



Game Format

5 v 5 Flag Game Format

- Field is 25-30 yards wide and 50 yards long, including the 5 yard end zones.
- Games are 5 players v 5 players
- Two 20 minute running clock halves (*5 minute break at half*)
- Each possession starts at the 5 yard line after scores, turnover on downs and/or halftime.
- 30 second play clock (*45 second play clock for K-2nd Grade Division*)
- The offensive team has three downs to get a first down at mid-field, then 4 downs to score once they have crossed 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.

Scoring

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

Under the Lights Flag Rules

3rd-4th Grade Division Rules & Goals

- 30 second play clock
- ONE run per offensive possession
- NO runs 5yds from the End Zone
- NO runs on extra points
- ONE 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, and DB fundamentals in the passing game.

5th-6th Grade Division Rules & Goals

- 30 second play clock
- NO RUNS
- NO Coach 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 coach and apply it in a fun, competitive format.

Basic Rules

- Coin flip OR Rock-Paper-Scissors determines choice of possession or direction (winning team can elect to defer to the 2nd half)
- The clock will only stop for time-outs and injuries unless it is the last minute of the game. *(it does not stop for incomplete passes, out of bounds, change of possession)*
- **LAST 1 MINUTE OF THE GAME**
 - The clock will stop in the final 1 minute of the game on these actions:
 - Incompletions
 - Out of Bounds
 - QB Sack
 - Change of Possession
 - Penalties. If it's an offensive penalty the clock will start on the official unless dead ball foul.
- TWO 30-second timeouts per half
- If a timeout is called after a touchdown, the clock will not start until the play after the conversion attempt
- Teams switch sides at halftime.
- 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.
- 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 are allowed but if the ball hits the ground, the ball is spotted at that yard mark.
- Absolutely no tackling or blocking *(stationary pick is allowed but player cannot move)*
- Only one player can be in motion at the same time.
- 3 Players must be on the Line of Scrimmage or Illegal Formation; The Center counts as 1 player on the LOS.
- Games cannot end on a defensive penalty.

Special Alert Rules

- 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 development of the passing game for both offense and defense. This rule applies to all Divisions.
- Interceptions can be returned for a TD, if intercepting teams flag is pulled before the end zone then possession will begin where the defender is flagged.
- **MERCY RULE**
 - If a team is up by 30 or more they only have 2 downs to get a first down and 2 downs to score until that point difference is trimmed below 30 pts. Than regular game rules apply.

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

Pass Game Rules

- The Offense has to throw the ball within: **4 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.
- There are NO passes behind the LOS. This is a 5 yard penalty and loss of down.
- 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 play. 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 hand off nor run the ball across the line of scrimmage on a backwards pass.)*
- Defense must start 2 yds off the LOS unless the ball is at the +1 then the Defense can start at Goalline.

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.*

The play is dead when the following occurs to the ball carrier:

- Flag is pulled
- Runner's knee touches the ground
- Runner steps out of bounds
- Runner loses his flag then the opposing team must touch him down.
- Runner dives, jumps or leaps; ball is spotted where the runner left his feet.
- **NO direct QB runs**
- 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)*

FLAG and 5v5 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 placed at the spot of the foul and loss of down

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

Flag Guarding (including stiff arms) – 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 - 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 down can occur depending on the yardage.*

Defensive Holding while pulling flag – 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) – 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 (before a hand-off has occurred) – 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 – 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 – 15 yard penalty and automatic 1st down (*possible ejection*)

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