



Under the Lights Rules of the Game

Updated 4-01-21

6 v 6 Game Format

- Field is 25-30 yards wide and 50 yards long, including the 5 yard end zones.
- Games are six (6) vs six (6).
- Typically, rosters are around 12 players (could be more based on number of volunteer coaches available).
- Practices are held a hour before the games (Coaches have the option to practice other days of the week at the availability of the coach)
- NO Tryouts. NO Drafts. Rosters are formed by "friend" or "coach" request. All requests must be given on the registration form. We will work to meet your specific request, but we do not guarantee that any or all of your requests will be met. REFUNDS will NOT be given if Under the Lights is unable to meet your special request. Single players will be placed on teams with some similarity and familiarity such as same school, neighborhood, organization, etc. as the other players on the team.
- ALL coaches are volunteer parents and NOT provided by Under the Lights
- REFUND POLICY:
- We at Under the Lights Flag offer the following refunds within these specific timelines. All refund requests must be submitted by email to your League Commissioner.
- FULL or 100% registration fee refund if requested before uniforms are ordered for the league which occurs 4 weeks prior to kickoff.
- NO REFUND request submitted and processed after Uniforms are ordered.
- In the event that the Under the Lights Flag season is canceled prior to the 4th game of the season due to an unforeseen event such as a COVID19 outbreak, then HALF or 50% registration fee refund will be processed. If the season is canceled after the 4th game of the season due to an unforeseen event such as a COVID19 outbreak, NO REFUND will be processed.
- All players are eligible!
- Two (2) 20-minute running clock halves, five (5) minute break at half-time)
- Each possession starts at the five (5) yard line after scores, turnover on downs and/or halftime.
- Thirty (30) second play clock (*45 second play clock for K-2nd Grade Division*)
- The offensive team has three (3) downs to get a first down at mid-field, then four (4) downs to score once they have crossed midfield.
- The clock will only stop for time-outs and injuries (it does not stop for incomplete passes, out of bounds, change of possession)
- The clock will also stop in the final one (1) minute of the game on
 - Incompletions ○ Out of bounds ○ Change of possession ○ QB Sack ○ and penalties.

If it's an offensive penalty the clock will start on the official unless dead ball foul.
- If a timeout is called after a touchdown, the clock will not start until the play after the conversion attempt.
- Coin flip determines choice of possession or direction (winning team can elect to defer to the 2nd half)
- Two (2) 30-second timeouts per half
- Up to 3 coaches allowed per team on the sideline during a game.
- Teams switch sides at halftime

Scoring

- Touchdowns = 6 points
- Extra Point (5 yard line) = 1 pt.
- Extra Point (10 yard line) = 2 pts
- Only K-2 can run for 1 or 2 point try. 3rd-8th must pass for 1 or 2 point try.

6 v 6 Basic Game Rules

- Interceptions can be returned for a Touchdown, if intercepting teams flag is pulled before the end zone then possession will begin where the defender is flagged.
- Teams can play with as few as five (5) players. Should they fall below five (5) players they forfeit and players will be borrowed from the other team so the game can be finished.
- Snapped ball has to pass between the center's legs
- If there is a bad snap, the ball is dead and placed at the LOS. There is **NO** loss of yardage.
- Center **cannot** take a handoff from the QB.
- The person who receives the snap from the center is deemed the Quarterback regardless of where they line up.
- The ball is placed **where** a flag is pulled, **not where** the ball is **when** the flag is pulled.
- Only **one (1)** player can be in motion (lateral to the LOS, Canadian football style is not allowed) at the same time.
- **Three (3)** Players must be on the LOS or it is an Illegal Formation. The center counts as one (1) player on the LOS.
- A receiver must have **one (1)** foot in bounds when making a reception.
- Laterals are allowed but if the ball hits the ground, the ball is spotted at that yard mark.
- No leaping or dives (*if a player dives, the ball will be spotted where the runner left his feet*)
- Absolutely no tackling or blocking (*stationary pick is allowed but player cannot move*)
- **NO RUSHING THE QUARTERBACK!** Unless the QB fakes a handoff which will trigger a defensive player to cross the LOS and rush the QB.
- **Deception Rule: Defensive players can cross the line of scrimmage when a handoff, fake handoff or backward pass has occurred. This deception rule is applied to define the integrity of the LOS and developing of the passing game for both offense and defense. This rule applies to ALL Divisions.**
- Games cannot end on a defensive penalty!
- Quarterback is responsible for moving the ball mark cone/bag after each play.

