

OFFICIAL WEST MERCER FOOTBALL RULES



These rules are designed to encourage fun, fair and safe football games.

STARTING THE GAME: Pick Fair Teams

- ☞ Split up the best players
- ☞ Individuals may not switch teams during a game
- ☞ If teams are unfair new teams must be picked and the game starts over.

REFEREEING THE GAME:

- ☞ Each team picks one person (may be a player) to be a designated referee
- ☞ Both referee's must commit to making accurate and fair calls during the game
- ☞ If both referee's do not agree on a call then the default call is made

RUNNING A PLAY:

- ☞ Teams start on opposite sides of the line of scrimmage
- ☞ Quarterback (QB) has the ball at the spot
- ☞ **QB yells hike & moves** to start the play
- ☞ The defense must count out loud to "**3 Mississippi**" before charging the quarterback.
- ☞ The defense may blitz (rush the quarterback without the 3-Mississippi count) one time per first down.

MOVING THE BALL: The only allowable moves are...

- ☞ **Running** the ball
- ☞ **Forward Pass** from behind the line of scrimmage - receiver may run or lateral
- ☞ **Backwards lateral** - receiver may run or lateral
- ☞ **Interception**: if a passed ball is caught by an opposing team player the player may run with the ball

END OF THE PLAY: A play ends when...

- ☞ **The player with the ball is touched anywhere** on his/her person or clothing by an opposing team player with one hand, the ball is placed where the runner is first touched by an opposing team player
- ☞ **The ball is dropped** by incomplete pass, ball is placed back at the previous spot
- ☞ **The ball is dropped** by incomplete lateral, ball is placed where the player who threw the lateral was when the ball was thrown
- ☞ **The ball is fumbled**, ball is placed where the player fumbled the ball - **there is no turnover by fumble**

FIRST DOWNS

- ☞ A team has 4 downs to get a first down or a touchdown.
- ☞ A team may get a new 1st down by progressing 10 yards from the original 1st down spot.
- ☞ A team may punt on 4th down, but must announce the punt and **may not fake a punt**

PROHIBITED BEHAVIORS AND PENALTIES – The two referees must agree on the penalty call. If they cannot agree the argument default call will be made. The opposing team may decline the penalty.

Rule	Penalty
NO OFF-SIDES – a player may not be on the wrong side of the line of scrimmage when the QB yells hike. The QB must give defensive players time to get ready.	The defensive referee may call for a down-over if the defense was not able to get ready.
NO ILLEGAL BLOCKING – players may not block other players with their hands. They may get in the way with their bodies.	PENALTY: 5 yards from the original spot, Down over ARGUMENT DEFAULT: Down over
NO STRIPPING – defensive players may not attempt to knock the ball out of the ball holder’s hand. If the ball leaves the ball holder’s hand it is considered a fumble, the play ends and is placed down at the spot of the fumble. There is no turnover by fumble.	NO PENALTY: ball downed at the spot of the fumble
NO TRIPPING	OFFENSIVE PENALTY: 5 yards from the original spot, Down over ARGUMENT DEFAULT: Down over DEFENSIVE PENALTY: 5 yards from the spot of the foul, Down over ARGUMENT DEFAULT: Down at the spot of the trip
NO PASS INTERFERENCE – defensive players may not touch the receiver unless incidental in trying to intercept the ball	PENALTY: 5 yards, Down over ARGUMENT DEFAULT: Down over PENALTY: 5 yards, Down over ARGUMENT DEFAULT: Down over
NO FORWARD LATERALS PAST THE LINE OF SCRIMMAGE	PENALTY: Play over & ball down at the spot where the passer threw the lateral ARGUMENT DEFAULT: Down over
NO INTENTIONAL GROUNDING – The quarterback must throw the ball in the direction and vicinity of a receiver. If the quarterback throws the ball to avoid being downed and it does not go in the direction and vicinity of a receiver the play is treated as a fumble.	PENALTY: Down at the spot of the throw ARGUMENT DEFAULT: Incomplete Pass, Loss of Down
NO NAME CALLING OR TRASH TALKING	PENALTY: 5 yards from the end of the play ARGUMENT DEFAULT: 5 yards from the end of the play
NO BREAKING THE RULES OR POOR SPORTSMANSHIP	Players who refuse to follow the rules or regularly display poor sportsmanship may be reported to the principal and may lose football privileges.

These rules were created by the WM Football Rules Committee. Members included: *Mr. Mellish, Alex Brown, Christian Patterson, David Salinger, Jack Stefanchik, Anthonly Scalzo, Will Oaks, Musseit Mbareck, Tiger McBurney*