



RULES OF THE GAME

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GAME RULES

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2025 EDITION

RULES OF THE GAME

GAME FORMAT

- Field dimensions are 25 yards wide and 40 yards long, plus 7-yard end zones.
- Games are 6 offensive players v 6 defensive 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.
- Offense has three downs to get a first down at midfield (20-yard marker), then 4 downs to score from the midfield (or down marker past the 20) to the end zone.
- All players are eligible receivers, including the center.
- There must be at least three players on the line of scrimmage prior to the snap. The center is considered on the line of scrimmage.
- No negative yardage. The ball is placed at the original line of scrimmage or beyond.
- **NO RUSHING THE QUARTERBACK**
 - K-2 Division must get the ball past the LOS within **6 seconds**
 - 3-4 Division must get the ball past the LOS within **5 seconds**
 - 5-6 & 7-8 Divisions get the ball past the LOS within **4 seconds**
- **SCORING**
 - Touchdown = 6 points
 - Extra Point (5-yard line from the end zone) = 1 point
 - Extra Point (10-yard line from the end zone) = 2 points
- **K-2 Division**
 - **45-second play clock**
 - **ONE** Coach is allowed on the field for both offense and defense
 - In this division, the focus is 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
- **3-4 Division**
 - **30-second play clock**
 - **ONE** Coach is allowed on the field for both offense and defense
 - In this division, teams are encouraged to start focusing on passing the ball more than running the ball. Teams should start applying proper QB, WR, and DB fundamentals.
- **5-6 & 7-8 Divisions**
 - **30-second play clock**
 - **NO** Coach is allowed on the field
 - In these two divisions, teams continue working on their skills as a QB, WR, and DB.
- **Coin Toss** – The visiting team calls heads or tails. The winning team determines the choice of possession or direction. (The winning team can defer possession to the 2nd half)

RULES OF THE GAME

BASIC RULES

- **ALL** coaches must pass a background check before coaching players in practice or games.
- **THREE** coaches maximum on the sidelines during game play.
- The clock will only stop for timeouts and injuries unless it is the **last minute** of **the second half**. During the game, the clock **does not** stop for incomplete passes, out of bounds, or change of possession.
- **LAST MINUTE OF THE SECOND HALF**
The clock **will** stop in the final minute of the game for:
 - Incomplete Pass
 - Out of Bounds
 - Change of Possession
 - After a score
- Penalties – If the clock is supposed to run, the offended team can choose to start on the “ready for play” or snap of the ball.
- **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.
- A bad snap (QB drops the ball, or ball is snapped over his head) results in a loss of down, and the ball is placed back at the original LOS.
- A receiver must have **one** foot in bounds to be called a valid catch.
- Absolutely no tackling or blocking.
- A stationary pick is allowed, but the player setting the pick cannot move with the ball carrier.
- Only one offensive player can be in motion at the same time.
- Games cannot end on a defensive penalty.
- Interceptions **can** be returned for a touchdown by the defense, **except on an extra point attempt**. If the player’s flag is pulled before reaching the end zone, the ball is placed where the flag was pulled.
- The down marker will be spotted at the forward-most point of the ball at the end of the play.
- If a runner leaves his feet (jump, leap, dive), the ball is downed where they left their feet.
- If a runner loses his flag, the defense must one-hand touch him down. A runner can continue to run until he is touched or scores.
- The runner 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.
- The play is dead when one of following occurs to the ball carrier:
 - Flag is pulled
 - Runner's knee touches the ground
 - Runner steps out of bounds

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MERCY RULE (Optional for the Team Down by 30 Points)

As soon as one opponent goes up by 30 points, the opposing teams has one possession to score. If they fail to score during that possession, the score is locked and will be recorded as the official score. Game play will resume and all rules will still be enforced, but no additional scores will be recorded.

Team up by 30 or More Points

- If a team is up by 30 or more points during the game, they only have **2 downs** to get a first down and **2 downs** to score. This rule remains in effect until that point difference is less than 30 points.

-Interception Rule for team up by 30 points: If the team intercepts a pass, it is considered a dead ball, but the team takes possession on their own 5 yard line.

Team down by 30 or More Points

- If a team is behind by 30 or more points, their offensive possession starts at the 10-yard line going into the end zone. The team also has **4 downs** to score. This rule remains in effect until that point difference is less than 30 points.

