

# Part One:

## HEFL RULES ILLUSTRATED



# **Official Rules of the Houston Electric Football League**

## **(Turbo-Stop Rules)**

### **I. EQUIPMENT AND PLAY STYLE:**

- a. Play Style:** Max player weight of 4.0 grams; Texas Turbo-Stop System of Play
- b. Tackle:** Front of the base for the first 5 yards on running plays and passes caught behind the line of scrimmage. Any touch in all other instances.
- c. Stacking:** Stacking is defined as placing two (2) or more players directly behind one another with their bases making contact. Stacking is expressly prohibited on or near the line of scrimmage (within 5 yards) in the HEFL. There must always be a distance of at least one base length between players if they are on or near the line of scrimmage with the following exceptions: Exceptions to stacking rule:
  - (1) a maximum of two wide receivers can be stacked on the LOS prior to the snap and;
  - (2) the defense may stack behind a lineman who is directly across from the center at any time.
- d. Figures:** Any manufactured or custom figure is allowed.
- e. Bases:** Bases of any color are allowed. All other bases are allowed. Any modification of a base is allowed as long as the weight is under the base, double base is allowed, but not double stacked to gain a height advantage. Lead tape is allowed on top of the base but under the platform of a player to add weight. Magnets are not allowed under the base to add weight. The Commissioner reserves the right to review all equipment to determine if it is within league parameters.
- f. Game boards:** Approved game boards are 620 sized fields (37 inches x 19 ¾ inches) up to custom scale boards of approximately 30 x 64 inches in width and length. The HEF: will endeavor to play games on scale boards to the maximum extent practicable.
- g. PLRF:** PLRF is an abbreviation for Player-Referee. Games will be refereed by a third coach familiar with the rules. However, during games, where the participating coaches will be required to make their own calls to resolve disputed plays, e.g., proper setups, completed passes, interceptions, pass interference, tackles, engaged and disengaged players. In the case of a dispute, each coach is expected to politely inform his opponent if there is some type of violation, minor or otherwise. He will then allow his opponent to correct the problem without a penalty).

If there is a strong disagreement with the result of a call, the call goes to the home team first. All other disputed calls go to the arrow as in basketball.

If a coach sees an infraction, he should call a penalty immediately. If a penalty is called before the play began, mark off penalty. If the flag is thrown between stoppages, point out the infraction and continue the play. At the conclusion of the play, the coach has the option to accept or decline the penalty.

## **II. CLOCKS AND GAME TIMING:**

- a. **Game Length:** (4) 30 minute quarters - continuous running clock. Alternate method, 12 play quarters (play counting).
- b. **Game Timing:** There is a 5 minute warning at the end of the 4th quarter only.  
Four timeouts: A timeout stops the set up clock, and adds an untimed play to the end of the half. After a timeout the play clock does not resume until after the snap of the ball. Inside of the last five minutes of the game, the clock stops for out of bounds plays and incomplete passes.
- c. **Play Clock:** 45 second play clock for the offense to set up. 10 additional seconds for defense to respond.
- d. **Adjustments Clock:** After the snap, each team has a maximum of twenty five seconds to make adjustments between stoppages, with the exception of scrambles. If a coach calls a scramble, he will have only ten seconds to make adjustments.
- e. **Pass Clock:** The offense will have a maximum of 30 seconds to complete a pass.
- f. **Time outs:** Each coach will be given four time outs per half. A time out can be used to either, 1) trigger an extra play at the end of a half; and/or 2) stop the game clock and reset the set up clock. If play counting is employed, a timeout must be called before the last play box is checked.
- g. **Last play of a half:** If the coach on offense places the center down before the game clock ends a half, the play is still allowed to be run, even if the clock expires prior to the ball being snapped.
- h. **Overtime** – (Playoffs and Championship Game only)  
To make it possible to play multiple games in one day, in the event the score is tied during a regular season game the game will end in a tie. However, in the playoffs and championship game, an overtime period will be played. A coin toss will determine who will kick off and who will receive the ball. The coach, who wins the toss, will elect to either kick or receive. NFL overtime rules will apply. If the receiving team

scores a touchdown, the game is over. If either team makes a defensive score, the game is over. If the receiving team scores a field goal, the other team will get one possession. If neither team scores, or the score is still tied after each team has had a possession, the game becomes sudden death overtime and the first team to score wins. Each coach will have two timeouts during the overtime period.

- i. **Stoppages:** Stoppages are defined as the period of time after the game board is turned off: 1) after a snap; 2) after a cutback on a running play; 3) after a ball carrier runs 5 yards past the line of scrimmage; and 4) after a coach stops the board to attempt to pass or scramble.
- j. **Pass and Scramble Clock:** The offense has thirty (30) seconds to complete a pass from the time the board shuts off. If the coach calls scramble, he will only have ten seconds to make his pivots.
- k. **The Box:** The box will be used to determine distances for kicks and punts on special teams along with penalties. It will be transparent and have at least 3 compartments. The first compartment will be labeled “action” and will have one twelve sided die. The second compartment will be labeled “penalties” and one twelve sided die. The third compartment will be labeled Kicking and will contained one percentile dice 00-90, and one 10 sided die, the sum of which totals 100.



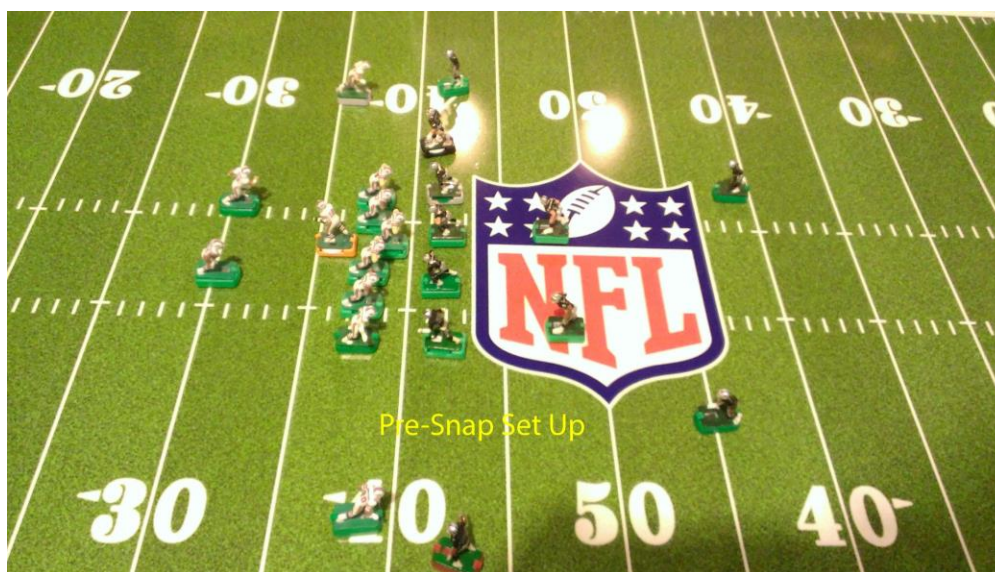
*Illustration 1: The HEFL Action Box. It is used to determine length of kicks; penalties; and fumble recoveries. All league members are provided with an Action Box by the league.*

### **III. PLAYS FROM SCRIMMAGES:**

- a. Player Numbering; Placement of Players Prior to the Snap; Motion; Stacking:** All skilled position players (eligible receivers) are to be numbered between 1-49; and 80-89. Prior to the snap, all players on offense must be lined up perpendicular to the line of scrimmage (LOS). No player on offense may be lined up at an angle prior to the snap. Offensive lineman cannot be touching one another. Space must be clearly visible between the arms of the offensive linemen.

The defense must have a minimum of at least three down linemen. Defenders may line up in any legal formation pursuant to NFL Rules but they cannot be stacked, with the exception that the defense may stack one defender directly behind the lineman across from the center (see Rule I [c] [2] above). Unlike the offense, defenders do not have to be perpendicular to the LOS prior to the snap.

The quarterback may be directly under center or in shotgun behind the base of the center. On all plays from scrimmage if the quarterback is under center, he must be backing away from center. If the quarterback is not under center he must be at least three yards (a base length) behind the back of the center's base (pistol) or no more than twenty yards behind the line of scrimmage (shotgun). More specifically, when a quarterback is in shotgun formation, no part of the quarterback's base can be more than 20 yards behind the LOS.



