



Style of Play and Rules



Purpose

Pull N Pop Flag Recreational Football's purpose is to provide recreational football opportunities for adults and children through tournament and league play. We strive to host fair and competitive play on the field, while providing an environment friendly to friends and families off the field. We ask you come, play and tell others!

Jurisdiction

Games in the Pull N Pop flag football league/tournament are based on the United States Flag and Touch Football and National High School Federation Rules. The rules as outlined in the current edition of Pull N Pop's "Style of Play and Rules" document will assume precedence over any and all other organization or leagues interpretation of playing rules. PNP reserves the right to disqualify any player, team or team affiliate at any time and for any reasons that are deemed detrimental to the over all governance of the PNP Tournament.

Style of Play Offered-The Game

We offer 7 on 7, 5 on 5 and 8 on 8 football play to adult men, youth and co-eds. Our 7 on 7 play shall be governed by screen rule principles while our 5 on 5 and 8 on 8 play will permit necessary physical contact.

Supervision of Play

All Pull N Pop flag football games in league/tournament play will be played under the supervision of 2 to 4 officials. The officials are: Referee, Line Judge, Back Judge and Field Judge.

Game Official's Authority

The game officials shall assume authority for the game 15 minutes prior to the start of the game. The official's authority extends through the Referee's declaration of the end of the game. The game officials have the authority to rule promptly according to governing rules and in the spirit of good sportsmanship, which may include situations not specifically covered in the rules. The Referee's decisions are final in all matters pertaining to the game.

Participant Code of Conduct

All participants are responsible for complying with all Pull N Pop and/or other governing body's rules of play and policies. No player, coach, or manager is advised to participate in any league/tournament game while under the influence of intoxicants. All actions that are potentially injurious or threatening to other players, officials or spectators are discouraged and could result in ejection or other form of penalty.

2009 Pull N Pop Rule Updates

Game Time: 7 on 7 ONLY; (2)-22 minutes halves (**NEW**); (4)-12 minute quarters (old)

Play Clock: 25 second (**NEW**); 30 second (old)

Scoring: 1 point conversion kick from 3-yd (**NEW**); 1, 2, or 3 point conversion kicks (old);

Forward Pass: 1 forward pass (**NEW**); 7 on 7; 2 forward passes (old)

Overtime: One time out per OT period; no carry over's (**NEW**); Time out's carried over from regulation (old)

Equipment and Uniforms

A. Jerseys must be tucked into pants. Half-jerseys are permitted if they do not interfere with the pulling of the flags. Officials may require dangling shirts to be taped or tied.

B. Shoes are required for all players except for kickers when kicking. Shoes must be made of a soft, pliable upper material (canvas, leather or synthetic material) which covers the foot. All purpose athletic shoes are permitted. Boots are illegal as well as metal golf, baseball and softball cleats. Football shoes are permitted.

C. Pads are not permitted on upper body. Players may wear soft, pliable pads on the leg, knee, and/or ankle. Female players may wear a breast protector of soft, material. Hard casts, even if padded, are illegal.

D. Jewelry may not be worn if deemed by the officials to be dangerous to any player. (Exception: post earrings, wedding bands and medical bracelets may be worn if covered with tape).

E. Hats with visors are permitted only if worn backwards. Headbands are permitted but may not contain derogatory or offensive symbols or sayings. Ski-type caps are permitted.

F. Use of Flags: Each team should carry their own approved set of belts and colored flags

1) Applicable Rules:

The flags should be a minimum of two (2) inches wide and 14 inches long. The flags must be of a contrasting color to the opponents' flags. The flags may not be altered in any way. The flags must be of contrasting color to the players pants or shorts.

Interpretation: the flag material, excluding any connecting devices, must be at least 14 inches long. Tampering with the flag in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal. PENALTY: Unsportsmanlike conduct, 10 yards from the previous spot, loss of down and player disqualification.

2) Procedures: Pre-game: Officials will visually inspect all flag belts and require that each player pull his/her flags off of their belt.

During game: A team may call charged time-out and request the measurement of an opponent's flag:

a) If the flag is found to be illegal as outlined in USFTL Rule 4.2.1., the penalty for failing to wear proper equipment will be issued (5 yards) and the player will not be allowed to participate until the equipment is replaced. The time-out will be charged to the officials.

