

## **UNITY BOWL GAME RULES**

The Unity Bowl is a TWO game minimum.

If we have at least Six teams in your division there is a three game minimum.

### **General Information:**

All coaches have a right to get clarification on ANY rule during a game, have the head referee call a tournament official at the site before game continues. This is only for rules of our bowl NOT PENALTIES.

Coaches should identify the person in charge of the site before your game starts. You will be given the person in charge's name(s) when you check-in. Should the official not listen to you, you can have an assistant coach talk to the site administrator. This must be done during the game. We cannot correct it once the game ends. Please do not bring call issues to anyone's attention once the game ends. This can cause conflict or encourage bad behavior with the fans and parents.

### **Age Cut Offs**

July 1<sup>st</sup> is the age cut-off for each age division.

### **Game Rules Rules for all Divisions:**

- Players with double stripes can't advance the ball. They can play special teams.
- Coaches must wear passes visible on the sideline.
- Only coaches, medical persons and identified water boys are allowed on the sideline. □ Regular clock the last 2 minutes of the half and game.
- Each team has 2 timeouts per half.
- All games shall be played under the National Federation High School Rules unless contrary to these rules:
  - a. In the 8 and under, when the QB goes under center, the coach must be 5 yards beyond the deepest player, refrain from any physical, verbal or visual contact until the play is completed. Penalty for infraction of this rule shall be as follows:
    - i. One (1) warning per team
    - ii. Five (5) yard penalty and loss of down thereafter for the offense.
    - iii. Five (5) yard penalty and automatic first down if the infraction is against the defense.

### **Extra Points:**

One (1) point for running.

Two (2) points for passing

Two (2) points for a kick. 9/10 and under no rush.

### **Other Rules:**

8 and under no nose-guard and middle linebacker must be 5 yards from the ball.

Blowout Rule: If a team is behind by 19 points, they get the ball at the 40 yard line of the team with the lead.

## **All Ages over Weight Rule:**

There is unlimited weight on all linemen. On offense they must be tackle to tackle. On defense they can play hand down DE if you run a fifty or six man front. You must still be in the frame work of the offensive TE or tackle. In a forty tackle to tackle of offense. Ball is dead at the spot they intercept a pass or pick up a fumble. If a referee blows whistle because a single stripe has the ball he thought it was a double stripe ball is still dead at that point, no do over.

### **6U RULE EXCEPTIONS**

1. Skill player max weight is 85lbs
2. Each quarter will consist of 10 minutes running.
3. Ready for play will be 30 seconds. There will be no nose guard over center. Defense can blitz B and C gap only.
4. Ball will be spotted on the 30-yard line. NO KICK-OFFS
5. Punts will be a 25-yard walk off. If you are at the 30 yard line in, punts can only be 20 yards
6. Two coaches allowed on field. (Optional) Coaches must be 5 yards behind deepest player.
7. If a safety happens, ball goes out to the fifty.

### **8U RULE EXCEPTIONS**

1. Skill player max weight is 105lbs
2. Each quarter will consist of 10 minutes running clock. With 25 seconds ready for play.
3. Ball will be spotted on the 30-yard line. NO KICK-OFFS
4. Punts will be a 25-yard walk off. If you are at the 30 yard line in, punts can only be 20 yards. There will be no nose guard over center. No QB sneak. Defense can blitz B and C gap.
5. One coach allowed on field. (Optional) He must be quite once QB gets under center.
6. If a safety happens, ball goes out to the fifty yard line.

### **10 RULE EXCEPTIONS**

1. Skill player max weight is 130lbs
2. Each quarter will consist of 10 minutes running clock. With 25 seconds ready for play.
3. KICK-OFFS
4. Punts will be a 25-yard walk off. If you are at the 30 yard line in, punts can only be 20 yards

### **12U RULE EXCEPTIONS**

1. No weight limit for skill players
2. Each quarter will consist of 10 minutes running clock. With 25 seconds ready for play.
3. KICK-OFFS
4. Live punts.

### **14U RULE EXCEPTIONS**

1. No weight limit for skill players
2. Each quarter will consist of 10 minutes running clock. With 25 seconds ready for play.
3. KICK-OFFS
4. Live punts.