

X. RUNNING GAME

1. The ball is spotted where the ball is when the flag is pulled.
2. The quarterback cannot directly run with the ball across the Line of Scrimmage. The quarterback is the offensive player who receives the snap under center directly or in shotgun formation.
3. Direct handoffs, pitches, and laterals are permitted behind the line of scrimmage only. If this takes place, after the ball carrier crosses the line of scrimmage, the play is to be blown dead by the official. The ball shall be placed at the spot possession was lost for the next play.
 - "Center sneak" play is NOT allowed. The QB may NOT handoff, pitch or lateral the ball first to the center.
 - Any player who receives a handoff, backward pass, pitch or lateral can throw the ball from behind the line of scrimmage.
 - Once the ball has been handed off, in front, behind or to the side of the quarterback, or a backward pass, pitch or lateral has occurred, the 7-second passing clock is eliminated and all defensive players are eligible to rush.
4. Definition of a "Legal Handoff" - Total loss of possession directly from 1 offensive play to another.
5. Teams are not allowed to run in the 'NO RUN ZONES' - (Reminder: Each offensive team approaches only TWO no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD).
6. Runners are not permitted to jump, leap or hurdle, in the officials' judgement, while advancing the ball. The play is to be blown dead and the ball spotted where the jump, leap or hurdle occurred.
7. Ball carriers may leave their feet and the play will continue for spinning, jump cuts, QB's passing or if there is a clear indication that he/she has done so to avoid a collision with another player. The play will continue without stoppage. However, if while leaving the ground, illegal contact is made, a penalty may be enforced by the official.
8. No blocking or "screening" is allowed at any time.
9. Offensive players in close proximity of the ball carrier must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.
10. Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.
11. Once the ball is advanced beyond the LOS, the current ball carrier is the only player allowed to have possession of the ball until the play is dead.