MERCY RULE

If a team is up by 30 or more, they only have two (2) downs to get a first down and two (2) downs to score until the point differential is trimmed below 30 points then regular game rules apply.

The team that is behind by 30 or more points will start their offensive possession at the +10 yard line of their opponent and get 4 downs to score. If the point difference is trimmed below 30 pts, then regular game rules apply.

K-2nd Grade Division Rules & Goals

- Unlimited Runs
- 45 second play clock
- ONE (1) coach is allowed on the field for both offense and defense

In this division we want to get the players lined up properly and running in the right direction. We want to be flexible with the rules and teach the players the proper fundamentals of football. The Deception rule will be in effect to help with the integrity of the passing game for both offense and defense.

3-4 Grade Division Rules & Goals

- One run per possession
- 30 second play clock
- NO runs five (5) yards from the End Zone, **NO** runs for extra Points
- ONE (1) coach is allowed on the field for both offense and defense

In this division we want to encourage the teams to start focusing on passing the ball more than running the ball. The Deception rule will be in effect to help with the integrity of the passing game for both offense and defense. We want the players to start applying proper QB, WR, DB fundamentals in the passing game.

K-4th Grade Run Game Rules

A play will be considered a run play, when the ball carrier crosses the line of scrimmage, or if a player takes a hand-off from the quarterback, and does not cross the line of scrimmage in the allotted time. A play in which a player takes a hand-off from the quarterback, and then throws a forward pass will be considered a pass play, and not count as a team's run play.

- **NO direct Quarterback runs**
- The ball carrier can spin to avoid their flag being pulled but cannot flag guard.

5-8 Grade Division Rules & Goals

- 30 second play clock
- **NO** Runs
- **NO** Coach is allowed on the field

In this division we make the transition into an every-down is a pass play or a scaled down version of HS 7v7 pass game. We want the players to start working on their skills as a QB, WR, and DB that they have learned from their coaches and apply it in a fun competitive format. The Deception rule will be in effect to help with the integrity of the passing game for both offense and defense.

K-8th Grade Pass Game Rules

- The Offense has to throw the ball within:

K – 2nd Grade – 6 seconds

3rd-6th Grade – 4 seconds

7th-8th Grade – 3 seconds

The sack count starts on the snap of the ball no matter what the offensive play is attempted.

- Forward pass can be underhand or overhand as long as it is beyond the LOS.
- If the QB does not release the ball before time expires, the result of the play is a sack and the ball stays at the LOS.
- **NO RUSHING THE QUARTERBACK!!!**
- K-4th Grade, the QB can HAND or PITCH the ball off to another player and they can throw the ball within the allotted time. If/When the QB hands or pitches or throws a backward pass to another player, this alerts the defense that they CAN cross the LOS to pull the flag of the player with the ball.
- ALL grade levels have the option to throw a backward pass for a double pass. This alerts the defense that they CAN cross the LOS to pull the flag of the player with the ball. (5th-8th grade CAN NEVER take a handoff nor run the ball across the LOS on a backward pass.).

PLAY IS DEAD WHEN THE FOLLOWING OCCURS:

- Player's flag is pulled
- Quarterback directly runs the ball past the LOS
- Player's knee touches the ground
- Player steps out of bounds
- Player loses their flag then the opposing team must touch them (one hand) down.
- Player dives, jumps or leaps; ball is spotted where the runner left their feet.
- Player is called for flag guarding. The ball carrier can spin to avoid their flag being pulled but cannot flag guard.
- No fumbles (*a fumbled, or stripped ball is dead and placed at the spot of the fumble with the offensive team retaining possession*)

Football Type

Under Armour Balls will be used in all Games.

- Kindergarten – 2nd Grade and 3rd-4th Grade Divisions will use a **Pee-Wee** size football.
- 5th-6th Grade will use a **Junior** size football.
- 7th and 8th Grade will use a **Youth** size football.

