

Game Format

5 v 5 Flag Game Format

- Field is 25 yards wide and 60 yards long, including 10 yard end zones
- Games are 5 players v 5 players
- A pylon will mark the midfield 1st down line (20 yards from goal line).
- Pylons will be placed at the 5 yard line of each end zone.
- Two twenty minute halves (5 minute break at halftime).
- A whistle will blow for the start of the game, at halftime, and at the end of the game.
- **EVERY** new possession starts at the 5 yard line after scores; turnover on downs, interceptions, and halftime.
- 30 second play clock (60 second play clock for Atom).
- The offensive team has 3 downs to get a first down at mid-field, then 3 downs to score once they have crossed mid-field.
- All players are eligible.
- One rusher allowed, must count 7 steamboats (counted by ref).
- After a handoff, any defensive player may cross the L.O.S
- The QB has 10 seconds to throw if there is no rush (counted by ref).
- Scoring Touchdowns = 6pts,
- Extra point after TD's: 1 pt from 5 yards, 2 pts from 10 yards

Tyke and Atom

- UNLIMITED Runs 60 second play clock
- No running plays within 5 yards of the End Zone.

Peewee and Bantam

- 30 second play clock.
- ONE run per 1st down possession
- NO running plays within 5yds of the End Zone.

JV/V

- 30 second play clock.
- NO runs.

Run Game Rules:

- A play will be considered a run play, when the ball carrier crosses the line of scrimmage without making a pass attempt. 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 a player catches the ball BEFORE the LOS it will be considered a run play.
- An incomplete pass that lands BEFORE the LOS will not count as a running play.

NO Direct QB runs.

Pass Game Rules:

The Offense has to throw the ball within 10 seconds **if no rush:**

- The sack count starts on the snap of the ball.
- 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.
- Backwards laterals behind the LOS will count as run plays.
- If the QB hands, 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 not stop in the first half. In the second half, the clock will stop during timeouts and under 2 minutes when: a change of possession occurs, a forward pass is incomplete, a player steps out of bounds, after touchdowns and extra points. Teams must follow good sportsmanship when using clock time.
- TWO 30-second timeouts per half.
- 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 where the ball touches the ground.
- Absolutely no tackling or blocking

Special Alert Rules

- Defensive players can cross the line of scrimmage when a handoff, fake handoff or backward pass has occurred. One rusher is allowed after 7 steamboats.
- 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 their flag (regardless of how it fell off), Runner dives, jumps or leaps to avoid a defender; ball is spotted where the runner left their feet. A fumbled is placed at the spot of the fumble.
- The ball carrier can juke/spin to avoid their flag being pulled but cannot flag guard.

- Interceptions can be returned for a TD. If the intercepting player's flag is pulled before the end zone, the possession will begin at the 5 yard line, not at the spot of the pull.

Penalties:

Offensive

- Offensive Pass Interference – 10 yard penalty and replay the down
- Illegal Formation (3 players must be on the LOS) – 5 yard penalty and replay the down
- Illegal Run –5 yards 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 after the LOS)
- Blocking – ball is placed at the spot of the foul and 5 yard penalty.
- Leaping – ball is placed at the spot of the foul and 5 yard penalty.
- Flag Guarding (including stiff arms) – 5 yard penalty from the spot of the foul.
- Unsportsmanlike conduct – 15 yard penalty (possible ejection)
- Delay of Game – clock is stopped and a 5 yard penalty No Intentional Grounding Penalty
- No intentional grounding penalty

Defensive

- 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.