*Illustration 2: Pre-Snap, all players on offense must be lined up straight, and not angled (perpendicular to the line of scrimmage). Also, note the depth of the linebackers. Linebackers typically play back to allow them to be used in defensive zone movement (also see illustration 10 below). This makes for a free flowing play style that*



*emphasizes strategy and assignment football over brute strength.*

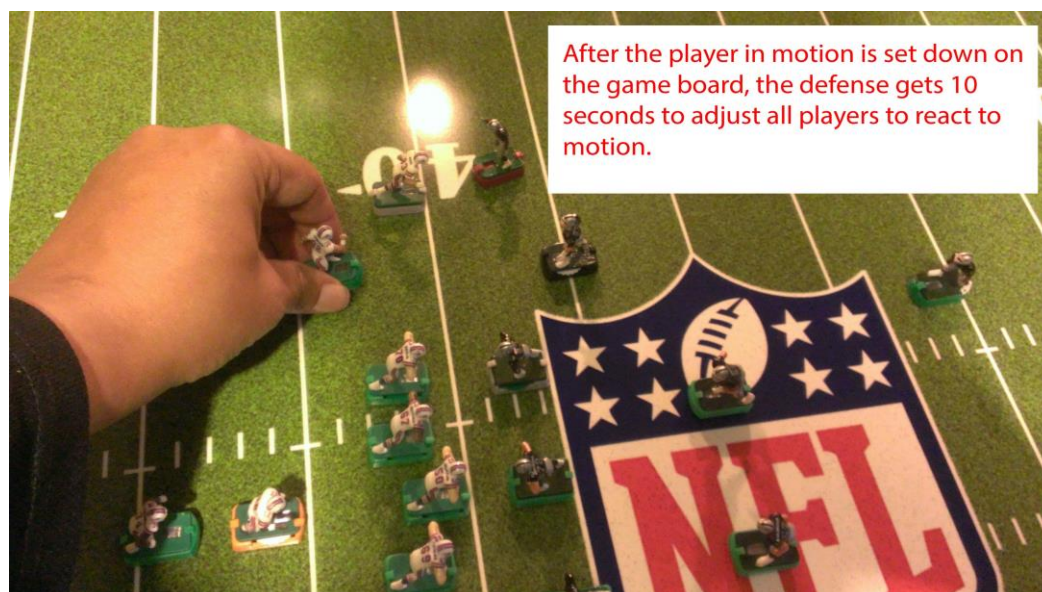
Special rule for quarterback sneaks: Quarterback sneaks on short yardage (2 yards or less) are allowed for goal line situations (defense's 2 yard line and in); and coming off of the goal line (offense's 2 yard line and in) is allowed. On sneaks, the quarterback may be under center and moving forward at the snap. Prior to the snap, no player in the offensive backfield can have any part of his base more than twenty (20) yards behind the LOS. Wide Receivers and tight ends can be placed no more than five (5) yards behind the LOS (measured from the front of the base).

Running backs must be at least three (3) yards behind the back of the base of the nearest offensive lineman prior to the snap.

Player in motion: After the defense calls "set," immediately prior to the snap, the offense may place one player in the backfield other than the quarterback in motion. A player in motion may be reset outside of the offensive backfield into a receiver position. Conversely, a player in a receiver position may be moved into the backfield. In either case, if motion occurs, the offense must still be in a legal formation prior to the ball being snapped. The defense is allowed ten seconds to reset any and all players to respond to motion.



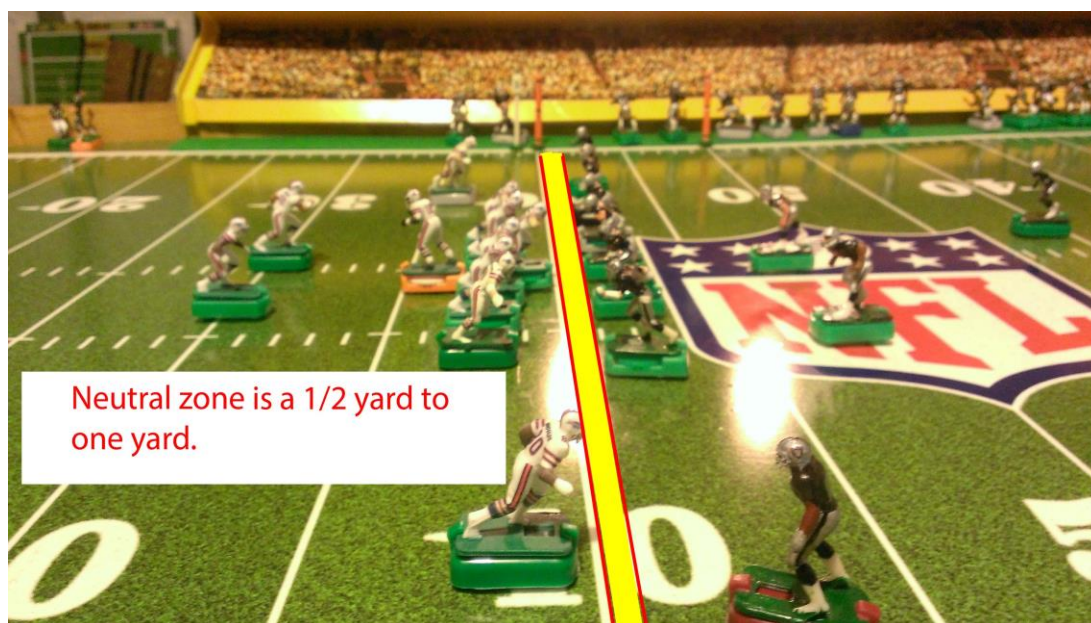
*Illustration 3: Motion is an effective weapon to determine the type of coverage the defense is playing. If a defender moves with the player in motion it typically indicates man to man as opposed to zone coverage. Motion can also isolate a linebacker on a fast running back for an ideal mismatch.*



*Illustration 4: Pre-snap, a player from the offensive backfield is being placed in motion.*

- b. Neutral Zone:** Only the Center and the two (2) end receivers are to be on the LOS. The guards and tackles must be no less than a 1/2 yard and no more than 1 yard off of the LOS.

All defensive players must be at least 1 yard off the LOS.



*Illustration 5: A large neutral zone allows linemen to be able to pivot post-snap. This makes for double team blocking, pulling guards, and defensive line stunts.*

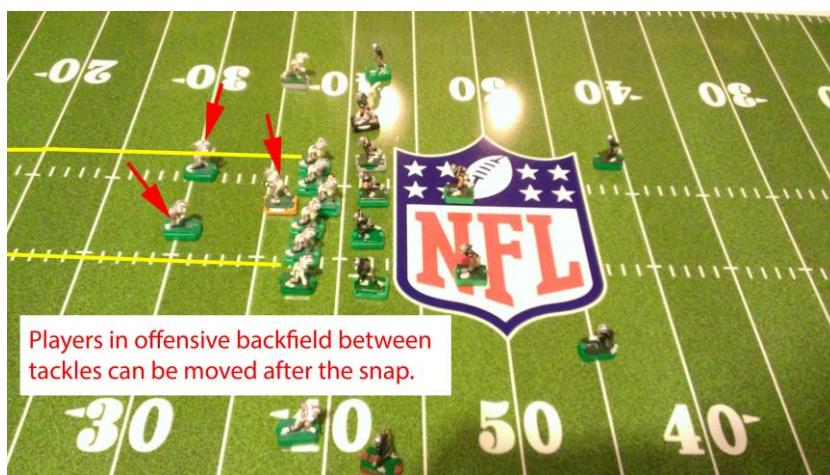


- c. **Set up:** Offense has a 45 second set up clock. After completing its initial set up, the offense must verbally indicate to the defense that it is finished its set up by stating “set.”

Defense must finish setting up within 10 seconds after the offense completes its set up. The defense must verbally indicate to the defense that it is finished its set up by stating “set.”

- d. **Defensive Secondary:** A player is considered in the defensive secondary if he is more than 5 yards past the LOS.
- e. **Offensive backfield:** A player is considered in the offensive backfield if he is behind the LOS and within the tackles.
- f. **Hurry Up Offense:** If offense calls “hurry up,” defense must set up within 10 seconds after offense is completed. The offensive coach must clearly indicate prior to placing down his center that he is running a hurry up offense.
- g. **Snap, Offensive Adjustments, and Offensive Backfield Movement:** The board is buzzed on and off quickly to simulate a snap. If any player on offense goes more than three yards after the snap, it is a penalty for false start. 5 yards repeat the down.

Offense Backfield Movement: After the snap, players in the offensive backfield may be readjusted (pivoted and moved - no turning of dials) anywhere within the tackles. The quarterback however, must stay in line with the center.

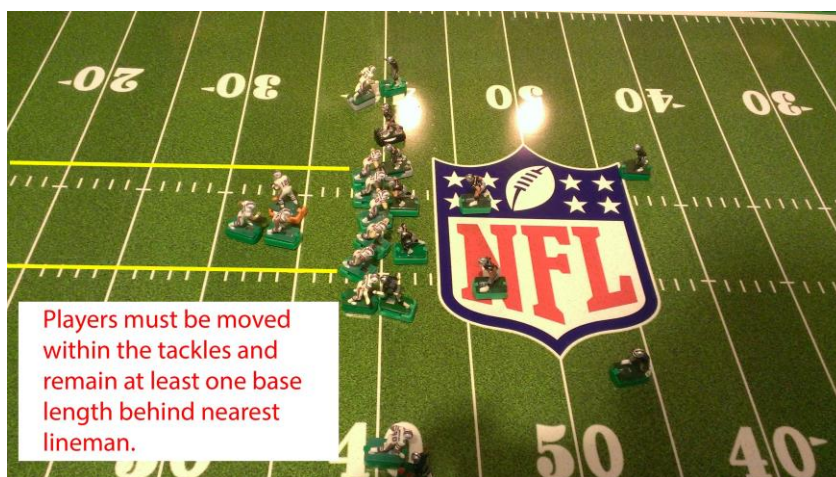


**Illustration 6:** Post-snap, the offensive backfield can be reset, disengaged offensive linemen pivoted and receivers released.

