

½ DIVISION RULES

1) CLOCK

- a. Each half is a 22-minute running clock. The clock only stops for “serious” injuries based on the official’s judgment.
- b. Offense will have 45 seconds to run a play after the officials ready signal. There is no penalty unless the official believes play is being intentionally delayed to run out the clock. Once the 45-second clock expires no more instruction may be given other than lining up players. If the coach gives instruction after that time, an illegal procedure call will occur.
- c. Each team will have three, 45-second timeouts per half. The timeouts do not stop the game clock.

2) COACHES

- a. Two Coaches from each team are allowed on the field. They must remain on their respective sides of the ball.
- b. Once the official give the “coaches make way signal”, the coaches must back up 10 yards from the deepest player. They may not say anything else, unless it is safety related, until the official blows the whistle to end the play.

3) MINIMUM PLAY RULE

- a. Key Position - A key position is any position that is not a lineman, there are four on offense and five on defense.
 - i. Offense – The key positions are the quarterback and three running backs. If only one running back is used, the other two that are not part of the line are still considered key positions.
 - ii. Defense – The four linebackers and the safety are considered key.
- b. A player may not be in an offensive key position both halves of the game.
- c. A player may not be in a defensive key position both halves of the game.
- d. A player may be in a key position for offense the first half and a key position for defense the second half, or vice versa. They may not be in key position for offense and defense in the same half.
- e. Every player must be scheduled to play on offense and defense. Scheduling means they are on the field the entire time the defense or offense is on the field.
- f. Every player must be scheduled to play in both halves of the game.

- g. Half division has no minimum play rule since rarely will there be more than 20-25 plays per game.
- h. If a player does not attend practice or does not participate at practice, they do not have to be played for an equivalent time. If all practices are missed they do not have to be scheduled to play at all.

4) DEFENSE

- a. Must run a 6-4-1 set.
- b. Defensive lineman must lineup, head to head, inside the box, end to end. They may not lineup over the center.
- c. A 1-yard neutral zone will be established by the defense.
- d. No blitzing or rushing the "A" gap.
- e. The center may not be rushed unless the center makes a move to initiate contact first.
- f. 4 linebackers must be at least two yards back from the defensive line. The middle linebackers must be within the defensive ends. Outside linebackers are to be lined up outside of their respective end.
- g. If an offense lines up with a wide receiver the outside linebacker may move up to the cornerback position.
- h. The safety may lineup anywhere behind the linebackers.

5) OFFENSE

- a. The offense must have seven down lineman, end to end. This allows the defense to lineup, head to head, with the exception of the center.
- b. No silent counts may be used and no plays that run before set.
- c. May run plays through the "A" gap behind the center.

6) SPECIAL TEAMS

- a. No deliberate on sides kicks are allowed.
- b. The ball does not need to be kicked down the center of the field, it can be kicked away from an intended runner.