

THE VOLBOWL

3 on 3 (or 4 on 4) “Two-Hand Shove” League

2022-23: “Our 30th Season”---WOW!!!!

Commissioner: David Volin

Executive Committee: Mike Wice, Peter Krockta (honorary), Chad Michael

LOGISTICS:

Length of Season: Commences on 9/11/22. Regular Season ends in May 2023.

Game Time: 8:30AM SHARP!!!! Game will end at 10:30AM SHARP.

Place:

- 1. Greg (formerly Upton) Field (PRIMARY FIELD IN FALL)**

Special Instructions: **BE ON TIME and show up if you commit!**

Teams: Each team will have three or four core players. We will try to keep core players aligned with a consistent team whenever possible.

We do not have more than four players per team but we can have multiple games of 3 on 3 or 4 on 4 (side-by-side) when interest peaks and we have either 12 or 16 players. This usually happens early in the season.

The mission is to keep all players actively involved, so no more than 8 players (not including subs) can play in a VolBowl at one time. This has been a very successful rule that has allowed all skill levels to be actively engaged every week.

LEAGUE RULES:

- 1.** This is a passing 3 on 3 (although 4 on 4 is allowed) league. Two-hand “shove”.
- 2.** The only “hard” contact in the games can take place within 5-10 yards of the line of scrimmage. This would be a shove off the line, a screen, a pick (legal in VolBowl, so please note that and DON’T complain), etc. There CAN be a bump off the line, but no physical holding of either clothing or body. If there is offensive holding, it is loss of down. If defensive holding, the player can decide if the play should be re-run (assuming the play did not work). After that contact, the play should be run cleanly and there should be no contact until the ball is in hand.
- 3.** This is a passing game. The ONLY time a run can take place is on a blitz call by the defense, which allows the QB to attempt to advance the ball past the line of scrimmage if so decided. Each defense gets one blitz call every 4 downs. The defense **must** yell

“Blitz” loud enough to be heard clearly by the QB, prior to the rush, and can’t cross the line of scrimmage until the offense has hiked the ball. Multiple defensive players can blitz, if they wish. This is the only time the ball can be advanced past the line of scrimmage by a QB.

4. The count is 4 Mississippi’s (“1 Mississippi, 2 Mississippi...”) Again, this must be spoken loud enough by the defense for the QB to hear. And all 4 Mississippi’s must be spoken before the rush. But they can be said as fast as possible.

5. If the QB hands-off the ball or throws to another offensive player as the play begins (behind the line of scrimmage only), the defense can immediately rush the “new QB”. No need for a 4 Mississippi count. And the new QB can’t cross the line of scrimmage (unless Blitz is called by defense). The only completions that can be advanced downfield have to be completed **past** the line of scrimmage. Both feet have to be past that line of scrimmage. If the player who catches the ball from the initial QB behind the line of scrimmage tries to advance it past the line of scrimmage it is a considered an incomplete pass and loss of down, **NOT** a do-over. Also, as long as the hand-off or throw is behind the line of scrimmage, it is legal.

6. If the QB is being chased, he can’t go past the line of scrimmage (even if he then goes back behind it after) or the play is dead.

7. The offense can start the play on audible **or** non-audible signals. As an example, as soon as the offense is ready, the play can be run. This could be considered “hurry up” offense. **However, the defense has to be in starting position.**

8. Each first down marker is 15 yards. There are four first down markers on a VolBowl regulation field. The end zones are 10 yards.

9. If there is offensive interference or holding, the defense will make the call. If there is defensive interference or holding, the offense will make the call.

10. A defensive player may not hold onto an offensive player unless the offensive player has caught the ball. Or vice versa if an interception is possible. There are no warnings on this issue. **A defensive hold prior to the pass will be a do-over. Defensive pass interference will be penalized as an automatic first down with the ball placed where the play took place.**

If it is an offensive interference, the ball will remain with the same offensive team, but be placed back one first down marker AND the team will suffer a loss of down. So if it happens on 4th down, it is a turnover. In this case the ball will be placed on the original line of scrimmage for the other team.

11. At the start of the game, or after a score, the offense starts with the ball on its own goal line. If the offense decides to “punt”, the ball will be placed back at the other team’s goal line for the next series. There are no “safetys” in the VolBowl.

12. Fumbles are within the rules. If a player is stripped of the live ball quickly, or if the ball pops loose prior to two hands being firmly planted on the offensive player, the ball is in play and can be advanced by either team. **NOTE- one hand on the player and one hand on the ball does NOT constitute “two hand shove” and the play is still alive.** Ditto, if two hands are on the ball and none on a player. So strip at your own peril.

13. If a receiver is bobbling a pass, he can't be officially tagged until the ball is fully under possession.

14. If an offensive player is pushed out of bounds by the defense during a play, he is still eligible to receive, once he is back within the field of play.

15. Prior to a play, multiple players on both offense and defense can be in motion.

16. Picks are within the rules, but they have to be similar to basketball, not a blindside tackle/hit.

17. **Both** feet have to be in bounds for a catch. Additionally, a player is downed in the spot where their feet are at the time of play end, not where the ball is.

18. A player is not considered down until touched with two hands by an opposing player, even if the player had fallen while catching.

19. After a play is over, and if the first down marker is controversial/borderline, the ruling will be for the offense initially. On the next similar scenario, the ruling will be with the defense. And so on. This applies the same to both teams.

20. The sideline and first down markers in the VolBowl may not always be perfect. If a play is run to one side of the field, the first down marker takes precedence over the marker on the other side of the field (assuming there is a slight variance). **No “drawing imaginary straight lines”**. This is not debatable.

21. If a player is injured during the second half of a game and the injured player can't continue, the game will end at this time and the current score will be final. If tied at time of injury, the game will end in a tie.

If a player is injured in the first half of a game and can't continue, the game will be forfeited.

But, if the injury happens in the last 15 minutes AND the injured player's team is ahead by one score, the game will be halted and resumed prior to the next meeting of the teams in question.

22. The games will be played until one team has 7 Touchdowns OR until two hours have elapsed from the start of the game. If the game is tied after two hours of play, the next score wins (unless both teams agree to the tie, perhaps due to timing issues).

****General note- as new players have joined the VolBowl sometimes the core mission of the league can be somewhat ill-defined.**

To re-state, this is ultimately “backyard football”. No flying elbows, complete body tackles/takedowns, or overall “viciousness of play” is appropriate.

Some players are well into their 40’s or even 50’s and what used to bend now can easily break. We need to all be sensitive to that.

The Executive Committee does not want this to be a “retirement home-level undertaking” (where is the fun in THAT?) but nor do we want serious collisions and injuries associated with reckless abandon and throwing bodies around with lack of control.

A successful season would only have injuries associated with incidental scenarios (ie twisting an ankle, blowing out a hammy on a cut, a broken finger from jamming it while catching the ball improperly).

**In short- your mistake, your injury! Not your mistake, someone else’s injury
Thanks---and let’s have fun!!!!!!!!!!**