No player in the offensive backfield other than the quarterback can be placed any



closer than one base length (approximately 3 yards) behind the back of the base of the nearest offensive lineman in front of them. Any disengaged players on the offensive line can be pivoted.



***Illustrations 7: Adjustments post snap. Quarterback has to stay in line with the center and running backs must stay within the tackles. Note the right tackle and tight end double teaming the left defensive end at the bottom of the line.***

Eligible receivers on the line of scrimmage may be pivoted (released) even if they are engaged with a defender. The defense is not required to release receivers. It is the offensive coach's responsibility to release eligible receivers off of a defender. The coach on offense can also choose to not release or disengage a receiver, if that receiver is designated by the coach to be blocking. Receivers are released by sliding a maximum of one base width horizontal to the LOS, and then pivoted away from a defender.



***Illustration 8: Post-snap, engaged receivers can block or be released.***



*Illustration 9: Post-snap, receivers are released by the coach on offense. Defenders can then be pivoted to run with the receiver are redirect them towards coverage.*

The offense must make all of its adjustments within 25 seconds. The quarterback and one other player in the offensive backfield (provided that they are at least five yards off of the LOS of scrimmage) may be made stationary.

If it is a hand off to a running back, the offensive coach must announce who is the ball carrier (see Rule IV below for procedure for running plays). The board is then turned on and the play is run. If it is a pass or a run delay, the quarterback has the ball, and the board runs until the coach on offense stops the board to attempt to pass, scramble, or hand off to a running back on a delay. (See Rule V below for procedure for passing plays.)

- h. Defensive Adjustments and Defensive Zone Movement:** After the offense has made its post snap adjustments, the defense is allowed to make its pivots and adjustments. The defense may pivot all disengaged players.

Defensive Zone Movement: After “offensive backfield movement,” the defense is allowed to move any player in the defensive secondary that is still inside of the numbers after the snap. These players may be moved to anywhere on the field, providing that they remain inside of the numbers and are not placed beyond the LOS.

A player is deemed to be in “the secondary,” and therefore eligible for defensive zone movement, if the player is at least five yards off of the LOS after the snap. A defensive player moved by defensive zone movement cannot be directly stacked behind another defensive player (with the exception of a defender being stacked directly over the center - see Rule I [c] above on stacking).



*Illustration 10: Proper placement of defenders pre-snap is key. If placed too close, post-snap, they will not be eligible to engage in defensive zone movement. Defensive zone movement can be used to disguise a coverage or blitz if employed properly; i.e. the strong safety in the bottom left can be brought down to the line of scrimmage, inside of the numbers, to blitz off of the edge after the offense has completed its adjustments.*

#### **IV. RUNNING PLAYS:**

- a. **Procedure for running plays:** If the offense chooses to run, it must announce the ball carrier after the defense makes all pivots and adjustments. The quarterback must be turned away from the LOS after he hands the ball off. Quarterbacks are never allowed to block on running plays. Offense controls the switch until the ball carrier crosses the line of scrimmage (LOS) or makes a cutback. After that time the defense is given the switch. If the coach on offense fails to turn off the board after the ball carrier crosses the LOS, and the ball carrier runs more than five (5) yards, the offense is limited to a three (3) yard gain. This is similar to the scramble rule (see Rule V below).
- b. **Cutback Rule:** After the board runs, if the ball carrier has not crossed the LOS and is still inside of the numbers, the offensive coach has the option to turn off the switch, and pivot any disengaged players. The coach cannot adjust the dials on any offensive player. The coach on offense has a maximum of 25 seconds to make pivots.





*Illustrations 11 and 12: The ball carrier cuts back to exploit the hole in the middle of the defense. Note that the linebacker on the shield is 5 yards off the line of scrimmage and is therefore allowed to be made stationary (also see Illustration 18 below). Note how he plays his assignment and remains in position to be ready for the cut back.*



Once the offense has made its pivots, the defense is allowed to pivot any disengaged defenders. The defense is only allowed to pivot disengaged defenders if the offense chooses to pivot after the board is turned off. If the offense chooses to not “cutback”, the defense is not allowed to adjust until the ball carrier runs for five yards (see Rule IV [d] below).

- c. **Cutback Zone:** There is a designated “cutback zone” behind the LOS and inside of the numbers. A coach on offense can choose to set the ball on the hash mark closest to the



side of the field where the last tackle was made or they can choose to play in the middle of the field, whichever is their choice. Regardless of where the ball is placed, there can be no cutbacks if the player has any part of their base outside of the numbers. This is also the rule for catches behind the LOS outside of the numbers.



*Illustration 13: To cut back, the ball carrier must be totally inside of the numbers and behind the line of scrimmage. There are no cut backs during scrambles, draws or delays.*

- d. **5 Yard rule:** On running plays where the ball carrier goes at least five yards beyond the LOS, the board is stopped to allow for pivots of all disengaged defensive players. Unlike the cutback rule, disengaged offensive players, including the ball carrier cannot be pivoted at this time. This also the rule for passes completed behind LOS.
- e. **Draws and delays:** Aside from the quarterback, one other running back in the backfield can also be made stationary post snap. This player is eligible to become a ball carrier after the QB drops, provided he is within two base lengths of the quarterback. Runners on delays can be pivoted after getting the handoff but they cannot cutback. Additionally, a player cannot be given the ball on a draw or delay after a scramble.
- f. **Pulling a lineman:** Up to a maximum of two offensive linemen can be pulled on a play to block. To pull a lineman, the offensive coach must take a disengaged guard, center or tackle, and pull his base backwards away from the LOS and pivot him towards a sideline to block.
- g. **Pivots:** No player (offense or defense) is allowed to be pivoted where yardage is gained either horizontally or vertically. Therefore, all pivots must be done by moving the back of the base not the front. This standardized method should alleviate questionable pivots.

(This rule does not apply to Offensive Backfield Movement and Defensive Zone Movement immediately after the snap. See Rule III [f] above). Magnetic referees may be used to mark the spot of a player prior to the pivot being made, or to mark a stationary player's position when he is subbed for during the game.

- h. QB Pitch/Option:** If the quarterback pitches the ball, he must be moving away from the play and within two base lengths of the intended ball carrier. To attempt a pitch, the QB and the ball carrier must be behind the LOS and totally within the tackles. After the pitch, the running back and all disengaged blockers may be adjusted. The QB however must be turned away from the play and he is not allowed to block directly for the ball carrier. The defense is then allowed to adjust all disengaged defenders.

## **V. PASSING PLAYS:**

**Procedure for Passing Plays:** Passing is done by the TTQB or by pass simulation. A pass may be attempted during the stoppage after the receivers have run their routes; or during the stoppage after the QB completes a scramble. A coach cannot throw a pass immediately following the snap.

On all plays, after the snap, any engaged receivers may be pivoted to run their routes. Receivers are not automatically released. It is the responsibility of the offense to release its own receivers. Receivers are released by sliding a maximum of one base width from the defender with whom they are engaged. After the receiver is released (disengaged), he may then be pivoted to run his route. The coach on defense can then pivot his defensive backs to cover the receiver. A coach on offense can also choose to not release an engaged receiver. This may occur because the offense is expecting the receiver to block. If so, the defense is not allowed any adjustments.

If the offense chooses to pass, it must announce the receiver it is throwing to immediately after the board is stopped. This can occur if the following conditions have been met:

- 1) the quarterback has not been sacked, tackled, or run out of bounds; and
- 2) the quarterback has not had any part of his base go more than twenty (20) yards behind the LOS (see Rule V [b] below for intentional grounding and throw away passes).

**Scramble Rule:** Each team is allowed unlimited scrambles. A coach is allowed to scramble as long as no eligible receiver is further than 20 yards past the LOS. If the coach declares a "scramble," the pass/scramble clock is paused and he will *only have the remaining time left on the pass/scramble clock when they later stop the board to attempt the pass*. The coach on offense has a maximum of ten (10) seconds to pivot receivers

(engaged or disengaged) as well as any other disengaged players (including the QB) after declaring scramble. *Regardless of whether an offensive coach declares scramble, the coach on defense always has the benefit of the full 25 seconds on the adjustment clock to make adjustments.*



**Illustration 14:** Scrambles can be used to buy the quarterback time, or to allow receivers to run routes or double moves.

