



General Rules

- Games are 5 v 5 formats.
- Field is 25 yards wide and 50 yards long, including the 5-yard end zones.
- Two 20-minute running clock halves (5-minute half) Teams switch sides at half
- Two timeouts per halves- 20 seconds each
- Coin flip determines choice of possession or direction
- Each possession starts at the 5-yard line after scores, turnover on downs
- 30-second play clock (45-second play clock for K-2nd Grade Division)
- The offensive team has 4 downs on each side of mid-field
- All players are eligible!
- NO RUSHING THE QUARTERBACK, unless the QB fakes a handoff, which will trigger a defensive player to cross the LOS and rush the QB.
- Clock stops in the last minute of the game on incompletions, out of bounds, sack, kneel downs, change of possession or penalties
- 3 players must be on the LOS, or it will result in illegal formation; the center and one player on both sides need to be on the LOS.
- Bad snap is a DEAD BALL, Center can NOT take handoffs
- Ball is placed where a flag pulled, not where the ball is when the flag is pulled.
- A receiver must have one foot in bounds when making a reception
- Laterals allowed but if the ball hits the ground, the ball is spotted at that yard mark
- 100% NO tackling or blocking (stationary pick is allowed, but player can't move)
- Only one player can be in motion at the same time
- Games cannot end on a defensive penalty

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.
- If you are going to use a run/pass Option (RPO) play with your RB, this will alert the defense that they can cross the LOS to pull the ball carrier's flag

If the QB gives the ball to the RB after a run play has been executed within the offensive possession, the RB can only throw the ball within the sack count.



Pass Game Rules

- The Offense must throw the ball within:
 - K – 2nd Grade – 5 seconds
 - 3rd – 8th Grade – 4 seconds
- Pass count sounds as follows:
 - K-2nd Division – ONE one-thousand, TWO one-thousand, THREE one-thousand, FOUR one-thousand, SACK!!
 - 3rd – 8th Division – ONE one-thousand, TWO one-thousand, THREE one-thousand, SACK!!
- The sack count starts on the snap of the ball, no matter what the offensive play is attempted – the word SACK ends the play.
- Forward pass can be underhand or overhand if 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
- There are NO forward passes behind the LOS; this will result in a 5-yard penalty and loss of down
- NO RUSHING THE QUARTERBACK (except in the 7-8 division; see rushing rules). In grades K-6th, 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 play; this alerts the defense that they can cross the LOS to pull the flag of the player with the ball
- Defense must start 2 yds off the line of scrimmage unless the ball is at the +1 then the defense can start at the goal line.

Scoring

- Touchdowns = 6 points
- Extra Point (5-yard line) = 1 point
- Extra Point (10-yard line) = 2 points
- Safety = 2 points and the defense gets the ball

A safety can happen when the ball carrier's flag is pulled in the endzone



Division Rules

K-2nd Grade Division Rules & Goals

- 45-second play clock
- Unlimited runs
- One coach is allowed on the field for both offense and defense
- Pass count is 5 seconds until “sack”

3rd-4th Grade Division Rules & Goals

- 30-second play clock
- Two runs per offensive possession
- One run allowed to gain a 1st Down (teams CAN run the ball within 5 yards of midfield)
- One run allowed to advance towards the end zone
- No runs 5yds or less from the end zone
- No runs on extra points
- One coach is allowed on the field for both offense and defense
- Pass count is 4 seconds until “sack”

5th - 6th Grade Division Rules & Goals

- 30-second play clock
- One run per offensive possession (teams CAN run the ball within 5 yards of midfield)
- No runs 5yds or less from the End Zone
- No runs on extra points
- No Coach is allowed on the field
- Pass count is 4 seconds until “sack”

Special Alert Rules

- Defensive players can cross the LOS when a handoff, fake handoff, or backward pass
- This “Deception Rule” is applied to define the integrity of the LOS and
- Interceptions can be returned for a TD if the intercepting team’s flag is pulled before the end zone; possession will begin where the defender is flagged.



Offensive Penalties:

- **Offensive Pass Interference**-10-yard penalty and replay the down
- **Roughing the Passer**-10-yard penalty and automatic 1st 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
- **Blocking** -5- yard penalty from the spot of the foul and loss of down
- **Leaping**-5-yard penalty from the spot of the foul and loss of down
- **Flag Guarding**-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

Defensive Penalties:

Defensive Pass Interference -10-yard penalty and replay down, unless it's an offensive catch; Offense decides. 1st down can occur depending on the yardage.

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

Defensive Holding while pulling flag-5-yard penalty added to the end of the play. 1st down can occur depending on the yardage.

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

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

Illegal Rushing -5-yard penalty and replay the down; offense decides depending on the result of the play. 1st down can occur depending on the yardage.

Roughing the Passer -10-yard penalty and automatic 1st down

Inadvertent tackle -5-yard penalty added to the end of the play and replay down

Unsportsmanlike conduct-15-yard penalty and automatic 1st down (possible ejection)