



5th-6th FLAG RULES OF PLAY
2025 SEASON



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PREFACE

The intent of this program is to work with all the players in 5th through 6th grade in developing the overall interest in football, while teaching in a fun atmosphere. The success of this program will rest largely with how coaches work together to establish the best flag program possible, spend time on player development with all players, and how coaches keep this fun. Our intent is for kids to fall in love with the game so they will want to continue in the future. Please take this into consideration when you are working with your team this year.

All general rules are contained in the TVYFL Tackle Rules of Play, as they pertain to membership, associations, players admittance, and other facets. Therefore, those will not be delineated in this document. Rather, this document will focus on providing the basic rule set for 5/6 flag contests within the TVYFL framework.

All players and parents will abide by the conduct outlined in the Association's Player & Parent Contracts. Failure to do so may result in removal from the game and/or league for the remainder of the season.

The members of the Tualatin Valley Youth Football League resolve that the following rules and regulations have been adopted by a majority vote of the Board of Directors and ratified by a majority vote of the TVYFL Membership.

All Titles of the TVYFL may only be amended by a majority vote of the Board of Directors and a majority vote of all members at a duly noticed meeting of the league. These Titles are binding on all members of the TVYFL and by committing to membership in the TVYFL, all members accept all bylaws, rules, regulations, and Titles as adopted without recourse.



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2024 RULES CHANGES

6.15

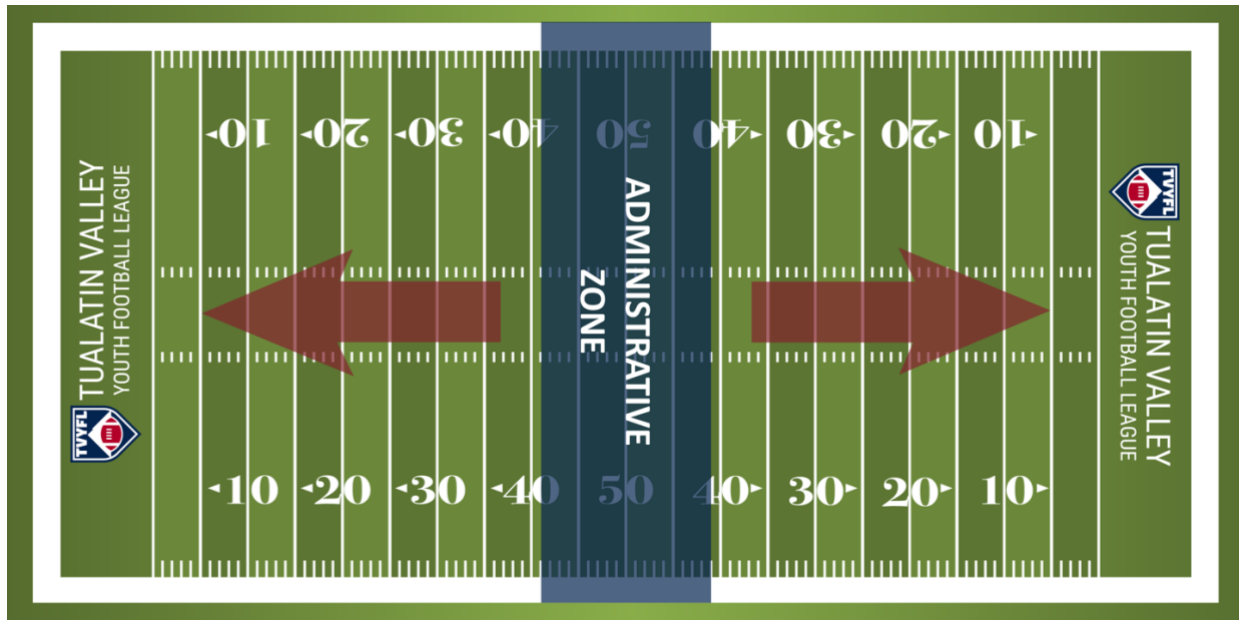
Interception: The play is live until the player is “downed” by the team who threw the interception, or the ball is returned for a touchdown at the 40-yard line. If the receiving team does not return the ball for a score, the ball is then spotted at the 40-yard line and the receiving team takes over on offense.