During scrambles, eligible receivers in the secondary must be pivoted (not released) off of defenders, or it is considered offensive pass interference. The defense may then pivot all disengaged players toward any offensive players they choose. A QB is not allowed to cutback during a scramble. A stationary QB may be substituted for the scramble. The board may be running for as long as no defensive player sacks the QB. If the QB crosses the line of scrimmage, the board must be stopped and the defensive coach takes control of the switch. The game board is turned on and the play resumes as a running play. The 5 yard rule (see Rule IV [d] above) applies. If the quarterback advances more than five yards beyond the line of scrimmage without the offensive coach turning off the switch, he is considered down after three-yard yards (i.e. he is only allowed a three-yard gain).

- a. **Scramble Zone:** There is a designated 20 yard “scramble zone” on passing plays (15 yards on a scale board) which extends from the LOS twenty yards downfield into the defensive secondary. The offense is allowed to scramble at any time provided that no offensive player has run more than 20 yards downfield past the LOS. If a coach calls scramble after a receiver has run more than 20 yards past the LOS, he cannot attempt a pass and the QB must run. As is the case above, the offense can pivot disengaged players to block. The QB cannot cutback when he runs during a scramble. All other rules concerning running apply. The defense can pivot any disengaged players to pursue the

QB.



*Illustration 15: Scramble Zone is 20 yards past the line of scrimmage.*

- b. **Throw-Away Passes:** If any part of the quarterback's base drops more than twenty (20) yards behind the LOS (15 yards on scale boards) and he is outside of the tackle box, it is considered a throw away pass. If the QB drops more than 20 yards behind the LOS (15 on scale boards), and he is in the tackle box, it is a penalty for illegal grounding - 10 yards loss of down. Even if all receivers are engaged, the offense may still elect to throw away a pass.
- c. **Screens and swing passes:** For purposes of this rule set, passes completed behind the LOS and within the numbers are treated like long hand offs. Therefore, the receiver making the catch, along with all disengaged offensive players can be pivoted to block after the catch is completed.
- d. **Illegal Lineman Down Field:** During downfield pass attempts or scrambles, all disengaged offensive linemen in the secondary (more than 5 yards past the LOS) must be turned back towards the LOS or it is a five (5) yard penalty for "Illegal Lineman Down Field."
- e. **TTQB (Bullet Passing):** A pass is considered completed by a coach using the TTQB when the ball hits an eligible receiver on the fly. When using the TTQB, the coach on offense cannot lean the quarterback into other players to gain an advantage. When a coach attempts a TTQB pass, he must declare which receiver he is throwing to. If the ball hits another eligible receiver on offense other than the intended receiver, it is ruled a catch but it cannot be advanced. If the pass is completed to the intended receiver, the



defense is allowed to pivot disengaged players to attempt to tackle the receiver.

Interceptions and batted balls: If the ball hits a defensive player, other than an engaged defensive player on or within 5 yards of the LOS, it is an interception. If the ball hits an engaged defensive player on or within 5 yards of the LOS it is considered a batted down pass. If the ball is intercepted, the intercepting coach may now pivot the interceptor only if he is still disengaged after the catch to run with the ball. The coach may also pivot disengaged defenders to block for the interceptor. This is followed by the opposing coach pivoting any disengaged players to attempt a tackle. The switch control is given to the referee or coach who threw the interception and the board is turned on. If the interceptor is able to run 20 yards without being touched, the board is stopped again and all disengaged defenders on the team who threw the interception can be re-pivoted to attempt to make the tackle.

- f. **Pass Simulation (Lead Passing):** When a pass is attempted by pass simulation, a four (4) colored measuring stick is placed from the head of the QB to the intended receiver to determine which passing stick is to be used. The passing stick is placed in contact with the receiver's base from the front portion of the base. The stick may be angled in any desired direction. There are five (5) passing sticks. The measurements for the sticks are based on a 620 sized field.



*Illustration 16: A set of passing sticks and a magnetic target will be provided to each coach by the league. Sticks are extremely effective for lob passes over the top of defenders or to “throw a receiver open.” A coach can also throw with the TTQB at any time if he so chooses to exploit tight coverage.*

Red stick - 6 yards  
Green stick - 9 yards  
White stick - 12 yards  
Yellow stick - 15 yards  
Blue stick - 18 yards

The measuring stick is 75 yards long and divided in four parts. 1st part is red and measures 25 yards. 2nd part is green and measures 20 yards. 3rd part is white and measures 15 yards. 4th part is yellow and measures 15 yards. You determine the length of the pass by measuring from the QB's head to intended receiver's head. If it is longer than the measuring stick, use the blue stick to pass.



*Illustration 17: To determine the size of the stick to be used, measure from the head of the quarterback to the head of the intended receiver.*

The offensive coach will next place a magnetic target so it at the opposite end of the passing stick. The offense must also pivot all engaged eligible receivers in the secondary off of defenders and away from the target, or it will be considered offensive pass interference. Additionally, no receiver can be pivoted to directly impede a defender in the secondary from making a play on the ball or it is offensive pass interference. The defense is then allowed to pivot all disengaged players in the secondary to make a play on the ball or to make a tackle.



***Illustration 18: Once the size of the stick is determined, a magnetic target is placed on the field. The defensive coach may then pivot any disengaged defensive players to make a play on the ball or make a tackle. All defensive players that are stationary may be substituted before the board is turned back on.***

From this point on no players may be pivoted to resolve the play unless the pass is intercepted. The offensive coach takes control of the switch and turns the board on until the pass is determined to be caught or incomplete. If the pass is completed, the board is stopped again to allow defenders to be pivoted to tackle the receiver.

Eligible Receiver- Pass Simulation: Initially and at the first stop of the board on a Pass Simulation attempt, an eligible receiver is any offensive player other than interior lineman and the quarterback that is inbounds, did not run out of bounds during that play.

Catch/Completion: After the target has been placed and the board tuned back on, if the intended receiver or a defensive player makes contact with the target before the play is over, that player has caught the ball. Once the catch has been made, the target is removed from the field and all disengaged defenders can be angled to make a tackle on the ball carrier.

After a pass is completed the defense takes control of the switch. If a pass is completed at or behind the LOS and inside of the numbers, the board is stopped after the ball carrier goes five yards past the LOS to allow for defensive adjustments.

Simultaneous touching of the target between the intended receiver and a defender is awarded to the offense as a completion but the ball cannot be advanced. If an offensive player other than the intended receiver touches the target before the intended receiver, it is considered an incomplete pass.

Simultaneous touching of the ball between two or more defensive players will be awarded to the player designated by the defensive coach as the interceptor.

Simultaneous touching of the target between offensive players (provided that one player touching the target is the intended receiver) is awarded to the intended receiver but the ball cannot be advanced.

Incompletion-Pass Simulation: A pass is incomplete once and if any offensive or defensive player's base (any portion) passes the entire placed target within a radius of a base length around the placed ball. At that point the play is over and it is the next down.

Interception-Pass Simulation: A pass is intercepted if a player on defense makes contact with the target as described above before any other player on offense. After an interception the intercepting coach may now pivot the interceptor only if he is still disengaged after the catch to run with the ball, along with disengaged defenders to block for the interceptor. This is followed by the opposing coach pivoting any disengaged players to attempt a tackle. The switch control is given to the referee or coach who threw the interception and the board is turned on. If the interceptor is able to run 20 yards without being touched, the board is stopped again and all disengaged defenders on the team who threw the interception can be re-pivoted to attempt to make the tackle.

Pass Interference - Pass Simulation: No disengaged player from either team may be pivoted to intentionally obstruct a disengaged opponent player's path to the ball without risking a penalty. Intentionally obstructing a disengaged opponent player's path to the ball constitutes pass interference. If a defender is aimed towards the target prior to the board being cut on (going for the ball), any contact afterwards is considered incidental.

On defense, any disengaged defensive player (not including eventual engagement with intended receiver) can cause pass interference, even if that player was engaged when the ball was placed. If a defender is aimed towards the target (going for the ball) any contact with the intended receiver is considered to be incidental contact and is not a penalty.

**g. Turn and Burn Rule:**

Turn and Burn: When using either the TTQB (bullet passing), or Pass Simulation (lead passing), if the receiver after made the catch, is deeper than the deepest defender, the receiver can be angled towards the end zone.

**h. Catches Behind the Line of Scrimmage (LOS):**

When using either the TTQB (bullet passing), or Pass Simulation (lead passing), catches behind the LOS are treated like long hand offs and the receiver can be angled upfield,



provided that the catch is made within the numbers. When this occurs, all disengaged offensive players can angled to block. However, if the pass is completed behind the LOS after a scramble, even it is within the numbers, the offense is not allowed to angle any players other than the receiver making the catch.

**i. Fumble Rule – Ball Carrier Knocked Over:**

A fumble occurs when a defender if a ball carrier falls over as a result of a tackle, it's a fumble. Roll the "action die." The defense recovers on a roll of 7 or higher.

