

Football Passing League Rules

I. Team Size

- A team will consist of five players, but there shall be no limit to the number of players on a roster.
- Teams must have a minimum of 4 players to start a game.

II. Eligibility

- All players must meet the eligibility requirements of the UC San Diego Intramural Sports program (see Program Policies and Procedures for complete information)

III. Equipment/Uniform Shirts

- All players must wear shoes. Soft rubber molded cleats or shoes with cleats no longer than ½ inch will be allowed. Metal spikes or cleats longer than ½ inch are prohibited.
- Teams will need to provide a regulation size football for all scheduled games.
- To assist game referees, dark and light shirts will be designated on game schedules for each week's play.

IV. Field Dimensions/First Downs/Play Limits

- The playing field will be 50 yards long and approx 40 yards wide, with a 10-yard end zone.
- The field will be same-directional in that all offensive play series will begin and advance from the 50 after change of ball possession
- The playing field will be divided into three segments: (1) 50-35 yard lines, (2) 35-20 yard lines, and (3) 20-0 yard lines – the Red Zone)
 1. Teams in possession of the ball will have 3 downs in Zones 1 and 2 to advance to the next zone in order to receive a new set of downs.
 2. Once in the Red Zone, teams will have 4 downs to score a touchdown

V. Game Time/Time Outs

- Games will be 25 minutes running time with no half time
- Each team will be granted two one-minute time outs per game to be used at any time

VI. Game Schedules

- In most instances, teams will be scheduled for two games back-to-back against different opponents each game day

VII. Scoring

- A touchdown will be worth 6 points
- A conversion from 3 yards out will be worth 1 point
- A conversion from 10yards out will be worth 2 point
- A defensive interception will be worth 1 point and a change of ball possession

VIII. Game Flow Logistics

- Unlimited substitutions during any dead ball situations
- At the start of the game, and after all changes in possession, the ball shall be placed at the 50 yard line.
- **Offensive Teams** will consist of a quarterback and four pass receiver-runners
 1. All Offensive players are eligible to receive a forward pass
- **Defensive Teams** will consist of at least one linebacker and any combination of four total defensive coverbacks (corners, safeties, or linebackers)
 - There will be no center snaps – all plays must start with the quarterback positioned behind-the-ball at the line of scrimmage or in a shot gun position, 3-5 yards behind-the-line of scrimmage
 1. Plays will start on ball-off hand contact by the quarterback
 - At the time the ball is put in play only one member of the offense may be in motion under normal football man-in-motion rules.
 - Before or after a catch, any form of contact blocking (downfield or otherwise) will not be allowed
 - Only the quarterback will wear a flag belt
 1. Quarterbacks may be sacked (behind the line of scrimmage) by having their flag(s) pulled before releasing the ball on a forward pass attempt
 2. There are no direct runs from scrimmage by the quarterback or any other offensive player
 - Only linebackers lined up in linebacker position (minimum three yards behind the line-of-scrimmage) may rush the quarterback, and only after a 3-count that will be administered by the referee assigned as line judge
 - In a situation when a defensive team chooses not to rush a linebackers, a defensive player lined up in a linebacker position must take a knee for the duration of that play to prevent a 5 on 4 defensive coverage advantage.
 1. One defensive blitz (no 3-count) will be allowed per set of downs
 2. In a situation when a defensive team chooses not to rush a linebackers, a defensive player lined up in a linebacker position must take a knee for the duration of that play to prevent a 5 on 4 defensive coverage advantage.
 - After a rushing linebacker crosses the line-of-scrimmage, the quarterback has a 4-count (also administered by the line judge) to make a downfield pass attempt. Failure to do so will end the play with a referee's whistle
 - Receiver-runners in possession of the ball will not wear flag belts and will be considered down on a one-hand touch from a defensive player
 - Legal catch rule interpretations (one foot in-bounds) will apply
 - Defensive interceptions will not be returned but will be rewarded with 1 point

IX. Penalties

- Game referees will have final jurisdiction on all penalties assessed and the enforcement of those penalties (whether yardage or loss of down, to include the spot of enforcement)
- The most common violations in football passing league play (but not necessarily inclusive) are:

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| Blocking | Illegal Receiver "Chuck" |
| Unnecessary roughness | Roughing the Quarterback |
| Holding | Defensive Pass Interference |
| Offsides | Offensive Pass Interference |
| Illegal Man-in-Motion | Illegal Forward Pass |

Illegal Defense
Illegal Blitz

Flag Guarding (QBs only)
Unsportsmanlike Conduct

X. Tie Games/Overtimes

- In case of a tie at the end of regulation time, the following overtime rules will apply:
 1. Team that had possession of the ball last, starts a new 3-down series from the 15 yard line. Any touchdown within the 3 series will give that team a 1 or 2-pt conversion option
 2. Opposing team will then get a new 3-down series from the 15 yard line to tie the score or win the game
 3. Any tie scores in overtime will remain a tie