Note: If the equipment became illegal through use, no penalty will be issued and the player will be allowed to repair the equipment as long as it can be done promptly.

b) If the flag is found to be altered as outlined in USFTL Rule 12.7.1.e, the penalty for unsportsmanlike conduct will be issued, a loss of down enforced, and the offending player ejected. The time-out will be charged to the officials.

c) If the flag is found to be legal, the time-out will be charged to the team requesting the measurement. If that team has no time-outs left, the delay of game penalty (5 yards) will be enforced.

d) Pull N Pop will loan flag sets to teams not in possession of legal flags (Captain ID and \$25 deposit required).

G. The Ball: The ball used in the male 7 on 7, 5 on 5 and 8 on 8 football play shall be the regular or intermediate size football. Co-Ed, Female and youth players may use the regular, intermediate, junior or youth size football.



Pull N Pop Classic Rules & Regulations

7 ON 7 FLAG FOOTBALL "SCREEN" RULES BOOK

A. Age Classification

The Age Classification in the 7 on 7 adult Program shall be 18 years of age and the age classification in the 7 on 7 and youth program is 13-17 years old.

B. Number of Players on the Field

The number of players on the field in the 7 on 7 program (7). 5 players are required to avoid forfeit. The offensive team must have three players on the line of scrimmage at the snap. **NOTE: Penalty for "Illegal Formation" is 5 yards.** The snap must go through the snapper's legs.

C. The Flags

The flags that shall be used in the 7 on 7 Program shall be an Officially Licensed Flag of the U.S.F.T.L. (Velcro, Triple threat or Poppers ONLY)

D Playing Field Size

The playing field size that used in the 7 on 7 Program shall be: (100 yd X 53 1/3 yd OR 80 yd X 40 yd).

E. Contact Rules

1. Screen blocking is the act of legally obstructing an opponent without contacting him/her with any part of the blocker's body. The offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use his/her hand or arm to break a fall or to retain his/her balance. A player must be on his/her feet before, during and after screen blocking.

Screen Blocking Defined. A player who screens shall not:

- a). When he/she is behind a stationary opponent, take a position closer than a normal step from him or her.
 - b). When he/she assumes a position at the side or in front of a stationary opponent, make contact with him/her.
 - d). Take a position so close to a moving opponent that his/her opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his/her stationary position. This position will vary and may be 1 or 2 normal steps or strides from the opponent.
 - e). After assuming his/her legal screening position move to maintain it, unless he/she moves in the same direction and path as his/her opponent. If the screener violates any of these provisions and contact results, he/she has committed a personal foul.
2. Contact is not allowed. Note: A touchdown may be awarded by the referee for any flagrant contact which in the official's opinion prevents a "clear / break-away" touchdown from being scored in the open field.
3. *Use of hands or Arms by the Defense.* Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent. The application of this rule depends entirely on the judgment of the official. A blocker may use his/her arms or hands to break a fall or retain his/her balance.

F. Removing the flag during play

1. De-flagging is the legal removal of a flag from an opponent in possession of the ball. Pushing, striking, holding, slapping, or tripping when attempting to pull a flag is not permitted. Defensive players may leave their feet to pull a flag.
2. Guarding the Flag is illegal.
3. 360 degree spinning is illegal if done to avoid having the flag removed. Spinning to change direction is legal.
4. Hurdling is illegal.
5. Grabbing or stripping the ball by the defense is illegal.
6. If a flag inadvertently falls to the ground, a one-hand touch between the shoulder and waist constitutes capture.
7. The defense may not de-flag a player who does not have the ball (e.g. after a passer has released the ball or before a receiver catches the ball). A player who has been de-flagged must be tagged with one hand or have a remaining flag pulled (USFTL Rule 12-7-1d). **NOTE: *Flags pulled simultaneously with release of ball by passer or catch by receiver should not be penalized.*** Officials should use their judgment based on the intent of the rule.
8. Diving to advance the ball is prohibited. **NOTE: *Penalty for "Personal Foul" is 10 yards.***

