

ARENA FOOTBALL RULES - 2010

The PSA Football Rules will be used as the general guidelines for the operations of this league. Typical football rules will be used with the following modification to accommodate the arena format. The officials will use their best judgment to address any issues that may come up.

Player Eligibility

All players must be registered within the Plano Sports Authority registration system prior to the first game. No player will be allowed to participate in the program with out being registered. Any coach who allows a non-registered player to participate in a practice or game may be subject to being removed for the remainder of the season.

Playing Rules

- 20 min halves with a running clock. The clock will stop after each play in the last 60 seconds of the second half (4TH QUARTER). If one team leads the other by 20 or more points the clock will continue to run.
- See the Addendum for “Game Time Clock Rules”
- 50 x22 yard field
- 4 time outs per game. No time outs can be used in the last 1 minute of play except by a team losing by 20 points or more
- 7 on 7
- No kicking game, Ball placed at the 5 to start, or after a score
- On 4th down the offense has the option to turn the ball over by moving the ball 20 yards away from the previous spot, limited to the defensive 5 yard line.
- Ties-Each team will receive one opportunity to score from the 10, if the score remains tied after each team has had one attempt the following will be used:
 - Team using the least amount of downs wins- if tied
 - Team with the most pass completions in overtime wins- if tied
 - Game remains tied

Grades/Ball Carrying Weights/Max age as of Sep 1 of current year:

Grade	Carrying Wt*	Max Age	Min Ball Size**
2	85	9	K2
3	100	10	K2
4	115	11	K2
5	130	12	TDJ
6	N/A	13	TDJ
7	N/A	14	TDY

*All players must be weighed in a designated time and location or they are automatically an ineligible ball carrier or receiver.

** Each team provides the ball when they are on offense. A larger size may be used.

- **Players over the ball carrying weight must be clearly identified. The only acceptable form of identification is by a player over the carrying weight is to wear a 90 series number.**
- Any fumble may be advanced by any defensive players, regardless of weight. Fumbles may only be advanced by offensive players who are UNDER the ball carrying weight where it is applied.
- No Cleats, court shoes only
- Out of bounds is the white dashed line and the wall in the back of the end zones.
- One coach from the offense and one coach from the defense may be on the field of play. If in the opinion of the officials the coaches interfere with a play, a penalty shall be called. The defensive coach must line up behind the offense but on the sideline. He should not be near the offense huddle. If does not comply then he will receive one warning. On the second infraction he will receive a unsportsmanlike conduct penalty of 15 yards. If any coach receives two unsportsmanlike conduct penalties he is automatically ejected. If in the opinion of the officials the coaches interfere with a play, a penalty shall be called. If the interference is committed by the defensive coach a 10 yard penalty shall be marked from the point of the infraction and a first down awarded. If the infraction is committed by the offensive coach a 10 yard penalty shall be marked from the point of the infraction and there will be a loss of down assessed. If in the opinion of the officials a scoring opportunity was lost due to any coach's interference the officials may rule that a score should be awarded. Both coaches must stand out of bounds behind the offense.

Offensive Positions

- The offense **MUST** have 4 players in the box. The box width is determined by the distance from the out side shoulder of the offensive guards. Gaps between the offensive linemen cannot be any larger then one yard (**PENALTY Larger than 1 yard gap ILLEGAL OFFENSE 5 yard penalty**). The four offensive players in the box are: 2 guards, a center and the quarterback.
- A minimum of four offensive players must be lined up at the line of scrimmage. In addition to the offensive line a split end will be used on either side of the offensive line, no closer than 3 yards to the guard (**PENALTY Closer than 3 yards ILLEGAL OFFENSE 5 yard penalty**).
- If a 6th player enters the box at the snap of the ball than it is an illegal offense penalty.
- Only one player may set up in the offensive backfield (in the box) as a running back, he is not allowed to motion (**PENALTY ILLEGAL MOTION 5 yards**). If the backfield is empty the player may go into motion.
- If the backfield is empty the running back may set up as a wing and block down on a linemen, or the line backer
- High motion is allowed, the player going into high motion may not block any down defensive player, or the linebacker in the box (**PENALTY ILLEGAL BLOCK 5 yards**).
- **No player over the ball carrying weight may line up as a running back or a eligible receiver**

