

The Game: GTFB Rule Book

01) **BATTING:** Batting of the ball is intentionally striking at the ball with the arm or hand. **PENALTY: 5 yds.**

02) **BLOCKING:** No contact above shoulders or below waste. You may not leave your feet to block. 2 ON 1 BLOCKING ALLOWED! No high/low blocks allowed.

03) **CAPTAINS:** Each team shall designate a field captain who speaks to the refs.

04) **CHARGING:** Charging is when an offensive player runs through a defensive player who has established position. **PENALTY: 10 yds.**

05) **CHUCKING RECEIVER:** 1 chuck off line is permitted within 5 yards. **PENALTY: 10 yds.**

06) **CLIPPING:** Clipping is contact to the back of an opponent who is not the runner. **EXCEPTION:** Blocking from rear above the waste is permitted in the area of the snap provided the blocker is in the area of the snap and the defender spins, exposing his back. **PENALTY: 10 yds.**

07) **COIN TOSS:** Home Team chooses: Ball, Defend a Goal, Defer to Second Half.

08) **DEAD BALL:** Fumbles are dead at spot. Muffed punts are dead at spot. Center snap over QB/Punters head is dead at spot. Note: If QB/Holder/Punter fields the ball cleanly, play continues.

09) **DIVING:** Diving to pull flag is legal. Diving to advance ball is illegal. Diving to block is illegal.

10) **INELIGIBLE LINEMAN:** The Center and 2 Guards are ineligible receivers; Ineligible touching. **PENALTY:10 yds.**

11) **ENCROACHMENT:** Encroachment denotes the position of a player whose person is beyond the line of scrimmage. **PENALTY: 5 yds.**

12) **END ZONE CELEBRATIONS:** End Zone Celebrations are acceptable if the player celebrating does not taunt his opponent.

13) **EXTRA POINTS:** From 3 yd line is 1 point. From 8 yd line is 2 points.

14) **FAIR CATCH:** A legal fair catch signal is extending the arm above the head and waving it from side to side.

15) **FIELD:** The football field: 150' x 300' with (4) 20 yd zones, (2) 10 yd end zones.

16) **FLAGS:** All players on offense, defense & special teams MUST wear flags at all times. **EXCEPTION:** Center and 2 guards on offensive line so as to designate their ineligibility.

17) **FLAG FALLS OFF INADVERTANTLY:** Revert to 2-hand touch between shoulders and knees.

- 18) **FLAG GUARDING:** Illegal use of ball carriers hand or arm to protect flag from being pulled. **PENALTY: 10 yds from spot and loss of down.**
- 19) **FORMATION:** On regular scrimmage downs, guards must be covered by eligible ends or wide-outs. The two guards need only have one foot on the line (defined by the heels of the center).
- 20) **FORWARD PASS:** 1 forward pass per down.
- 21) **FREE-BLOCKING ZONE:** The Free-Blocking Zone is a rectangular area extending laterally 4 yds on either side of the spot of the snap of the ball and 3 yds behind each scrimmage line.
- 22) **FUMBLE:** All fumbles are dead at the spot. If a ball is fumbled in mid-air, the defender may recover the ball before it touches the ground.
- 23) **HOLDING; Offensive and Defensive:** No grabbing onto jerseys to stop the rushers or runner.
- 24) **HUDDLE:** There is a 35 second play clock.
- 25) **HURDLING:** Hurdling a down player is legal; hurdling to avoid being flagged is illegal. **PENALTY:10 yds.**
- 26) **INADVERTANT WHISTLE:** At the time of the inadvertent whistle the team with possession of the ball has the option of replaying the down or the result of the play.
- 27) **INTENTIONAL GROUNDING:** Illegal to avoid a sack while in the pocket, (between the guards); legal to stop the clock. The QB can throw the ball OOB if it is beyond the line of scrimmage. **PENALTY:10 yds, loss of down.**
- 28) **KICK-OFF:** There are no kick-off's
- 29) **KNEE DOWN:** If a player's knee touches the ground while his flags are still on, he is down.
- 30) **LINE OF SCRIMMAGE:** 5 offensive players on line of scrimmage at snap. All other offensive players must be in the offensive backfield.
- 31) **MOTION:** Only 1 player allowed in motion at the snap.
- 32) **MUFF:** All muffed punts are dead on the ground. If a muff is caught in mid-air, a player may advance the ball before it touches the ground.
- 33) **NEUTRAL ZONE:** The neutral zone is the length of the football when it is spotted.
- 34) **NUMBER OF OFFICIALS:** Referee, Line Judge, Back Judge and Umpire. If there is a shortage, it shall be taken up between captains to determine position.
- 35) **NUMBER OF PLAYERS ON FIELD:** 9 Players - Center and 2 guards are ineligible.
- 36) **OBSTRUCTING/HOLDING:** obstructing, holding, tackling, tripping the ball carrier is illegal. **Penalty: 10 yd.** If the infraction is committed by the last defender, the **touch down is awarded.**

