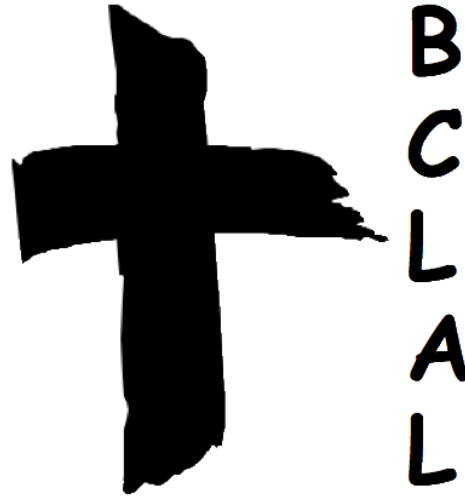


BLACK CANYON LUTHERAN ATHLETIC LEAGUE



2016-17 HANDBOOK

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Note: We play by Arizona Interscholastic Association (AIA) Rules with the exception of the following special rules specific to our League listed on the following pages.

I. PURPOSE, PHILOSOPHY, AND CODE OF CONDUCT

Purpose

God has given numerous blessings to our Lutheran schools; one of them is its sports program. As with all facets of our school, our sports program has and will continue to be a way for our students to give glory to our Lord God Almighty. Our children, parents, and coaches reflect the love for their Savior in their spirit of Christian competition and the Christ-centered attitudes they bring to each practice and game. We give thanks to God for the gifts and abilities that will be on display through our sports program.

Philosophy

At the grade school level, sports are intended to:

1. give opportunities to use the gifts and abilities the Lord has given to glorify his holy name.
2. enjoy the exhilaration of athletic competition.
3. teach skills to play the game and opportunity to practice those skills.
4. learn teamwork and sportsmanship.
5. learn how to win and lose graciously as a team.
6. teach that exercise is a life-long process.
7. give participants enjoyment.

Code of Conduct

1. All athletes, coaches, parents & fans will strive to honor God above all else in everything we do & say.
2. We will place the emphasis on building relationships above competition at all of our sporting events.
3. We will provide a safe and fair environment for our athletes to compete using their God-given gifts and abilities to glorify His name.
4. We will stress the importance of Christian competition and Christ-like sportsmanship in all of our sports programs and events, including being sensitive to lopsided matchups/scores.

Expectations of Players

1. Attitude – Show a positive attitude toward their teammates, coaches, opposing team and the referees.
2. Conduct – Exhibit Christian conduct on and off the playing court or field and while on neighboring schools' campuses.
3. Respect – Demonstrate Christian love and respect for all players, referees/officials, coaches and fans.
4. Sportsmanship – Demonstrate good sportsmanship – win or lose. Recognize the level of competition each team is at. If it is obvious your team has out-matched another team, don't turn a defeat into a humiliation.

Expectations of Coaches

1. Have a spiritual, Christian focus toward the individual player and the team as a whole.
2. Teach each player the value of hard work and teamwork.
3. Teach and reinforce fundamentals to prepare players for the next level they will play at.
4. Encourage players with positive speech; never belittling them with words or actions.
5. Set a good example for players with words and actions on and off the court.
6. Teach players to win and lose with class.
7. Strive to make the sport an enjoyable experience.

II. LEAGUE MEMBERSHIP

Joining the League

1. A school desiring to become a member of the BCLAL will mail a letter, send an email or call the league chairman requesting to become a member of the league.
2. The school will send a representative to a league meeting to formally request permission to join the league.
3. The school must be willing to abide by all the league rules laid out in the league handbook.
4. The request will be discussed by all league members and voted upon at the league meeting.

League Privileges

1. Participation in all sports seasons, tournaments and meets.
2. Each league school is given one vote on all motions made at league meetings.

League Responsibilities

1. To help pay necessary yearly expenses, league members are asked to pay annual league dues to the league treasurer in a timely fashion. (See Section IV).
2. For the benefit of all schools involved, participating schools are asked to make every effort to participate in all A-team seasons, tournaments and meets.
3. If, after making every effort to participate, a school is not able to provide an A-team for a season, tournament or meet, they should notify the league chairman several weeks before the season begins or the tournament or meet are held to give ample time to change schedules or tournament brackets.

