

# Game Format

## **6 v 6 Flag Game Format**

- Field is 25-30 yards wide and 50 yards long, including the 5 yard end zones.
- Games are 6 players v 6 players
- Four 10-minute running clock quarters (*1 minute break between quarters, 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

## **High School 7 v 7 Game Format ONE HAND TOUCH (OPTIONAL 7th-8th Grade Division only but will not qualify for the National Tournament.)**

- Field of play starts on the regulation +40 yard line.
- Offense has 3 downs to pick up the 1st down at the 20 yard line. Then offense has 4 downs to score
- 30-40 minute one-hand touch football game with both teams having 2 timeouts.
- Clock stops in the final 1 minute of the game on incompletions, out of bounds and defensive fouls
- No RUNS! All pass plays w 5 eligible receivers v 7 defenders. NO Blocking! NO Rushing the QB!
- Defensive interception can be returned for a Touchdown past the 40yd line. If intercepting team doesn't score the TD then the offense gets the ball at the 40, just like a change of possession.
- Must have a center snap and the Center is not eligible! The Center cannot cross the LOS.
- Sack count is at 3 seconds. If Sack occurs than play is dead and ball stays at LOS.
- Defensive players must start 3 yards off the LOS

## **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.

# Under the Lights Flag Rules

## 1st-2nd Grade Division Rules & Goals

- UNLIMITED Runs
- 45 second play clock
- ONE 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.

## 3rd-4th Grade Division Rules & Goals

- 30 second play clock
- ONE run per 1st down possession
- NO runs 5yds from the End Zone nor at Mid-Field; there is a NO Run Zone 5yds from Mid-Field
- 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.

## 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.*

*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*)

## **K-8th Grade Pass Game Rules**

- The Offense has to throw the ball within:  
**K – 4th Grade – 5 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.

## **Basic Rules**

- Coin flip 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**
  1. 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)*

## **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. 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 and get 4 downs to score. If the point difference is trimmed below 30 pts, then regular game rules apply.

- 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.

**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 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 it's 1st Defensive possession per OT.
- If the game is still tied, overtime will be repeated until there is a winner.
- Offensive team will get 2 downs to score from the +10 yard line
- Teams alternate first possession each overtime period

## FLAG and 7v7 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 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.*