



# Official Centex Sports Rules



# CTM FEB

SPORTS



LIFE

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# ***Centex Sports Flag League Rules***

## **I. Game Play**

### **Coin Toss**

- Captains meet at midfield for a coin toss before the game.
- The visiting team calls the toss.
- Winner chooses offense or defense.
- Loser chooses direction.

Note: There is no option to defer.

At halftime, possession automatically goes to the team that started the game on defense, and teams switch sides.

### **Starting Possession**

- The offense begins at its own 5-yard line.
- The offense has 4 downs to cross midfield.
- Once across midfield, the offense has 3 downs to score a touchdown.

### **Fourth Down Options**

On 4th down (before the referee marks the ball "Ready for Play"):

- The referee must ask the offensive head coach to declare either "Punt" or "Play."
- The coach must answer immediately or risk a delay of game penalty (referee's discretion).

If "Punt" is declared:

- Possession changes immediately.
- The opposing team starts at its own 5-yard line (1st down).
- The decision cannot be changed once declared.

If "Play" is declared:

- The offense attempts to convert.
- If they fail to cross midfield, the opposing team takes over at the spot of the ball.
- A timeout may be used before the play clock expires to change the declaration.

### **Change of Possession**

- If the offense fails to cross midfield on 4th down → defense takes over.
- If the offense crosses midfield but does not score → defense takes over at its own 5-yard line.

## II. Terminology

<b>Boundary Lines</b>	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
<b>Line of Scrimmage</b>	(LOS) an imaginary line running through the point of the football and across the width of the field.
<b>Line-to-Gain</b>	The line the offense must pass to get a first down or score.
<b>Rush Line</b>	An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage.
<b>Offense</b>	The team with possession of the ball.
<b>Defense</b>	The team opposing the offense to prevent it from advancing the ball.
<b>Passer</b>	The offensive player that throws the ball and may or may not be the quarterback.
<b>Rusher</b>	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.
<b>Live Ball</b>	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.
<b>Dead Ball</b>	Refers to the period of time immediately before or after a play.
<b>Whistle</b>	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.
<b>Inadvertent Whistle</b>	Official's whistle that is performed in error.
<b>Charging</b>	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.
<b>Flag Guarding</b>	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, arm or ball.
<b>Shovel Pass</b>	A legal forward pass across the LOS underhand, backhand or by pushing the ball forward.
<b>Lateral</b>	A backward or sideways toss of the ball by the ball-carrier.
<b>Unsportsmanlike Conduct</b>	A rude, confrontational or offensive behavior or language.

## III. Equipment

### Required Equipment

- **NFL FLAG belt and flags** (players must bring their own).
- **Mouthguard** (must be worn at all times on the field).
- **Age-appropriate football** (provided by the league).

### Footwear & Apparel

- Players must wear shoes.
- Cleats:
  - Allowed unless restricted by your site director.
  - **No exposed metal cleats** – must be removed immediately.
- Jerseys must be **tucked** in if they hang below the belt line.
- Shorts/pants:
  - Recommended: no pockets.
  - If pockets or belt loops are present, **they must be taped**.
  - Games will not be delayed for taping.
- Flag belts/flags may not match the color of shorts/pants.

### Safety & Protective Gear

- Allowed: tape on forearms, hands, fingers; gloves; elbow/knee pads.
- Not allowed: braces with exposed metal.
- Jewelry and hard-billed hats must be removed.
- Winter beanies are allowed.
- Optional: soft-shell helmets, halos, or sunglasses (must be secured at all times).
- Prescription glasses are permitted (strap optional).

### Additional Rules

- Extra belts and mouthguards may be available for purchase.
- **Electronic communication between players, coaches, or spectators during play is strictly prohibited.**
  - Violation results in **immediate team disqualification**, with possible further discipline by the league organizer.

