

Lee's Summit Football Association



Spring NFL Flag Rules

Welcome

Parents, Coaches, Players & Supporters,

Similar with past spring seasons the league's goals are to keep our players active during the off-season, develop skills and to promote the learning of alternate positions. To support these goals, scoring is not kept during the spring season and coaches are highly encouraged to allow all players to participate in positions which they may not be accustomed to. Additionally, spring rules are modified from fall rules to promote the enhancement of football skills.

The spring season is also a time when LSFA focuses on our next generation of referees. These future leaders are generally high school aged and have varying degrees of experience. The spring is a dedicated time for them to hone their skills as well as for the league to test different rules to support the fall program. Please keep this in mind when interacting with our young officials and support us by offering them lots of encouraging support!

2018 is was first season of adopting the NFL Flag framework. LSFA has kept many of the same Rules, but over the years, have tailored others to better suite our league and facilities. Teams participating in NFL Flag regional or national tournaments are advised to download the official NFL Flag rulebook for tournament play. If you were to have additional questions after reviewing the rule book, please direct these to admin@lsfootball.org.

Thank you for your continued support and participation in LSFA!
Lee's Summit Football Association

Rules

Disclaimer: Official NFL Flag rules have been tailored for LSFA's use. Teams participating in NFL Flag regional or national tournaments should visit www.nflflag.com to obtain official rules for tournament play.

Rules not directly addressed within this rule book will follow normal NFHS guidelines.

Game

1. 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.
2. The winner of the coin toss has the choice of offense or defense. Possession changes to start the second half to the team that started the game on defense.
3. The offensive team takes possession of the ball on the 35-yard line and has four (4) plays to cross the 20- yard line. Once a team crosses the 20- yard line, it has four (4) plays to score a touchdown.
4. If the offense fails to score, the ball changes possession and the new offensive team starts on the 35-yard line (note, play only occurs in one direction during the spring season).
5. If the offensive team fails to cross the 20-yard line, possession of the ball changes and the opposition starts its drive from the 35-yard line.
6. All possession changes, except interceptions, start on the offense's 35-yard line.

Terminology

Boundary Lines	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
Line of Scrimmage	(LOS) an imaginary line running through the point of the football and across the width of the field.
Line-to-Gain	The line the offense must pass to get a first down or score.
Rush Line	An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage.
Offense	The team with possession of the ball.
Defense	The team opposing the offense to prevent it from advancing the ball.
Passer	The offensive player that throws the ball and may or may not be the quarterback.
Rusher	The defensive player assigned to rush the quarterback to prevent him/ her from passing the ball by pulling his/her flags or by blocking the pass.
Downs (1-4)	The offensive team has four attempts or “downs” to advance the ball. It must cross the line to gain to get another set of downs or to score.
Live Ball	Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
Dead Ball	Refers to the period of time immediately before or after a play.
Whistle	Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime or the end of the game.
Inadvertent Whistle	Official’s whistle that is performed in error.
Charging	An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.
Flag Guarding	An illegal act by the ball-carrier to prevent a defender from pulling the ball- carrier’s flags by stiff arm, lowering elbow or head or by blocking access to the runner’s flags with a hand or arm.
Shovel Pass	A legal pitch attempted beyond the line of scrimmage.
Lateral	A backward or sideways toss of the ball by the ball-carrier.
Unsportsmanlike Conduct	A rude, confrontational or offensive behavior or language.

