

XI. PASSING

1. Only 1 forward pass, thrown from behind the line of scrimmage, is permitted each offensive play. The ball must be released prior to crossing the line of scrimmage. There can be unlimited backward passes behind the line of scrimmage.
 - There is no intentional grounding. The quarterback may throw the ball anywhere across the line of scrimmage to avoid a sack.
 - All forward passes that do not cross the line of scrimmage are illegal forward passes, unless touched by a defender. All forward passes must go beyond the line of scrimmage.
2. Shovel passes are allowed and must be a forward pass, from behind the line of scrimmage, and received beyond the line of scrimmage.
3. The quarterback has a 7 second "pass clock." If a pass is not thrown within 7 seconds, the play is dead, the down counts and the ball is returned to the line of scrimmage. Once the ball is handed off, pitched or lateraled behind the line of scrimmage, the 7 second rule is no longer in effect.
 - If the QB is standing in the end zone at the end of the 7 second clock, the ball is returned to the line of scrimmage (LOS) and it will be the next down.
 - If the quarterback throws the ball and then catches it, the play is dead and treated like an incomplete pass.

XII. RECEIVING



1. All players are eligible to receive passes (including the quarterback if the ball has been handed off, pitched or lateraled behind the line of scrimmage).
2. A player must have at least one foot or other body part in bounds, contacting the ground first with possession.
3. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
4. Interceptions are returnable. If returned for a score during regular game play, the score will be worth six points, two points if returned during conversions and/or overtime.