## III. Equipment Cont.

### Tournament Play & Compliance

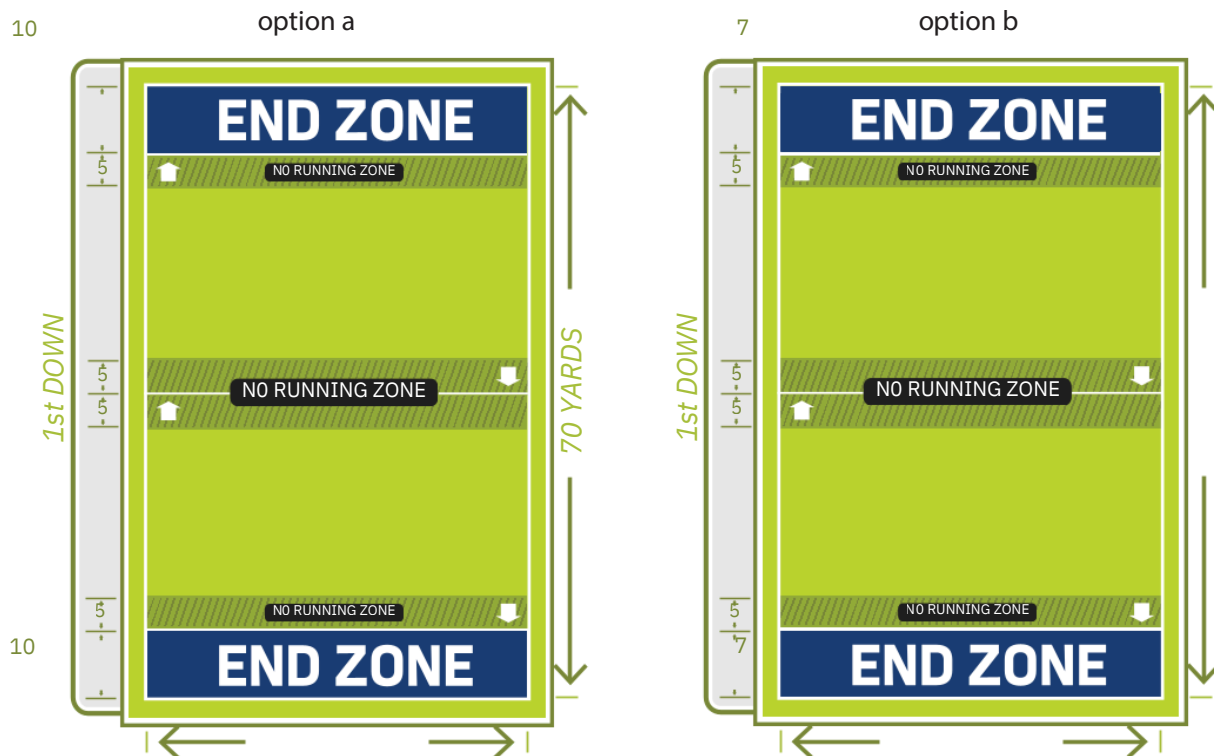
- Pre-Game Equipment Check
  - Both teams will be checked before every game (at the head referee's discretion).
  - Players not present for equipment check are ineligible to play in that game.
- Noncompliance Penalty
  - Teams not ready at game time lose team timeouts (up to all 3) until compliant.
- Roster Checks
  - Randomly performed during the season.
  - Mandatory during playoffs.
  - Any player not on the roster will be removed, and the coach will be suspended for that game.



# CTX Sports Flag League Rules

## IV. Field

- There are two recommended field dimensions.
  - Option A- 25 yards wide by 70 yards with two 10-yard endzones
  - Option B- 25 yards wide by 64 yards long with two seven-yard endzones.
- Both with a midfield line to gain. No Run zones are located five yards prior to the line to gain and five yards prior to the endzone in the offense's direction.
- No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.
- Stepping on the boundary line is considered out of bounds.
- Each offensive team approaches only TWO no-run zones in each drive (one zone 5 yards from midfield to gain the first down, and one zone 5 yards from the goal line to score a TD).
- The referee will place the ball in the middle of the field prior to the 'Ready to Play'. The ball may NOT be placed closer than 10-yards to any boundary.



## V. Timing and Overtime

### Game Length

#### Regular Season

- 48-minute running clock (2 × 24-minute halves).
- Game ends early if one team leads by 35 points.
  - Teams may continue playing if both agree (score will not change).
- Clock stops only for halftime, injuries, or at the referee's discretion.

#### Tournament Play

- 2 × 12-minute halves (running clock).
- Halftime:
  - 2 minutes (regular season).
  - 1 minute (tournament play).