Eligibility

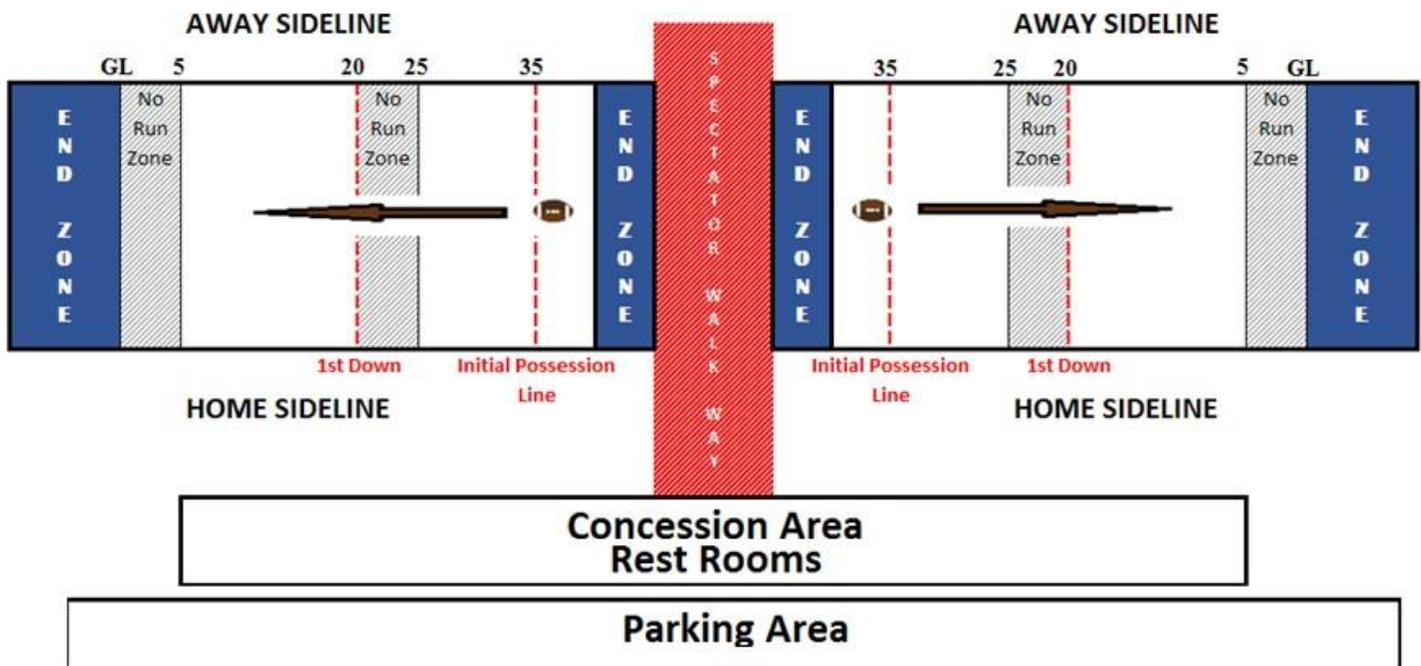
All players' legal guardians must agree to the online waiver form submitted during registration at www.lsfootball.org

Additional eligibility requirements are outlined within the LSFA Formation Guidelines posted at www.lsfootball.org.

Equipment

1. The league provides each player with an official NFL flag belt, NFL Flag team jersey, and a Gamebreaker soft-shelled headgear. The flag and jersey are for the player to keep; however, unreturned headgear will result in a charge of \$50 to the card tied to your LSFA account.
 - a. Headgear will be worn during all game play. Players will not be allowed to participate if they are not worn.
 - b. The league does not provide mouthguards, but they must be worn at all times during game play. Players will not be allowed to participate if they are not worn.
 - c. Teams will use balls provided by the league. Pee Wee size balls will be used K-3rd grade; whereas, junior size balls will be used for 4th-7th grade games
2. Players must wear shoes. Cleats may be worn; but, must be rubber molded.
3. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
4. Players must remove all jewelry, hats and do-rags. Winter beanies are allowed.
5. Players' game jerseys must be tucked into shorts or pants.
6. We recommend players wear shorts or pants that do not have pockets. Shorts or pants with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets.
7. Mouthpieces are not furnished by the league but must be worn at all times during game play and at practices.

Field



1. The field dimensions are width (49(7) 1/3 yards) by 40 yards with a 5-yard end zone behind the offense and a 10-yard scoring end zone. There is also a midfield line-to-gain. No-run zones precede each line-to-gain by 5 yards. First downs will be placed at the 20, 35, and 20.