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TITLE 1: PLAYING FIELD



1. The playing field is 40 yards sideline-to-sideline, allowing for two (2) fields to be created on a traditional 100-yard field at the same time. The playing field is from the forty (40) yard line to the end zone on each side of the field.
2. This leaves a twenty (20) yard buffer zone between the two (2) game fields for game administration and safety purposes. Game officials, league personnel, athletic trainers and designated coaches are allowed in this space.
3. The offensive huddle may take place in the Administrative Zone.
4. Players not in the game stand on the traditional sidelines with one or more coaches to supervise.
5. The standard players' box should be used for sideline players. With the field split in two (2), this keeps players between the twenty-five (25) and forty (40) yard line on each respective field and side.
6. First downs, down markers and the chain gang are administered in accordance with National Federation (NFHS) or local rules – starting from the forty (40) yard line.
7. Home Field member will be responsible for all field set up and ensuring a field greeter is on-site to direct opposing teams to the appropriate locations.
8. The "Home" team is responsible for providing two (2) Officials, they should be paid the first-year rate and referee 2 games in a row. Using 1st year referees will allow them to gain experience in these games.



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TITLE 2: TEAM FORMATION

1. TVYFL/High School boundaries must be respected.
2. If a Member fields more than one team in at any given level the teams shall be equitably and equally balanced.
3. No Member shall offer, provide, or permit any stacked teams, any "A" or "B" teams, any competitive or developmental teams. Stacking is defined, in part, as a coach or Member continuing with, drafting, selecting, or placing students (or permitting the same) with the intended purpose of dominating or continuing to dominate other teams with disregard to or at the expense of other students who participate for the Member.
4. Each grade level is limited to players within that grade. Only in cases where insufficient number exist to create one team at a level, will players from other grades be allowed to join the team.
5. Each team is limited to a maximum of twenty-one (21) players. The ideal team size is approximately fourteen (14) players.
6. Each team is limited to three (3) coaches.
7. If a Member fields more than one team at any given level, the team rosters shall be divided as follows:
 - a. As of verification day, not more than a one-person difference in the grade level participants.
 - i) Example: If a team has fifteen (5) 5th graders the other team must have four (4), five (5), or six (6) 6th graders
 - b. Subject to the requirement of the League Operations, Members are encouraged to divide their teams by feeder schools.



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TITLE 3: REQUIRED EQUIPMENT

1. All players are required to have the following equipment:
 - a. Team jersey or shirt of matching color
 - b. All players must wear mouth guards while on the playing field
 - c. Flag belt with three (3) flag clip system.
 - i. Flags must be always worn on the OUTSIDE of the jersey and on each side of the body and the rear. Players should leave the field to correct flag issues, so play is not slowed down.
 - d. Cleats are optional but must adhere to the normal TVYFL rules on footwear (no metal cleats).
 - e. Guardian Head-Gear Optional
 - f. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metal are not allowed.
 - g. Players must remove all jewelry, hats and do-rags. Winter beanies are allowed.
 - h. Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
 - i. 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.
 - i. **Flag belts cannot be the same color as shorts or pants.**
 - j. In the event of a game between teams with uniforms of the same color, the visiting team must wear pinnies for ease of team identification by officials.



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TITLE 4: PRE-SEASON AND PRACTICE REGULATIONS

- 1 Flag season officially starts on Monday, two (2) weeks before Labor Day of each year and ends the Sunday eight (8) weeks after Labor Day.
- 2 Practice Time Limitations (a week is defined as Sunday – Saturday)
 - a Pre-Labor Day:
 - i. Maximum of six (6) hours per week, not including water breaks
 - ii. Maximum of two (2) hours per day, not including water breaks
 - b Post-Labor Day:
 - i. Maximum of four (4) hours per week, not including water breaks
 - ii. Maximum of two (2) hours per day, not including water breaks