Probation and Removal

1. A school that continually has sportsmanship problems with their players', coaches' or fans' conduct or language may be placed on probation for the following year.
2. The status of the school on probation will be discussed at a league meeting, and a league vote will yield one of the following results:*

 - a. Probationary status will be lifted
 - b. The school will be removed from the league.

**The league chairman must give the school written notification regarding the specific violations and actions to be taken as decided upon by the league.*

III. GENERAL SPORTS RULES

1. Generally, B-team games will be played on Mondays/Wednesdays, and A-team games on Tue. / Thurs.
2. If deemed necessary by schools to field a team, Girls may play on Boys' teams; but not vice-versa.
3. The Home Team is responsible for supplying the officials.
4. **BCLAL Sports Rules Tri-Fold** is to be printed by each school for their coaches and referees to have a quick reference available if there are questions about the rules of the game. (Exception: Not FB or track)
5. Students must be enrolled full-time in the league school and be part of the team to participate.
6. Home-schooled students are not eligible to participate in league events.
7. Tie-breakers for League Championships / Traveling Trophies:
 - a. If 2 teams: Head-to-head play
 - b. If more than 2 teams: A play-off must be held with random draw to determine the match-ups.
 - i. 1st draw is Home Team in Game 1.
 - ii. 2nd draw is Visitor in Game 1.
 - iii. 3rd draw is Home Team vs. Winner of Game 1 for the Championship.

IV. LEAGUE FEES

Member Schools should pay the full school year fees to the League Treasurer **by September 1 every year**. The current league fee for the year is **\$225**. Individual Tourney costs per team are:
Softball - \$25 / Flag Football - \$25 / Soccer - \$25 / Volleyball - \$25 / Basketball - \$45/team / Track - \$40.

V. SOFTBALL

1. Game Times: All games begin at 4:00 p.m.
2. Game Length: Six innings *OR* no new innings started after 50 minutes from the 1st pitch.
3. Equipment:
 - a. Girls use an 11-inch ball.
 - b. Players may wear cleats only if they are the rubber or plastic types.
 - c. Any type of bat is acceptable.
4. Umpires: Coaches may be needed to umpire and coach at the same time during the regular season. However, **at the League Tournament, teams should provide umpires other than coaches.**
5. Team Size:
 - a. Teams should try to have at least 10 players, but will not be penalized for having fewer than this during regular season games. However, at the League Tournament, if a team has less than 10, the players missing from the batting line-up will be automatically out when their turn comes up to bat. (Example – A team with only 9 players will always record an out when the 10th batter was supposed to hit.)
 - b. There must be 4 players in the outfield if a team has 10 players on the field. The League does not want a team to “stack” the infield.
6. At the League Tournament, a coin flip will determine the Home Team.
7. Pitching:
 - a. The pitching distance is a 37 foot minimum with a 6 foot diameter/3ft radius painted circle on the field. Pitcher must pitch from inside the circle.
 - b. The arc of the pitch will be **5-12 feet** as measured from the ground.
8. If the ball hits home plate (**regardless if it bounces forwards or backwards**) or the mat behind the plate, the pitch will be called a strike.
9. Ball and Strike Count:
 - a. Both A & B teams will play the usual 4 balls and 3 strikes in the count.
 - b. For all teams, a foul on the third strike will be called an out.
 - c. There are to be no intentional walks (catcher must stay behind the plate).
10. A player must remain in the Batter’s Box when contacting the ball.
11. Distance between the bases is 60 feet. There will be no leading off. The runner’s foot must be on base when the ball is hit.
12. Sliding: It is not against the rules to slide into first base; however, **no head-first sliding.**
13. Run Rules:
 - a. B teams will play with a “7 runs per inning” rule for the team at bat.
 - b. A-teams have no limit on the number of runs scored, unless both teams’ coaches discuss and agree to set limits prior to the start of the game.

