



October 19-21 LLA Fall Frenzy 2023 Tournament Rules

2023 Rule Changes - anything not indicated in these changes, default back to [SARC 8th Edition Rules](#)

Look up Notable changes in the 8th edition on the first few pages of the rule book linked above:

- Updated blocking language, which defines legal blocking more effectively
- New dead ball definitions, and outcomes, specifically when a snap is fumbled, or missed.

1.1 Adopt CIF Kicking rules:

Kick-offs:

- There will be NO kick-offs.
- Teams will take possession of the football on their 20-yard line. (10-yard line for 50 yard fields)

Punting:

- There will be NO punts.
- On 4th down the offensive team must declare whether they are “punting” or going for the first down prior to expiration of the play clock.
- If the offensive team declares a “punt” after committing a delay of game foul, the penalty will be enforced at the subsequent dead ball spot.
- If the offense declares a “punt” the defense will take possession of the football on their 20-yard line. (10-yard line for 50 yard fields)
- If the offense goes for the first down and does not obtain it, the defense will take possession of the football at that point on the field.
- On fourth down the offensive team must declare whether they are punting or going for the first down prior to the expiration of the play clock.

1.2 Adopt CIF ball carrier rules;

Jumping:

- A player may not leave her feet to avoid a flag from being pulled.
- Official will blow the whistle and the player will be down at the spot where she left their feet.

Hurdling/Spinning/Diving:

- A player may not attempt to jump over an opponent.

- A player may not spin to avoid a flag from being pulled. **(Our league has defined spinning as turning 360 around. A single act, not multiple decisions resulting in turning around.)**

- A player may not leave their feet and dive in any direction to advance the football.

- **10-yard penalty.**

1.3 Adopt CIF 7 man format & Rushing rules:

All players are eligible, direct run permitted.

Illegal Formation:

- When the offensive team has more than 3 players lined up behind or off the line of scrimmage at the snap. (Teams must have 4 players lined up on the L.O.S. while set, and at the time of the snap)

- 5-yard penalty

1.4 Adopt CIF snapping rules:

Snapping:

- The ball must be snapped from the ground but does not have to be snapped between the legs.

- The ball may be snapped to any person whose feet are at least 2 yards behind the line of scrimmage.

- The person who receives the snap is considered the quarterback for that play.

1.5 Adopt CIF Scoring change:

- **PAT's will take place from the 5 yard line = 1 point and the 10 yard line = 2 points.**

- During a PAT attempt, the ball remains live, allowing the intercepting team to return the try for 2 points to the other end of the field.

1.6 Adopt CIF Clock Changes:

Play-Clock:

- The 25 second play clock begins once the ball is placed on the ground and the whistle is blown by the referee.

- Delay of game: If a team exceeds the 25 seconds.

Mercy Rule:

- If the point deficit is 21 points or more in the second half, a running clock will be utilized. **Clock will not stop after a score and during a PAT. It will only stop on a time out.**