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TITLE 5: POSITIONS

OFFENSE

1. The seven players on offense consist of a center, a quarterback and five eligible receivers. Two of those receivers must be on the line of scrimmage at the snap – each positioned on opposite sides of the center.
 - a. **Center.** This player's sole responsibility is to snap the ball to begin the play, a critical skill at all levels of football. The center is the only ineligible player on the field. Once the center has delivered the football to the quarterback – either directly or from a pistol or shotgun formation – the center must remain in position except in the case of a turnover when he or she is then eligible to pull the ball-carrier's flag.
 - b. **Quarterback.** This player receives the snap from the center and initiates the play either through a handoff or pass. The quarterback cannot directly run with the ball across the line of scrimmage without first handing the ball off to a teammate and then receiving a second handoff back or receiving a pass.
 - c. **Receiver/Back.** Any player who does not initiate the snap nor receive the snap is considered an eligible receiver/back and can either receive a handoff or catch a pass. Two receivers must be on the line of scrimmage at the snap – on opposite sides of the center – while the other three are at least one yard behind the line of scrimmage in either a slot or running back position. No player other than the quarterback may line up within three yards of the center.

DEFENSE

1. All players on defense are eligible to rush the quarterback or drop back into coverage.
 - a. **Rusher.** Any player who rushes the quarterback must be a minimum of seven yards behind the line of scrimmage at the snap. For fields that do not include yard lines, officials will mark this seven-yard zone before every play.
 - i Following a legal handoff, any member of the defense can cross the line of scrimmage.



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TITLE 6: GAME TIME RULES & REQUIREMENTS

BALL SIZE	TD	PAT (KICK)	PAT (RUN)	SAFETY	FG
JUNIOR	6 PTS	N/A	1 PTS 5-YARD 2 PTS 10-YARD	2 PTS	N/A

QUARTERS	HALFTIME	BETWEEN GAMES	SPECIAL TEAMS	MAX SCORE DIFF	FORFIET
20 MINS	5 MINS	10 MINS	N/A	35 PTS	1-0

NO INTENTIONAL CONTACT IS ALLOWED AT ANY TIME

1. Blocking, shielding, pushing, shoving, etc. will result in an automatic 1st down when performed by a defensive player.
2. If intentional contact is done by an offensive player, such as stiff-arm, the play will be brought back to the original line of scrimmage with a corresponding loss of down.
3. Penalty for intentional contact:
 - a. 1st offense: Player will receive a warning and instruction on the issue
 - b. 2nd offense: The player will be disqualified for the remainder of the game and be required to sit on the bench.
 - c. Further action may be pursued if a player consistently causes intentional contact.

TIME KEEPING

4. All games are forty (40) minutes long. All games consist of two (2), twenty (20) minutes running clock halves. There is a five (5) minute halftime.
5. Each team has two (2) 30-second timeouts per half.
6. There is a fifteen (15) minute warm-up period prior to the start of a game.
7. The "Official Time" will be kept by the home team for all games being played at that time, with a 5-minute warning before start time.
8. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.

PLAY COUNTING

9. There is no play counting required. However, equal play time for each child must be adhered to. Every child must have the opportunity to touch the ball at least once per game.

REFEREES

10. The "Home" team is responsible for providing two (2) Officials, they should be paid the first-year rate and referee 2 games in a row. Using 1st year referees will allow them to gain experience in these games.

FUMBLES

11. There are no fumbles. All balls dropped to the ground result in the play being dead and the next play beginning.
12. Any dropped ball (fumble) past the line of scrimmage results in the ball being dead at the spot where the ball was dropped.
13. If it was dropped behind the original line of scrimmage, then the ball is placed on the original line of scrimmage with a corresponding loss of down.
14. If it is a bad snap, the QB can just play on or ask for a new snapped ball without taking a loss of down.