VI. VOLLEYBALL

1. **Game Times:** B-Team games begin at 3:30 PM. A-Team games follow at 4:30 PM.
2. **Net Height** in the middle should be 7 feet, 4 inches.
3. **Choosing of sides/serving and coin toss** (per AIA Rules):
 - a. The home team chooses their side for the 1st game.
 - b. The visiting captain calls the toss, and the winner chooses whether to serve or receive.
 - c. If necessary, prior to the 3rd and deciding game of a match, the home captain calls the toss and the winner chooses serve/receive **OR** side.
4. **For B-Teams** –
 - a. Ball used for games will be a Volley-Lites.
 - b. **SERVE:** B-team players will serve behind the service line. Any B-team player requiring an “exception” must be told to the referee AND opposing coach BEFORE the game. The “exception” serve will allow a player to begin on the service line and then take ONE step into the court as they serve – with their back foot still touching the service line as they strike the ball.
*Further “exceptions” can be made with the coach and referee (in agreement) BEFORE the game.
*All overhand serves must be from behind the service line.
 - c. The referee has discretion to instruct any "exception" player to serve behind the service line if they are consistently serving well over the net with an "exception" serve." Referee will inform coach about moving an "exception" player back to normal serving distance.
5. **No Libero allowed.**
6. All A team serves MUST be from behind the service line.
7. **Rotations and Substitutions (use same rules for A & B teams):**
 - a. The receiving team must rotate before serving for the first time in a game.
 - b. A substitution must be made known to the official and the opposing coach in advance.
 - c. The position of the sub. must be that of the player replaced w changing the serving order.
 - c. A re-entering player must assume the original position in the serving order.
 - d. **Rotation violation is a point and loss of serve.**
8. A team wins the match upon winning 2 out of 3 games using rally scoring. A non-deciding 3rd game may be played if time permits and both coaches agree to it.
9. Any celebratory cheer will be kept positive for your team. “Ace” cheers will not be allowed since they are directed at the opposing team. “Ball Up” does not need to be said when opposing player is serving.

VII. SOCCER

1. **Game Times:** All games begin at 4:00 p.m.
2. **Game length:** Two 25-minute halves, **no timeouts, no overtimes, no shoot-outs.**
3. **Equipment:** Size number 5 soccer ball.
 - a. Each player must be equipped with shin guards.
 - b. Players may wear cleats only if they are the rubber or plastic type.
 - c. Each school decides if they'd like their players to wear soccer socks.
4. No slide tackles.
5. Each school has the choice if they'd like girls to play or not play on their soccer team.
6. **Tourney Rules:** a). Scheduled every 75 minutes, b). 25 min. halves, c). 5 min. sudden-death OT, d) Then shoot-out if necessary.
7. **Tournament seeding** will be on win-lose-tie record. If there is a tie, the first tie breaker will be head-to-head record and the second will be goals scored against.

VIII. BASKETBALL

1. **Game Times:** Games are played at 3:30 and 4:30 p.m., and will alternate each year.
 - a. Boys' play first in odd years (Jan. & Feb. - 2017, 2019, etc.)
 - b. Girls' play first in even years (Jan & Feb. - 2018, 2020, etc.)
2. **Length of Games:** For both A and B Team games there will be four 6-minute quarters and the clock will stop on every whistle. Overtime will be 3 minutes.
3. **Basketball Size:**
 - a. Boys A-teams will use 29.5-inch ball.
 - b. **Boys B-teams and all Girls teams will use 28.5-inch ball.**
4. **Referees:**
 - a. A team games require 2 referees (qualified persons).
 - b. B team games should have 2, but could get by with 1 if absolutely necessary.
 - c. The home team coach should remind referees of Rule #5 regarding pressing before the game.
5. **Pressing:**
 - a. A-teams – May apply a full court press until they have a lead of 15 points or more, then they are not allowed to press.
 - b. B-teams – No team is allowed to press until there are 2 minutes left **in the GAME**. However, if a team has a lead of 10 points or more, they are not allowed to press during the last 2 minutes of the game.
6. **Bonus & Double Bonus:**
 - a. On the 7th foul committed during a half, the opposing team will be in the “bonus”, shooting one-and-one shots.
 - b. On the 10th foul committed during the half, the opposing team will be in the “double bonus,” shooting two shots.
 - c. A player receiving their 5th foul **MUST** leave the game. If this results in less than 5 players on the court, the opposing team can decide if they wish to play with less players
7. **3-Point Shots:**
 - a. The distance of the 3-point line will be 19 ft. 9 in. for A-team games.
 - b. There are no 3-point shots for B-Team games.
8. **Free-Throws:**
 - a. **B-team players** will have the option to shoot from a 12' free-throw line indicated by a painted line or piece of tape 3 feet closer to the basket than the normal 15 FT line.
 - b. **Normal free throw rules apply for both FT lines.** If the shooter steps over the line/tape before the ball hits the rim, a line violation will be called. A rebounder can step into the lane on the “release” of the ball.
 - c. Free-throw rebounders should have arms raised straight up or at their sides, NOT stretched out across the opposing player.
9. **League Tournament (The John Henderson Memorial):**
 - a. The tournament will be a 2 day tournament running on Friday & Saturday.