2. Games will be played from the 35-yard line to the end zone. Two games will be played, going in opposite directions, on each field. The walking path between the 45-yardlines will be used for officials and LSFA staff only. All game attendees; including participants and spectators; will use the walking trail on the north side of the field.
3. In a no run zone, all plays must be passing plays, that cross the line-of-scrimmage. Passing plays behind the line-of-scrimmage will be considered intentional grounding.
4. Home teams will be positioned on the sidelines closest to the concession stand; whereas, away teams will be on the side of the field that is the furthest from the concession stand. Fans MUST sit on the same side of the field as the team they are rooting for. Failure to do so may result in penalties for their team issued in accordance with the unsportsmanlike conduct penalties for the sidelines.
 - a. If brought to the attention of a field monitor or officials, a warning will be issued to head coach
 - b. 10-yard penalties to be issued each play until parents or fans move to their appropriate sideline.
 - c. Coaches are responsible for the conduct of their sidelines. Officials may issue 1 warning for unsportsmanlike conduct to a sideline coach or fans. This will be communicated to the Head Coach and any further infractions will result in a penalty.
5. Home teams will be on the sidelines closest to the concession stands; whereas, away teams will be furthest away from the concession stands. Fans MUST sit on the same side of the field as the team they are rooting for resides. Referees will not be allowed to start any games until both teams and their fans are on the appropriate sidelines.
6. COACHES/PLAYERS AREA – Coaches and players NOT on the field must stay between the 10-yard line and the 30-yard line on their sideline.
7. Yard Markers: The home team will supply 2 persons to run the yard markers. A coach is not allowed to work the yard markers and coach at the same time.

Rosters

Teams to consist of a minimum of 7 players and a maximum of 12 players. Game to be 7v7 with a minimum of 6v6. 6 players must be present at kickoff time or forfeit the game.

Timing

1. Games are four 10-minute quarters with a running clock. Clock stoppage will occur during timeouts, injuries and discussions between officials only until the last two minutes of each half. During the last two minutes of each half, the clock shall stop following the standard NFHS rules. Note, if field space becomes an issue – game times may be required to be adjusted. Any adjustments will be communicated by the league to head coaches.
2. TIMEOUTS: Each team is allowed two (2) timeouts per half. Timeouts will not carry over into the second half. Timeouts will be one minute in length.
3. TIME OF THE GAME: The time for each half will be kept by the OFFICIAL. The official is responsible for letting both teams know when there is 10 minutes, 5 minutes, and 2 minutes remaining in the half.
4. HALFTIME: There will be a halftime lasting three (3) minutes.

5. **PLAY CLOCK:** Offensive team will have 25 seconds to put the ball into play. Delay of game is a 10-yard penalty. Officials will initiate an audible 5 second count after 20 seconds
6. **5 Second Call:** The referee will count from 1 to 5 aloud once the ball is snapped. The QB will have 5 seconds in which to hand off or throw the ball. If the 5 second call occurs the play is ruled dead (at the previous spot).
7. **PLAYING TIME:** It is the coach's responsibility to allow each player to play as close to half of the game time. Ideally, this is 10 minutes per half; but, times could differ depending upon the number of players on a team. It is the head coach's responsibility to ensure this is tracked. Failure to comply could lead to disciplinary action by the league.
8. **PLAYER TARGETS:** Each player on a team must be targeted as a receiver or ball carrier at least ONCE per game. It is the head coach's responsibility to ensure this is tracked. Failure to comply could lead to disciplinary action by the league.

Scoring

1. **SCORING** – Scores will not be kept, but teams can attempt an extra point kick, pass play (from the 5-yard line) or run or pass play (from the 10-yard line) after a score.
2. **Safeties** – If the defensive team causes a safety (the ball carrier is downed in the end zone or intentional grounding by the QB) the defense will be awarded the ball and begin offensive play from the 35-yard line.

Coaches

1. Coaches are expected to adhere to the LSFA Flag philosophies, coaching guidelines, and code of conduct. Coaches are allowed on the field and to interact with play as outlined in the grade level rule exceptions section. Coaches are responsible for their fans, as outlined in the sidelines section (4) of the Field rules. If a coach requires assistance, then a field monitor or Executive Board member should be requested to assist.
2. Coaches are not to directly interact with opposing coaches during the game.
3. However, Coaches are not allowed to challenge any official ruling. Questions regarding the clarification on what a call was can be requested but the play shall stand as called. Any attempt to intimidate an official to influence future calls with persistent complaints may result in an ejection from the game.
4. **NOTE:** Officials have been instructed to call interaction from coaches and sideline attendees EXTREMELY tight due to problems in previous seasons.
5. Disputes are handled by the LSFA Executive Board and are not to be handled between individual coaches.

Live Ball / Dead Ball

1. The snap must occur between the center's legs and be received by the QB.
2. The official will indicate the neutral zone and line of scrimmage.
 - a. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a

“courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage.

