

All-Star Game Rules

Rules for the Game

1. Basic high school federation rules apply.
2. Quarters will be 15 minutes in length
3. High school overtime procedures will be used.
4. If a team scores and is still behind by 10 or more points, they may receive the kickoff. This may only be used twice in a game, and may never be done twice in a row.

Example – Team A is behind to team B by a score of 32–7. Team A scores and converts the PAT, making the score 14–32. They choose the option of receiving the kickoff. Team A scores again, and converts the PAT, making the score 21–32. Even though they are still more than 10 points behind, they are not allowed to receive the kickoff because they can't use this rule on consecutive scores.

Rules for the Offense

1. Each team is allowed 4 formations that can be used at any time in the game.
2. Motion and shifting may be used, providing both the beginning and ending formations are two of the declared 4 formations.
Every formation, shift and motion must be declared to the opponent

Rules for the Defense

1. Each team is allowed one base front. This front can be used at any time and any place on the field. Coverages with this front are unlimited. Line slants are allowed. Blitzing with any 2nd or 3rd level player is not allowed. If a team declares a tight eagle front, they can never line up in a split, or weak eagle front. Therefore, field calls for the front are not used. If an edge player rushes on 1 play, he must rush on all plays. An example would be in a 50 front; a DE can not rush on one play and drop on another.
2. Each team is allowed a short yardage/goal line front. This front can only be used in a 2nd or 3rd and short situation (3 yds or less), or any time inside the 10 yard line.
Every front and coverage must be declared to the opponent.

Rules for Special Teams

1. Place kicks, whether PAT or FG's, may be blocked. The defense may lineup in any alignment.. Fake PAT's and FG's are allowed.
2. If a team lines up in a punt formation, they must punt. No fakes are allowed. The punt team may release only the 2 outside players before the kick. Punts may not be blocked, so there is no rush allowed when a team is in punt formation. The punt return team may line up in any alignment.
3. Any kickoff or kick return alignment is allowed.
Every special team alignment must be declared to the opponent.