

XV. FORMATIONS

1. Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
2. Movement simulating the snap, by a player who is set, is considered a false start.
3. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

****Only one player is allowed in motion when the ball is snapped. The player MUST be in motion, off the line of scrimmage. All motion must be parallel or backwards to the line of scrimmage when the ball is snapped.**

****Players may shift positions on offense at any time, all players must still reset for 1 second, prior to the snap.**

XVI. UNSPORTSMANLIKE CONDUCT

If the field monitor or game officials' witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the game officials' discretion. No appeals will be considered.
INTENTIONAL PHYSICAL PLAY WILL NOT BE PERMITTED!

Offensive or confrontational language is NOT allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the officials' will penalize for unsportsman like conduct and determine if an ejection is warranted.

Players or Coaches may not physically or verbally abuse any opponent, coach or game official.

Ball-carriers MUST make an effort to avoid defenders with an established position.

5. Defenders must give free releases off the line of scrimmage to offensive players and are not allowed to run through the ball carrier when pulling flags. Offensive players may NOT initiate contact at the line of scrimmage with defenders.
6. Fans must also adhere to good sportsmanship as well:
 - Fans should cheer on their players only, not harass officials or opposing team.
 - Comments must be clean and profanity free.
 - Compliment ALL players, not just one child or team.
1. Fans are required to keep fields safe and kids friendly and adhere to league requirements for seating:
 - Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area.
 - Stay in the end zone area, not between fields.
 - Dispose of ALL trash in designated trash cans.
1. **Unsportsmanlike conduct penalties:**
 - Defensive penalty +10 yards from the dead ball spot and an automatic first down
 - Offensive penalty -10 yards from the dead ball spot and a loss of down
 - Two (2) unsportsmanlike penalties on any player or coach in a game result in a disqualification and may lead to additional discipline.