

PENALTIES

- The referee will call all penalties.
- Referees determine incidental contact that may result from normal run of play. This is considered a judgement call.
- Players cannot question judgement calls. Only the team captain or the head coach may ask the referee questions about rule clarification and rule interpretations.
- All penalties will be assessed from the line of scrimmage, except for SPOT FOULS.
- Games cannot end on a defensive penalty unless the offense declines.
- If the distance to the goal is shorter than the penalty yardage, then the penalty will be assessed half the distance to the goal.
- Loss of down means that down is consumed.
- Any loss of down on 3rd/ 4th down results in a turnover on downs and the other Team taking possession

SPOT FOULS

Defensive

- | | |
|-----------------------------------|---------------------------------|
| • Defensive pass interference | Automatic First Down |
| • Holding | +5 yards & Automatic First Down |
| • Stripping | +5 yards & First Down |
| • Defensive unnecessary roughness | +10 yards & First Down |
| • Illegal Contact | +5 yards & First Down |

Offensive

- | | |
|-----------------------------------|--------------------------|
| • Screening, blocking | -5 yards & Loss of Down |
| • Charging | -5 yards & Loss of Down |
| • Flag guarding | -5 yards & Loss of Down |
| • Offensive unnecessary roughness | -10 yards & Loss of Down |
| • Illegal Contact | -5 yards & Loss of Down |

DEFENSIVE PENALTIES

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|---------------------------|---|
| • Offside | +5 yards from LOS & Automatic First Down |
| • Illegal rush | +5 yards from LOS & Automatic First Down |
| • Illegal flag pull | +5 yards from LOS & Automatic First Down |
| • Roughing the passer | +5 yards from LOS & Automatic First Down |
| • Taunting | +5 yards from LOS & Automatic First Down |
| • Unsportsmanlike conduct | +10 yards from LOS & Automatic First Down |

OFFENSIVE PENALTIES

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|-------------------------------|-----------------------------------|
| • Offside / false start | -5 yards from LOS & Loss of Down |
| • Illegal forward pass | -5 yards from LOS & Loss of Down |
| • Offensive pass interference | -5 yards from LOS & Loss of Down |
| • Illegal motion | -5 yards from LOS & Loss of Down |
| • Delay of game | -5 yards from LOS & Loss of Down |
| • Impeding the rusher | -5 yards from LOS & Loss of Down |
| • Illegal Procedure | -5 yards from LOS & Loss of Down |
| • Taunting | -5 yards from LOS & Loss of Down |
| • Unsportsmanlike conduct | -10 yards from LOS & Loss of Down |

LIVE BALL / DEAD BALL

- The ball must be snapped between the legs to start play
- Substitutions may be made on any dead ball. You must always substitute from the same side of the field.
- Team must have a minimum of four (4) players but no more than five (5) on the field at a time.
- The play is ruled "dead" when:
 - » Ball-carrier's flag is pulled
 - » Ball-carrier steps out of bounds
 - » Incomplete pass
 - » Ball hits the ground
 - » Touchdown, PAT or safety is scored
 - » Ball-carrier's knee hits the ground
 - » Ball-carrier's flag falls out (ball is spotted where the flag is on the ground)
 - » Receiver has one (1) or no flags when catching the ball (ball is spotted where the receiver caught the ball)
- Any player who starts a play without a flag is down where he or she takes possession of the ball
- Fumbles that contact the ground are dead at that spot
- In the case of an inadvertent whistle, the offense has two options:
 1. Take the ball where it was when the whistle blew down is consumed
 2. Replay the down from the original line of scrimmage

OVERTIME

- Overtime winner is determined by whichever Team scores the most points within the Overtime period.
- A coin flip will determine the team that chooses to be on offense or defense first. The Home team calls the toss.
- Each team will take turns getting 1 play from the 5 yard line for (1) point or from the 10 yard line for (2) points
 - 1st OT- Teams will have the option to go for (1) or (2)
 - 2nd OT-Teams must go for (2)
 - 3rd OT-Teams will have 1 play from the 5-yard line (Most yards gained wins) 1 point is added to the winning Teams score
- There are no timeouts. Coaches have 1 challenge (Rule Issue Only) for entire Overtime session
- Interceptions are returnable and worth 2 points
- If returned for a score in the 1st or 2nd overtime, the game is over
- If advanced in the 3rd overtime the game is over

EQUIPMENT

- All players must have mouth guard in use at all times on field
- Home team wears dark jerseys. Away team wears light jerseys.
- Players jerseys must be tucked in at all times
- Shorts with pockets must be taped
- Players must remove all jewelry deemed hazardous by the officials
- All players must wear shoes. Cleats are allowed. However, cleats with exposed metal are not permitted.