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INTERCEPTIONS

15. The play is live until the player is “downed” by the team who threw the interception, or the ball is returned for a touchdown at the 40-yard line. If the receiving team does not return the ball for a score, the ball is then spotted at the 40-yard line and the receiving team takes over on offense.
16. Opening possession is determined by a coin toss. Second half possession goes to the team that lost the coin toss.
17. Teams must always play seven (7) players. Teams may substitute freely.
18. Coaches:
 - a. One (1) offensive and one (1) defensive coach is allowed on the field.
 - b. Coaches must be three (3) yards behind the deepest player (Running Back & Safety).
19. Spectators may set up no less than three (3) yards back from out of bounds lines.
20. There are only two (2) field passes per team allowed for a volunteer to take pictures at the turf fields and/or help manage the team.

SCORE ISSUES

21. Any 5th/6th grade team ahead of their opponent by more than thirty-five (35) points, at any time during a game, is in violation.
22. A coach may submit an explanation of the circumstances to the Division Co-President by Monday following the game. However, this will not change the minimum mandatory sanctions listed below but can be used to determine if any other sanctions will be issued.
23. Minimum mandatory sanctions for a point differential of more than thirty-five (35) points are as follows:
 - a. First violation: forfeiture of the game in question, \$100 fine and one (1) week suspension for the head coach
 - b. Second violation: forfeiture of the game in question, \$200 fine, and two (2) weeks suspension for the head coach.
 - c. Third violation: forfeiture of the game in question and the head coach is banned from the League.
 - d. Sanctions above these may be issued.

LENGTH OF QUARTERS AND HALFTIME

24. At the 5th/6th level, the length of quarters is twenty (20) minutes, time between games is ten (10) minutes, and halftime shall be five (5) minutes.
25. No Association President, Official, Coach, or other entity will have the ability to modify the length of a quarter, halftime, or the time between games for any reason.
26. Referees may cancel or delay a game for safety reasons but may not modify the time for a quarter of play, halftime, or game.
27. Free substitution of players is always in effect.

SCORING

28. The scoring values for games are as follows:
 - a. Touchdown: 6 points
 - b. Point after run (5-yards): 1 point
 - c. Point after run (10-yards): 2 points
 - i. A team that scores a touchdown must declare prior to the snap whether it wishes to attempt a



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one- or two-point conversion. Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.

d. Safety: 2 points

- i A safety occurs when the ball-carrier is declared down in his or her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, a knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.

e. Forfeit: offended team wins 1-0

COACHES ON THE FIELD

- 29. This level may have one (1) coach on the field for the first three (3) games of the season.
- 30. The coach on the field can do anything he/she would normally be able to do from the sidelines and nothing more. It is acceptable to call plays or give instructions, but it is not acceptable to physically move or place players on the field.
- 31. After breaking the huddle, the coach may not physically touch or move a player in any way. The coach on the field will be five (5) yards deeper than the deepest aligned player on their respective team at the snap of the ball. Any penalty for coach infraction will be a five (5) yard penalty and a dead ball foul stopping play. This will not be considered Unsportsmanlike Conduct and will not go towards a coach's ejections.

LIVE BALL / DEAD BALL

- 32. The ball is live at the snap and remains live until an official's whistle blows the ball dead.
- 33. The official will indicate the neutral zone and line of scrimmage by spotting the ball before each play and signaling ready for play with a short whistle.
 - 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, an official may give both teams a "courtesy" neutral zone notification prior to the snap to allow their players to move back behind the line of scrimmage.
- 34. The defense may not mimic the offensive team's signals by trying to confuse the offensive players while the quarterback is calling signals to start the play. This will result in an unsportsmanlike conduct penalty.
- 35. A player who gains possession of the ball is considered inbounds as long as one foot comes down in the field of play.
- 36. Substitutions may be made on any dead ball.
- 37. Any official can whistle the play dead.
- 38. 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 then placed where the ball hit the ground
 - b. The ball-carrier's flag is pulled
 - c. The ball-carrier steps out of bounds



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- d. A touchdown, PAT or safety is scored
 - e. Any part of the body other than feet or hands touches the ground
 - f. The ball-carrier's flag falls out
 - g. The receiver catches the ball while in possession of one or no flag(s)
 - h. An inadvertent whistle
39. In the case of an inadvertent whistle, the offense has two options:
- a. Take the ball where it was when the whistle blew, and the down is consumed.
 - b. Replay the down from the original line of scrimmage
40. A team is allowed to use a timeout to question an official's rule interpretation. If the official's ruling is correct, the team is charged a timeout. If the rule is interpreted incorrectly, the timeout is not charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call.
41. A team with no timeout remaining cannot challenge a rule interpretation, though officials can come together independently and reverse a call by unanimous decision.

