

PremierEventsUSA



2026 PremierEventsUSA YOUTH 5v5 FLAG RULES

UPDATED 1/12/2026

FORMAT

- 1.** Eligibility for age divisions is determined based on the participant's age as of August 1st of the current PremierEventsUSA-Flag calendar season. The PremierEventsUSA-Flag calendar season runs from August 1 to July 31.
- 2.** A maximum of three (3) individuals per team are allowed on the sidelines. This includes team personnel such as organization president, coaches, photographers, managers, position coaches, and team moms. All other individuals, including fans, must stay at least 10 yards away from the field in the designated end zone area.
 - a.** Coaches, this is your responsibility to keep your fans in the designated area
 - b.** Failure to do so will result in an Unsportsmanlike Conduct penalty.
- 3.** PremierEventsUSA-Flag reserves the right to cancel or change the location of a Tournament. If a tournament event is changed or canceled: a. PremierEventsUSA-Flag will not reimburse any team, players, or spectators for any expenses incurred including but not limited to airfare, ground transportation, lodging, and food. b. We do not issue refunds, but we try to help our community as much as we can. In the event of cancellation due to government intervention or if you cannot attend the event, there are options so that you do not lose any money or value: i. Choose an upcoming PremierEventsUSA-Flag tournament credit ii. A credit towards Team orders for uniforms, custom footballs, or custom flags.
- 4.** All decisions made by PremierEventsUSA-Flag are final.
- 5.** Heat Advisory Protocols, if the predicted temperature exceeds 90 degrees at any time during the day, all games will institute water breaks. The water breaks (suggested time is one minute) will occur in 1st and 2nd halves of play and the official time will not stop. The

Coach of any team delaying restarting the game after the water break is subject to receiving an Unsportsmanlike Conduct penalty.

COACH & SPECTATOR CONDUCT/RESPONSIBILITIES

1. Participation requirements and registration guidelines are provided to each head coach/club admin when registering for a tournament via Zorts Sports.
2. A PremierEventsUSA-Flag PARTICIPATION AUTHORIZATION, RELEASE & WAIVER OF LIABILITY AND INDEMNITY & GENERAL RELEASE AGREEMENT FORM, signed electronically by a parent or legal guardian, must be submitted by the participant. Participants will not be eligible to play without the proper waivers submitted via Zorts Sports.
3. Players must have an active/eligible Zorts Player Card (Bronze or above) a. Please visit Zorts Sports for additional details regarding Zorts Player Cards.
5. Roster changes or additions are not permitted after the last game of pool play on Saturday a. Roster additions after the deadline will cost \$10.
6. PremierEventsUSA-Flag reserves the right to disqualify players and/or teams if individual do not meet the Tournament Requirements set forth in the current PremierEventsUSA-Flag calendar season year.
7. Zorts Coaches Cards are required for all coaches on the sideline. The card is an identity verification tool and is **not a background check**. Coaches without a valid card will not be permitted on the sidelines or field access. (Effective September 1, 2025)

ROSTERS

1. Rosters must be completed through Zorts Sports. Team coaches/captains must invite players by entering their email address or sending them the invite link. Players must accept the invitation, register themselves and accept the waivers in order to be eligible to participate.
2. Failure to complete your roster will result in a forfeit and removal from the event without refund.
3. Players may not play on multiple teams within a division. Tournament Directors cannot guarantee players playing in multiple divisions non-conflicting schedules, you are playing at your own risk, plan accordingly.
4. Rosters are limited to 12 max only. (12) championship awards will be available per team.
5. To protest a roster, the head coach must specifically request a protest from the officials and select 1-3 players to challenge.

6. Roster challenges will be examined and fully enforced first before another or cross-protest can be issued.

a. Roster challenges must be done during the game with tournament staff, ask your officials for assistance.

b. Must challenge specific players and not the whole roster.

c. Pick up to 3 players to challenge (subject to change, at tournament directors' discretion).

d. Roster Challenges requested after the final whistle are not valid.

