



# 2023 Sideline Rules Sheet – Flag



## Competitive

### Clock

- Two (2) fifteen (15) minute halves, running clock
- Clock Stops
  - First downs – clock restarts upon beginning of next play
  - Touchdowns - clock restarts when ball is placed after the extra point attempt
  - Final two (2) minutes of each half if player runs out of bounds or incomplete pass
- 45 second play clock – can result in 5 yard penalty and loss of down

### A-Gap

- **Lining up in the A gap is allowed, a player CANNOT line up over the center**
- Blitzing/running/sneaking the A gap is allowed

**Muff Snaps** – 1 per half from under center. No muffs out of shotgun

**Spread** - Running clock with 24 points or greater lead. Will stop only for timeouts and injuries

## Level 1 and Level 2

### Clock

- Two (2) twenty (20) minute halves
- Running clock
- Clock Stops - Timeouts and injuries only

### A-Gap

- DLine cannot line up on the line of scrimmage in the A-Gap or over-center
- No defender lined up on the line of scrimmage shall cross the neutral zone thru the A gap
- Only linebackers lined up 5 yards off the ball at the snap may cross the neutral zone through the A gap
- Offense may only run through the A gap after a hand-off has been executed to a player lined up at least 5 yards behind the line of scrimmage at the snap, or outside the tackles at the snap
- Quarterback sneaks thru the A gap are prohibited

**Muff Snaps** – 2 per half from under center. No muffs out of shotgun

## ALL Divisions

### Players

- Eight (8) players on a field at a time, Five (5) players are required on the line of scrimmage
- The outside player on the line of scrimmage is eligible WR
- No defensive player may line up directly across the center or make initial contact with the center until the center can snap the ball and in a position that will enable him to protect himself
- One coach is allowed in each team's huddle

### Runners

- The ball is dead at the spot if it touches the ground (e.g., fumbles and laterals). Any inadvertently lost flag results in a dead ball at the spot of the fallen flag
- Ball carriers must avoid contact (official's judgment). Penalties are ten (10) yards from the previous spot o Flag guarding – ten (10) yard penalty from the spot of the foul. Flag guarding includes any attempts to protect a flag including lowering of shoulder, stiff arming, spinning, etc.
- Illegally pulling a flag results in a ten (10) yard penalty from the spot of the foul
- Tackling is a ten (10) yard penalty from the spot of the foul and an automatic first down. **The Official may award a touchdown.**

**Time Outs** - Two (2) one-minute (1) timeouts per half. Timeouts do not carry over to the next half

**Scoring (PAT)** - 6 points for a touchdown. One (1) point for running extra point, Two (2) points for pass extra point

**Punts** - Ball will advance 20 yards. Never within the opponents 20-yard line

**Ball Placement** – ball is placed at the 20-yard line at the beginning of each half and after each score/safety

**Blocking** - Blocking in the back, cross body blocks, roll up block, and interlock blocks are prohibited. Illegal contact is a 10-yard penalty

**Overtime (Comp Flag only, no overtime for Level 1 or Level 2)**

- Overtime will consist of each team getting four (4) downs to score from the ten (10) yard line.
- Extra Point included in point total to determine a winner.
- A turnover will result in a loss of possession. o One time out per overtime will be given to each team.
- If score is still tied after three (3) OT, play will began at the five (5) yard line for a maximum of two (2) periods.
- If after five (5) total overtime periods, the score is still tied it will be declared a tie unless it is a playoff or Championship Game. In that situation the teams shall continue to play from the five (5) yard line until a winner is decided