RUNNING

42. The ball is spotted where the runner's front foot is when the flag is pulled, not the position of the ball.
43. The quarterback cannot directly run with the ball.
44. 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 take place behind the line of scrimmage. The offense may use multiple handoffs.
45. The "center sneak" play is not allowed as centers are ineligible to receive handoffs or catch passes.
46. No laterals of any kind are allowed, including pitches and throwbacks.
47. No-run zones are located five yards before the end zone and five yards before midfield in the direction the offense is headed. They are designed to avoid short-yardage, power-running situations. Teams are not allowed to run in these zones.
48. Any player who receives a handoff can throw the ball from behind the line of scrimmage.
49. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
50. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
51. Spinning is allowed, but players cannot leave their feet to avoid a flag pull. Players spinning out of control will be called for flag guarding.
52. 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.



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- 53. No blocking or “screening” is allowed at any time.
- 54. Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. There is no running with the ball-carrier.
- 55. Flag obstruction – All jerseys must be tucked in before play begins. The flags must be on the player’s hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.
- 56. 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.

PASSING

- 57. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
 - a. All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes.
 - b. The quarterback may throw the ball away to avoid a sack. The pass must go beyond the line of scrimmage and be in the vicinity of a receiver.
 - c. Quarterbacks cannot spike the ball dead unless the ball travels beyond the line of scrimmage and is in the vicinity of a teammate.
- 58. A seven-second pass clock begins upon the snap and continues until there is a handoff or pass. If the seven-second clock expires while the quarterback still has the ball, the play is blown dead, a down is lost and the ball is returned to the line of scrimmage as if an incomplete pass occurred.
- 59. Shovel passes are allowed but must be received beyond the line of scrimmage.
- 60. Any player who has received a legal handoff can throw the ball forward.

RECEIVING

- 61. All players – excluding the center – are eligible to receive passes.
- 62. A player must have at least one foot inbounds to make a legal reception.
- 63. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- 64. Interceptions change possession at the point of the catch. Interceptions are returnable and are the only changes of possession that do not result with starting on the 5-yard line.
- 65. The play is blown dead immediately if an interception is made on an extra-point try. There are no returns on that play.

FLAG PULLING

- 66. A legal flag pull takes place when the ball-carrier is in full possession of the ball.



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67. Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
68. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
69. 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.
70. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
 - a. If a defender makes a good-faith flag pull while a receiver bobbles or juggles what will be a completed catch, the ball is down where possession is made.
- 71.

TIE SCORE RESOLUTION

72. In playoff games only, if the score is tied at the end of 40 minutes, an overtime period will be used to determine a winner. Overtime format is as follows:
 - a. A coin flip will determine the team that chooses to be on offense or defense first.
 - i. If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who gets to choose to be on offense or defense to start out during every round of overtime.
 - b. Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts, the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of its own.
 - i. Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the five-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.
 - ii. If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.
 - c. All regulation period rules and penalties are in effect.
 - d. There are no timeouts in overtime.



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TITLE 7: OFFENSIVE ADJUSTMENTS

1. The offense will start their possession at the forty (40) yard line.
2. The offense has four (4) downs to get a 1st down by crossing the twenty (20) yard line. If the offense crosses the twenty (20) yard line, then that team has four (4) more downs to score a touchdown.
3. Only a maximum of eight (8) total plays are allowed in each offensive series.
4. If a player is downed behind the line of scrimmage, the ball is placed at the previous spot for the next play. There are no negative yardage plays. The ball will be placed at the original line of scrimmage.
5. All Center to Quarterback exchanges will be player to player via hiking the ball. If the ball is dropped on the snap, the play is dead. It remains the same down and the offense will try again.
6. Quarterbacks CANNOT run the ball. However, a QB can receive the ball if it has been handed off or passed to another player first.
7. No forward laterals or passes once the ball has passed the line of scrimmage.
8. Handoffs and tosses beyond the line of scrimmage are allowed if the ball is passed backwards.
9. Players may "spin" or "juke" with the ball, but they are not allowed to dive for yardage. Stiff arms are not allowed by any player.
10. When beyond the line of scrimmage, the ball is spotted where the ball carrier's feet are when the flag is pulled OR where the ball carrier is when the fumble occurs.
11. A player taking the ball from the QB behind the line of scrimmage can pass; however, the ten (10) yard blitzing rule no longer applies (see Defensive Adjustments).
12. Shovel passes are allowed if they are in a forward manner behind the line scrimmage.

