

Colorado Police and Fire Games Football Rules

April 5, 2010

Start of the Game:

1. 1-2 Captains from each team will meet the Referee at mid field for the coin toss.
 - a. The team winning the coin toss will have the following options.
 - Defer to the second half
 - Offensive
 - Defense
 - Defend a Goal
 - b. The team losing the coin toss will have 1 choice from what ever options are left over to choose from.
 - a. **Periods will start by placing the ball on the 20 yard line for an 80 yard field.**

Periods:

1. 2- 20 minute half's with a running clock.
 - a. The clock will only stop for the following (**Time Outs, Penalties, and Emergencies**).
 - b. An Official on the field appointed by the Referee will run the clock on the field.
 - c. Each team will have 2 timeouts per half
 - d. There will be a 10 minute half time between each half. Half time may be adjusted to 5 minutes if the current game is going longer than scheduled.
 - e. The team with a 20 point lead by the 2 minute warning of 2nd half wins.
 - f. Team with a 35 point lead any time in the 2nd half wins.

Overtime:

1. 1-2 Captains from each team will meet the Referee at mid field for the coin toss.
 - a. The team winning the coin toss will have the following options.
 - Choose to be on Offense
 - Choose to be on Defense
 - Pick a Goal to Defend
 - b. The team losing the coin toss will have 1 choice from what ever options are left over to choose from.
 - c. Each team will be awarded 1 Time Out each Overtime. No Time Outs will carry over from the 2nd Half of Play or previous overtime.
 - d. Each team will start on the 20 yard line with 4 downs to score.
 - e. If neither team scores, the penetration rule is in affect, the team who gained the most yardages will win.

Field Size:

1. The Game
 - a. Field size 80 yards by 40 yards. The field is divided into four equal zones of 20 yards. Each zone is bounded by a zone line. A team will be given four downs to move the ball across the next zone line. When the zone line is crossed, a new series of four downs will again be awarded.
 - b. If the offensive team fails to advance the ball to the next zone in four downs they shall lose possession of the ball to their opponents at the spot where the ball is declared dead after four downs. One line may be passed only once during a series of plays to constitute a first down.

Punts:

1. All punts must be announced.

NEW RULE

1. Spot Pass: After receiving a punt, the receiving team has the option of throwing a pass or running the ball. The receiver cannot take more than three steps or he must run with the ball. If the pass is incomplete, the spot of the ball is marked from where the receiver caught the punted ball. If the pass is intercepted, the team who intercepted the ball will gain possession once again.

3. During the Punt, all players must start on the line of scrimmage minus the one receiver. During the entire play there is NO blocking.

Blocking

- A. Blocking is legally obstructing an opponent by contacting him with the blocker's body.
- B. In all instances a blocker must be on his feet during a block. If after the block, the blocker's body momentum causes him to fall or leave his feet the referee at his discretion may rule it incidental to the block and not illegal.
- C. The hands and arms must be kept below the shoulders of the opponent during the entire block.

Defensive Use of Hands

- A. Defensive players may use their hands to push or pull an opponent to the side in an attempt to get at the ball carrier, and may use their hands for protection in warding off an opponent.

Offensive Use of Hands

- A. The ball carrier shall not grasp a teammate or be grasped, pulled or lifted from the ground by a teammate.
- B. The offensive team shall be prohibited from obstructing an opponent with extended hands or arms. This includes "stiff-arm".
- C. There shall be no interlocking interference or blocking.

Running

1. Ball carriers are required to run to a "clear field". Should the ball carrier run into a defensive player who has clearly established position, a charging penalty maybe assessed. This is a judgment call by the official.
2. Ball carriers **are allowed to:**
 - a. Guide blocker.
 - b. Spin.
 - c. Extend his arm with the ball in hand while running to gain better field position.
3. Ball carriers **are not allowed to:**
 - a. Flag Guard.
 - b. Leave feet by **vertically** jumping, hurdling a defender not on the ground or diving to avoid a de-flag.
 - c. Dive to advance the ball in order to gain extra yards or avoid a defender.
 - d. Lower head or bend over in which either action gives the ball carrier a decisive advantage over a defender attempting a de-flag.
 - e. Charge.
4. If the ball carrier inadvertently touches the ball on the ground the play is considered dead.
5. If the ball carrier touches a knee on the ground the play is considered dead.
6. If the ball carrier does not have his jersey tucked in, there can be no holding called on the defense if the defender is making a legitimate attempt at the waist to de-flag the ball carrier.

Flags:

All exterior clothing will be tucked in and the flags will be on the outside of all clothing. Pants or shorts shall not have any pockets. If pockets are present they must be taped or they must be removed. Any clothing deemed to be obstructing the flag will result in a penalty for flag guarding.

1. Each team will provide and use own triple threat flags.
2. No player will be permitted to play with out a flag.
 - a. If a player participates without a flag it will be considered Illegal Participation which is a penalty.
3. All Triple Threat Flags will be placed on a player so they are behind the player not in front of the player.
4. If the Triple Threat Flags falls off the ball carrier, it will be one hand touch anywhere on the body to stop the play.
5. Preventing an opponent from grabbing a flag is flag guarding and will result in a penalty.
6. Any flag tied to a team member, who prevents the Defensive from removing the belt will result in an Unsportsmanlike penalty to include that player being disqualified from the game.

DEFLAGGING

1. A defender must not tackle or hold the ball carrier until the flag can be removed or place his arms around the ball carrier.
 - a. A defender cannot run through the ball carrier or use unnecessary roughness in removing or attempting to remove flags.
 - b. A defender must not block or push a ball carrier out of bounds to stop the runner's progress.
 - c. Deflagging by diving for the flags is allowed if the deflagger does not make excessive contact with the ball carrier.

4. A player may not deflag an opponent unless that opponent is in possession of the ball or faking as though in possession or has just released or lost possession of the ball.

SCORING:

1. Scoring will be in the following format.
 - a. Touchdown = 6 points
 - b. Try for point = 1 point if scored by (Run, pass, or kick from the 5 yard line).
 - c. Try for point = 2 points if scored by a (run or pass from the 10 yard line).

Other Rules:

1. The play becomes dead when a flag is pulled or the ball hits the ground.
 - a. The ball becomes dead at the spot of touching the ground for all snaps and fumbles. Passes are excluded as the pass is considered to be incomplete and will be brought back to the previous spot.
2. Offensive Team has 25 seconds from the ready for play whistle to get the ball into play.
 - b. The Referee will announce to offensive team 5 Seconds.
 - c. The Referee will indicate the last 5 seconds by waiving his arm above his head and moving his arm up and down. Failure to snap the ball within 5 seconds will result in a penalty for delay of game.
3. Failure of either team to return the ball to an official in an expedient manner will result in a penalty for delay of game and the **GAME CLOCK WILL BE STOPPED AND RE-STARTED ON THE SNAP.**
4. All scrimmage formations offense must have 4 players on the line of scrimmage.
5. Only (1) forward pass may be completed per down.
6. Unsportsmanlike Penalties can result in removal from the rest of the game.
7. Any penalty deemed by the Official as Un-necessary or Excessive to include Un-necessary Roughness, Extreme Foul Language, and any belligerent act may result in the player being ejected from the game.
8. **THE OFFICIAL SCORE AND TIME OUTS USED WILL BE KEPT ON THE FIELD BY AN OFFICIAL SELECTED THROUGH THE REFEREE.**
9. Spectators need to be back 10 yards from the sidelines for personnel safety.
10. **THE REMAINDER OF THE RULES WILL BE BASED UPON THE NATIONAL FOOTBALL HIGH SCHOOL ASSOCIATIONS RULES.**