G. Field and Timing

1. The game will be played on a regulation and/or abbreviated size field.
2. The game shall be played in two (2), twenty-two (22) minute halves "***running clock***" with five (5) minutes between halves. The offensive team must put the ball into play within 25 seconds after the referee has blown the ready for play whistle.
3. During the last play of both halves, an un-timed down may result if any live ball penalty is accepted by either team unless a loss of down is included in the penalty.
4. The game clock will run "***running clock***" until the final two minutes of the 1st and 2nd half of regulation play. The clock shall be stopped only for "official" and "team" time-outs, except during the last two (2) minutes of the 1st and 2nd halves. **NOTE:** Including kick-offs.
5. Once the official game time has reached the "two-minute" warning, the game will clock will stop for:
 - Incomplete pass-starts on the snap.
 - Out-of-Bounds-Starts on the snap.
 - Score (touchdown, field goal or safety) - starts when the kickoff is legally touched, other than by the kicker.
 - Team time-out -starts on the snap.
 - First down- dependent on the previous play.
 - Fair catch or an awarded fair catch - starts on the snap.
 - Penalty and administration - dependent on the previous play.**EXCEPTION:** Delay of game - starts on the snap.
 - Referee's time-out - starts at his/her discretion.
 - Touchback - starts on the snap.
 - Change of possession - dependent on the previous play.
 - Team attempting to conserve time illegally - starts on the ready.
 - Team attempting to consume time illegally - starts on the snap.
 - Inadvertent whistle - starts on the ready.

H. Kick Off

1. The ball is kicked from the 40 yard line in a five-zone field (or 20 yard line in a four zone field).
2. The receivers' restraining line is ten (10) yards from the free kick line. Players must be at least seven (7) yards from the nearest sideline. 3 Defenders are required to be on the receiving line prior to the kick.
3. A free kick must be caught in flight in order to be advanced from the end zone.
4. If a kickoff goes out of bounds untouched by the receiving team, the following options are given:
 - a). The receiving team may put the ball in play at the inbound spot where ball went out of bounds.
 - b). The receiving team may put the ball in play at the inbound spot 25 yards from kickoff line (own 35-yard line on normal kickoff).
 - c). The receiving team may have a re-kick after a 5-yard penalty is administered.
5. On-side kicks are not permitted.

6. The kicking team may not touch or be touched by a kick in the air. **NOTE: *Penalty for "Fair Catch Interference" is 10 yards or awarded fair catch at the spot of the foul.***
7. If a kicked ball touches the ground and is then touched by the kicking team, it becomes dead where it touched the ground and is awarded to the receiving team.
8. A receiver may advance a kicked ball that has first touched the ground provided he picks it up cleanly.
9. Kickoffs, point after touchdown tries and field goals may be kicked from the ground, a kicking tee (maximum 2" high) or from a player's toes touching the ground.

I. Punts, Field Goals, and PATs

1. All punts must be announced while the offensive team is in their huddle, allowing the defensive team to get ready.
2. There must be at least three players from each team on the line of scrimmage. The offensive team is not permitted down field until the ball is kicked.
3. After announcing that it will punt, the kicking team has six (6) seconds to punt the ball after the snap. The ball remains alive if the snap is dropped or missed by the kicker or place kick holder as long as the kick is made within six (6) seconds from the snap. **NOTE: *Penalty is 5 yards and loss of down.***
4. On a fourth down punt, the kicking team is permitted to walk the ball back to the punter immediately after executing a legal snap.
5. Any ball brought into the game for a punt must be approved beforehand by the officials.
6. The defense may not rush to block a kick and the offense may not leave the line of scrimmage until the ball has been kicked.
7. Once announced, the kick must be made unless:
 - a. the offense is granted a timeout
 - b. A foul occurs
8. All kicks must be executed from at least 5 yards behind the original line of scrimmage.

J. Passing

1. All players are eligible to receive a pass.
2. During a scrimmage down and before team possession has changed a forward pass may be thrown provided the passer's feet are behind Team A's scrimmage line when the ball leaves the passer's hand.
3. Only one forward pass can be thrown per down.
4. Note: IF IN DOUBT, the passer is behind Team A's scrimmage line.
5. Penalty for "Pass Interference (Defensive)" is an automatic first down at the spot of the foul. If foul occurs in the end zone, ball is placed on goal line.
6. Penalty for "Pass Interference (Offensive)": is 10 yards and loss of down.
7. Pass interference will not be ruled on any pass that, in the judgment of the officials, is not catchable.
8. **NOTE:** Face guarding IS pass interference.