- j. Backwards Pass – Fumble:** If the offense throws a backwards pass using a TTQB, and it lands in play, it is considered a fumble by the offense. A target will be placed on the board and all disengaged players will be aimed at the target. If no player has touched the target, thereby recovering the ball after three seconds, the board is stopped and the players are re-aimed and the process is repeated until there is a recovery. The same rule applies for backwards passes through pass simulation. The rule in V [f] above (Incompletion - Pass Simulation) is suspended and players will be allowed to go after the ball even if no player initially hits the target.



*Illustration 19: Passes behind the line of scrimmage that land in the field of play are live balls and can be recovered as a fumble.*

**k. Stationary players:**

Players are made stationary by being placed on a based sized piece of green felt. The defense is allowed a maximum of three (3) stationary players in the defensive secondary (at least five (5) yards off of the LOS).



*Illustrations 20 and 21: Defenders 5 yards or more past the line of scrimmage can quickly be made stationary by being placed on a base sized piece of green felt. This in combination with the “5 yard rule” allows for the defense to read and react and play assignment football.*



The offense is allowed a maximum of 2 stationary players, one of which can only be the quarterback (i.e. you cannot have 2 stationary running backs). Stationary players in the offensive backfield must be at least five (5) yards behind the LOS.

A stationary player in the backfield touched by a defender will result in a 10 yard holding penalty on the offense.

A stationary defender touched by an offensive player will not result in a defensive penalty. However, pre-snap, or during defensive zone movement, if the defense places a stationary player within 10 yards of the LOS directly in front of an eligible receiver, for the purpose of impeding the receiver’s progress, it is a penalty for defensive holding (5 yards - automatic first down).

An eligible receiver who gets stuck on stationary defender in the defensive secondary during a passing play must pivot off that defender during a board stoppage after a scramble, or it is a 10 yard penalty for offensive pass interference.

If a QB is stationary, and an offensive linemen is either pushed, or runs into the QB while a defender is touching the offensive lineman, 10 yard holding penalty on the offense.

#### **I. Fallen Players:**

Any player on defense that falls over during the play may be picked up during a stoppage. If a player on offense falls, the fallen player must remain down until the next stoppage. If a defender makes contact with the ball carrier, and the defender falls, this is a broken tackle – the play continues.

No player may lie down on the field of play to simulate playing zone or delay RB or WR (Stationary players only)

Fallen Ball Carrier – See Fumble Rules above.

### **VI. SPECIAL TEAMS:**

#### **a. Safety:**

A safety occurs when a defensive man tackles an offensive ball carrier in the offensive ball carrier's own end zone. Also, if a ball carrier falls down in his end zone a safety occurs or a penalty is called on the offense that occurs in the end zone (example: offensive holding). A safety will occur when any part of an offensive ball carrier's base crosses the back of the end zone or out of bound markers in the end zone. After a safety, the team surrendering the safety will then free kick from its own 20-yard line. The receiving team must line-up on the kicking team's 35-yard line. The kicking team will then follow the punting chart or onside kick chart to determine the distance of the punt. Once the punt is received, the rules governing kickoffs apply.

#### **b. Kickoffs:**

The kicking team lines up on its own 35 yard line. The receiving team must have at least 5 players at the 50 yard Line. When both teams are set, play proceeds in the following manner: The return man is placed on the receiving team's goal line and made stationary.



**Illustration 22: Kickoff formation.** Note that the front line of the receiving team is angled towards its own goal line. The player designated as the kicker can be made stationary to serve as a last man back.

Prior to turning on the board the kicking team must designate one of three directions for the kick.

1. Inside the numbers to the left hash (Zone 1)
2. Straight down the middle (Zone 2)
3. Inside the numbers to the right hash (Zone 3)

The kick returner will then be placed down on the board according to the kicking team's designation. The receiving team may opt to forgo the kickoff process and take the ball on their 20, but must announce this prior to setup of the kickoff play. Note: In play count games, this does not count as a play. The player designated as the kicker may be made stationary to act as the "last man back."

There will be a three second countdown to cover the kick. After the countdown, all disengaged return men may be pivoted to block. All disengaged coverage men may be pivoted to make a tackle. After the countdown, the return man is no longer stationary. The return man is given the ball and commences to run the ball downfield. If the returner is able to run 20 yards without being touched, the board is stopped again and all disengaged defenders on the coverage team can be re-pivoted to attempt to make the tackle. If the kicking team elected to make the kicker stationary to act as the last man back, he can be made mobile and angled, following the returned running 20 yards.

### **c. Onside Kicks:**

An onside kick can be attempted at any time during the game provided the kicking team is trailing. Using the ball on a string, the kicking team lines up on its 30 yard line, the receiving



team lines up on 50 yard line. After reviewing the receiving team's alignment, the kicking team designates the zone where the ball will land on the field (see Zone's below). The kicking dice are rolled to determine the distance of the kick (see onside kick chart below). The target is then placed down by the kicking coach, and all players are aimed to go after the target. If no player hits the target after three seconds, the board is stopped, and players are re-aimed to go after the target again. A recovery occurs when a player hits the target. The ball cannot be advanced and is down at the spot of the recovery.



*Illustration 23: Players are aimed at the magnetic target to recover the onside kick.*

**Onside Kick Chart:**

01-40	13 yard kick
41-60	12 yard kick
61-80	11 yard kick
81-100	10 yard kick

Zone 1: Left side of the field inside the numbers to the left hash.

Zone 2: Middle of the field between the hashes.

Zone 3: Right side of the field inside the numbers to the right hash.

**d. Two Point. Conversions:**

Two Point conversion must be attempted from the 2 yard line.

**e. Punting**

A team must punt on fourth down unless they are trailing in the second half. A team may go for it at any time at, or inside the opponent's 50 yard line. No fake punts!!

The rules for offensive and defensive formations as described earlier also apply to punts. The player at the quarterback position is the punter. The punter must be a player on a stationary

base at least five (5) yards to fifteen (15) yards behind the LOS (as measured from the front of the punter's base). In addition, the defense may elect to place a kick returner on a stationary base to receive the punt.



***Illustration 24: Picture of teams in punting formation. Prior to the punt, the same set up rules for a play from scrimmage apply to the kicking team.***



***Illustration 25: Before the punt, the players on the receiving team covering the two outside gunners must line up 5 yards off the line of scrimmage.***

**Punting Chart:**

01 - 10	15-yard punt out-of-bounds, Shank! No Return
11 - 20	30-yard punt.
21 - 30	35-yard punt.
31 - 45	40-yard punt.
46 - 60	45-yard punt
61 - 70	50 -yard punt
71 - 80	55-yard punt
81 - 90	60-yard punt
91 - 100	75-yard punt - Booming Punt!

**Punting Yds.- Hang times:**

30-40 -	1 second
45-55 -	2 seconds
60-75-	3 seconds

**Coffin Corners (only between opponent's 50 – 20 yd line.)**

01-05	take it on the 1-yd line.
06-15	take it on the 5 yd line.
16-30	take it on the 10 yd line.
31-50	take it on the 15 yard line.
51-100	on the 20

Punts are run as follows:

- 1 The offense announces its intention to punt.
1. The ball is snapped. All disengaged players are allowed to be pivoted. Additionally, all eligible receivers are allowed to pivot off of defenders. Similar to standard plays from scrimmage (see above), the punting coach has the responsibility to release eligible receivers after the snap. All defensive “gunners” must be a minimum of five yards off of the LOS.
2. The board is run for one second to allow for the defense to attempt to block the kick. If the punt is blocked, the defense gets the ball at the spot of the kicker. If a punt is blocked in the end zone it is a safety for the defense and the defense is awarded two (2) points and NFL rules regarding safeties apply.
3. The kicking dice are then rolled to determine the distance of the punt, hang time and



whether or not the punt is a shank. If the punt is shanked, the receiving team takes the ball 15 yards down the field and there is no return.

4. If the punting team successfully gets off the punt, the punter substitution is made by removing the stationary player and putting a player in its place to cover the kick (consult punting chart below to determine the distance of the punt).
5. The board is turned on for the amount of seconds designated by the punting chart to allow the punting team to cover the punt.
6. By the end of the countdown, if any player from the punting team is able to hit the punt returner's base, or pass the spot of the punt returner while remaining inbounds, then the result is an automatic "fair catch." The play is over and the ball is marked at the spot of the punt returner. If the distance of the punt reaches the end zone it is an automatic fair catch.
7. If the punt returner is able to "field the punt" and it is returnable, the stationary player in the punt returner position is removed and the actual punt returner is put in its place at the exact same spot.
8. The punt returner may be angled. Any disengaged players may also be angled to block or cover.
9. After the returner receives the ball, the board is turned on and the returner is allowed to run downfield. If the returner is able to run 20 yards without being touched, the board is stopped again and all disengaged defenders on the coverage team can be re-pivoted to attempt to make the tackle.
10. After this, the board is turned on and play continues until the punt returner is tackled, runs out of bounds, scores, or has its forward progress stopped.

