



2019 Rules

FCA Mission: To present to athletes and coaches, and all whom they influence, the challenge and adventure of receiving Jesus Christ as Savior and Lord, serving Him in their relationships and in the fellowship of the church.

League Mission: Help build young boys and girls into godly young men and women through the love of the game of football!

Focus: Love Christ. Love the Kids. Love the Game.

Format:

- ◆ 8 on 8 depending on numbers of players.
- ◆ 50 yard field.
- ◆ 30 minute running clock.
- ◆ 1 timeout per team; allows one final play even if time expires.
- ◆ 1 minute huddle enforced after game 2.
- ◆ 1st & 2nd Grade – Coaches are the referees and make all calls.
- ◆ 3rd-6th Grade – Coaches can assist referees in making calls.
- ◆ Coaches on field: limit of 4
- ◆ Use play cards.
- ◆ 6 plays in playbook/1 new play per game.
- ◆ One basic formation only (see diagram in coach handout).

Rules:

- ◆ Fumbles cannot be advanced.
 - Mishandled QB snap exchange or kickoff/punt is not considered a fumble.
- ◆ No bumping receiver coming off line of scrimmage.
- ◆ Defenders cannot cross line of scrimmage until ball is exchanged (except designated rusher).
- ◆ First down at 30-yard line.
- ◆ Center ineligible. Snap from ground/side straddle or through legs.
- ◆ Minimum of one pass for every four downs, *can* pass all four.
 - 1st & 2nd: 3x1
 - 3rd & 4th: 2x2 (maximum 2 runs per 4 downs)
 - 5th & 6th: 1x3 (maximum 1 run per 4 downs)
- ◆ Dump pass inside TE is considered a run.
- ◆ 10 yard set back for pass rusher/sitting facing opposite direction/coaches signal.
- ◆ One rusher only.
- ◆ Cannot advance the ball two consecutive plays by the same player, receiving or running.
- ◆ No motion.
- ◆ No stiff arms or swatting defender reach.

- ◆ 2-3 quarterbacks per game suggested (or at least one per half) with different rotation each week.
- ◆ Defense can play zone or use rover.
- ◆ Must have 3 men on the line at all times. Anywhere on the line. Covering receivers or TE.
- ◆ No huddle offense is allowed but no hurry up offense without defense being set.
- ◆ Blocking – Push on, not through. Open hands, extended arms.
- ◆ No pushing out of bounds
- ◆ No tackling or wrap-ups.
- ◆ 1 flag off to be down/ball marked where flag comes off.
- ◆ Flags must cross goal line for touchdown
- ◆ No 3-point stance.
- ◆ If flag is off = automatic down. Judgment call where touched.
- ◆ Runner is down when knee touches ground.
- ◆ Direct snap to RB is considered an exchange and defenders can rush.
- ◆ Inside 5 yd line rule. QB cannot run. TE box to be marked. If QB runs (replay down from LOS)
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- ◆ OVERTIME:
 - 4 plays from midfield for each team, FG is an option. 2 Overtime limit.
- ◆ Kicking:
 - Kick off from 30-yard line (midfield).
 - Touchback start at 10-yard line OR at “X”. Do not start at “X” if downed behind it.
 - Out of bounds where ball went out/coffin corner kick on kickoff/punt.
 - Kickoff from X mark if ahead by two touchdowns or more.
 - Will kick extra points between marks and over line. Ball must go over the heads .
 - Punting: announce you are punting/free kick/snap throw from center
 - No onside kicking. Un-recovered kick is a dead ball.
 - You can kick a field goal on any down from any place on the field.
 - Fair catch cushion on punt and kick returns.

Penalties

- ◆ **Off sides:** illegal motion, *5 yard penalty*
- ◆ **Illegal Use of Hands:** holding, tackling, interference, pushing = *5 yard penalty*
- ◆ **Unsportsmanlike Conduct:** *10 yard penalty* and *loss of down*. Warning will be issued, ejection from game for second offense
- ◆ **Runner Blocking Defender from Flags:** 1 warning, then *5 yard penalty*
- ◆ **Delay of Game:** huddle longer than 1 minute. 1 warning, then *loss of down*
- ◆ **Illegal Advancement:** single player advances the ball on two consecutive plays. *Loss of down*.
- ◆ **Interference in end zone:**
 - Intentional – *automatic touchdown*.
 - Unintentional – *3 yard line* and *replay down*.

Player Safety

- ◆ Rubber or plastic cleats and mouth guard required for all players.
- ◆ **Student Permission Waivers:** Each player must have a completed waiver on file in order to participate. It is your responsibility to collect these from your players at your first practice and keep them with you at every practice or game in case of emergency. Please be sure to read these over so you’re aware of any health concerns.

Practices

You are allowed three to four team practices before the first game. After that, one practice per week during the season is allowed.