- 37) **OVERTIME:** Regular Season Game = Each team receives 4 plays from the 20 yd line.
- 38) **PADDING:** No pads allowed. **EXCEPTION:** To protect an injury.
- 39) **PASSER'S ARM IN MOTION:** If ball is in passers hand when de-flagged, passer is down.
- 40) **PASS INTERFERENCE:** OFFENSE = **Penalty: 10 yd.** penalty from previous spot and loss of down. DEFENSE = **Penalty: Spot foul.**
- 41) **PLAYERS ON LINE:** A player on the line of scrimmage may not receive a snap.
- 42) **PROTECTION OF CENTER:** The defense is NOT allowed to line up over the Center. The Center must be allowed to assume a blocking position before contact is allowed.
- 43) **PROTECTION OF PASSER:** The defense is NOT allowed to run into or hit the quarterback after the ball has been released. **Roughing the passer** is a personal foul.
- 44) **PROTECTION OF Receiver:** It is illegal for a defender to go through the receiver or collide with the receiver in an effort to break up the pass. It shall be unnecessary roughness **10 yd. penalty.**
- 45) **PUSH-OUT:** The defense may NOT push the runner or receiver OOB. If the push out is committed by the last defender, a touch down is awarded.
- 46) **RECEPTION:** One foot in bounds for legal reception. Push-out is illegal. **47) ROSTER:** 15 - 18 man roster limit. Extra, non-roster players may be activated up to 1 hour before schedule game, but officials and opposing team must be notified.
- 48) **ROUGHING THE PASSER: Automatic 1st down plus 10 yd. penalty.** Defensive players must make a definite effort to avoid charging into a passer. No downward motion of the arms towards the passer by the defensive player while the passer is in the throwing motion can be made. Any contact with the passers arm **above the shoulders** (the ball in the passer's hand is an extension of the passer's hand) constitutes a roughing the passer call. Penalty yardage added to any gain.
- 49) **RUNNER:** The ball carrier may not lower his head into a defensive Player. Spins are legal. Hurdles of down players are legal.
- 50) **SAFETY:** 2 points. Kick-off or punt from 20 yd line after safety.
- 51) **SCORING:** Touchdowns = 6 points
- Extra Points = 1 point (Run or pass from 3 yd line)
- " " = 2 points (Run or pass from 8 yd line)
- " " = 1 or 2 points (Return of extra point try by defense)
- Safety = 2 points

52) **SNAPS:** Direct snaps are legal.

53) **SPOT OF BALL:** The position of the ball when de-flagged is the spot of the ball.

54) **STIFF ARMS:** Stiff Arms are illegal.

55) **STRIPPING:** Stripping of the ball is illegal.

56) **TEAM BOX:** Between the 20 yd lines. Teams must use opposite side-line from bleachers.

57) **TIME:** 24 minute halves, 35 second play clock, and 15 minute halftime; the clock will stop for a called time-out, during penalty mark off, and after each score until the ball is set for the next possession. The clock may also stop at the referee's discretion for discussion.

At 2 minutes left in either half, there will be a two-minute warning. During the last 2 minutes of the halves, the clock will stop for out of bounds, incomplete passes; change of possession, and during penalty mark off.

58) **TIME-OUTS:** 3 time-outs per half. 1 time-out per overtime period.

