

Spokane Youth Sports Association

Passing League Rules (Middle School-High School)

EXCEPT AS CHANGED OR MODIFIED BELOW, WASHINGTON STATE HIGH SCHOOL RULES WILL APPLY.

I. Game, Player, Field and Equipment:

- A. The game will consist of four 10-minute quarters, running except for one time out per team each half. If necessary, referees may stop the clock to allow a mass substitution or time to explain a penalty to the player. Games must be completed in 55 minutes:

Playing Time	40 Minutes
Half Time	4 Minutes
Quarter Time (2 minutes)	4 Minutes
Times Out (1 minute)	<u>4 Minutes</u>
	52 Minutes Total

- B. A maximum of 10 players shall be placed on team rosters – five players will constitute a team.
- C. The field shall be 40 yards long and 22 yards wide. The field shall be divided into 2 – 20 yard zones. When the ball is first downed in a zone, the team in possession has four downs to move to the next zone or score.
- D. Every player must wear an SYSA issued flag belt. Jerseys must be tucked in.
- E. Tennis shoes or Indoor Soccer shoes are permitted. No cleats.
- F. **EVERY PLAYER MUST PLAY AT LEAST HALF OF THE GAME!!!**
- H. Each player shall play equally on offense as on defense in each game.
- I. Every player must wear a mouthpiece at all times – NO EXCEPTIONS!

II. Substitutions and Time Outs:

- A. Each team has one time out per half.
- B. You may substitute freely. However, mass substitution should only be done at the end of each quarter or during a time out.

III. Kickoff and Scoring:

- A. There will be no extra point after touchdowns.
- B. There will be no kick offs. Ball will be placed on the five yard line.

IV. Guidelines:

- A. Once a team roster has been set, a new player may not be added without approval from the Football Coordinator.

V. Special Rules and Definitions:

- A. When the flag is lost, it will be one hand touch at the referee's discretion. (Keep your flags on) If you catch a pass with out a flag, it will also be one hand touch. 15-yard penalty for deliberately pulling a flag if the player you pull it from does not have the ball. (unsportsmanlike conduct)
- B. Hiking the ball with an offensive member not having flags on is a 5 yard penalty AND Loss of Down.
- C. No blocking downfield.
- D. No stiff-arm by the ball carrier – 10 yard penalty.
- E. The ball carrier may not run through a defensive player, (he may not charge) and he must attempt to evade the defensive player. The defense must "play the flag rather than the man." The defense can't run the carrier over to get the flag. A 10-yard penalty will be given for lowering the head and hitting the opposition.
- F. All fumbles are dead when the ball hits the ground. Interceptions may be returned.
- G. Tie games are tie games! No overtime period will be played.
- H. The offensive ball carrier may not interfere with the defensive player's attempt to grab the flag (fanning). The offensive ball carrier may not attempt to evade the defensive player by spinning down where occurred.

VI. Formations:

- A. The offense will consist a quarterback and four skill players.
- B. The quarterback must take a snap from the tee to commence the play. The quarterback will have 4 seconds to throw. After 4 seconds, the quarterback is "sacked" and the play is dead.
- C. The defense will not have any down linemen to rush the quarterback. The quarterback may not rush pass the line of scrimmage.
- D. All players are eligible to receive a pass.

VII. Penalties:

Offensive: False Start – 5 yards
Fanning & Spinning – down where occurred
Offensive Pass Interference – 10 yards and loss of down

Defense: Off Sides – 5 yards
Holding – 10 yards
Pass interference – 1st down at point of infraction
Tackling – 10 yards
Fighting – automatic expulsion from game
Off –setting penalties – down played over

****Jumping over the boards to enter or exit the field of play will result in one warning. A second offense will warrant an unsportsmanlike conduct penalty. Please use the door to enter or exit the field of play****