XI. TRACK

1. Athletes will compete in grade level divisions that include Gr. 3-4 / Gr. 5-6 / Gr. 7-8.
2. Each athlete is allowed to participant in up to 3 events, plus a distance run and/or relay.
3. An athlete may move up to a higher grade level division to get 3 events if there is an open spot on the team; however, an athlete can never move down to a lower grade division. An athlete may also compete the whole meet in a higher grade level division.

4. Each school is allowed 5 participants in each event, per gender, per grade division. Schools can have an unlimited number of participants in **long distance races, long jump, and softball throw**. Teams must designate which 5 participants count for points when registering.
- 4a. Exception: If there are less than 6 students in a grade level division (e.g. you have a total of 5 boys in 5th&6th grade in your school), those athletes may participate in more than 3 events. This will allow smaller schools to be more competitive.
5. Boys and girls in grade levels 5 & 6 and 7 & 8 may participate in both softball throw and shot put as long as they do not exceed the 3 event limit.
6. Footwear: No cleats of any kind can be used. Participants are not allowed to run barefooted or in stocking feet.
7. No “add-ins” the day of the track meet, only scratches will be allowed. Changes to a track roster **MUST** be received by 6 PM the Thursday before the meet.

Individual Track Event Rules:

- **Long Jump:**
 - a. Each athlete is allowed 3 jumps, with no practice jumps.
 - b. An athlete’s distance will be based on their mark that is closest to the jumping line.
 - c. Crossing the jumping line is a scratch and is considered an attempt.
- **High Jump:**
 - a. An athlete will get 3 attempts at each height.
 - b. An athlete is not allowed to jump off two feet. A successful jump **MUST be off one foot**. This infraction is considered an attempt.
 - c. If an athlete gets off the pit before the pole falls off the standards, it is considered a successful jump.
 - d. Three passes without a jump at a given height results in one failed attempt.
 - e. In the case of a tie, the athlete with the fewest overall attempts will receive the higher place.
- **Shot Put:**
 - a. Shot put is only for boys and girls in grade levels 5 & 6 and 7 & 8.
 - b. Girls will use a 6 lb shot and boys will use an 8 lb shot.
 - c. An athlete will get 3 throws.
 - d. The shot must be thrown from inside the throwing circle or behind a line. An athlete cannot leave the circle and/or cross the line until the shot hits the ground. This infraction is considered a scratch and counts as a throw.
- **Softball Throw:**
 - a. This event is open to all grade levels both boys and girls.
 - b. Girls will use the 11 in. softball and boys will use the 12 in. softball.
 - c. An athlete will get 3 throws.
 - d. **Athletes can get a running start**, but cannot cross the line until the ball hits the ground. Crossing the line is considered a scratch and counts as a throw.
- **Dashes:**
 - a. Only the 60 & 100 meter dashes will have a final. Finals participants will be determined by the fastest times from all the heats.
 - b. Places for the 200 & 400 runs will be determined by the fastest times from all the heats, there are no finals.
- **Distance Runs:**
 - a. Distance runs are open events, which mean each school is allowed as many participants as it wants.

- b. If any distance race needs to be run in heats, places will be determined by the fastest times from all the heats.
- c. Long distances are 800 M (3rd & 4th), 1200 M (5th & 6th), and 1600 M (7th & 8th).
- d. Athletes may not participate in more than one long distance run.
- **Relay:**
 - a. Schools will form 1 boys and 1 girls relay team to represent their school. These 2 relay teams can be made up of athletes from any grade level.
 - b. Places will be determined by the fastest times from all the heats. There are no finals.

X. FLAG FOOTBALL

I. Game

1. 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.
2. 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.
3. The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown.
4. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
5. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
6. All possession changes, except interceptions, start on the offense's 5-yard line.
7. Teams change sides after the first half. Possession changes to the loser of the coin toss.