K. Scoring

1. The following scoring system will be used:
 Touchdown = six (6) points
 Point After Touchdown (PAT)
 One (1) point = kick, pass or run from the three (3) yard line
 Two (2) points = pass or run from the ten (10) yard line
 Three (3) points = pass or run from the twenty (20) yard line
 Field Goal = three (3) points
 Safety = two (2) points
2. Field goals or kicked extra point are not prohibited on fields that do not have goal posts (teams may try PAT for (1), (2) or (3) points as explained above)
3. **Mercy Rule** - A mercy rule may be in effect when a team is 17 points ahead once the two-minute warning has been reached. The game is declared over.

L. Penalties and Enforcement

1. "All but One" enforcement principal is used; all penalties (but one) are enforced from the "Basic Spot".

Explanation:

Whenever the ball is alive, one of two types of plays is in progress, a loose ball play or a running play. The official must know which type of play was in progress when the foul occurred. This immediately *determines the basic spot of enforcement*.

- a. A loose ball play is action during:
 - 1) A free kick or scrimmage kick
 - 2) A legal forward pass
 - 3) A backward pass (including the snap) or fumble made by the offensive team in or behind the neutral zone prior to a change of team possession.
 - 4) Any run which precedes a legal pass, fumble or kick.
- b. A running play is any action that is not a loose ball play.
 - 1) In or behind the neutral zone in either of the following:
 - (a). It includes a run not followed by a loose ball.
 - (b). A run followed by an illegal forward pass.
 - (c). A run followed by an illegal kick.
 - 2) Beyond the neutral zone:
 - (a). It includes a run.
 - (b). A run followed by a loose ball, including an illegal forward pass or illegal kick.

If a foul occurs during a *loose ball* play, the basic spot is the previous spot, either the spot of the snap or the free kick. If a foul occurs during a *running play*, the basic spot is where the run ended. A loose ball may be part of a running play and should not be confused with a loose ball play. *Exception to all of the above* (or the All-But-One principle): When the foul is by the offensive team and the spot of the foul is behind the basic spot, the penalty is from the spot of the foul.

2. All penalties are either five or ten yards (see below):

10 YARD PENALTIES

Delay start either half

Fair catch interference

Pass interference (*Offense - LOD*)

Unsportsmanlike conduct

Illegal physical contact

Illegal screen blocks

Illegal kick/bat

Illegal participation

Diving to advance ball

Roughing passer (auto-1st down)

Roughing kicker (auto-1st down)

De-flagging player without ball

Holding (Offense or defense)

Grabbing or stripping ball

Excessive Contact - "attempting to seriously injure" - (plus ejection)

5 YARD PENALTIES

Illegal equipment

Delay of game

Sub infractions

Encroachment

False start

Illegal snap

Illegal forward pass-plus (LOD)

Failure to kick within 6 seconds (LOD)

Illegal formation (failure to have 3 on LOS)

Illegal procedure

Free kick out of bounds

Three men not on LOS

ADDITIONAL PENALTIES

Pass interference (defense) = Automatic 1st down at spot of foul

Securing /Guarding the flag = Ball blown dead with no penalty

Hurdling = Ball blown dead with no penalty

Spinning = Ball blown dead with no penalty

Fair catch interference = 10 yard penalty from previous spot and repeat down *or* awarded fair catch at spot of interference (may kick a field goal).

M. Penalty Enforcement (for fouls committed on scoring plays)

FOUL OPTIONS

By "B" on a successful kick try Accept penalty and replay down or accept result of play and enforce on succeeding spot*

By opponents of scoring team on TD or 2 point PAT Decline penalty

By "A" on successful TD, PAT, or FG (not unsportsmanlike) Accept penalty and replay down

Any unsportsmanlike foul Enforce on succeeding spot*

Succeeding spot is defined as the spot where the ball is next snapped or free kicked if there is no foul.