FLAG

FIELD RULES

Update 07/2024

GAME

- 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.
- The winner of the coin toss has the choice to take offense or defense. The loser of the coin toss chooses which direction it will be defend. There is no option to defer to second half.
- The offensive team takes possession of the ball on its 5 yard line and has 4 downs to cross midfield. Teams must declare 4th down intent "Play or "Punt", when asked by the referee, or risk a delay of game penalty.
- 'Punt' results in the opposing team taking over at their 5 yard line. 'Play' if unsuccessful the opposing team takes over at that spot.
- Once a team crosses midfield it has 3 plays to score.
- All possession changes except for failed 4th down conversions or interceptions start on the offenses 5 yard line.

TIMING

- Games are played to 48 minutes running clock (24 minutes each half) halftime 5 minutes.
- Tournament play 24 minutes (12 minute halves) halftime 1 minute.
- Each time the ball is spotted a team has 40 seconds, Tournament play 25 seconds, to snap the ball.
- Officials can stop the clock at their discretion. In the event of an injury, the clock will stop and then restart when the injured player is safely removed from the field.

SCORING

- Touchdown: 6 points
- Safety: 2 points
- Extra point: 1 point (from 5-yard line) OR 2 points (from 10-yard line)
- Overtime: Final Score
- Games are played to 48 minutes, Tournament play 24 minutes, unless one team is leading by a 35 point or Tournament play 28 point margin.
- Once a team reaches or breaches the 35 or 28 point margin the game is over. League/team can choose to continue with no additional points added.

PASSING

- All passes must be forward and must be received beyond the line of scrimmage(LOS). Only one (1) forward pass per play.
- Laterals, pitches and backwards passes are permitted behind the line of scrimmage only.
- Shovel passes are allowed but must be received beyond the LOS.
- The quarterback has seven(7) seconds to throw the ball.
- If a pass is not thrown within the seven(7) seconds, the play is whistled dead and it's a loss of down. (Treat it like an incomplete pass).
- Once the ball is handed off, pitched, lateraled or passed backwards there is no seven (7) second rule.
- The referee will be verbally counting out the 7 seconds for the QB.
- Interceptions may be returned.
- If a pass is tipped/ blocked by the defender and the QB catches the ball, the play is whistled dead and considered an incomplete pass.
- The QB may throw the ball to avoid a sack. Pass must go beyond the LOS.

RECEIVING

- All players are eligible to receive a pass (including the QB if the ball has been handed off behind the LOS).
- Only one (1) player is allowed in motion at least 1-yard off the LOS.
- A player must have the first foot in bounds when making a reception
- Once the ball is advanced beyond the LOS, the current ball-carrier is the only player allowed to have possession of the ball until the play is dead.
- Once the ball is advanced beyond the LOS, the remaining offensive players cannot impede the defense from attempting to pull the offensive player's flag. (No screening or blocking; no running next to the ball-carrier)

RUNNING

- The QB cannot run beyond the line of scrimmage with the ball.
- Only direct handoffs, pitches and laterals behind the line of scrimmage are permitted. Teams may perform multiple handoffs, pitches and laterals as long as they remain behind the LOS.
- The player who receives the handoff, pitch or lateral, can throw the ball as long as he or she remains behind the line of scrimmage.
- The ball is spotted where the BALL is when the flag is pulled
- Center sneak play is not allowed. The QB may not handoff the ball to the center on the first handoff of the play.

NO RUN ZONE

- "No Run Zones" are located 5 yards before midfield and 5 yards before the goal line in each offensive direction.
- If the ball is spotted on or inside the "No Run Zone", the offense must use a pass the advance the ball or score.

RUSHING THE PASSER

- Up to two (2) players may rush, they must identify by raising their hand, and must be immediate.
- Players that rush the passer must be 7 yards from the line of scrimmage when the ball is snapped.
- Before each play, an official will mark off 7 yards from the LOS.
- The rusher has a clear path to the passer and any interference by the offense to impede his or her path will be considered impeding.
- If the rusher leaves the rush line early (breaks the 7 yard mark), they may NOT reset and are ineligible to rush the passer unless a handoff is made behind the LOS
- Players not rushing the passer may defend on the line of scrimmage but may not enter the backfield unless the ball is handed off.
- Players rushing the passer may attempt to block the pass, however, NO contact may be made with the QB unless ruled incidental by the Officials.

FLAG PULLING

- A legal flag pull takes place when the ballcarrier is in full possession of the ball. A defensive player may not pull flags off of a player who does not have possession of then ball.
- Defenders can dive to pull a ball-carriers flag but cannot hold, tackle or run through the ball-carrier when attempting to pull their flags.
- It is illegal to attempt to strip or pull the ball from the ball-carrier.
- Flag guarding is an attempt by the ball-carrier to obstruct the defenders access to the flags by stiff arming, dropping the hand, arm, shoulder, elbow, ball or intentionally covering the flags with the jersey.