7. All roster challenges will be addressed and finalized by the PremierEventsUSA-Flag Tournament Directors.

a. If a roster is ruled illegal, the team at fault will forfeit the game, awarding the other team a 7-0 victory.

b. If a roster is proven legal, the score of the game will be recorded.

c. Games will never be paused for a roster protest.

POOL PLAY

1. Teams will play a minimum of (2) games in pool play

a. Subject to change based on Tournament Directors discretionary

2. Playoffs and Champions

a. Playoff bracket games will be scheduled after pool play official results are submitted via Zorts Sports

b. Divisional playoff seeds are determined by a. Overall Record b. Total Points Allowed c. Total Points Scored

THE GAME

1. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.

2. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense a. Teams change sides after the first half. Possession changes to the team that started the game on defense.

3. The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown

a. If the offensive team fails to cross midfield, on 3 downs, and elect to “punt” on 4th down, possession of the ball changes and the opposition starts its drive from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross field, the opposing team will start its possession from the spot

b. Offensive Teams **MUST** declare 4th down intent; “Play or Punt”, when asked by the referee and prior to the ‘Ready for Play

c. Teams may use a timeout only to change the declaration of “Play” at any time prior to the expiration of the play clock.

d. If the declaration is “Punt” the ball changes possession and will be placed at the opposing Team’s 5-yard line, 1st down, with **NO** option to change the declaration e. If the offense fails to score, after crossing midfield the ball changes possession and the new offensive Team starts at its 5-yard line.

TERMINOLOGY

Boundary Lines: The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.

Line of Scrimmage: (LOS) an imaginary line running through the point of the football and across the width of the field.

Line-to-Gain: The line the offense must pass to get a first down or score.

Rush Line: An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage

Offense: The team with possession of the ball

Defense: The team opposing the offense to prevent it from advancing the ball

Passer: The offensive player that throws the ball and may or may not be the quarterback.

Rusher: The defensive player assigned to rush the quarterback to prevent him/ her from passing the ball by pulling his/her flags or by blocking the pass.

Live Ball: Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.

Dead Ball: Refers to the period of time immediately before or after a play.

Whistle: Sound made by an official using a whistle that signifies the end of play or a stop in the action for a timeout, halftime or the end of the game.

Inadvertent Whistle: Official's whistle that is performed in error.

Charging: An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or chest.

Flag Guarding: An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand, arm or ball.

Shovel Pass: A legal forward pass across the LOS underhand, backhand or by pushing the ball forward.

Lateral: A back or sideways toss of the ball by the ball-carrier.

Unsportsmanlike Conduct: A rude, confrontational or offensive behavior or language.

EQUIPMENT

1. Participants must provide their own flags. NFL Flag and Sonic type flags are industry standard.

- Flag belts must be smooth and traditional in nature.
- Flags must be at least 14 inches in length from the popper and may not be cut or altered.
- Flags cannot be the same color as the player's shorts.
- Poppers and belt attachments must be the same color.
- Flags, flag belts, and sockets may not be tampered with.
- Flag belt packages will be available for purchase through [GoTeamSports](#).

