

GPFFL Rules

1. An offensive team may only have one (1) running play per every 4 downs
2. An offensive team may not perform a running play if they are within 5 yards of a first down or 5 yards from scoring
3. Following a touchdown a 2 pt. conversion must be attempted. The 2 pt. conversion attempt must be a pass play and is from the 10 yard line
4. Plays included in the coaches' folder must be performed. These are plays that your coaches would like our future Wildcats and Ladycats to learn. Other plays may be performed as well (only 1 per series)
5. Field Dimensions:
 - a. Field length – 45 yards
 - b. Field width – regular field width
 - c. End zone – 10 yards deep
6. Starting the game:
 - a. The referee is the timekeeper. All games begin and end on this persons instructions. He will also announce the time remaining at the 10-, 5-, and 2-minute mark
 - b. The ball is always placed in the middle of the field at the 45-yard line
7. Moving the ball:
 - a. No kicking/punting
 - b. The field is marked at 15-yard intervals with cones
 - c. Possession always begins at the 45-yard line in the middle of the field. **NO PENALTY WILL BE ASSESSED IN EXCESS OF THE 45-YARD LINE. LOSS OF DOWN WILL BE ASSESSED INSTEAD**
 - d. Offenses always move in the same direction
 - e. Running backs may run with the ball. The QB may NOT run with the ball across the line of scrimmage
 - f. All passes must be forward. (A pass caught behind the line of scrimmage must be a forward pass)
 - g. Each QB may only may play a maximum of 20 minutes per game. QB play is consecutive (no rotating plays). They must stay in the entire 20 minutes barring injury
8. Special Rules
 - a. No blocking

- b. Receiver/ball carrier is legally down when one of the two flags are pulled. (Excessive force by shoving, pushing or striking a blow will be penalized by an automatic first down and 5 yards on the defense and loss of down and 5 yards on offense)
- c. Fumbles are dead balls at the spot with the team in possession retaining the ball. A “muffed” snap is not a fumble (dead ball). The 6 second count remains in affect
- d. Each team will have **30 seconds** to snap the ball once it has been marked for play; delay of game will be loss of down plus 5 yards
- e. The QB is allowed 6 seconds to throw the ball. The referee keeps the 6 second count on the snap of the ball from center
 - i. If release is under 6 seconds, the play goes on
 - ii. If the referee sees the count has exceeded 6 seconds, he will blow the whistle ending the play. The ball goes back to the original line of scrimmage with a loss of downs
- f. Defensive pass interference will be a spot foul (1st down on the spot)
- g. Responsibility to avoid contact is with the defense. There will be NO chucking, deliberate bumping or grabbing. These actions will result in a “tack on” penalty at the end of the play (+5 yards)
- h. Offensive pass interference is the same as the NCAA rules (-15 yards). If the offensive team is on the 45 yard line the penalty will result in a loss of down
- i. Interceptions may be returned (no blocking rule applies). If an interception is returned beyond the 45 yard line it is a touchdown and point after should ensue
- j. Offensive team is responsible for retrieving and returning the football to the previous spot or the new scrimmage spot. The clock does not stop and any delay by the offense in retrieving the ball TO THE REFEREE will result in a delay of game and will be a 5 yard penalty from the succeeding spot
- k. The center is not an eligible receiver (teams must have a center). THE BALL MUST BE SNAPPED FROM THE GROUND. Each center may not play the position for more than 10 minutes (all of which must be played consecutively)

- l. The offense must gain at least 15 yards in the first 3 plays or less or the defense takes over (there is no kicking). Four down territory occurs only after the offense proceeds to or inside the 15 yard line cone (3rd quadrant).
 - m. Two delay of game penalties in the same position results in a turnover. The defensive team will then put the ball into play on the 45 yard line
- 9. Scoring: 6 points for a TD, 1 point for a PAT from the 3 yard line, and 2 points for a PAT from the 10 yard line (PAT's MUST BE A PASS PLAY).
Interceptions on a PAT is a dead ball
- 10. There is no tiebreaker. Games can end in a tie
- 11. Time:
 - a. 20-minute halves (continuous clock)
 - b. Each team has two timeouts per half
 - c. 10 minute half
 - d. Clock stops during injury
 - e. Clock stops during penalties
 - f. Clock stops during last 2 minutes of the game between the time a touchdown is scored until the ball is put into play beginning a new series at the 45 yard line