Pull N Pop Classic Rules & Regulations

5 ON 5 FLAG FOOTBALL "CONTACT" RULES BOOK

A. Age Classification

The Age Classification in the 5 on 5 Program shall be 18 years of age and the age classification in the 5 on 5 and youth program is 13-17 years old.

B. Number of Players on the Field

The number of players on the field in the 5 on 5 program (5). 3 players are required to avoid forfeit. The offensive team must have three players on the line of scrimmage at the snap. **NOTE: Penalty for "Illegal Formation" is 5 yards.** The snap must go through the snapper's legs.

C. The Flags

The flags that shall be used in the 5 on 5 Program shall be an Officially Licensed Flag of the U.S.F.T.L. (Triple threat or Poppers ONLY)

D. Playing Field Size

The playing field size that used in the 5 on 5 Program shall be in the 5 on 5 field size (40 yd X 25 yd).

E. Scoring

The scoring system that is used in the 5 on 5 Program shall be:

1. Mercy Rule: If a team is ahead by 17 or more points at the 1 minute warning of the second half, the game shall be over. If a team scores after the 1 minute warning of the second half to create a 17 point lead, the game shall be over.
2. Touchdown = 6 points
3. Safety = 2 points
4. Forfeited Game = 1 point
5. Extra Points:
 - a. By running or passing only (no kicking allowed) from 5 yards = 1 point
 - b. By running or passing only (no kicking allowed) from 10 yards = 2 points.(NOTE: A team is given one choice which cannot be changed even if a penalty should occur. If you declare you are going for 2 points, the ball is placed at the 10 yard line and even if a penalty shall occur, the team will only be able to run or Pass and if successful, no matter from what distance, the value of the try is 2 points).
6. The return of Extra Point attempt = 2 points.

F. Type of Blocking

The type of blocking offered in the 5 on 5 Program shall be Contact Blocking.

G. Receiving = Eligible or Ineligible: The type of receiving offered in the 5 on 5 Program shall be everyone eligible.

H. BASIC RULES OF 5 ON 5:

1. A coin toss shall begin each game. The captain winning the toss shall choose one of the following options:
 - a. Offense
 - b. Defense
 - c. Designate which goal his/her team will defend
 - d. Defer choice to the second half
2. Lose of the coin toss shall make a choice of the remaining options.
3. Before the start of the second half, the choice of options shall be reversed.
4. The offensive team takes possession of the ball at their 5- yard line and has three (3) players to cross mid-field. Once a team crosses mid-field, they will have three (3) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on their 5- yard line.
5. If the offensive team fails to cross mid-field, possession of the ball changes and the opposite team starts their drive from their 5- yard line.
6. The offensive team has three (3) plays to cross mid-field. Once a team crosses mid-field, they will have three (3) plays to score a touchdown.
7. All drives and possession changes except interceptions start on 5 yard line of offense.
8. Teams will switch ends after the first 12 minutes (Halftime).
9. Ball must be snapped between the legs, not off to one side, to start play. Direct snaps are legal.
10. The Ball is ruled dead when:
 - a. A snap to a Quarterback hits the ground
 - b. A fumble hits the ground (no fumble recoveries allowed.)
 - c. A ball carrier's knee touches the ground.
 - d. A ball carrier steps out of bounds.
 - e. A ball carrier's flags are legally removed, (NOTE: if a ball carrier's flags fall off inadvertently, play shall revert to a 2 hand touch between the shoulders and the knees)
11. 25 Second Clock- Each time the ball is spotted, a team has 25 seconds to snap the ball.
12. Blocking- CONTACT BLOCKING IS ALLOWED. Contact between shoulders and waist only. No Diving = Illegal Contact
13. Receivers may be bumped one time within 5 yards of line of scrimmage.
14. Interceptions may be returned.
15. 24 Minute Game- two (2) - 12 minute halves with a running clock.
16. One (1) Minute Warning- When there is 1 minute left in the game, the game clock shall stop for incomplete passes, out-of-bounds, changes of possessions, first downs and time-outs and starts and re-starts on the snap.