#### **b. Field Goals**

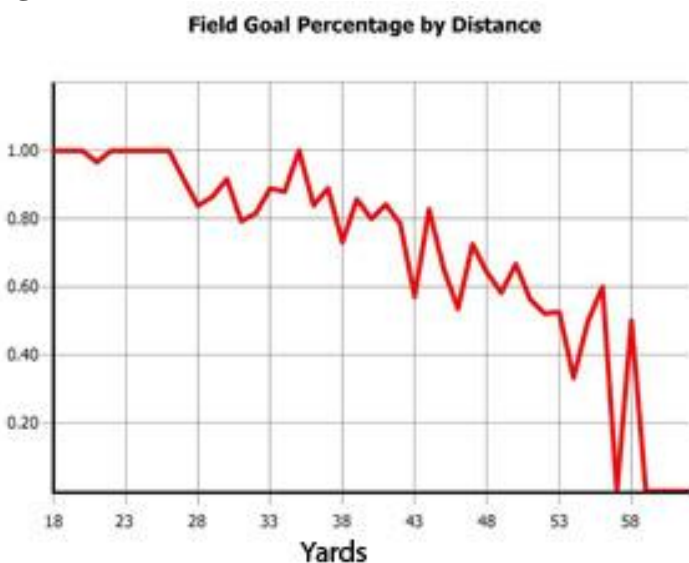
Field Goals and PATs may be done by dice roll. They may also be done manually if the coach so chooses. If a field goal is attempted manually, the kicking coach places his kicker eight yards behind the LOS and attempts the kick. Standard sized goal posts (Tudor - sized) as approved by the commissioner will be used for manual field goal and PAT attempts.

### **Field Goal Chart:**

<u>Yard Line</u>	<u>Dice roll</u>
00-10	05 and up
11-15	15 and up
16-20	25 and up
21-25	30 and up
26-30	45 and up
31-35	50 and up
36-40	75 and up
41-45	90 and up

Distances and percentages extrapolated from NFL FG percentage chart below. See Figure 1 below.

**Figure 1:**



### **VI. PENALTIES:**

The majority of penalties will be called from shaking the box and checking the corresponding penalty chart. Because penalties can only occur before or during a play, the box can only be shaken during a stoppage. The box cannot be shaken after a play is completed.

## **Penalty Chart**

If a 2 or 12 is rolled on the penalty dice, check the action dice, then check the penalty chart below for the call.

Offense- Unsportsmanlike Conduct	01	15 yards - repeat down
Offense -Personal Foul	02	15 yards- repeat down
Offense- Illegal Formation	03	5 yards - repeat down
Offense- Illegal Procedure	04	5 yards - repeat down
Offense- Illegal Shift	05	5 yards - repeat down
Offense- False Start	06	5 yards - repeat down
Offense- Holding	07	10 yards - repeat down
Defense -Encroachment	08	5 yards - repeat down
Defense – Defensive Holding	09	5 yards - automatic 1st down
Defense - Illegal Substitution	10	5 yards - repeat down
Defense - Personal Foul	11	15 yards - automatic 1st down
Defense-Unsportsmanlike Conduct	12	15 yards - automatic 1st down

The outcome of penalties will be interpreted to reflect the actual NFL penalty book\* to the maximum extent practical with the following exceptions:

Penalties not found in NFL Rule Book that are specific to electric football:

### **5 Yard Penalties on the field:**

- Neutral Zone Infractions (Offense or Defense).
- Offense Delay of Game 45 second play clock.
- Offense Illegal Formation – Offensive players not perpendicular to the LOS or not having 7 players on LOS.
- Illegal Motion (offense) – 2 Offensive players being placed in motion prior to the snap
- Ineligible Receiver (offense) – An offensive lineman hits magnetic target during pass simulation.
- Illegal Stacking (offense or defense).
- False Start – any offensive lineman more than 3 yards down field after the snap.

### **10 Yard Penalties on the field:**

- Offensive pass interference (offensive player in secondary not pivoting off



a stationary player during a pass attempt or directly impeding a defender from making a play on the magnetic target).

- Offensive Holding, an offensive stationary player impeding a defender in the offensive backfield

- Illegal Grounding (offense), any part of a QB's base dropping more than 20 yards behind the LOS while in the tackle box. 10 yards –loss of down.

See NFL.com/penalties for more information on NFL Rule Book

# **PART TWO:**

## **HEFL RULES SAMPLE PLAYS AND STRATEGIES**

## Introduction:

The following are sample plays and strategies that can be used by a coach in the turbo stop style of play. These illustrations are meant to be samples, and are by no means an exhaustive list of all the possible plays or strategies that may be employed by a coach under this rule set. The system is intended to be flexible enough to encourage individualism and creativity in play calling using real world practices.

## Offense:

How to run a “Power Sweep:”



*Pre-snap set up. 21 personnel. Start the play in a standard I-Formation. Note: As per the rules, the QB must be going backwards at the snap.*



*The ball is snapped (board buzzed -quick on and off). Players move forward.*





*Backfield is reset (offensive backfield movement). All disengaged players are pivoted. Right tackle is pulled. Right guard and Tight end are pivoted to pick up the left defensive end and strong side linebacker. QB is made stationary. Tailback and Fullback are pivoted towards the sideline. Announce that the tailback has the ball. Fullback is leading. Tip: You can employ the same technique to run a screen pass. Just throw the pass to the tail back with a TTQB before the tailback runs outside of the numbers. If a pass is caught behind the LOS and inside the numbers, receiver can be pivoted (turn and burn).*



*After defense makes its adjustments, the board is run by the coach on offense. Board is turned off before the ball carrier goes outside of the numbers. Because the ball carrier is still behind the LOS and within the numbers, he is allowed to cut back and disengaged players can be pivoted to block.*



*All disengaged players are pivoted. Board is turned back on.*



*Fullback picks up the strong side linebacker. Tight end takes out the Middle Linebacker. Tailback makes a good gain. Per the 5 yard rule, the board will stop after the ball carrier goes five yards to allow for the defensive to pivot and make the tackle.*



## How to run the “49ers Wham Play:”



*Pre-snap. 21 personnel. QB is in pistol formation flanked by the full back. Tight End is offset.*



*Ball is snapped (quick on and off). Players move up. Backfield is reset (offensive backfield movement). Tight end is aimed into the backfield.*



*Announce that the tailback has the ball. The ball carrier now has two lead blockers leading through the hole. This play went for about 7 yards and a first down.*

How to run an “End Around:”



*Pre-snap: 20 personnel. Quarterback is in shotgun flanked by fullback and halfback. 3<sup>rd</sup> wide receiver is lined up in the slot.*





*After the ball is snapped, aim the wide receiver into the backfield to run under the QB. Reset the backfield using offensive backfield movement. Fullback runs the dive to keep Mike Linebacker honest. Flanker at top of the screen is blocking the corner. Halfback is picking off the Will Linebacker.*



*Announce that the QB still has the ball. Board is turned back on. Stop the board when wide receiver gets directly under the QB. Because receiver is within 2 base lengths of QB it is an “automatic pitch.” Also, because the receiver is behind the LOS, he can now be turned to run towards the end zone.*

## How to run a “Draw Play:”



*Draw plays are an effective tool to slow down a defense that loves to bring the blitz.*

