the 20-yard line and will have 4 downs to score. If the offense scored a touchdown they shall try for an extra point at the 3-yard line, 10-yard line or 20-yard line. Extra points are worth the same during over time (**extra points cannot be advanced by the defense if a turnover occurs, the ball will be ruled dead once a defensive player recovers possession of the football**). If the first team fails to score the second team shall have 4 downs to score a touchdown. If both team scores or fails to score during their round the tie breaking process continues until one team is ahead after the round. Overtime process shall be used in the men’s and women’s divisions. No time outs during the tie breaking process. Time outs not used in regulation will not be carried over. **If the game is still tied after the completion of the first over time, the team who loss the coin toss shall have the option of offense/defense or side starting the second over time. The process will repeat until a winner is declared.**

V. Ball in Play, Dead Ball, Out of Bounds

- A. A player or non-player is out of bounds when any part of him/her touches anything, other than another player or a game official, which **is on or outside the sideline or end line**. The player touching the line is out of bounds. **The line is out!**
- B. When any part of the runner other than a hand or foot touches the ground the ball is dead. (Knee, shoulder, elbow= deadball!
- C. Only one forward pass is allowed. When a backward pass, fumble, or snap touches the ground the ball is dead and the ball is placed at the spot of the fumble.
- D. When a runner has a flag belt removed legally by a defensive player the ball is dead.
- E. If a flag belt inadvertently falls to the ground, a one hand tag between the shoulders and the knees constitutes a deadball.
- F. Diving head first with the ball at any time shall not be allowed. 5 yard penalty at the spot of the foul if there was no contact. 10 yard penalty if the diving player contacted another player. Diving to catch a ball is legal.
- G. Hurdling another player is illegal: Jumping off the ground with two feet is illegal. 5 yard penalty non contact. 10 yard penalty for illegal contact.

- H. Spinning is legal only if one foot is touching the ground and runner is in control. If contact is made it will be the judgment of the official to decide whether illegal contact was made. Incidental contact will occur.
- I. Jamming another player is illegal. Setting picks is illegal as well. 10 yard penalty for illegal contact.

VI. Punts

- A. **When a punt touches the ground on or behind the receiving team's line of scrimmage, a player on the receiving team may pick up the ball and advance. The whistle is blown immediately and the ball is at the spot if the player receiving the ball drops the ball while trying to catch it.**
- B. If a punt touches the ground that is behind the goal line a player may catch the ball and advance or down the ball; whistle is blown and play is stopped immediately (touchback). A touchback will be awarded to the receiving team. It's a change of possession and the ball is placed on the 15-yard line. Clock shall continue to run unless it's the last 3 minutes of the game.
- C. At least 4 players of the receiving team must be within 5 yard of the punt after the ball is ready for play and until the ball is kicked.
- D. There are no on-side kicks.
- E. When a punt is to be made, the kicking team must announce to the referee of its intention.
- F. The kicker must be at least 5 yards or more behind the scrimmage line. **The Kicker in one continuous motion must kick the ball. Penalty: Delay of game. 5 yard penalty, repeat 4th down.**
- G. Both teams must have at least 4 players within 1 yard of their scrimmage line and remain motionless until the kick is made (arms must be to the player's side).

VII. Snapping, Handing, and Passing the Ball

- A. The offensive team must have at least 4 players on the line of scrimmage at the snap. The defensive line of scrimmage is 1 yard off the ball.
- B. 3 point or 4 point stances are not permitted. (illegal procedure= 5 yard penalty from the line of scrimmage.)
- C. No direct snaps are allowed. The receiver/QB must be 5 yards behind the line of scrimmage (in "shotgun" formation").
- D. After the ball is ready for play, all offensive players must momentarily be within 15 yards of the ball before the snap.
- E. All players of either team are eligible to touch or catch a pass.
- F. Only one forward pass can be thrown per down.
- G. A player must have at least a foot in bounds on all catches.

VIII. Scoring Plays and Touchbacks

- A. Extra points: From the 3 yard line is worth 1 point, from the 10-yard line is worth 2 points and from the
- B. 20-yard line is worth 3 points.
- C. A safety is worth 2 points.
- D. Once player scores a touchdown an official shall deflag the player to ensure equipment is legal.
- E. Clock will stop after a touchdown. Clock will stop during the extra points and will not restart until the official blows the whistle to put the ball back in play.

IX. Blocking

A. Offensive Screen

1. The offensive screen block shall take place without contact.
2. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back.
3. Any use of the arms, elbows, or legs to initiate contact during an offensive player's screen is illegal.

B. Defense

1. Defensive players must go around the offensive player's screen block.
2. The arms and hands may not be used to contact an opponent except when capturing a flag belt or tagging a runner without a belt.
3. Attempting to steal, punch or strip the ball from a player is illegal.
4. Holding, pushing, or tackling a runner is illegal.
5. Grabbing on to the shirt is illegal: 10 yard penalty.
6. The swim maneuver is prohibited and shall be deemed illegal. 10 yard penalty.

C. Offense

1. Guarding of the flag belts with any part of the body to avoid being deflagged is illegal.
2. A player is not allowed to "stiff arm" a defending to avoid being deflagged.
3. A player may not deliberately drive or run into an opponent, or lower their head and shoulders, causing any contact.
4. An offense player shall not hurdle, take off with both feet, dive head first towards a goal or a defense player(s) who is in front or around defense players to avoid a deflagging.

X. Quarterback

- A. Defensive players may not push, pull, hold, tackle, trip, or hit a quarterback while he/she is attempting to make a play. (Roughing the passer resulting in a 10 yard penalty from the previous spot, automatic first down.)
- B. Quarterback may not push, flag guard, or stiff arm a defensive player while he/she is trying to go for the flag. (10 yard penalty at the spot of the foul (repeat down).

XI. Sportsmanship: Conduct of Players, spectators and fans

- A. Pi Kappa Alpha Founders Day Organizers and game referees reserves the right to deny participation to anyone (player or spectator) that fails to demonstrate proper sportsmanship and adhere to the above mentioned rules.**
- B. Pi Kappa Alpha Founders Day Organizers and Game Referees at the time of play shall have the power to make decisions on any matters or questions not specifically covered in The Pi Kappa Alpha Founders Day Football Rule Book.**