-Interception Rule for team down by 30 points: If the team intercepts a pass, they can try to run it in for a score, but if the flag is pulled prior to entering the end zone they take possession at their the opponents 10 yard line (unless they ran it back further than the 10 yard line - in that case, the ball is placed where the flag was pulled.)

Game Play Rules

- **Coaches Box:** The coaches box is from the 5 yard markers at both ends of the fields. All coaches must stay within the coaches box as to not interfere with the sideline official at the goal line.
- **QB Rule:** Whoever receives the snap is considered the QB. No direct QB runs in any division.
- The ball must pass the line of scrimmage within the allotted time; the count starts at the snap.
 - **K-2 Division – 6 seconds**
 - **3-4 Division – 5 seconds**
 - **5-6 & 7-8 Divisions – 4 seconds**
- If the ball does not cross the LOS before time expires, the result of the play is a dead ball and loss of down. The ball is placed on the original LOS.
- A ball that is thrown beyond the LOS is a pass play. A ball carried across the LOS is a run play.
- **All Divisions** -The QB may deliver the ball to another player behind the LOS by any means. The player behind the LOS receiving the ball from the QB can attempt to throw a forward pass beyond the LOS within the allotted time per division. If the flag is pulled behind the LOS the play is considered a run play.
- **All Divisions** – If the QB **does not** give the ball to another player behind the LOS, he must throw a forward pass beyond the LOS within the allotted time.
- **All Divisions** - Defense must line up 2 yards off the LOS before the snap. If the LOS is at the +1-yard line, the Defense can line up at the goal line. After the snap, the defense may move up to the LOS. The defense is allowed to cross the LOS as soon as the QB releases the ball.
- **Blitzing - 5-6 & 7-8 Divisions only** – Defense is allowed **ONE**, single-player blitz play per offensive possession. The blitzer must line up 7 yards off the line of scrimmage. If the defense blitz, the QB may not run past the LOS.
- No direct QB runs in any division.
- The center may not take a handoff from the QB
- **Running Plays:** K-2 Division–**Unlimited** runs. 3-4 Division–**ONE** run play **per set of downs**, 5-6, & 7-8 Divisions are allowed **ONE** run play **per possession**.
- Except for the **K-2 Division** - **NO run plays** are allowed within 5 yards of the end zone, or 1 or 2-point conversions.

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OFFENSIVE PENALTIES

Offensive Pass Interference – 10-yard penalty and replay the down from the LOS

Illegal Shift (2 men in motion) – 5-yard penalty and replay the down

Illegal Formation (Less than 3 players on the LOS) – 5-yard penalty and replay the down

Illegal Run – 5-yard penalty and loss of down

False Start – 5-yard penalty, replay the down

Bad Snap – Loss of down

Illegal Forward Pass – 5-yard penalty and loss of down (Passer steps over the LOS or two forward passes)

Blocking – The ball is placed at the spot of the foul

Leaping – The ball is placed at the spot of the foul

Flag Guarding (including stiff arms) – 5-yard penalty from the spot of the foul and loss of down

Players or Coaches Unsportsmanlike Conduct – 15-yard penalty (*possible ejection*)

Delay of Game – 5-yard penalty assessed

NOTE: Any penalty on the 5-yard line will result in a loss of down only. No penalty will result in loss of yardage inside the 5-yard line.

DEFENSIVE PENALTIES

Defensive Pass Interference – 10-yard penalty from the LOS 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 the player has the ball) – 5-yard penalty added at the end of the play. *1st down can occur depending on the yardage.*

Offsides – 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 (unintentional or without knowing) – 5-yard penalty added to the end of the play and replay down.

Players or Coaches Unsportsmanlike Conduct – 15-yard penalty and automatic 1st down (*possible ejection*)

NOTE: Defensive Penalties inside the 10-yard line will result in half the distance to the Goal line if applicable.



RULES OF THE GAME

OVERTIME FORMAT

Regular season games may end in a tie. Overtime does not apply.

PLAYOFFS ONLY

- Overtime period will take place with each team receiving a possession.
- Coin flip determines the choice of 1st or 2nd possession
- Possession begins at the 10-yard line going in. Both teams will go in the same direction.
- Offense will get 2 downs to score from the +10-yard line.
- If a touchdown is scored, the offense can elect to go for a 1 or 2-point conversion.
- If the Defense intercepts the ball, it's a dead ball and change of possession.
- If the game is still tied, overtime will be repeated until there is a winner.