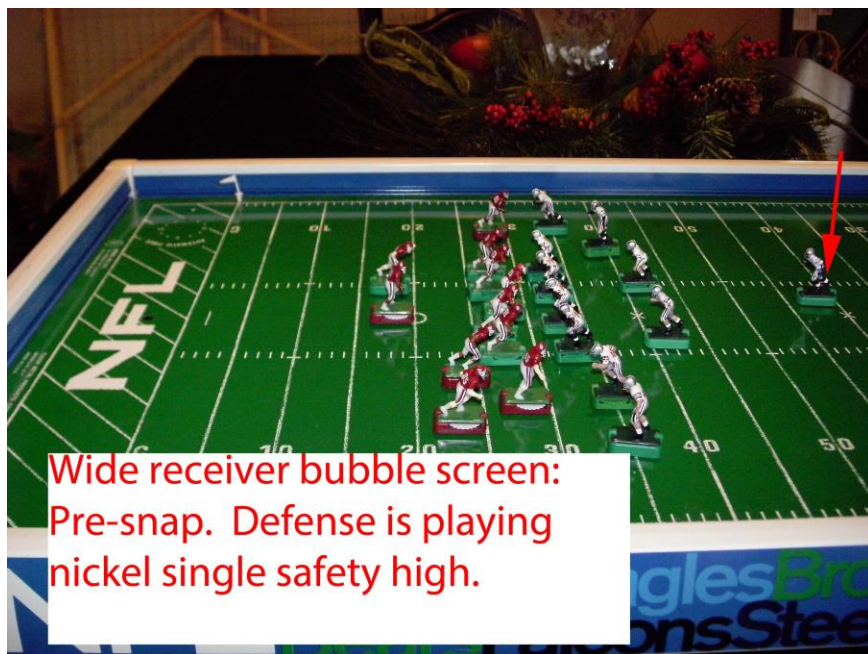


*After defensive zone movement, all of the linebackers are committed.*

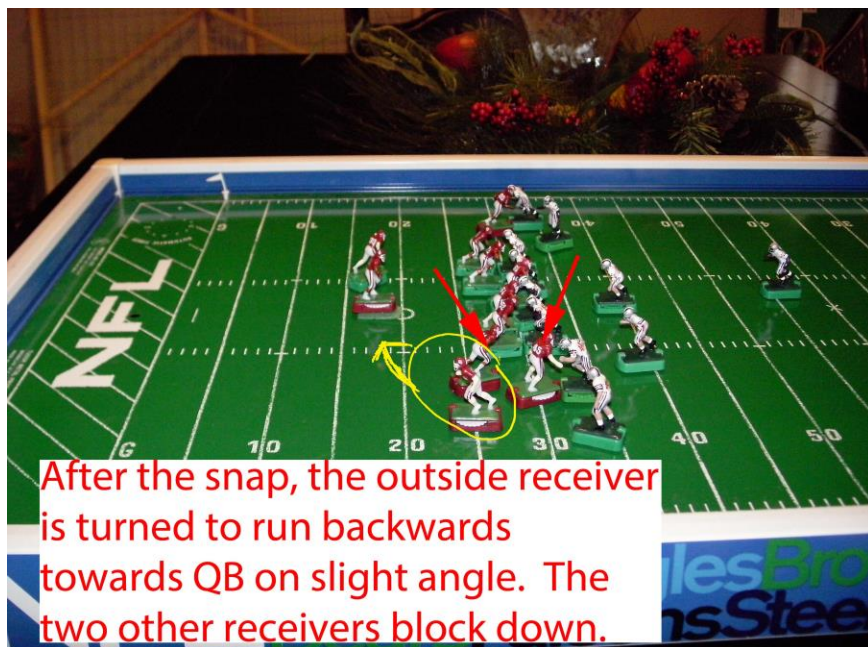




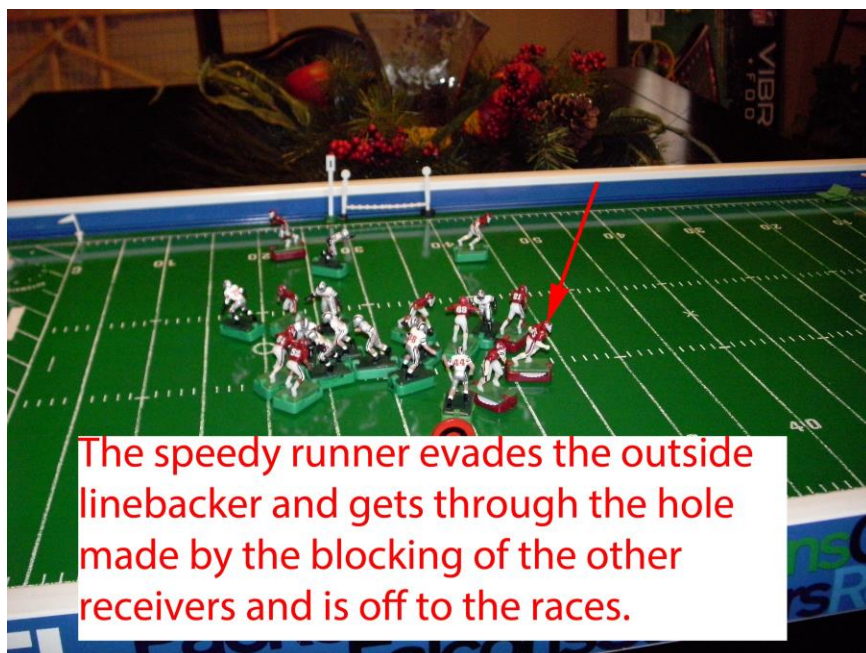
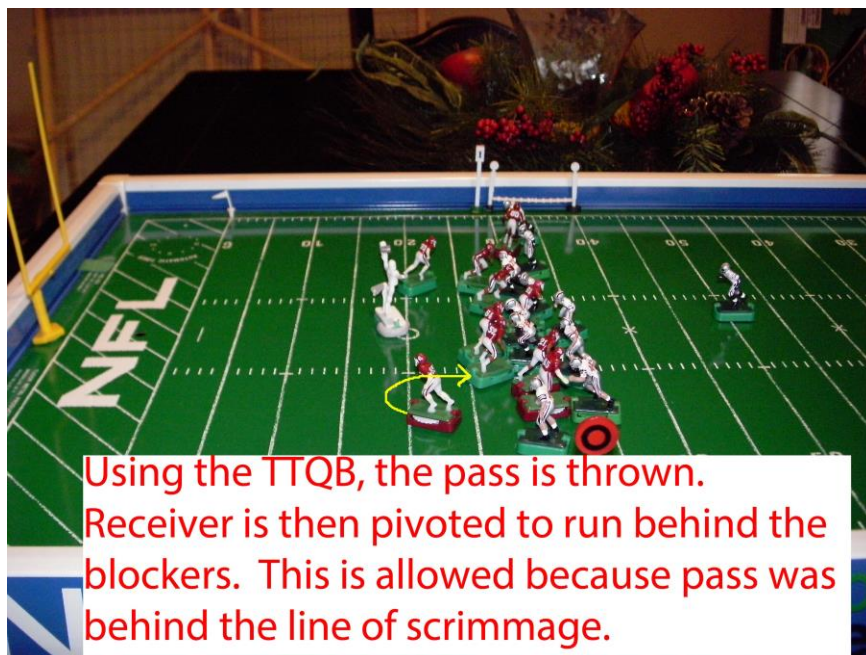
## How to run a “Bubble Screen:”



*Bubble screens are effective at getting good athletes into space.*





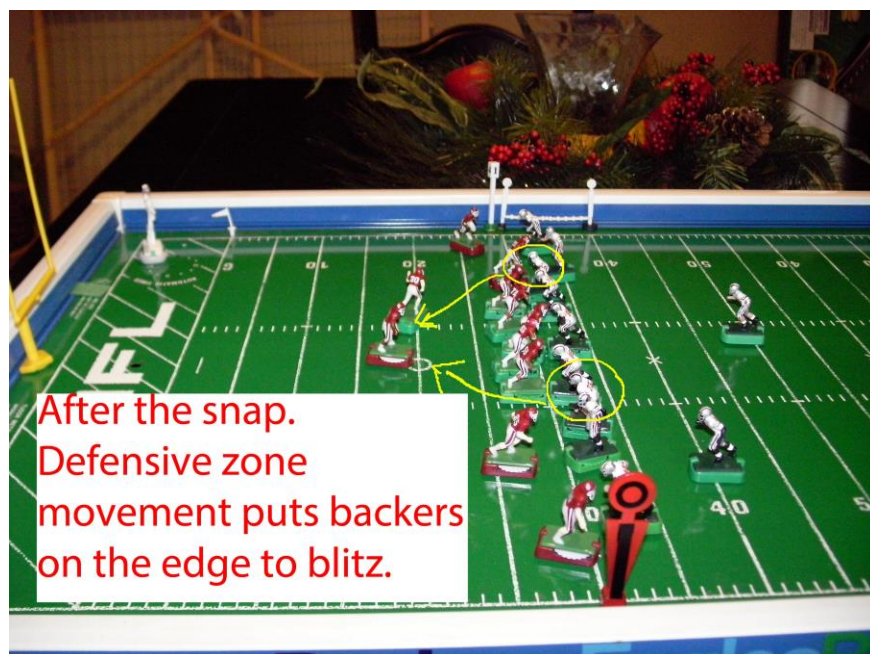


## Defense:

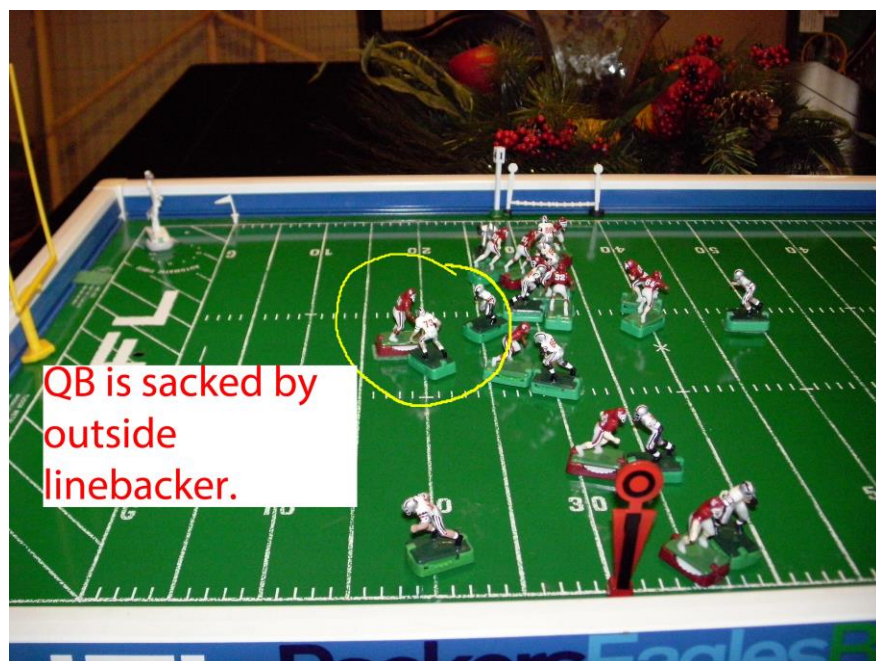
How to disguise the “Outside Linebacker Blitz.”



