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- I. Game
 - a. At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.
 - b. The winner of the coin toss gets first offense possession. The loser of the coin toss chooses the end zone it would prefer to defend. Teams may not choose to defer to second half choice
 - c. The offensive team takes possession of the ball at its goaline. It has 4 plays to pass the first down marker.
 - d. If the offense fails to score or make a first down then the referee will ask the team if they would like to punt the ball or go for the first down. There are NO FAKE PUNTS.
 - e. If the ball hits the ground it's dead. No team can pick up the ball once it hits the ground
 - f. Teams change sides after the first half. Possession changes to the loser of the coin toss.

- II. Terminology
 - a. Boundary lines – the outer perimeter lines around the field. They include the sidelines, and the rear end zone lines.
 - b. Line of Scrimmage – an imaginary line running through the point of the football and across the width of the field
 - c. Line – to – gain – the line the offense must pass to get a first down or score
 - d. Offense – the squad with possession of the ball.
 - e. Passer- the offensive player who receives the snap from center.

- f. Flag guarding – the act by the ball carrier to prevent a defender from pulling the ball carrier’s flags by stiff arm, lowering elbow or head or by blocking access to the runner’s flag with a hand or arm
- g. Lateral- a backwards or sideways toss of the ball by the ball carrier.
- h. Unsportsmanlike Conduct – rude, confrontational or offensive behavior or language.
- i. Screen Blocking- player must be stationary, not moving, with hands either down in front, on their side, or around back to make a block. Elbows CANNOT be extended in anyway. Player CANNOT be moving.

III. Eligibility

- a. A player’s age must fall within the specified age-range as of September 1st of the current year. Age will be verified by a valid birth certificate.
- b. All players must present a waiver that is signed by a legal guardian or parent.

IV. Equipment

- a. The league provides each player with a jersey. Each team is given flag belts and 1 football. Flag Belts and footballs must be turned in at the end of the season. Teams may provide their own footballs for games, however BOTH teams must approve before the ball can be used during a game.
- b. Players must wear shoes. Cleats are allowed, however cleats with exposed metal are not allowed and must be removed.
- c. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metal are not allowed.

- d. Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.
- e. Official Crossover jerseys must be worn during play.
- f. Players' jerseys must be tucked into the pants.
- g. Pants or shorts with belt loops or pockets must be taped.
- h. Any excess belt must be tucked in to avoid confusion between belt and flag.

V. Field

- a. The recommended field size is 60 yds with (2) 10-yard end zones. NO-running zones precede each end zone by 5 yards
- b. Fields may be shorted by 15 yards Maximum to a 45 yard field

VI. Rosters

- a. Teams must field a minimum of four (4) players at all times.
- b. Official rosters are to be turned in before the start of the first official game

VII. Timing and Overtime

- a. Games are played on (2) 20 minute continuous clock halves.
- b. Halftime is 5 minutes long
- c. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty
- d. Each team has 1 30 second timeout per half
- e. Officials can stop the clock at their discretion.
- f. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.

- g. If the score is tied at the end of the game, the game will continue with overtime.
- h. In overtime, each team is given 4 downs to score from the last zone marker (15 yards out). If the team scores the other has the opportunity to equal the score. If the other team fails the winner is determined.

VIII. Scoring

- a. Touchdown: 6 points
- b. PAT: 1 point (3 yards), 2 points (5 yards), 3 points (15 yards).
- c. Safety: 2 points
- d. After a team scores they must determine and notify the referee of their extra point decision.

IX. Coaching

- a. Coaches are typically volunteer parents or family members helping the players learn and enjoy the game. Parents are encouraged to support the coach at all times.
- b. Coaches are allowed on the field to direct players according to need and bracket. Coaches must move to the sidelines before the snap of the ball.
- c. Coaches are expected to adhere to Crossover's code of conduct
- d. Only three coaches per team are allowed on the sidelines.

X. Running

- a. The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. If one foot precedes the other, the forward foot marks the spot.
- b. The quarterback cannot directly run with the ball unless he/she is rushed.

- c. Once the ball has been handed off in front or behind the quarterback, all defensive players are eligible to rush.
- d. Runners may not leave their feet to advance the ball. Diving, leaping or jumping is considered flag guarding.
- e. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
- f. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag-guarding penalty enforced.
- g. Screen blocking only.
- h. Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

XI. Passing

- a. All passes must be from behind the line of scrimmage.
- b. The quarterback has a 5 second "pass clock". If a pass is not thrown within the 5 seconds the defense can rush the passer.
- c. The quarterback is determined by the person who receives the snap from center
- d. All offensive plays must begin with the ball on the ground with the center snapping to the quarterback.

XII. Receiving.

- a. All players are eligible to receive passes.
- b. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.
- c. A player must have at least one foot inbounds when making a reception.

- d. In the case of simultaneous possession by both an offense and defensive player, possession goes to the offense
- e. Interceptions change the possession of the ball at the point of interception.
- f. Interceptions are returnable.
- g. Interceptions made on extra points are awarded based on the offensive team's extra point decision. Example, extra point worth 2 points is intercepted and returned for a touchdown. The defense is awarded 2 points.

XIII. Rushing the Passer

- a. All players who rush the passer must wait until the referee finishes his 5 Mississippi rush count.
- b. Once the ball is handed off, the 5 Mississippi count is no longer in effect and all defenders may go behind the line of scrimmage.
- c. A penalty will be called if a defensive player crosses the line of scrimmage before the rush count is up. Penalty is 5 yards from Line of Scrimmage.

XIV. Flag Pulling

- a. A legal flag pull takes place when the ball carrier is in full possession of the ball.
- b. Defenders can dive to pull flags, but cannot tackle, hold or run through ball carrier when pulling flags.
- c. It is illegal to attempt to strip or pull the ball or pull from the ball carrier's possession at any time.
- d. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
- e. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.

XV. Penalties

- a. The referee will call all penalties
- b. Referees determine incidental contact that may result from normal run of play
- c. All penalties will be assessed from the line of scrimmage, except as noted (spot fouls)
- d. Only the head coach may ask the referee questions about the rule clarification and interpretations. Players cannot question judgment calls.
- e. Games cannot end on a defensive penalty, unless the offense declines it.

i. Spot fouls

1. Flag guarding - 5 yards and loss of Down
2. Illegal screen - 5 yards and loss of down

ii. Defensive fouls

1. Offsides – 5 yards, replay of down
2. Pass interference - spot foul, replay of down

iii. Offensive

1. Flag guarding - spot foul, loss of down
2. Illegal screen - spot foul, loss of down
3. Delay of game - 5 yard, replay down
4. Offsides - 5 yard, loss of down