2. Mouth guards are mandatory for all players.

A. Soft shell helmets are recommended, but they must be secured at ALL times while on the playing field

3. Teams must provide their own matching uniforms

1. Secondary uniforms are mandatory (Black or White shirts are acceptable)

- 2.** Numbers are recommended but not mandatory
- 3.** If teams are wearing the same color, there will be a coin toss, the losing team will need to change to a different color
- 4.** Suggestion, bring an extra white shirt or dark alternate color
- 5.** Home teams wear dark color jerseys. Visiting teams wear light color jersey
- 6.** Subject to change based on Tournament Directors discretionary
- 4.** Teams will provide their own footballs
 - a. Balls may be leather or composite leather
 - b. Please see the ball sizing chart below:
 - i. Mini – Size 4 (5U-6U)
 - ii. PeeWee – Size 5 (5U – 8U)
 - iii. Junior – Size 6 (8U – 12U)
 - iv. Youth/Intermediate – Size 7 (12U – 14U)
 - v. Pro/Official – Size 9 (14U & up)
 - c. Go Team Sports will have original “The White Football” available for purchase
- 5.** Players must wear close-toed shoes. Cleats may not be allowed at certain locations. However, cleats with exposed metal are never allowed and must be removed
 - a. Subject to change by the FFX tournament director
- 6.** Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are permitted
 - a. Officials will have the final decision if a player’s taping is deemed safe for playing
- 7.** Players must remove all jewelry and hard-billed hats a. Winter beanies are allowed
- 8.** Players may wear sunglasses, but they must be secured at ALL times while on the field
- 9.** Players’ jerseys must be tucked into shorts or pants if they hang below the belt line
- 10.** Mandatory for players to wear shorts or pants that do not have pockets. a. Shorts/pants with belt loops or pockets CANNOT be taped b. Pockets may be professionally sewn or have zippers c. Pockets may be professionally sewn or have zippers i. Pockets may be professionally sewn or have zippers
- 11.** Teams not prepared to play at game time due to noncompliance for equipment will have their game timeouts taken up to ALL (2) for the time taken to get compliant
- 12.** Electronic communication between any player with their coach or spectator for their team is prohibited. If a team or individual is using electronic communication with a player

or coach, at any time, that team will be disqualified immediately from play. This does not limit possible additional discipline at the sole discretion of the PremierEventsUSA-Flag Tournament Director.

FIELD

- 1.** There are two recommended field dimensions:
 - a.** Option A (Preferred): 25 yards wide by 70 yards with two 10-yard end zones
 - b.** Option B (Alternate): 25 yards wide by 64 yards long with two 7-yard end zones
 - c.** Both with a midfield line to gain. No Run zones are located five yards prior to the line to gain and five yards prior to the endzone in the offense's direction.
 - d.** Subject to change, some tournaments may use smaller fields because of field space availability, scheduling conflicts or player safety concerns
- 2.** No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be passing plays, even with a handoff
- 3.** Each offensive team approaches only TWO no-run zones in each drive (one zone 5 yards from midfield to gain the first down, and one zone 5 yards from the goal line to score a TD)
 - a.** The "No-run zones" does not apply to 6U and below divisions
- 4.** Stepping on the boundary line is considered out of bounds
- 5.** The ball will be placed in the middle of the field to start every play. The ball may be moved toward either sideline if requested by the offense before the 'ready for play.' The ball may not be spotted less than 10 yards from either boundary.

TIMING & OVERTIME

- 1.** Game time is forfeit time a. Subject to change based on Tournament Directors discretionary
- 2.** Games are played on a 24-minute continuous clock with (2) 12-minute halves unless one team gains a 28-point advantage at any time, which will then end the game
 - a.** Clock stops only for timeouts or injuries at the officials/tournament director's discretion
- 3.** Halftime is one minute
- 4.** Each time the ball is spotted, a team has 25 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced

- a.** Offense is responsible for retrieving the football after every play and spotting the ball with the line judge official
- b.** Assistant coaches may come on the field and assist with setting the football on the line of scrimmage
- 5.** Each team has (2) two 30-second timeouts per game
 - a.** Official game clock is stopped on timeouts
 - b.** Special rule: The game clock does not run during extra points after a time out has been called
- 6.** Officials can stop the clock at their discretion
- 7.** In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play
- 8.** Injured player must take off for at least one play if attended to during an injury timeout
- 9.** If the score is tied at the end of regulation pool play game then the game will be final
- 10.** BRACKET/PLAYOFF PLAY ONLY, an overtime period will be used to determine a winner
- 11.** Overtime period (Golden Play) format is as follows:
 - a.** Visiting team will call the coin toss
 - b.** Winning team will have the choice of offense or defense
 - c.** Each team will receive (1) ONE possession at their own 5-yard line
 - d.** The team with the most positive yards will be the winner
 - e.** If there is a tie after the first overtime, the teams will remain on the field
 - i.** Offense = Remains Offense
 - ii.** Defense = Remains Defense
 - iii.** Then flip after each possession
 - f.** There are no timeouts. If there is an Interception completed in overtime, the game is over
 - h.** Final Score will be recorded as 1 point awarded to the team with the most positive yards