FORMATIONS

13. Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four 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. EXAMPLE: An offensive player lined up 3 yards deep in the backfield can never go in motion. A player in motion must either start from a set position on the line of scrimmage or 1 yard off to adhere to the rule.
 - b. No motion is allowed toward the line of scrimmage.
14. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
15. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.



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TITLE 8: DEFENSIVE ADJUSTMENTS

1. The deepest defensive player must be no deeper than ten (10) yards off the line of scrimmage.
2. Following a legal handoff, any member of the defense can cross the line of scrimmage.
 - a. Note that when blitzing, the three (3) second count does not apply to the blitzing player, only that the Quarterback have possession of the ball.
3. After the ball carrier's flag is pulled, the player that pulled the flag must stop where they are and raise the flag in the air.

RUSHING THE PASSER

4. All players who rush the passer must be a minimum of seven yards behind the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback can defend on the line of scrimmage.
5. Once the ball is handed off, the 7-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage.
6. A marker, or the official, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
 - a. A legal rush is:
 - i Any rush from a point 7 yards from the defensive line of scrimmage.
 - ii A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
 - iii If a rusher leaves the rush line early (breaks the 7-yard area), they may return to the rush line, reset and then legally rush the quarterback.
 - iv If a rusher leaves the rush line early and the ball is handed off before he/she crosses the line of A penalty may be called if:
 - b. A penalty may be called if:
 - i The rusher leaves the rush line before the snap crosses the line of scrimmage before a handoff or pass – illegal rush (5 yards from the line of scrimmage and first down).
 - ii Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (5 yards from line of scrimmage and first down).
 - iii Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – illegal rush (5 yards from the line of scrimmage and first down).
 - c. Special circumstances:
 - i Teams are not required to rush the quarterback with the seven second clock in effect.
 - ii Teams are not required to identify their rusher before the play.
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 path to the quarterback, regardless of where they line up prior to the snap. If the "path or line" is occupied by a moving offensive player,



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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. The ball is placed where the quarterback's feet are when flag is pulled.
 - a. A safety is awarded if the sack takes place in the offensive team's end zone.



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TITLE 9: PENALTIES

GENERAL

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

DEFENSIVE SPOT FOULS

Defensive pass interference	Automatic first down
Holding	Automatic first down
Stripping	+10 yards and automatic first down

OFFENSIVE SPOT FOULS

Screening, blocking or running with the ball	-10 yards and loss of down
Charging	-10 yards and loss of down
Flag guarding	-10 yards and loss of down

DEFENSIVE PENALTIES

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive unsportsmanlike conduct	+10 yards and automatic first down
Offsides	+5 yards from line of scrimmage and automatic first down
Illegal rush (Starting rush from inside 7-yard marker)	+5 yards from line of scrimmage and automatic first down
Illegal flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage and automatic first down
Roughing the passer	+5 yards from line of scrimmage and automatic first down
Taunting	+5 yards from line of scrimmage and automatic first down

OFFENSIVE PENALTIES

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offsides / false start	-5 yards from line of scrimmage and loss of down
Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage)	-5 yards from line of scrimmage and loss of down



5th-6th FLAG RULES OF PLAY

2025 SEASON

Offensive pass interference	-5 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving)	-5 yards from line of scrimmage and loss of down
Delay of game	-5 yards from line of scrimmage and loss of down
Impeding the rusher	-5 yards from line of scrimmage and loss of down