### Play Clock

- Regular Season: 40 seconds to snap the ball once it's spotted.
- Tournament Play: 25 seconds to snap the ball.

### Timeouts

- **Regular Season:** 1 × 60-second timeout per half (does not carry over).
- **Tournament Play:** 3 × 30-second timeouts per game.
- Officials may also stop the clock for injuries or at their discretion.

### Overtime Rules

#### If the score is tied at the end of regulation:

- **Coin Toss**
  - Home team calls the toss.
  - Winner chooses offense or defense.
  - In each additional round, the choice alternates between teams.
  - Referee chooses which end of the field all overtime will be played on.

## V. Timing and Overtime Continued.

- **1st Overtime**
  - Each team gets one play:
    - From the defense's **5-yard line for 1 point**, OR
    - From the **10-yard line for 2 points**.
  - Example:
    - Team A goes for 1 and succeeds → Team B can go for 1 to tie or 2 to win.
  - If the second team fails to match or beat the first → game over.
- **2nd Overtime**
  - Both teams must attempt a **2-point conversion from the 10-yard line**.
- **3rd Overtime**
  - Each team gets **1 play from the 5-yard line going out**.
  - Team that gains **more yards** wins and is awarded **1 point**.
  - That point is added to the final score.
- **Additional Rules for Overtime**
  - All regulation penalties apply.
  - **No timeouts** in overtime.
  - Each team gets **1 coach's challenge** for the entire OT session.
    - Challenge must involve a **rule misapplication**, not judgment calls.
- **Interceptions:**
  - May be returned for a score (**worth 2 points**).
  - If returned for a score in 1st or 2nd OT → game ends immediately.
  - If returned in 3rd OT → game ends immediately.



## VI. Scoring Guide

### Standard Scoring

- Touchdown → 6 points
- Point After Touchdown (PAT)
  - 1 point → from the 5-yard line (pass only)
  - 2 points → from the 10-yard line (run or pass)
- Interception Return
  - During regulation → 6 points
  - During extra point attempt or overtime → 2 points
- Safety → 2 points
  - Occurs when the ball-carrier is downed in their own end zone by:
    - Flag pull by defender
    - Flag falling out
    - Stepping out of bounds
    - Knee or arm down
    - Fumble in the end zone
    - Bad snap into or beyond the end zone

### Conversions

- After a touchdown, the scoring team must declare whether they will attempt a 1-point (5-yard) or 2-point (10-yard) conversion.
- A decision can only be changed with a charged timeout.
- No changes are allowed after a penalty is called.

### Mercy Rules

- Regular Season: Game ends if a team leads by 35+ points.
- Tournament Play: Game ends if a team leads by 28+ points.

### Forfeits

- Regular Season: Score recorded as 35-0.
- Tournament Play: Score recorded as 28-0.

### Score Verification

- At the end of each game, coaches, officials, and the scorekeeper must verify the score sheet.
- If a coach does not verify before leaving, the scorekeeper will note it, and the recorded score will be considered final.

## VI. Coaching Guidelines

- **General Conduct**
  - Coaches must follow NFL FLAG philosophies, coaching guidelines, and code of conduct at all times.
- **Sideline Coaching**
  - Coaches may coach from the sideline. (Refer to page 17 for grade-based guidelines for 8U, 7U, and 6U divisions.)
  - All non-coaching personnel—photographers, managers, position coaches, team parents, and fans—must stay in the designated league viewing area and off the field.
  - Coaches are responsible for the behavior of their fans and any associated team members in their team area.
- **Tournament Play**
  - Only two coaches are allowed on the sidelines during tournament games.
  - Coaches must remain on the sideline unless attending to an injured player.
  - Teams may huddle with their coach to call a play, but the play clock continues once the ball is marked “Ready for Play.”



## VIII. Live Ball/Dead Ball

### Live Ball

- The ball is **live from the snap** until the official whistles it dead.
- Officials indicate the **neutral zone** and **line of scrimmage**.
- **Neutral Zone Violation:** Any player entering the neutral zone is an automatic dead ball foul. Officials may give a courtesy warning to allow players to move back.
- A player who **gains possession of the ball in the air** is considered **in bounds**, as long as the **first foot or a body part other than the hand, contacts the ground in the field, while maintaining possession**.
- **Substitutions** may occur during any dead ball period.
- **Unfair acts** include:
  - Defense simulating offensive signals to confuse the quarterback.
  - Not returning 5 eligible players to the field after halftime.
  - Calling a team or officials' timeout before the referee signals "Ready to Play."
  - **Penalty:** Unsportsmanlike conduct on the head coach.