Defensive Positions

- The defense must have 4 players in the box established by the offensive line. Three players must line up as down defensive linemen. One player must play the linebacker position. (**PENALTY not enough men in the box ILLEGAL DEFENSE 5 yard penalty, offense can select play, or penalty**).
- No more than 4 players are allowed in the defensive side of the box. The back of the defensive box is 4 yards deep from the line of scrimmage.
- Defensive linemen **MUST** line head up on an offensive lineman. They **MUST** have one hand on the ground at the time of the snap or they may be considered a linebacker (**PENALTY If defensive player is not heads up ILLEGAL DEFENSE 5 yard penalty, offense can select play, or penalty**). At least one hand

not down, referee's discretion for too many linebackers (**PENALTY TOO MANY LINEBACKERS 5 yard penalty, offense can select play, or penalty**).

- None of the 4 players on the defensive side may drop back into coverage until the ball leaves the box. They must make a legitimate attempt to pursue the ball. At the official's discretion, any lineman the slides down the line to cover or makes no attempt to rush the passer will be penalized for illegal defense
- Only the down defensive line may rush the line of scrimmage.
- The linebacker may not blitz, and they must stay in the box until there is an exchange of the football (i.e. hand-off, toss, pass or a fumble), or the quarterback has moved outside of the box (**PENALTY Linebacker rushes ILLEGAL DEFENSE 5 yard penalty; offense can select play, or penalty**).
- The other defensive backs may not enter the box, and they may not cross the line of scrimmage until the above actions occur (i.e. **NO CORNER/SAFTEY BLITZS**). A fumble in the box allows all defensive players to cross the line of scrimmage.
- There will be 3 defensive backs who may line up to cover offensive players as needed. There are no restrictions on were they line up excluding the box.

Minimum Play Time

- Each player on all teams shall start and play the game either on offense or defense. (**See Minimum Play Time Requirements Below**)
- **If at any time during the game a Football Board member directs a coach to play a player, the coach must do so.**
- All players must start on offense or defense and play the entire game. A player may change units only at half time. A player may sit out one (1) play per half when their unit is on the field unless injured. *If minimum playing time isn't met, the Coach will be subject to suspension for one (1) full week, forfeiting game played, or other disciplinary action as deemed appropriate by the Football Board.* However, players may have their minimum playtime revoked for un-excused absences from practice or for personal misconduct. If a player will not be allowed minimum playtime:
 - The Head Coach shall notify the Parents of the athlete being disciplined at least twelve (12) hours prior to the starting game time.
 - The League Coordinator, Assistant Coordinator, or the Football Director shall also be notified via email of the action at least twelve (12) hours prior to the starting game time. The League Coordinator will also contact the parent after receipt of the written notification by the Coach. The League Coordinator shall provide a copy of such notification and recommendations to the Football Director before the game in question commences.
 - If disciplinary action is required during the game or an injury occurs that prohibits a player from playing mandatory playing time, the Coach must explain the reasons to the parents and League Coordinator immediately following the game. In the event their League Coordinator is not available, they should seek out the nearest Football Board Member. The League Coordinator shall provide written report to the Football Director within two (2) days after the game.

Game Uniforms

- **All teams must have two different color jerseys for each player with the proper number. A practice jersey with the proper numbers is an acceptable 2nd jersey. If two teams are wearing the same color then the seniority system will be used.**
- Coaching Seniority is based on the number of years a person has been an Arena Football League coach or PSA Football Board member. Each head coach is awarded points based on the appropriate slotting for their experience. One slot is selected based on the head coach's previous experience. The slots are listed below:

Head Coach preceding year	3 Points
Former Head Coach, not in preceding year	2 Points
Assistant Coach Preceding year	1 Points

- The slotting points and the experience points are totaled resulting in the seniority rankings for each league. In the event of a tie a coin flip will be made to determine the final seniority. Each league coordinator will set seniority ranking at the mandatory coaches meeting.
- Any team or player that does not meet the jersey requirements will not be permitted to play and if the team does not then they will forfeit.

