



MUSIC CITY BLITZ 5v5 No Contact Rules



COIN TOSS

The team winning the coin toss can:

- A. Defer their decision (receive or defend) to second half. Team losing coin toss in this option will have choice to receive, kick or direction)
- B. Receive the ball. Team losing coin toss in this option will have choice of direction
- C. Defend (choose a direction)

**It is possible to receive the ball at the start of both halves

GAME CLOCK

The length of the game is 30 minutes, divided into two halves of 15 minutes. Halftime is one minute long. **Running time with no clock stoppage is used for the ENTIRE GAME** In last minute of any game, penalties, change of possessions & scores will stop the clock & will start on the ready for play.

PLAY CLOCK

A 25 second play clock will start once referee blows his whistle readying the ball for play.

TIME OUTS

Each team receives one timeout per game. Each time out is thirty seconds.

SCORING

- 6 points – Touchdown
- 9 points – Female Touchdown (Coed Only – See coed rules)
- 1 point – Extra point try from the 3
- 2 point – Extra point try from the 10
- 3 point – Extra point try from the 20

OVERTIME

Overtime is decided by extra point attempts. Teams will choose to try for 1, 2 or 3. Team 2 is not required to choose same extra point try as Team 1.

EQUIPMENT

- Mouthpieces are suggested
- No hard billed hat will be worn
- No metal cleats
- **No pockets are allowed (you will not be able to play with pockets and you will not be allowed to tape pockets)**
- Football must be provided by the teams. High school, collegiate or NFL size footballs are the only acceptable sizes allowed for men's divisions. The regular, intermediate, youth, or junior size football shall be used for Women's and Corec game

SPOT OF BALL

The spot of the ball is the location of the ball at the time of the flag belt removal (broken clip) or one hand touch in the appropriate scenario.

BLOCKING

BACKFIELD BLOCKING: The blocker in the backfield may shield a defender with no separation of the arm(s) from the body. A blocker is allowed to move (shuffle) left, right or backwards. The blocker may not initiate contact with the rusher. A blocker may not run a route under a rusher to impede the rusher's route to the quarterback.

DOWNFIELD BLOCKING: A basketball style (non moving) screen is the only acceptable form of downfield blocking. A blocker may shield a defender with no separation of the arm(s) from the body. The blocker also may not run between a rusher and ball carrier impeding a defenders progress to the flag.

RUSHING THE QUARTERBACK:

ANY player may rush the quarterback, but they must be lined up 7 yards off of the line of scrimmage.

Rushers must go for the quarterback's flags. Rushers may attempt to block the pass but it is a penalty to initiate contact with the QB's arm even if the ball is deflected.

A rusher initiating contact with the ball while it is still in the quarterback's hand in an attempt to block a pass will be penalized for illegal contact.

OFFENSIVE FORMATION

Only 1 player is required to be on the line of scrimmage

OFFENSIVE POSSESSION

The offensive team takes possession of the ball at their 5-yard line and has three (3) plays 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 start their drive from their 5-yard line.

All drives and possession changes except for interceptions, start on the 5-yard line of the offense.

Balls must be snapped between the legs, not off to the side, to start the play.

The QB CANNOT run the ball at any time. The QB is designated by the player that receives and controls the snap.

Handoffs are allowed.

Laterals and pitches are NOT allowed any where on the field.

Once the ball is handed off all defensive players are eligible to rush.

The player who takes the hand-off may run with the ball.

QB has a 7 second Pass Clock. If a pass is not thrown within 7 seconds, play is dead, loss of down. The ball is spotted at the line of scrimmage. Referee shall count 7 seconds.

Once a handoff takes place 7 yard rush and 7 second throw clock are terminated.

Only one forward pass per down.

The offense **can not** rush the ball within five yards of their own endzone to try and score.

*If the QB (person who receives the snap) hands the ball off to the RB, the RB is allowed to run with the ball OR make a forward pass downfield behind the line of scrimmage. BUT once the ball is handed off anyone from the defense will be allowed to rush. The RB may also hand it back off to the QB BUT the QB is not allowed to run with it and can only pass it from where they receive the second handoff, and the defense is still allowed to rush from anywhere since the initial handoff to the RB has already taken place at the beginning of the play.

SNAP

Any offensive player can receive the snap as long as they are 2 yards behind the line of scrimmage.

LEGAL POSSESSION

The receiver must have one foot in bounds for a legal reception. If a player steps out of bounds on his own he cannot re-enter play.

QUARTERBACK

The quarterback is defined as the player that take possession of the snap behind the line of scrimmage. A flag pull in the act of throwing the ball (prior to release) by the quarterback will be considered a sack.

COED-

There must not be more than 3 men on the field at any time. Teams may play with 4 (1 woman/3men)

A female must be involved in a play at least once every 3 plays. Being involved is considered:

- Being the quarterback and attempting a pass beyond the line of scrimmage
- Advancing the ball beyond the line of scrimmage
- Being the intended receiver of a pass
- Gender plays are not in effect for extra points.
- Possession of an intended pass supersedes the intent of the play and will be rules a non gender play.

If a female scores a touchdown, the point value is 9. If a female player throws a legal forward

pass and a touchdown is scored by any male player, prior to a change of team possession, the point value is 9 (Coed Rule).

All other touchdowns are 6 points

Special Olympics Tennessee, The Tennessee Titans and Nissan Stadium reserve the right to cancel or suspend outdoor field usage if field conditions could result to injury to players or damage the fields. In the instance of inclement weather, games could be shortened, postponed or moved to another facility.

PENALTIES

Simple Offensive Penalties Legend

- LOD - Loss of Down
- LOS - Line of Scrimmage
- EOP - End of Play
- Spot - Spot of Infraction
- ROD - Replay of Down

Illegal Procedure (Live Ball): LOS - 5 Yards ROD

Delay of Game: LOS 5 Yards ROD

Illegal Use of Clock: LOS - 5 Yards - ROD

False Start (Dead Ball): LOS - 5 Yards - ROD

Illegal Contacting: Spot - 10 yards - ROD

Offensive Pass Interference: LOS - 10 Yards - LOD

Flag Guarding: Spot - 5 Yards - LOD

Illegal Forward Pass: Spot - 5 Yards - LOD

Illegal Equipment (Live Ball): LOS - 5 Yards - ROD

Unsportsmanlike (Conduct): Spot/EOP - 10 Yards

Offsides (Live Ball): LOS 5 yards ROD

Intentional Grounding: Spot 5 yards LOD

Illegal Participation/Substitution (Live Ball): LOS - 5 yards - ROD

Illegal Participation: LOS - 10 yards - ROD

Male Operative Play: LOS - 5 yards - LOD

Simple Defensive Penalties

Holding/Impeding Progress: EOP - 10 Yards - ROD

Defensive Pass Interference: Spot Foul - 1st Down (10 yard min)

Encroachment (Dead Ball) 1st Attempt: LOS - 5 Yards - ROD

Encroachment (Dead Ball) 2nd Attempt: LOS - 10 Yards - ROD

Roughing the Passer: EOP - 10 Yards - 1st Down

Illegal Contact: EOP - 10 Yards - ROD

Illegal Participation/Substitution: LOS - 5 yards - ROD

Illegal Participation: LOS - 10 yards - ROD