### Dead Ball

The play is ruled dead when:

- The ball hits the ground (snap, backward pitch, or lateral – placed where it landed).
- The ball-carrier's flag is pulled.
- The ball-carrier steps out of bounds.
- A touchdown, PAT, or safety is scored.
- The ball-carrier's knee, shin, leg, forearm, or arm touches the ground.
- The ball-carrier's flag falls out.
- The receiver catches the ball with 1 or 0 flags.
- The 7-second pass clock expires.
- An inadvertent whistle occurs.
- The ball-carrier leaves their feet to dive, jump, or hurdle (except diving to catch a pass or pull a flag).

### Fumbles/Loss of Possession

- A fumble occurs when the player loses possession and the ball hits the ground.
- Ground contact determines where the play is dead.

### Inadvertent Whistle

- Options for the offense:
  - Take the ball where the whistle blew (down counts).
  - Replay the down from the original line of scrimmage.
- If IW occurs on the last play of a half or game, the offense gets one untimed down with these options.

### Timeouts For Rule Interpretation

- A team may use a timeout to question an official's ruling.
- **If correct:** timeout is charged.
- **If incorrect:** timeout is not charged and proper ruling is enforced.

## IX. Running Game

### Spotting the Ball

- The ball is spotted where the ball is when the flag is pulled.

### Quarterback Restrictions

- The quarterback (QB) is the player who receives the snap (under center or shotgun).
- The QB cannot directly run across the line of scrimmage (LOS).
- A "center sneak" is not allowed – QB may not handoff, pitch, or lateral to the center.

### Handoffs, Pitches & Laterals

- Direct handoffs, pitches, and laterals are allowed only behind the LOS.
- Once the ball carrier crosses the LOS, if possession is handed off/pitched/lateraled, the play is blown dead at the spot.
- Legal handoff: Total loss of possession directly from one offensive player to another.
- Any player who receives a handoff, backward pass, pitch, or lateral may throw the ball from behind the LOS.
- After a handoff/backward pass/pitch/lateral occurs:
  - The 7-second pass clock is removed.
  - All defensive players are eligible to rush.

### No-Run Zones

- Teams may not run the ball in No-Run Zones (two per drive):
  - 5 yards before midfield (first down marker).
  - 5 yards before the goal line (scoring marker).

### Runner Movement

- Runners may not jump, leap, or hurdle while advancing the ball. If they do, play is blown dead at that spot.
- Runners may leave their feet for:
  - Spinning or jump cuts.
  - QB passing motion.
  - Avoiding collisions.
- If illegal contact occurs while airborne, a penalty may be enforced.

### Blocking/Screening

- No blocking or screening is allowed.
- Offensive players near the ball carrier must stop movement once the ball crosses the LOS –no running with the carrier.

## IX. Running Game Continued

### Flag Obstruction/Flag Guarding

- Jerseys must be tucked in before play.
- Flags must be on the hips and free of obstruction.
- Deliberately obstructing flags = flag guarding.

### Possession Beyond the LOS

- Once the ball crosses the LOS, only the current ball carrier may possess the ball until the play is dead.



## X. Passing

### Forward Pass Rules

- Only one forward pass is allowed per play.
- The forward pass must be thrown from behind the line of scrimmage (LOS) and released before crossing the LOS.
- Unlimited backward passes are allowed behind the LOS.
- Intentional grounding is not enforced—the QB may throw the ball anywhere across the LOS to avoid a sack.
- Any forward pass that does not cross the LOS is illegal, unless touched by a defender.
- All forward passes must go beyond the LOS.

### Shovel Passes

- Shovel passes are allowed if:
  - Thrown forward from behind the LOS.
  - Caught beyond the LOS.