SCORING

1. Touchdown: 6 points
2. PAT (Point after touchdown)
 - a. 5-yard line: 1 point
 - b. 12-yard line: 2 points

Special Rules: 1-point PAT is pass only

1. Not applicable to 6U and below ii.
2. Points PAT can be run or pass
3. Interceptions returned for scores during regular game play are worth 6 points and PAT conversions are worth 2 points
4. Safety: 2 points
 - a. A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.
5. A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 12-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.
6. After one team is ahead by 28 points or more, the game is over. Once a 28 or more-point advantage is gained, no PAT will be attempted.
7. Forfeits are scored 7-0 for the winning team
8. The coaches, officials, and scorekeeper (optional) must verify the score. If a coach does not verify the score before leaving the field, the scorekeeper/ official will note that and the score will be FINAL

COACHES

- 1.** Coaches are expected to adhere to PremierEventsUSA-Flag philosophies, coaching guidelines, and code of conduct.
- 2.** Only (3) three coaches per team are allowed on the sidelines. All team photographers, managers, position coaches, team moms, fans, etc. must remain a minimum of 10 yards off the field in the end zone area.
 - a.** Coaches, this is your responsibility to keep your fans in the designated areas.
 - b.** Failure to do so will result in an Unsportsmanlike Conduct penalty.
- 3.** No offensive coach may be on the field pre-snap, during the play or post-snap. 7U and below teams are allowed to have an offensive coach on the field.
 - a.** Only 7U and below teams are allowed (1) coach in the offensive huddle. 8U and above are allowed to huddle on the sideline pre-snap.
 - b.** Offensive coaches cannot assist QBs after the ball has been snapped, this will result in an unsportsmanlike conduct penalty and loss of down.
 - c.** ONLY 7U and below, (1) coach allowed on defense
 - d.** ONLY 7U and below, defensive coach must be 10-yards behind the deepest defender, this will result in an unsportsmanlike conduct penalty and automatic 1st down.

LIVE BALL/DEAD BALL

- 1.** The ball is live at the snap of the ball and remains live until the official whistles the ball dead
- 2.** The official will indicate the neutral zone and line of scrimmage a. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. Regarding the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage
- 3.** A player who gains possession in the air is considered in bounds if the first foot contacts the ground in the field of play
- 4.** The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty
- 5.** Substitutions may be made on any dead ball

6. Any official can whistle the play dead.

7. Play is ruled “dead” when:

a. The ball hits the ground (If the ball hits the ground because of a bad snap, the ball is then placed where the ball hit the ground)

b. The ball-carrier’s flag is pulled

c. The ball-carrier steps out of bounds

d. A touchdown, PAT or safety is scored

e. The ball-carrier’s knee or arm hits the ground

f. The ball-carrier’s flag falls out

g. The receiver catches the ball while in possession of one or no flag(s)

h. The 7 second pass clock expires

i. Inadvertent whistle

j. Ball-carrier leaves their feet diving or hurdling a player.

Note: Fumbles/Loss of Possession: Ground contact must be made for the play to be dead at the spot. A fumble is loss of possession by a player, resulting in the ball contacting the ground.

8. If inadvertent whistle occurs the offense has two options:

a. Take the ball where the whistle blew and the down is consumed

b. Replay the down from the original line of scrimmage.

If it occurs on the last play of the half or game, the offense will be awarded one untimed down and given those two options above

RUNNING

1. The ball is spotted where the ball is when the flag is pulled

2. The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap first

3. Direct handoffs, pitches, and laterals are permitted behind the line of scrimmage only. If this takes place after the ball carrier crosses the line of scrimmage, the play is to be blown

dead by the official. The ball shall be placed at the spot possession was lost for the succeeding play.

a. “Center sneak” play is no longer allowed. The QB is not allowed to handoff to the center on the first handoff of the play.

b. Any player who receives a handoff or lateral can throw the ball from behind the line of scrimmage.

c. Once the ball has been handed off in front, behind or to the side of the quarterback or lateraled, all defensive players are eligible to rush and the 7 second clock is eliminated.