II. Terminology

- **Boundary lines** – the outer perimeter lines around the field. They include the sidelines, and the rear end zone lines.
- **Line Of Scrimmage** – an imaginary line running through the point of the football and across the width of the field.
- **Line-To-Gain** – the line the offense must pass to get a first down or score.
- **Rush Line** – an imaginary line running across the width of the field 7 yards (into the defensive side) from the Line of Scrimmage.
- **Offense** – the squad with possession of the ball.
- **Defense** – the squad opposing the offense to prevent them from advancing the ball.
- **Passer** – the offensive player that throws the ball and may or may not be the QB.
- **Rusher** – the defensive player assigned to rush the Quarterback to prevent him/her from passing by pulling his/her flags or blocking the pass.
- **Downs (1-2-3-4)** – the offensive squad has four attempts or “Downs” to advance the ball. They must cross the Line to Gain to get another set of downs or to score.
- **Live Ball** – the period of time that the play is in action. Generally used in regards to penalties, Live Ball Penalties are considered part of the play and must be enforced before the down is considered complete.

- **Dead Ball** – the period of time immediately before or after a play.
- **Whistle** – the sound made by an official using a whistle that signifies the end of the play or a stop in the action for timeout, half time, or the end of the game.
- **Inadvertent whistle** – an official's whistle that is performed in error.
- **Charging** – the movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, chest or forearm.
- **Flag Guarding** – an 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 flags with a hand or arm.
- **Shovel Pass** – a legal pass attempted behind the line of scrimmage by throwing the ball underhand or pushing it towards a receiver in a shot put type manner.
- **Lateral** – a backwards or sideways toss of the ball by the ball carrier.
- **Unsportsmanlike Conduct** – rude, confrontational or offensive behavior or language.

III. Referees

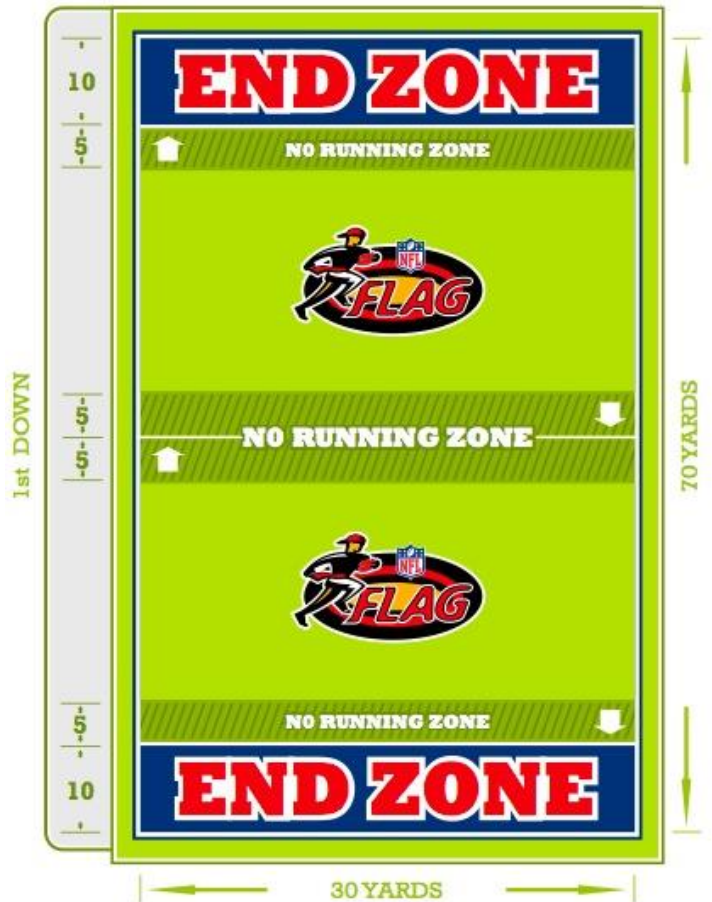
1. Home team provides two refs.
2. If home team has difficulty finding two refs, the AD should call the away school to see if they can bring a ref to the game. As a last resort the game can be called by one ref.

IV. Equipment

1. Each school provides each player with flag belts that are of a different color than shorts. The flags must be a three-flag belt type, where the entire belt comes off when a flag is pulled. **A & B teams may use any football size.** The offensive team may use their school's football.
2. Players must wear shoes. Cleats are allowed, however cleats with exposed metal are not allowed and must be removed. Rubber cleats are the only type of cleats allowed.
3. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed.
4. Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.
5. Players' jerseys must be tucked into the pants if they hang below the belt line.
6. Pants or shorts with belt loops or pockets must be taped.
7. All players must have a mouth guard.