### 7-Second Pass Clock

- The QB has 7 seconds to release a pass.
- If the ball is not thrown within 7 seconds:
  - The play is dead.
  - The down counts.
  - The ball returns to the LOS.
- Once the ball is handed off, pitched, or lateraled behind the LOS, the 7-second rule is removed.
- Special cases:
  - If the QB is in the end zone when the 7-second clock expires → ball is returned to LOS, next down.
  - If the QB throws the ball and then catches their own pass → play is dead and ruled incomplete.



## XI.Receiving

### Eligible Receivers

- All players are eligible to receive passes, including the quarterback if the ball has been handed off, pitched, or lateraled behind the line of scrimmage.

### In-Bounds Requirement

- A receiver must have at least one foot or body part (other than the hand) touch in-bounds first while maintaining possession.

### Simultaneous Possession

- If both offensive and defensive players catch the ball at the same time, possession is awarded to the offense.

### Interceptions

- Interceptions may be returned.
- If returned for a score:
  - 6 points during regular play.
  - 2 points if returned during conversions or overtime.



## XII. Rushing The Passer

### Rush Line & Identification

- Rushers must line up **7 yards behind the line of scrimmage (LOS)** at the snap.
- Maximum of **2 rushers** per play.
- Rushers must **raise a hand** to identify themselves before the snap.
- Rushers must **rush immediately** after the snap. Delayed rush is not permitted.
- Other defenders may line up at the LOS but cannot rush unless the ball is handed off, pitched, or lateraled.
- A special marker or game official will designate the **7-yard rush line**.

### League vs. Tournament Play

- **Regular Season – 8U, 7U, 6U & 1st–3rd Grade:** No rushing the passer allowed.
- **Tournament Play – 8U & Up:** Rushers may rush from the 7-yard line at the snap.

### When Defenders Can Cross the LOS

- Legal rush:
  - By the **1–2 designated rushers** from the 7-yard rush line.
  - By **any defender** once the ball is **handed off, pitched, or thrown backward**.

### Illegal Rush/Encroachment Penalties (5 yards + 1<sup>st</sup> down)

- Rusher leaves the 7-yard line before the snap and crosses LOS before a handoff, pitch, lateral, or pass.
- Any defender crosses the LOS before the snap (Encroachment).
- Any non-rusher defender crosses the LOS before the ball is passed, pitched, lateraled, or handed off.
- If offense draws a rusher across the 7-yard marker before the snap → rusher may not legally rush. (No penalty until the rusher actually crosses the LOS illegally.)

### Other Rushing Rules

- Teams are **not required** to rush, since the **7-second pass clock** is always in effect.
- Rushers may attempt to block a pass, but contact with the QB (unless incidental) = **Roughing the Passer** penalty.
- Offense may not **impede the rusher's path:**
- Path is a straight line from the rusher to the QB, set **pre-snap**.
- If an offensive player moves into that path, it's their responsibility to avoid contact.
- If stationary, rushers must go around them.
- Illegal contact/disruption = **Impeding the Rusher** penalty.

### Sacks & Safeties

- A sack occurs when the QB's flag is pulled behind the LOS. Ball is spotted where the QB had possession.
- A safety (2 points) is awarded if a sack occurs in the offensive team's end zone.

## XIII. Flag Pulling

### Legal Flag Pull

- A flag pull is legal only when the ball-carrier is in full possession of the ball.
- Defenders may dive to pull flags, but may not:
  - Tackle.
  - Hold.
  - Run through the ball-carrier.

### Illegal Actions

- Defenders may not attempt to **strip or pull the ball** from the ball-carrier.
- A defensive player may not intentionally pull a flag from a player **not in possession** of the ball.

### Flags Falling Off/Missing Flags

- If a player's flag falls off during play while in possession:
  - The player is immediately down at the spot where the flag lands.
- If a player with one or no flags takes possession:
  - The play is dead at that spot.

### Flag Guarding (Illegal by the Ball-Carrier)

- Any attempt to obstruct a defender's access to the flags, including:
  - Stiff-arming.
  - Dropping the head, hand, ball, arm, or shoulder.
  - Intentionally covering the flags with the jersey.



## XIV. Formations

### Line of Scrimmage Requirements

- Offense must have at least **one player on the line of scrimmage (the center)**.
- Up to **four players** may be on the line of scrimmage.
- The quarterback must be **off the line of scrimmage**.