3. A player who gains possession in the air is considered inbounds as long as one foot comes down in the field of play.
4. The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.
5. Substitutions may be made on any dead ball.
6. Play is ruled “dead” when:
 - a. The ball hits the ground
 - i. If the ball hits the ground as a result of a bad snap, the ball is not dead but must be picked up by the QB for the play to resume. Note, the 5 second count continues to occur while the snap is on the ground.
 - ii. There are no fumbles. The ball is spotted where the ball-carrier’s feet were at the time of the fumble.
 - b. If a ball carrier or receiver loses possession of the ball and a defender catches the ball prior to ball contacting the ground. The ball is spotted where the ball-carrier or receiver’s feet were at the time that possession was lost. Note, this rule should not be confused with a deflected or tipped pass where the ball carrier has not yet gained possession which would be ruled as an interception.
 - c. The ball-carrier’s flag is pulled.
 - d. The ball-carrier steps out of bounds.
 - e. A touchdown, PAT or safety is scored.
 - f. If any other part of a ball-carrier’s body other than the feet or hands contacts the ground. knee or arm hits the ground.
 - g. The ball-carrier’s flag falls out.
 - h. The receiver catches the ball while in possession of one or no flag(s).
 - i. The 5 second call by the referee occurs.
 - j. Inadvertent whistle.

Running

1. Flag Obstruction: All Jerseys must be tucked in before the play begins. The flags must be on the player’s hips and free from obstruction. Flags must be trimmed to the appropriate size to avoid hanging down, not wrapped or tucked. Deliberately obstructed flags will be considered flag guarding.
2. The ball is spotted where the runner’s feet are when the flag is pulled, not where the ball carrier has the ball. The player’s front foot will measure forward progress.
3. The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap.
4. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.

- a. The QB may handoff to the center but it may not be done between the legs of the center
- 5. Laterals are allowed; but, may only be conducted on the first exchange of the ball from a QB to another player. Laterals cannot occur within a no-run zone.
- 6. No-run Zones are located 5 yards before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive team approaches only TWO no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD).
- 7. Any player who receives a handoff or a lateral may throw the ball from behind the line of scrimmage if the play is not within a no-run zone.
- 8. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
- 9. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
- 10. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
 - a. Players spinning out of control will be called for flag guarding.
- 11. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
- 12. No blocking or “screening” is allowed at any time.
- 13. Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.

Passing

- 1. All passes must be from behind the line of scrimmage.
- 2. The quarterback may throw the ball away to avoid a sack. The pass must go beyond the line of scrimmage; otherwise, the quarterback will be ruled down at the spot the pass was thrown.
- 3. Shovel passes are allowed but must be thrown across the line of scrimmage in a no-run zone.
- 4. The quarterback has a five-second “pass clock.” If a pass is not thrown within the five seconds, the play is dead, the down is consumed, and the ball is returned to the line of scrimmage. Once the ball is handed off, the 5-second rule is no longer in effect.
 - a. If the QB is standing in the end zone at the end of the 5-second clock, the ball is returned to the line of scrimmage (LOS).

Receiving

- 1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- 2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.
- 3. A player must have at least one foot inbounds when making a reception.

4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 35-yard line. If an interception occurs in the end zone the defense may down the ball and start its offensive possession at the 35-yard line.
6. Interceptions are returnable but not on conversions after touchdowns.

Rushing the Passer

1. Players may rush the QB from anywhere on the field as long as they start from 7 yards deep. Penalties for blocking the rusher will be 15 yards. The intent is for there to be NO BLOCKING FROM MOVING PLAYERS. If the route runner impedes the rusher a penalty will be called. If the offensive player does not move after the snap, then the rusher MUST GO AROUND.
 **Exception: At K/1 there will be no rushing of the passer. 2nd Grade – 1 pass rusher is allowed from 10 yards deep after the 4th game.
2. The referee will position approximately 7 yards from the line of scrimmage and directly across from the center prior to the start of play.
3. To be eligible to rush the passer prior to the quarterback releasing the ball:
 - a. Up to two (2) rush players may rush the passer.
 - b. The rush players must lineup parallel to and within arm's reach of the referee.
 - c. Only one player can occupy the "rush" space on each side of the referee.
 - d. The rush defender must be stationary when the ball is snapped.
 - e. A player occupying the "rush" space does not have to rush; but, is eligible.
 - f. The eligible rusher must rush perpendicular to (directly towards) the line of scrimmage. Once the rusher reaches the line of scrimmage or when the quarterback releases the ball the rusher can redirect their rush in any direction.
 A legal rush is:
 - i. Any rush directly towards the line of scrimmage by an eligible rusher from the rush spots on either side of the referee
 - ii. A rush from anywhere on the field AFTER the ball has been released by the quarterback.
 - iii. If an eligible rusher leaves the rush spot early (breaks the 7-yard area), they may return to the rush spot, reset and then legally rush the quarterback.
 - iv. If an eligible rusher leaves the rush spot early and the ball is handed off or thrown before he/she crosses the line of scrimmage, he/she may legally continue to rush.
 A penalty may be called if:
 - v. The rusher leaves the rush spot before the snap crosses the line of scrimmage before a handoff or pass – illegal rush (5 yards from the line of scrimmage and replay of down).