I. The Field

1. Field Size- 40 yards in length; 25 yards in width.
2. End Zones- (2) 10 yard end zones

J. The Players

1. Roster size- Teams consist of a total of 10 players on the roster.
2. Number of players on field- 5 players on the field at one time.
3. Forfeits- to avoid a forfeit, you must have at least 3 players to begin the game.
4. Co-Rec teams must have (3 male & 2 female) or (2 male & 3 female) players on the field at one time.
5. Forfeits in the 5 on 5 Program- to avoid forfeit, Co-Rec teams must have 2 men and 1 woman or 1 man & 2 women to begin the game.

K. Scoring and Overtime

1. Touchdowns = 6 points
Extra Points = 1 point (5 yards)- (run or pass- no kicks allowed).
= 2 points (10 yards) - (run or pass- no kicks allowed).
Safety = 2 points
Forfeited game = 1 point
2. Overtime - All overtime rules in the 5 on 5 Program are the same as found in the 7 on 7 ruling with the following exceptions: Each team gets 4 downs from the 10 yard line to score. Scoring is same as in regular game. A coin toss determines possession in each overtime period.

L. Running Plays

1. The Quarterback; (QB) MAY run the ball at any time.
2. Handoffs are allowed.
3. Lateral and pitches are allowed anywhere on the field.
4. The player who takes a handoff or received a lateral can throw the ball as long as he does not cross the line of scrimmage.
5. The player who takes a hand off or receives a lateral may run with the ball.

M. Passing Plays

1. Backward passes, laterals and shovel passes are allowed.
2. Interception may be returned.
3. Only 1 forward pass per down.
4. If a passer crosses the line of scrimmage, and comes back behind the line of scrimmage and throws a pass, it is an illegal forward pass.
5. Quarterback has unlimited time to throw the ball.

N. Receiving

1. Eligible Receivers- All players are eligible to receive passes (including the Quarterback after the ball has been handed off or lateral behind the line of scrimmage)
2. A player must have at least one foot in bounds to make a legal reception.

O. Rushing the Quarterback

1. Defensive players rush the passer from the line of scrimmage. Any number of players can rush the Quarterback.
2. Ball spotter- A ball spotter shall be used to mark the line of scrimmage
3. Rushers must go for the Quarterback's flag and are not allowed to make contact. (NOTE: You cannot hit the Quarterback's arm to block a pass. You must go for the flag).

P. Equipment

1. The Ball- Male players shall use a regulation size football. Female and youth players may use a regular, intermediate, junior or youth size football. An Officially Licensed Football by the U.S.F.T.L. must be used.
2. The Flags- All Flags used in the 5 on 5 Program shall be an Officially Licensed Flag by the U.S.F.T.L.
3. Shoes- Cleats are allowed, but they must be rubber. No metal spikes are allowed. Screw-in cleats are allowed, if the screw is part of the cleat. Inspections will be made.
4. Jerseys- All jerseys shall be tucked in the pants and shorts. No solid t-shirts or half jerseys allowed.
5. Mouthpiece- All players must wear a protective mouthpiece. If you do not have a mouthpiece, there will be one available on-site for a fee.

Q. Timeouts

1. Each team has one 30 second time out per game.
2. Each team has one 30 second time out per overtime period.

R. Penalty Enforcement

1. Offensive Penalties:
 - a. Illegal Motion- (More than 1 person moving at the snap, false start, illegal shift, illegal motion) = 5 yards from line of scrimmage and loss of down.
 - b. Illegal Formation(failure to have 3 men on LOS)=5 yards from line of scrimmage and loss of down
 - c. Illegal Forward Pass - (Pass thrown beyond the line of scrimmage) = 5 yards from line of scrimmage and loss of down.
 - d. Offensive Pass Interference- (Illegal pick play, pushing off or away from the defender) = 10 yards from line of scrimmage, loss of down and clock will be automatically stopped until the next legal snap.
 - e. Flag Guarding = 5 yards from line of scrimmage and loss of down.
 - f. Delay of Game = 5 yards from the line of scrimmage, loss of down and clock will be automatically stopped until the next legal snap.
 - g. Encroachment = 5 yards from line of scrimmage and loss of down.
 - h. Illegal Contact (Holding, Contact to Head, etc.) = 10 yards from line of scrimmage and loss of down.