*Defense line up in a nickel cover 2. Linebackers are balanced behind the LOS.*

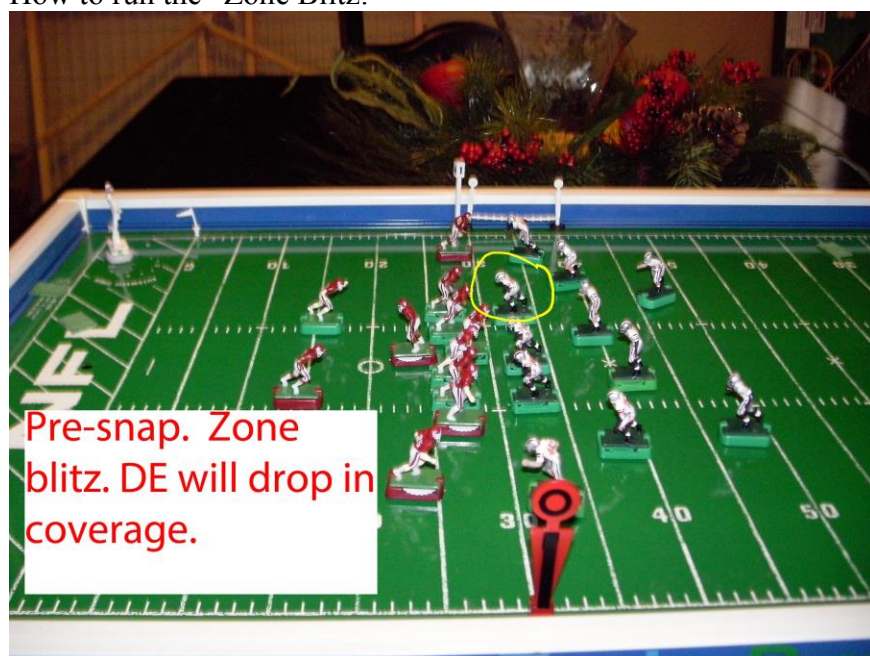




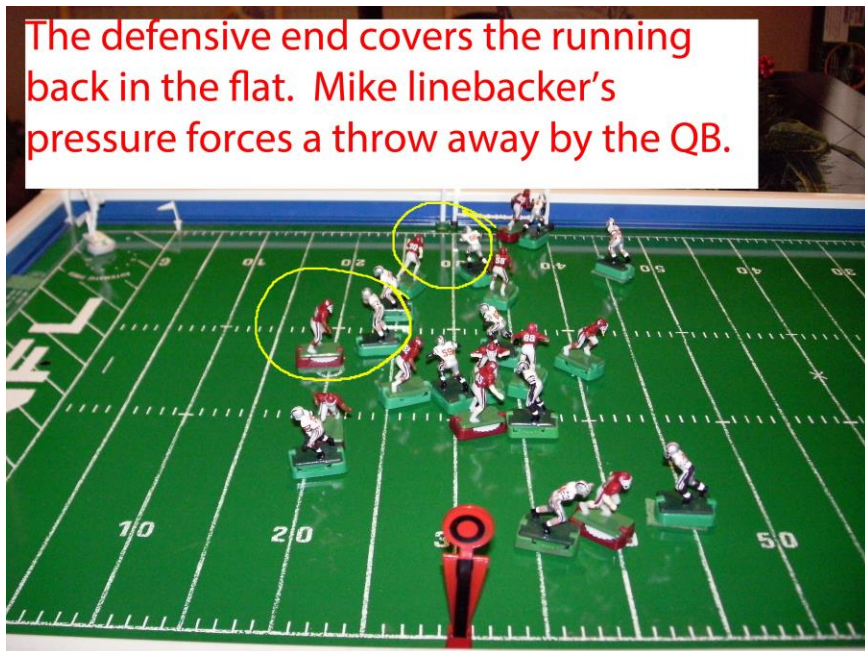
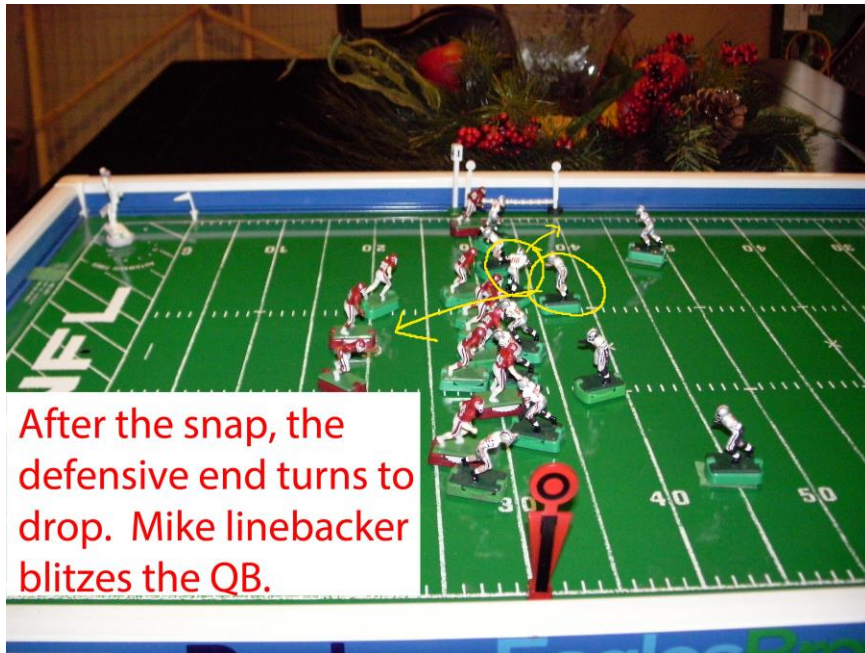


*A successfully run OLB Blitz. QB is sacked before he can get the pass off.*

How to run the "Zone Blitz:"

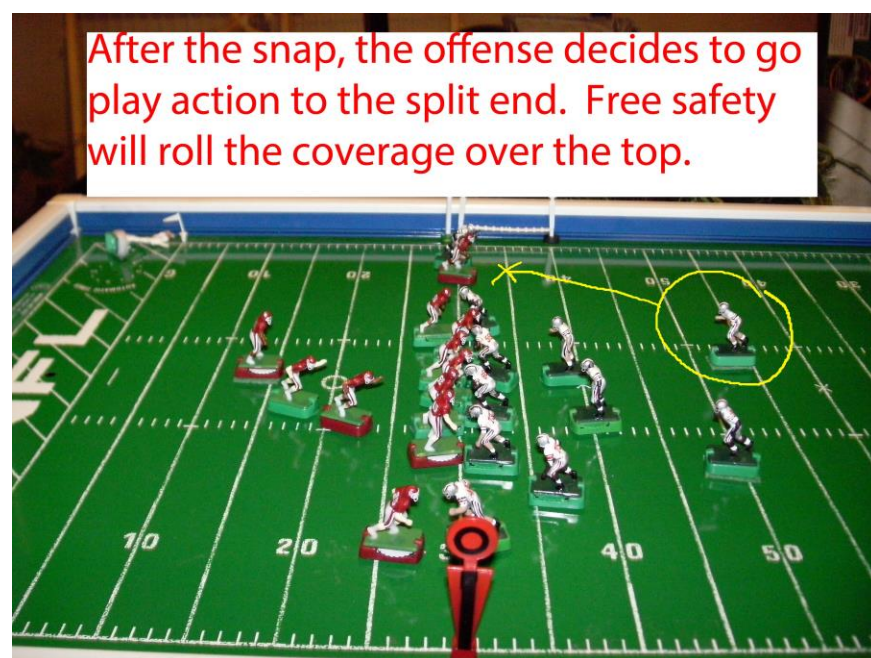


*One of the most effective blitzes is the zone blitz. If planned properly, the offense will fail to pick up the blitzers with its blocking assignments.*





How to roll coverage late to “Double a Wide Receiver:”



*Use defensive zone movement to bring down the safety to double cover after the snap.*