- vi. Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (5 yards from line of scrimmage and replay of down).
 - vii. Any defensive player not lined up at the rush spot crosses the line of scrimmage before the ball is passed or handed off – illegal rush (5 yards from the line of scrimmage and replay of down).
4. Teams are not required to rush the quarterback
 5. Players not rushing the quarterback can defend on the line of scrimmage.
 6. Once the ball is released by the quarterback, the seven-yard rush rule no longer is in effect and all defenders may go behind the line of scrimmage.
 7. Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty.
 8. The offense cannot impede the rusher in any way. The rusher has the right to a clear straight path to the line of scrimmage. If the “path or line” is occupied by a moving offensive player, then it is the offense’s responsibility to avoid the rusher. Any disruption to the rusher’s path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher’s responsibility to go around the offensive player and to avoid contact.
 9. A sack occurs if the quarterback’s flags are pulled behind the line of scrimmage or if intentional grounding occurs. The ball is placed where the quarterback’s feet are when their flag is pulled or when an intentional grounding occurs.
 - a. A safety is awarded if the sack takes place in the offensive team’s end zone.

Flag Pulling

1. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
2. Defenders can dive from the front or the side to pull flags but cannot dive from behind. Diving from behind will result in a 10-yard penalty from spot of foul. If the foul occurs within 10 yards of the goal line the ball will be spotted at goal line.
3. Tackles from within the 10-yard line will be placed at the 1-yard line, a 1st down will be awarded to the offensive team, and both run and pass will be allowed on the following plays in the series. It is not a tackle to slow a player by grabbing their jersey or belt in order to pull a flag.
4. Defenders cannot tackle, hold or run through the ball-carrier when pulling flags.
5. It is illegal to attempt to strip or pull the ball from the ball-carrier’s possession at any time.
6. If a player’s flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands. A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
7. Flag guarding is an attempt by the ball-carrier to obstruct the defender’s access to the flags by stiff arming, dropping the head, hand, arm or shoulder or intentionally covering the flags with the football jersey.

Formations

1. Offenses must have a minimum of one player on the line of scrimmage (the center) and up to six players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - a. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
 - b. No motion is allowed toward the line of scrimmage.
 - c. If a player shifts prior to the snap of the ball they must be set for one second prior to the snap occurring.
2. The center must snap the ball with a rapid and continuous motion between his/her legs to the quarterback, and the ball must completely leave his/her hands.

Unsportsmanlike Conduct

1. **Fighting or a movement towards aggressive physical contact will not be tolerated.** If a player, coach, or parent initiates any physical contact, they will be ejected immediately and cannot return to the game facilities. If players are involved in pushing or shoving, they will be ejected immediately from the game and cannot be returned. If a team's bench clears, resulting in a fight, both of the teams are ejected, resulting in a forfeit. The referee has the right to throw any player, players, coach out of the game. The LSFA staff has the right in extreme cases to throw teams out of the game. Those ejected will have to leave the game facilities immediately.
2. **Spectators not following the LSFA parent code of conduct may be asked to leave facilities and will forfeit their right to attend LSFA events for a minimum of one week.**
3. If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!
4. Offensive or confrontational language is not allowed. Officials have the right to determine what constitutes offensive language. If offensive or confrontational language occurs, the referee will determine severity at their discretion and either give one warning or eject the coach or player.
5. Players may not physically or verbally abuse any opponent, coach or official.
6. Ball-carriers MUST make an effort to avoid defenders with an established position.
7. Defenders are not allowed to run through the ball-carrier when pulling flags.
8. Fans must also adhere to good sportsmanship as well:
 - a. Yell to cheer on your players, not to harass officials or other teams.
 - b. Keep comments clean and profanity free.
 - c. Compliment ALL players, not just one child or team.
9. Fans are required to keep fields safe and kids friendly:
 10. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area.
 11. Dispose of ALL trash in designated trash cans.

