

NEPSAC FOOTBALL OFFICIAL RULES (2026)

1. Per *Article VII* of the *Constitution*, NEPSAC Football will use NCAA rules with the following updates and modifications:
 - a. **NCAA kicking rules with the modification of kicking off from the 40-Yard Line and touchbacks starting at the 25-yard line.**
 - a.i. If a kickoff goes out of bounds between the goal lines, the receiving team has the following options:
 - a.i.1. Take the ball at the spot it went out of bounds.
 - a.i.2. Take possession of the ball 30 yards from the previous kick.
 - a.i.3. Accept a 5-yard penalty from the previous spot with a re-kick.
 - b. **Kickers may use up to a 2-inch tee**
 - c. **NCAA overtime rules have been fully adopted (*approved on December 3, 2023*).**
 - d. **No electronic communication will be allowed to a player's helmet.**
 - e. **Clock Rules (*amended, May 2024*):**
 - e.i. 12-Minute Quarters.
 - e.ii. The clock will stop on a first down until the chains have been set and the official winds the clock.
 - e.iii. (Outside of 2 minutes left in the 2nd and 4th quarters) The clock will stop when a player goes out of bounds and will restart when the official winds the clock.
 - e.iv. (Inside of 2 minutes left in the 2nd and 4th quarters) The clock will stop when a player goes out of bounds and will restart on the snap.
 - e.v. New NCAA rule of 2-Minute warning at the end of each half is adopted.
 - f. **In a scrimmage kick formation at the snap (Rule 2-16-10) Team A may have fewer than five linemen numbered 50-79, subject to the following conditions:**
 - f.i. The snapper and two adjacent linemen on either side of the snapper, not numbered 50-79 who are lined up in (or touching) the tackle box are ineligible receivers by position and become exceptions to the numbering rule when the snapper takes his position.
 - f.ii. Any and all such numbering-exception players must be clearly on the line of scrimmage, and all backs must be clearly in the backfield. Otherwise, Team A commits a foul for illegal formation.
 - g. **The penalty for offensive pass interference is being adjusted to 10-yards.**