



## ATOM DIVISION RULES

- ONE COACH IS ALLOWED IN THE OFFENSIVE AND DEFENSIVE HUDDLE THE ENTIRE SEASON.
- No Kickoffs – Teams will scrimmage from their own 30 yard line.

### DEFENSE

- 1) Defensive lineman must line head on with an offensive lineman. (No lining up in the gaps)
- 2) Defensive lineman cannot lineup on the centre. (4 Defensive lineman maximum)
- 3) All linebackers have to lineup 4 yards from the line of scrimmage.
  - Exception – corners can lineup one yard off the ball as long as they are five yards wider than the defensive ends.
- 4) No blitzing allowed from any linebacker including the corners.

### OFFENSE

- 1) No movement by backfield, slots or receivers before the snap \*no pre snap movement.  
We don't want overload situations during the QB cadence. It's alright to line up out of the huddle with three wides right giving the defense time to play man to man.
  - Exception – running backs can move forward between the tight ends and slots and wide receivers can move forward anywhere in the backfield.
  - One receiver only can move pre snap if he is leaving early on a reverse play.

### HEAD COACH PENALTY

If any atom rule is broken the head coach will be given a warning. The second time the head coach will be assessed a 5 yard penalty. The third time the head coach will be given a 15 yard penalty and an automatic disqualification from the game.

### TIMING RULES

All regular season games will be two 12 minute run time quarters. Clock will stop for injuries, timeouts and measurements only. The clock will stop in the last 2 minutes of the second quarter. There will not be a halftime between the first and second quarters, teams will carry on just like its quarter time. They will switch sides but the ball will remain in the offensive teams possession.

All playoff games will be four 12 minute run time quarters. Clock will stop for injuries, timeouts and measurements only. The clock will stop in the last 2 minutes of the second and fourth quarters.