12. Sit on the side of the field their team is located
13. Unsportsmanlike conduct penalties:
 - a. Defense + 10 yards from line of scrimmage and automatic first down
 - b. Offense - 10 yards from line of scrimmage and loss of down

Penalties

General

1. The referee will call all penalties.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except spot fouls.
4. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.
5. Games may not end on a defensive penalty unless the offense declines it.
6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

Grade League Rule Exceptions

To assist the grade divisions with successful gameplay and the enhancement of critical skills, the following rules have been adopted during the Spring Season:

Quarterback Play:

Kindergarten Grade Division: Teams may elect to have either a Coach QB or a Player QB.

1st Grade Division: Teams may elect to have either a Coach QB or a Player QB for the first 2 games and then Players QB only after the second game.

- A. Coach QB Rules (K/1 ONLY):
 1. The Coach QB may be in “shotgun” formation or directly under center.
 2. The Coach QB, if throwing, is only permitted to throw the ball 20 yards or less. The ball shall be ruled incomplete if violated.
 3. The Coach QB will not be allowed to conceal the ball by turning into a bunch (2 or more) of players. -5 Yard Penalty and loss of downs. A fluid movement to hand the ball off is allowed.
 4. The Coach QB will remain stationary. (No play action or pitch option offenses) - 10 Yard Penalty and loss of downs.
 5. The Coach QB will not be allowed to throw forward in an underhand motion. The pass shall be ruled incomplete if violated.
 6. The Coach QB will not coach once an offense has been set and a cadence begins. No on field coaching after the play begins. 10 Yard penalty at the end of the play if violated.

2nd Grade – 7th Grade Divisions (includes 1st Grade games 3-6): QB play will be conducted exclusively by a player.

1. The QB is allowed to move behind the line of scrimmage after the snap but is not allowed to advance the ball past the line of scrimmage as a runner.

On Field Coaches:

K/1st Grade Division:

- A. On-field Coaches: K/1 will be allowed coaches on the field. K/1 will allow for a Coach QB and 1 other coach one on field coach on offense only but must follow normal on field coaching rules.
- B. No defensive coaches are to be allowed on the field except to assist in setting a defense. Once an offense has been set the defensive coach will have a 5 count to finish setting their defense and begin exiting the field. A 10-yard delay of game penalty will be assessed by the official for violations. Offenses may not snap the ball until after these 5 counts.

2nd Grade Division:

- A. 2nd Grade will allow for one on field coach on offense only but must follow normal on field coaching rules.
- B. **No defensive coaches are to be allowed on the field except to assist in setting a defense.** Once an offense has been set the defensive coach will have a 5 count to finish setting their defense and begin exiting the field. A 10-yard delay of game penalty will be assessed by the official for violations. **Offenses may not snap the ball until after these 5 counts.**

All coaches, grades 3rd and higher must coach exclusively from the sideline.

Rushing the Passer:

K/1st Grade Players are not allowed to rush the passer.

2nd Grade Divisions rushing is allowed by 1 rusher from 10 yards deep after the 4th game.

Running Plays:

Definition: A running play is any play that does NOT have a forward pass that crosses the line of scrimmage in the air

K/1st – 3rd Grade Divisions:

1. Teams may advance the ball with a running play. Running plays are allowed on any down, except for when the ball is within 5-yards of a 1st down or end zone (NO RUN ZONE).

4th Grade – 7th Grade Divisions:

1. Teams are NOT allowed to perform any running plays. This includes laterals and forward passes caught behind the line of scrimmage. The only play allowed in these divisions is a forward pass beyond the line of scrimmage.

Grade League Rule Exceptions Summary

	Coach QB	2 On-field Coaches	Rushing the Passer	Running Plays
Kindergarten	YES	YES	NO	YES
1st Grade	YES (Game 1&2)	YES	NO	YES
2nd Grade	NO	YES	NO	YES
3rd Grade	NO	NO	YES	YES
4th grade	NO	NO	YES	NO
5th Grade	NO	NO	YES	NO
6th Grade	NO	NO	YES	NO
7th Grade	NO	NO	YES	NO