2. Defensive Penalties:
 - a. Offsides = 5 yards from line of scrimmage and automatic 1st Down.
 - b. Defensive Pass Interference = Spot of Foul and automatic 1st Down.
 - c. Illegal Contact (Holding, Contact to Head, etc.) = 10 yards from line of scrimmage and automatic 1st Down. No Diving = Except pass recovery
 - d. Illegal Flag Pull - (Pulling of runner's flag before he has the ball) = 10 yards from line of scrimmage and automatic 1st Down, unless it was a touchdown, then offense has option of the yardage or the score.
 - e. Rough Quarterback or Center- 10 yard penalty from line of scrimmage and automatic 1st Down.
3. Flagrant Fouls: Any flagrant contact whatsoever (tackling, elbowing, cheap shots, illegal contact, taunting or similar unsportsmanlike acts shall not be tolerated). The Official shall stop the game, eject the player from the game, administer a 10 yard penalty from the line of scrimmage with an automatic 1st Down if it was on the defense or a loss of down if it was on the offense and give the coach a verbal warning - FOUL PLAY WILL NOT BE TOLERATED !!!!
4. Games cannot end upon a defensive penalty, unless the offense declines it.



Pull N Pop Classic Rules & Regulations

Overtime Rules & Regulations

1. There will be a three-minute intermission prior to overtime; during which both teams may confer with coaches. All officials will assemble at the 50 yard line, review the procedure and determine the number of second half timeouts remaining for each team.
2. A coin toss will follow the three-minute intermission.
3. The visiting team captain shall be given the privilege of calling the coin while it is in the air. The winner of the toss shall be given his choice of defense or offense, or of designating the end of the field at which the ball will be put in play. The referee will indicate the winner of the toss by placing a hand on his shoulder. To indicate which team will go offense first, the referee will place a ball on that team captain's chest area while he is facing the goal toward which his team will advance and give the first down sign. The other team captain will face the offensive captain with his back toward the goal which he will defend.
4. The team scoring the greater number of points in the overtime shall be declared the winner. The final score shall be determined by totaling all points scored by each team during the regulation game and overtime period(s).
5. Each team shall be permitted one additional timeout for each extra period.
6. The line-to-line gain shall always be the goal line.
7. No try will be made if the winner of the game has been determined.
8. If Team B scores a safety or touchdown, the game is ended.
9. If a safety is scored by A, the succeeding spot will be the 20 yard line in possession of Team B provided they have already had their series.
10. To start the overtime, the offensive team shall put the ball in play, first and goal on B's 20 yard line any where between the in bounds lines. Team A shall have a series of four downs. The series shall be terminated by any score A or if B has possession at the end of any down.
11. If Team B gains possession, the down and series for A ends immediately
12. Team A shall be awarded a new series when:
 - 1) The penalty for defensive pass interference is accepted; or 2) Team A recovers a scrimmage kick (field-goal attempt) between the goal lines after it has been touched first by B beyond the neutral zone; 3) When B is guilty of roughing the kicker, place kick holder or passer.
16. If Team A scores a touchdown, it is entitled to the opportunity to try for point, except when it is unnecessary to break the tie.
17. A field goal attempt is permitted during any down. If the defensive team gains possession, the ball becomes dead immediately and A's series is ended.
18. After Team A has completed its series, Team B will become the offensive team with the ball in it's possession at the 20 yard line anywhere between the in bounds lines. The same end of the field will be used for both possessions in order to insure equal game conditions and conserve time.
19. If the score remains tied after each team has been given one series, the procedure shall be repeated with another period(s) until a winner is determined. There will be an intermission of two minutes during which the loser of the coin toss will be given first choice of the options. If additional periods are required, first choice of options will be alternated.
20. All overtime rules in the 5 on 5 Program are the same as found in the 7 on 7 ruling with the following exceptions: Each team gets 4 downs from the 10 yard line to score. Scoring is same as in regular game. A coin toss determines possession in each overtime period.
21. **NOTE:** After both teams have completed 3 possessions, all possessions will start on the 10yd-(7 man)/5yd-(5 man) line. *A coin toss will determine the outcome of the game if the score remains tied after both teams have completed 3 possessions (non-championship game).*