PSA Arena Football Rules Addendum

Game Times

Games are scheduled to start at designated starting times. There are typically 4-5 games a night and to ensure that the games start on time (or as close as possible) the following will be done:

- The Head Coaches from each team will meet prior to the start of the game and determine who has the opening possession by a coin flip.
- The first game of the night will start promptly at the designated time
- As soon as the 2nd quarter ends the time keeper will put 22:30 up on the clock and set the clock to run.
- When a game ends 3:00 minutes will be put on to the clock and it will be set to run. As soon as the clock stops it will be set to 20 minutes and the next game starts immediately.
- Teams will change directions at the half.

The time keepers know what they are doing and they will have their instructions, so please make sure that they are not bothered by the coaching staff or parents.

On Field Personnel

Due to the tight space and safety concerns each head coach needs to ensure the following:

- **Games**
Only players and 1 coach from each team are allowed on the field.
- **Practices**
Only coaches and players are allowed onto the field. Failure to comply can result in the loss of practice time for the entire team.
- **Bench Area**
Only players and a maximum of four coaches, plus a film person are allowed into the bench area for games. No coaches, players or spectators will be allowed other than their respective benches.
- **Water Breaks**
All water breaks need to be done in the bench area. No drinks are to be taken and used on the turf.

PSA Equipment

Coaches and Parents need to ensure that the equipment and facilities provided by Plano Sports Authority are treated with respect. Bleachers and stands **SHOULD NOT BE MOVED UNDER ANY CIRCUMSTANCE**. These are heavy and serious injury may result.

Cleats

Cleats are not allowed to be worn. Players must use court shoes

UNSPORTSMANLIKE **BEHAVIOR**

THE HEAD COACH FROM EACH TEAM IS RESPONSIBLE FOR ENSURING THAT ALL OF THE PARENTS AND PLAYERS ARE AWARE OF THE PSA FOOTBALL ZERO TOLERANCE POLICY:

PLANO SPORTS AUTHORITY FOOTBALL HAS ADOPTED A ZERO TOLERANCE POSITION FOR UNSPORTSMANLIKE BEHAVIOR FOR COACHES, PARENTS AND PLAYERS. ANY COACH, PLAYER OR SPECTATOR EJECTED FROM A GAME OR ASKED TO LEAVE BY A LEAGUE OFFICIAL WILL BE SUBJECT TO DISCIPLINARY ACTION.

- **A COACH THAT HAS BEEN EJECTED FROM THE GAME MUST LEAVE THE PLAYING AND VIEWING AREAS IMMEDIATELY. THE FOOTBALL BOARD WILL REVIEW THE INCIDENT AND DETERMINE THE APPROPRIATE COURSE OF ACTION.**
- **NO SPECTATORS ARE ALLOWED DIRECTLY BEHIND THE END ZONE IN THE OPEN AREA. SPECTATORS WILL ASKED TO VACATE THE AREA. IF THEY REFUSE, THEY WILL BE ASKED TO LEAVE. IF THEY CONTINUE TO BE DISRUPTIVE THEN PLAY WILL BE SUSPENDED ON THE FIELD AND THE COACHES WILL BE RESPONSIBLE FOR REMOVING THE SPECTATOR. IF THAT IS UNSUCCESSFUL THEN THE A PSA BOARD MEMBER AND OFFICIALS WILL DETERMINE IF THE GAME NEEDS TO BE FORFIET.**
- **NO SPECTATOR OR COACH MAY USE INAPPROPRIATE LANGUAGE AT ANY TIME.**
- **ANY SPECTATOR EJECTED FROM A GAME OR ASKED TO LEAVE BY A LEAGUE OFFICIAL WILL BE SUSPENDED FOR A PERIOD OF TIME, DETERMINED BY THE BOARD, UP TO THE REMAINDER OF THE SEASON.**
- **ANY PLAYER THAT HAS BEEN EJECTED FROM THE GAME MUST LEAVE THE PLAYING AND VIEWING AREAS IMMEDIATELY. THE FOOTBALL BOARD WILL REVIEW THE INCIDENT AND DETERMINE THE APPROPRIATE COURSE OF ACTION.**