Scoring

- Touchdowns = 6 points
- Extra Point (5 yard line) = 1 pt.
- Extra Point (10 yard line) = 2 pts

6 v6 FLAG GAME PENALTIES

OFFENSE PENALTIES:

Offensive Pass Interference – 10 yard penalty and replay the down

Illegal motion (2 men in motion) – 5 yard penalty and replay the down

Illegal Formation – 5 yard penalty and replay the down **Illegal**

Run – 5 yard penalty and loss of down

False Start – 5 yard penalty, replay the down

Illegal Forward Pass – 5 yard penalty and loss of down (QB steps over the LOS or QB throws a forward pass behind the LOS)

Blocking – ball is dead at the spot of the foul and loss of down

Leaping – ball is dead at the spot of the foul and loss of down

Flag Guarding (including stiff arms) – Five (5) yard penalty from the spot of the foul and loss of down.

Unsportsmanlike conduct – 15 yard penalty (*possible ejection*)

Delay of Game – clock is stopped and a 5 yard penalty

- No Intentionally Grounding Penalty

DEFENSIVE PENALTIES:

Defensive Pass Interference – Ten (10) yard penalty and down over unless it's an offensive catch; Offense decides. 1st down can occur depending on the yardage.

Illegal Contact (holding, jams, etc.) – Five (5) yard penalty and down over unless it's an offensive catch; Offense decides. 1st down can occur depending on the yardage.

Illegal Contact (Specifically if the defender makes contact with the receiver and the receiver goes to the ground) – Fifteen (15) yard penalty and down over unless it's an offensive catch; Offense decides. Automatic 1st down.

2nd offense by the same player in a game, see above plus the player sits for a full half (even if it carries over to the next scheduled game).

3rd offense by a player in a game, see above plus they are removed from the game plus the next scheduled game.

Defensive Holding while pulling flag – Five (5) yard penalty added to the end of the play and replay down. 1st down can occur depending on the yardage.

Illegal Flag Pull (before player has ball) – Five (5) yard penalty and replay down. 1st down can occur depending on the yardage.

Off-sides – Five (5) yard penalty and replay the down. 1st down can occur depending on the yardage.

Illegal Rushing (before a hand-off has occurred) – Five (5) yard penalty and replay the down; offense decides depending on the result of the play. 1st down can occur depending on the yardage.

Inadvertent tackle – Five (5) yard penalty added to the end of the play and replay down

Inadvertent tackle From Behind w/clear path to end zone – Automatic Touchdown

Unsportsmanlike conduct – Fifteen (15) yard penalty and automatic 1st down (*possible ejection*)

Defensive Penalties inside the 10 yard line will result in half the distance to the Goal line if applicable.

PLAYOFF/POST REGULAR SEASON SEEDING FORMAT

The number of teams included in each Divisions actual Championship match-up will be based on the number of teams in that division. Divisions with an even number of teams will have up to four (4) teams and Divisions with an odd number of teams will have up to five (5) teams playing for the Championship. Should a Head Coach be coaching two (2) teams there will be no playoff schedule accommodations (the two teams could potentially play at the same time). The remaining teams in the division will play a post season Bowl Game. This is done to accommodate the Championship match-ups in one (1) night.

- End of season win percentages are based on the number of wins a team has in the regular season divided by the number games played. This is regardless of the fact that the teams within the division may not play the same number of games (i.e. due to an odd number of teams in the division).
- Teams that are tied with the same win percentage due to one (1) team having two (2) ties will have the team with more actual wins being seeded higher.
- Teams ending the season with the same percentages of **wins (i.e. a tie)** will have the tie broken with the team who allowed the **fewest points allowed** during the season being seeded higher.
- Should the teams remain tied the commissioner will flip a coin to determine seeding.

Overtime Format (ONLY IN THE PLAYOFFS)

- Overtime period will take place with each team receiving a possession.
- Coin flip determines choice of 1st or 2nd possession
- Possession begins at the ten (10) yard line (both teams will go in the same direction)
- If a touchdown is scored, a team can elect to go for a 1 or 2 point conversion.
- If the Defense intercepts the ball it's a change of possession starting at the 10 yard line unless the Defense returns it for a TD. Game could be over if the intercepting team was ahead in points in OT prior to playing Defense or intercepting team returns it for a TD on its 1st Defensive possession per OT.
- If the game is still tied, overtime will be repeated until there is a winner.
- Offensive team will get two (2) downs to score from the +10 yard line.
- Teams alternate first possession each overtime period.