V. Field

1. The recommended field size is 30 yards by 70 yards with two 10-yard end zones and a midfield line-to-gain. No-Running Zones precede each line-to-gain by 5 yards. However, some league organizers prefer to use smaller fields to run more games per football/soccer field.
2. No-Run Zones are in place to prevent teams from conducting power run plays. While in the No-Run Zones (a 5 yard imaginary zone before midfield and before the end zone), teams may not run the ball in any fashion. All plays, including those that begin with a handoff, must be pass plays.
3. Stepping on the boundary line is considered out of bounds.
4. Each offensive squad approaches only TWO No-Run Zones in each drive (one zone 5 yards from midfield to gain the first down, one zone 5 yards from the goal line to score a TD). The 5 yards no-run zone only applies on the back side of the first down, even if a team were to lose yards after they have gained a first down.



VI. Rosters

1. Only 5 players on each team are allowed on the field at a time. In the case of injury, sickness, or academic eligibility, a team may play with 4 players.

VII. Timing and Overtime

1. Each half is 20 minutes with a running clock, except for time-outs. The clock will stop on dead balls for the last two-minutes at the end of the game, unless the difference in score is 20 or more points.
2. Teams change sides at the half. Half time will be 5 minutes long. Possession and direction changes hands at new half.
3. 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 is enforced.
4. Each team has two 40 second time-outs each half.
5. Officials can stop the clock at their discretion.
6. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.
7. If score is tied at the end of regulation, we will use college football rules to break the tie.
 - a. Each team gets two downs to score from the 2-point conversion line.

- b. First PAT the school may go for 1 or 2 points, the second PAT the school must attempt a 2 point conversion.
- c. In the regular season, after the second OT the game will be called a tie.

VIII. Scoring

1. Touchdown: 6 points
2. PAT (Point After Touchdown) 1 point (5-yard line) or 2 points (10-yard line). Note: 1 point PAT is pass only, 2 point PAT can be run or pass.
3. Safety: 2 points
 - a. A Safety occurs when the ball carrier is declared down in his/her own end zone. They can be called down when their flags are pulled by a defensive player, their flag falls out, they step out of bounds or they hit the ground with their knee or arm. A Safety also occurs when there is an offensive penalty in the end zone.
4. A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5-yard line) or a 2-pt. conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged time out. Decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.
5. Mercy Rule: When a team is up by 20 points. Two things go into effect:
 - a. The leading team cannot return an interception. The ball will be spotted at the spot of the interception.
 - b. The clock will continue to run through the 2-minute warning.

IX. Coaches

1. 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 time.
2. Coaches will be allowed on the field at the B level. At the A level, coaches are only allowed on the field during time-outs and half-time.
3. Coaches are expected to adhere to the league's philosophies, coaching guidelines and codes of conduct.
4. Only three coaches per team are allowed on the sidelines.

X. Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regards to the neutral zone, the official may give both teams a "courtesy" neutral zone notification to allow their players to move back beyond the line.
3. A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.
4. The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out signals to start the play.
5. Substitutions may be made on any dead ball.

6. Any official can whistle the play dead.
7. Play is ruled “dead” when:
 - a. The ball hits the ground.
 - b. The ball carrier’s flag is pulled.
 - c. The ball carrier steps out of bounds.
 - d. A touchdown, PAT or safety is scored.
 - e. The ball carrier’s knee or arm hits the ground.
 - f. The ball carrier’s flag falls out. The player is eligible, but down where the ball is caught.
 - g. The 7 second pass clock expires.
 - h. An inadvertent whistle is performed (at the spot where the ball was whistled dead).
8. In the case of an inadvertent whistle, the offense has two options:
 - a. Take the ball where the whistle blew.
 - b. Replay the down from the original line of scrimmage.

Note: There are no fumbles. The ball is spotted where the ball hits the ground.
9. A team is allowed to use a time out to question an official’s rule interpretation. If the rule is interpreted incorrectly, the time-out will not be charged, and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call. If the ruling is correct the team will be charged a time out.