59) **TRIPPING:** tripping is illegal.

60) **TWO MINUTE WARNING:** An official time-out will take place at the 2-minute warning of each half.

61) **UNSPORTSMANLIKE CONDUCT:** No profanity shall be tolerated. No baiting or taunting of an opponent shall be tolerated.

EQUIPMENT:

01) **BALL:** The ball should be official size; i.e.; Wilson F1100 or SPALDING TF100 football.

02) **FLAG:** The official flag to be supplied by G&T.

03) **UNIFORMS:** Jerseys - Must be G&T, **EXCEPTION:** notify referee, must be tucked in at all times. Hats are allowed but caps must be worn backwards on the field. Jewelry/Sunglasses - Not allowed at anytime. Shoes - No metal spikes allowed.

04) **EQUIPMENT:** Pads - No pads allowed. **EXCEPTION:** To protect injury. Mouthguards - Recommended for players'

GENERAL RULES:

LOSS OF 5 YARDS:

1) Illegal forward pass (loss of down)

2) Delay of game

3) Illegal snap

- 4) Offensive player illegally in motion at the snap
- 5) Interference with opponents or the ball
- 6) False start or simulating start of play
- 7) Illegally handing ball forward (loss of down)
- 8) Illegal shift
- 9) Helping the runner

LOSS OF 10 YDS, SPOT FOUL:

- 1)
- 2) Running into opponent (charging)
- 3) Illegal use of hands or arms by offense
- 4) Flag guarding (loss of down)
- 5) Holding, obstructing the ball carrier
- 6) Offensive and Defensive holding
- 7) Hurdling EXCEPTION: Hurdling a down player is legal.
- 8) Tripping
- 9) Defensive pass interference (**spot foul, 1st down**)
- 10) Clipping
- 11) Intentional grounding (loss of down)
- 12) Offensive pass interference (loss of down)
- 13) Striking, kicking, kneeing, elbowing, etc.
- 14) Unsportsmanlike conduct
- 15) Personal fouls (roughing the passer 1st down)

SUMMARY OF PENALTIES: LINE OF SCRIMMAGE:

- a) Off sides - Offense or Defense (PENALTY - 5 yds)
- b) Illegal Snap - (PENALTY - 5 yds)
- c) Delay of Game - (PENALTY - 5 yds)
- d) Illegal Motion - (PENALTY - 5 yds)

e) Illegal Formation (5 men not on the line) - (PENALTY - 5 yds)

SUMMARY OF PENALTIES: PUNTING:

If a penalty occurs on a declared punt, you are not required to kick the ball after the penalty is assessed. If penalty does not result in a first down, offense must declare whether or not they are going to punt again. On declared punts the ball must be kicked within 3 seconds or a delay of game will be assessed.

a) If the kicking or receiving team enters the neutral zone before the punt - (PENALTY - 5 yds from the spot where the ball is declared dead after the kick).

b) Less than 5 players on the line of scrimmage for the offensive or 3 Players on the defensive team - (PENALTY - 5 yds from where the ball is declared dead after the kick).

c) De-flagging a receiver before the catch - (PENALTY - 10 yds from the spot of the foul).

SUMMARY OF PENALTIES: PASSING:

a) If an illegal forward pass is thrown and intercepted, the play will continue until the ball is declared dead. The intercepting team has the option of possession from that spot

or accepting the 5 yd penalty - (PENALTY - 5 yds from line of scrimmage and loss of down).

b) Passer crosses the line of scrimmage - (PENALTY - 5 yds from line of scrimmage and loss of down).

c) Intentional Grounding - (PENALTY - 5 yds from line of scrimmage and loss of down).

d) Offensive Pass Interference - (PENALTY - 10 yds from line of scrimmage and loss of down).

e) Defensive Pass Interference - (PENALTY - 1st down at the spot of infraction for the offensive team).

SUMMARY OF PENALTIES: FLAG WEARING & DE-FLAGGING:

a) Tackling - (PENALTY - 10 yds from spot of foul).

b) Tampering With Flags - (PENALTY - 10 yds and possible ejection).

c) Flag Guarding - (PENALTY - 10 yds and loss of down).