

# Football Rules

## General

Football Exhibitions will be flag football, team-based games with penalties arranged to keep potential injury as minimum as possible.

## Time/Score Limits

There is no time limit. Once a team reaches 20 points or more, they are declared the winner.

## Roster/Roles

Rosters will be chosen via captain draft. Players can assume the position of any role typically defined by football standards. The quarterback role being one that must be in play at all times. Any player can switch to any role they prefer.

Away captain will receive first pick while home captain receives first possession.

## Ruleset

Field lengths will be set to 70 paces with field goals included.

Each possession will have 4 downs and no ability to obtain first downs.

Should a team commit to a punt, field goal attempt, or 2-point conversion attempt, they must declare.

Receptions must be caught with at least one foot inbounds to be ruled a completed catch.

Penalties are included to keep players safe and keep the integrity of the game. Penalties can stack and offset. They are as follows:

### Offsides

A foul committed by being across the line of scrimmage before a play begins.

Penalty is 1 cone.

### Intentional Grounding

A foul committed by intentionally throwing the ball in a place far away from a receiver when nearly being tackled as the quarterback.

Penalty is 1 cone.

### Holding

A foul committed by holding onto a player for at least 1 second.

Penalty is 2 cones.

### Pass Interference

A foul committed by interfering physically with a catch attempt.

Penalty is 2 cones.

### Roughing

A foul committed by physically contacting an opponent.

Penalty is 3 cones.

## Fantasy Point Tables

Category	Multiplier		Stat	Score
OFFENSE				
Passing ft	0.05			0
Rushing ft	0.1			0
Receiving ft	0.1			0
Rushing TD	6			0
Receiving TD	6			0
Passing TD	4			0
Receptions	1			0
Fumble	-2			0
Interception	-2			0
Jukes	0.5			0
DEFENSE				
Interception	2			0
Fumble Recovery	2			0
Interception TD	6			0
Fumble Recovery TD	6			0
Tackles	0.5			0
Missed Tackles	-0.3			0
Breakups	0.7			0
Stops	3			0
SPECIAL				
Extra Point	1			0
2-Point Conversion	2			0
Field Goal	3			0
Punt Return TD	6			0