XI. Running

1. 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.
2. The quarterback cannot directly run with the ball **(even if defense rushes)**.
3. Offense may use multiple handoffs.
4. Laterals, Pitches and direct handoffs are only allowed behind the line of scrimmage. **Hitch & lateral (hook & ladder) play is illegal past LOS.** If the ball hits the ground it is dead ball at the spot.
5. “No-Run Zones,” located 5 yards before each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations. Teams are not allowed to run in these zones IF the subsequent line is LIVE. (Reminder: Each offensive squad approaches only TWO No Run Zones in each drive - one 5 yards from midfield to gain the first down, and one 5 yards from the goal line to score a TD).
6. The player who takes the handoff can throw the ball from behind the line of scrimmage.
7. Once the ball has been handed off in front or behind the quarterback, all defensive players are eligible to rush.
8. Runners may not leave their feet to advance the ball. Diving, leaping or jumping is considered flag guarding. Defensive players may dive for a flag, but offensive players cannot dive.
9. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
10. 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.
11. No blocking or “screening” is allowed at any time.
12. Offensive players must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier. No blocking or running alongside the ball carrier down field. Once the ball

crosses the line of scrimmage the remaining offensive players must make an effort to stop and/or move out of the way.

13. 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.

XII. Passing

1. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
2. Shovel passes are allowed, but must be received beyond the line of scrimmage.
3. The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule no longer is in effect.
 - a. If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS). No safety penalty is incurred.

XIII. Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line).
2. 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.
3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.
6. Interceptions are returnable, unless the 20 point mercy rule is in effect. Interceptions are not returnable on conversions after touchdowns.

XIV. Rushing the Passer

1. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. **Any number of players can rush the quarterback.** Players not rushing the quarterback may defend on the line of scrimmage.
2. Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
3. A special marker, or the referee, will designate a Rush Line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
 - a. A legal rush is:
 - i. Any rush from a point 7 yards from the defensive line of scrimmage.
 - ii. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
 - iii. If a rusher leaves the rush line early, they may return to the rush line, reset and then legally rush the quarterback.

- iv. If a rusher leaves the rush line early and the ball is handed off before they cross the line of scrimmage, they may legally rush the quarterback.
- b. A penalty may be called if:
 - i. The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass – Illegal Rush (5 yards LOS and first down).
 - ii. Any defensive player crosses the line of scrimmage before the ball is snapped – Offsides (5 yards LOS and first down).
 - iii. Any defensive player, not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed – Illegal Rush (5 yards LOS and first down).
- c. Special circumstances:
 - i. Teams are not required to rush the quarterback, seven second clock in effect.
 - ii. Teams are not required to identify their rusher before the play.
 - iii. If rusher leaves the 7-yard line before the snap, he/she may immediately drop back to act as a defender with no offside penalty enforced.
- 4. Players rushing the Quarterback may attempt to block a pass. However, NO contact can be made with the quarterback in any way.
- 5. Offense cannot impede the rusher in any way. The rusher has a CLEAR PATH to the QB and any interference that would impede his/her path to the QB will be considered screening. The defense may attempt to block a pass provided they do not strike the passer.
- 6. Blocking the pass and then striking the passer will result in a 10-yard penalty.
- 7. A Sack occurs if the QB's flags are pulled behind the line of scrimmage. The ball is placed where the QB's feet are when the flag is pulled.
 - a. A Safety is awarded if the sack takes place in the offensive team's end zone.

XV. Flag Pulling

- 1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
- 2. Defenders can dive to pull flags, but cannot tackle, hold or run through ball carrier when pulling flags.
- 3. It is illegal to attempt to strip or pull the ball or pull from the ball carrier's possession at any time.
- 4. 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.
- 5. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- 6. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping of head, hand, arm or shoulder, or intentionally covering flags with the football or jersey.

XVI. Formations

- 1. An offensive team must have a minimum of one player on the line of scrimmage (the Center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - a. One player at a time may go in motion 1-yard beyond and parallel to the line of scrimmage.
 - b. No motion is allowed towards the line of scrimmage.

2. Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the one player in motion.
3. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
4. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands. (**A-team – between legs**, B-team – between legs or sideways)

XVII. Unsportsmanlike Conduct

1. If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals! FOUL PLAY WILL NOT BE TOLERATED.
2. Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
3. Players may not physically or verbally abuse any opponent or official.
4. Ball carriers MUST make an effort to avoid defenders with an established position.
5. Defenders are not allowed to run through the ball carrier when pulling flags.
6. Fans must also adhere to good sportsmanship:
 - a. Yell to cheer on your players, not to harass officials or other teams.
 - b. Keep comments clean and profanity free.
 - c. Compliment ALL players, not just one child or team.
7. Fans are required to keep fields safe and kids friendly:
 - a. Keep younger kids and equipment such as coolers, chairs and tents away from the sidelines.

XVIII. Penalties

i. General:

1. The referee will call all penalties.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted (spot fouls).
4. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
5. Games cannot end on a defensive penalty, unless the offense declines it.
6. Penalties are assessed Live Ball then Dead Ball. Live Ball penalties must be assessed before play is considered completed.
7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

ii. 5 Yard Penalties

- Illegal Equipment
- Offside
- Illegal motion (more than one person moving, false start, etc.)
- Illegal forward pass (pass received behind line of scrimmage or throwing a pass beyond the line of scrimmage)
- Offensive pass interference (illegal pick play, pushing off/away defender)
- Screening, Blocking or Running with the ball carrier
- Delay of game
- Defense Illegal contact (holding, blocking, etc.)
- Defense Illegal flag pull (before receiver has ball)
- Defense Illegal rushing (starting rush from inside 7-yard marker)

iii. 10 Yard Penalties

- Roughing the passer
- Taunting
- Unsportsmanlike conduct
 - After scoring and touchdown is good, offense receives a 10 yard penalty from the yard line of PAT attempt after touchdown (one warning to the player and team before ejection)

iv. Spot Fouls

- Flag guarding 10 yards & loss of down
- Charging 10 yards & loss of down
- Defensive Pass Interference first down
- Stripping 10 yards & first down
- Offensive Unnecessary Roughness 10 yards & loss of down
- Screening, Blocking or Running with the ball carrier 5 yards & loss of down
- Defensive Unnecessary Roughness 10 yards & first down

v. Defense

- Offside 5 yards from the LOS & automatic first down
- Illegal contact (Holding, blocking, etc.) 5 yards from the LOS & automatic first down
- Illegal flag pull (Before receiver has ball) 5 yards from the LOS & automatic first down
- Illegal rushing (Inside 7-yard marker) 5 yards from the LOS & automatic first down
- Roughing the passer 10 yards from the LOS & first down
- Taunting 10 yards from the LOS & first down
- Unnecessary Roughness Spot foul, 10 yards & first down
- Stripping Spot foul, 10 yards & first down
- Defensive Pass Interference Spot foul & first down

vi. Offense

- Illegal motion..... 5 yards from the LOS & loss of down
 - (More than one person moving, false start, etc.)
- Illegal forward pass..... 5 yards from the LOS & loss of down
 - (Pass received behind line of scrimmage or throwing a pass beyond the line of scrimmage)
- Offensive pass interference..... 5 yards from the LOS & loss of down
 - (Illegal pick play, pushing off/away defender)
- Flag guarding Spot foul, 10 yards & loss of down
- Screening, Blocking, Running with ball carrier Spot foul, 5 yards & loss of down
- Delay of game 5 yards from the LOS & loss of down
- Offensive Unnecessary Roughness..... Spot foul, 10 yards & loss of down
- Offside..... 5 yards from the LOS & loss of down

XI. Responsibilities

League Events

The following schools are responsible for the following league events. Hosts schools will secure and prepare fields, trophies, concession stand, and communication with participating schools. The executive will create tournament brackets and arrange referees (if needed).

- Flag football & softball Tournaments – Shepherd of the Desert & Christ Greenfield
- Soccer Tournament – Pilgrim
- Volleyball Tournament – Gethsemane
- A Team Basketball Tournament - Emmanuel
- B Jamboree (basketball) – Grace & Cross of Glory
- Track Meet – Emmaus & Emmanuel

Executive Committee

1. EC is made up of the president, vice-president, & secretary/treasurer.
2. Each position will serve a two year term.
 - president elected on odd years
 - vice-president elected on even years
 - secretary/treasurer elected odd years
3. EC will be responsible to make each season's game schedules. Expectation is the flag football/softball season where the schools will schedule their own games.
4. EC will make brackets for each tournament. Brackets should be to the schools the Monday before the tournament.
5. EC will make sure referees are arranged for all tournaments