4. Definition of a “Legal Handoff” – Total loss of possession directly from 1 offensive play to another.

5. No-run Zones are located 5 yards before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive team approaches only TWO no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD)

a. Does not apply to 6U and below division

6. Runners are not permitted to jump, leap or hurdle, in the officials’ judgement, while advancing the ball. The play is to be blown dead and the ball spotted where the jump, leap or hurdle occurred.

7. Ball-carriers may leave their feet, and the play will continue for spinning, jump cuts, QB’s passing progression or if there is a clear indication that he/she has done so to avoid a collision with another player and the play will continue without stoppage. However, if while leaving the ground, contact is made unnecessary roughness penalty may be enforced by the official.

8. No blocking or “screening” is allowed at any time

9. Offensive players in close proximity to the ball-carrier must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier

10. Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player’s hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding

PASSING

1. Only 1 forward pass, thrown from behind the line of scrimmage, is permitted each offensive play. The ball must be released prior to crossing the line of scrimmage. There can be unlimited backward passes, handoffs, pitches, or lateraled behind the line of scrimmage.

a. There is no intentional grounding. The quarterback may throw the ball anywhere across the line of scrimmage to avoid a sack.

b. All forward passes that do not cross the line of scrimmage are illegal forward passes, unless touched by a defender. All forward passes must go beyond the line of scrimmage.

2. Shovel passes are allowed and must be a forward pass, from behind the line of scrimmage, and received beyond the line of scrimmage. (Effective September 1, 2025)

3. The quarterback has a 7-second “pass clock.” If a pass is not thrown within 7 seconds, the play is dead, the down counts, and the ball is returned to the line of scrimmage. Once the ball is handed off, pitched, or lateraled behind the line of scrimmage, the 7-second rule is no longer in effect.

a. If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS) and it will be the next down.

b. If the quarterback throws the ball and then catches it, the play is dead and treated like an incomplete pass.

RECEIVING

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage)

2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage, and no motion is permitted toward the line of scrimmage

3. A player must have at least one foot in bounds, contacting the ground first with possession

4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense

5. Interceptions are returnable. If returned for a score during regular game play, the score will be worth six points and two points if returned during PAT conversions

RUSHING THE PASSER

1. All players who rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Up to two (2) players can rush the quarterback. Rushers MUST identify themselves by raising their hand before the snap. Rushers MUST rush the passer immediately after the snap. Delayed rush is NOT permitted. Players not rushing the quarterback can defend the line of scrimmage.

1.

1. **PremierEventsUSA-Flag SPECIFIC TOURNAMENT PLAY – 5U division & up – rushers may rush the passer at the snap from the 7-yard rush line**

2. Once the ball is handed off, pitched or lateraled backwards behind the line of scrimmage, all defenders may cross the line of scrimmage to defend and pull the flag

3. A special marker, or the game official, will designate a rush line 7 yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.

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1. A legal rush is:

1. Any rush by the 1 or 2 designated rushers, 7 yards from the line of scrimmage.
2. A rush from anywhere on the field AFTER the ball has been handed off, pitched or thrown backwards by the player receiving the snap.

2. A penalty may be called if:

1. The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff, pitch, lateral or pass – Illegal rush (5-yards from the line of scrimmage and first down).
2. Any defensive player crosses the line of scrimmage before the ball is snapped – Encroachment (5-yards from line of scrimmage and first down).
3. Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed, pitched, lateraled

or handed off – Illegal rush (5-yards from the line of scrimmage and first down)

4. If the offense draws the identified rusher(s) across the 7-yard marker prior to the snap of the ball, the rusher(s) CANNOT legally rush. Jumping the rush is not a penalty until the rusher crosses the line of scrimmage prior to a handoff, pitch, lateral or forward pass.
5. **Teams are never required to rush the quarterback with the 7 second clock in effect**

4. Players rushing the quarterback may attempt to block a pass; however, contact to the QB, unless ruled incidental by the official, would result in a roughing the passer penalty

5. The offense cannot impede the rusher's PATH to the quarterback, regardless of where they line up prior to the snap. The PATH is set pre-snap from the rusher or rushers directly to the QB. PATH does not move once the quarterback moves. If the "path or line" is occupied by a moving offensive player, then it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in an 'Impeding the Rusher' penalty. If the offensive player does not move after the snap, then it is the rusher(s) responsibility to go around the offensive player and avoid contact.

6. A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball will be spotted where possession of the ball is when the flag is pulled.

1.

1. A 2-point Safety is awarded if the ball is in the offensive team's end zone when the flag is pulled.
2. The new offense will begin on their own 5-yard line

FLAG PULLING

1. A legal flag pull takes place when the ball-carrier is in full possession of the ball

2. Defenders can dive to pull flags but cannot tackle, hold, or run through the ball-carrier when pulling flags

3. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time

4. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands

5. If a player who has one or no flags in their belt takes possession of the ball, the play is dead at that spot on the field.
6. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
7. Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder or intentionally covering the flags with the football jersey

FORMATIONS

1. Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage
 - a. Teams may shift formations prior to the snap as long as they are set for at least 1 second before the ball is snapped
 - b. One player at a time may go in motion at least 1 yard behind the line of scrimmage
 - c. No motion is allowed toward the line of scrimmage
2. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
3. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands

UNSPORTSMANLIKE CONDUCT

1. If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. **FOUL PLAY WILL NOT BE TOLERATED!**
2. Offensive or confrontational language is NOT allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
3. Players may not physically or verbally abuse any opponent, coach, tournament staff or official
4. Ball-carriers MUST make an effort to avoid defenders with an established position

5. Defenders must give free releases off the line of scrimmage to offensive players and are not allowed to run through the ball-carrier when pulling flags. ROUGH PLAY WILL NOT BE TOLERATED

6. Fans must also adhere to good sportsmanship as well

a. Yell to cheer on your players, not to harass officials or other teams

b. Keep comments clean and profanity free

c. Compliment ALL players, not just one child or team

7. Fans are required to keep fields safe and kid friendly

a. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area

b. Stay in the designated spectator areas only, subject to change based on facilities

c. Dispose of ALL trash in designated trash cans

8. Only (3) three coaches per team are allowed on the sidelines. All additional team photographers, managers, position coaches, team moms, fans, etc. must remain a minimum of 10 yards off the field in the end zone area or in the stands if available.

9. Fans are required to keep fields safe and kid friendly

a. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area

b. Stay in the end zone area, not between fields

c. Dispose of ALL trash in designated trash cans

10. Unsportsmanlike conduct penalties

a. Defense (+10) yards from line of scrimmage and automatic first down

b. Offense (-10) yards from line of scrimmage and loss of down

PENALTIES

1. The officials will call all penalties

2. Officials determine incidental contact that may result from normal run of play

3. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)

4. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls
5. Games or halves may not end on a defensive penalty unless the offense declines it
6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete
7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal
8. Spot fouls in end zone: Defensive (Ball on one-yard line, first down)/Offense (Safety)

Defensive spot fouls

Defensive pass interference	Automatic first down
Holding/Illegal Contact	+5 yards and automatic first down
Stripping	+5 yards and automatic first down

Offensive spot fouls

Screening or blocking	-5 yards and loss of down
Charging	-5 yards and loss of down
Flag guarding	-5 yards and loss of down
Holding/Illegal Contact	-5 yards and loss of down

Defensive penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive unsportsmanlike conduct	+10 yards and automatic first down
Offside / illegal substitution	+ 5 yards from line of scrimmage and automatic first down
Illegal rush (Starting rush from inside 7-yard marker)	+ 5 yards from line of scrimmage and automatic first down
Illegal flag pull (Before the receiver has the ball)	+ 5 yards from line of scrimmage and automatic first down
Roughing the passer	+ 5 yards from line of scrimmage and automatic first down
Taunting	+ 5 yards from line of scrimmage and automatic first down

Offensive penalties

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside / false start / illegal substitution	-5 yards from line of scrimmage and loss of down
Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage)	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving)	-5 yards from line of scrimmage and loss of down

Delay Of Game	-5 yards from line of scrimmage and loss of down
Impeding the rusher	-5 yards from line of scrimmage and loss of down
Illegal Procedure	-5 yards from line of scrimmage and loss of down