### Snap Rules

- The center must snap the ball with a **rapid, continuous motion between the legs**.
- The ball must **fully leave the center's hands**.
- Any movement simulating the snap by a set player = **false start**.

### Motions & Shifts

- Only **one player may be in motion** at the time of the snap.
- Motion player must be:
  - **Off the line of scrimmage**.
  - Moving **parallel or backward** to the LOS at the snap.
- Offensive players may **shift positions** at any time, but:
  - All players must **come to a complete stop for at least 1 second** before the snap.

## XV. Unsportsmanlike Conduct

### General Rule

- Any intentional **tackling, elbowing, cheap shots, blocking, or other unsportsmanlike acts** will result in immediate **game stoppage and player ejection**.
- Decisions are at the **discretion of the officials**. No appeals allowed.
- **Intentional physical play will not be permitted**.

### Language & Behavior

- **Offensive or confrontational language** is not allowed.
- Officials determine what is offensive. Penalty may include:
  - **Unsportsmanlike conduct penalty**.
  - **Ejection**, if warranted.
- Players and coaches may not physically or verbally abuse opponents, coaches, or officials.

### Contact Rules

- Ball-carriers must **avoid defenders with established position**.
- Defenders must:
  - Allow **free release** off the line of scrimmage.
  - Not run through the ball-carrier when pulling flags.
- Offensive players may not initiate contact at the line of scrimmage with defenders.

## XV. Unsportsmanlike Conduct Continued.

### Fan Conduct

- Fans must display good sportsmanship:
  - Cheer positively; do not harass officials or opponents.
  - Use clean, profanity-free language.
  - Encourage and compliment all players, not just one child or team.
- Fans must also follow league safety/seating rules:
  - Keep younger kids and equipment (coolers, chairs, tents) 10 yards off the field in the end zone area.
  - Stay in the end zone area, not between fields.
  - Dispose of all trash in designated cans.

### Unsportsmanlike Conduct Penalties

- **Defense:** +10 yards from dead ball spot & automatic first down.
- **Offense:** -10 yards from dead ball spot & loss of down.
- **Ejections:** Any player/coach receiving **two (2) unsportsmanlike penalties in a game** is disqualified and may face additional discipline.



## XVI. Penalties

### Administration of Penalties

- Game officials administer all penalties.
- Officials determine whether contact is incidental (normal run of play) or a penalty.
- Penalties are assessed in this order:
  - **Live-ball penalties** (during the play).
  - **Dead-ball penalties** (after the play ends).

### Enforcement Spot

- Penalties are normally enforced from the line of scrimmage.
- **Exceptions (Spot Fouls):** Some penalties are enforced from the spot of the foul.
- If the penalty yardage is **greater than half the distance to the goal**, it will be assessed as **half the distance**.
- **End Zone Spot Fouls:**
  - Defensive foul → Ball placed at the 1-yard line, automatic first down.
  - Offensive foul → Results in a safety.

### Questions & Clarifications

- Only the head coach or team captain may ask the referee for rule clarification or interpretation.

### Game Flow Rules

- A game or half cannot end on a defensive penalty (unless declined by the offense).
- Offenses are not allowed to force a penalty to get out of the "No-Run" zone.

#### ii. Defensive spot fouls

Defensive pass interference	Automatic first down
Holding/Illegal Contact	+5 yards and automatic first down
Stripping	+5 yards and automatic first down

#### iii. Offensive spot fouls

Screening or blocking	-5 yards and loss of down
Charging	-5 yards and loss of down
Flag guarding	-5 yards and loss of down
Holding/Illegal Contact	-5 yards and loss of down

#### iv. Defensive penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive unsportsmanlike conduct	+10 yards and automatic first down
Offside / illegal substitution	+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

# CTX Sports Flag League Rules

## v. Offensive penalties

Offensive unnecessary roughness	-10 yards and loss of down
Offensive Unsportsmanlike Conduct	-10 yards and loss of down
Offside/Illegal substitution	-5 yards from line of scrimmage and loss of down
Illegal forward pass <small>(Any pass received or lands behind the line of scrimmage or throwing pass after crossing the LOS)</small>	-5 yards from line of scrimmage and loss of down
False Start	Repeat the down (Only On Extra Points- Loss of down)
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
Illegal Procedure	-5 yards from line of scrimmage and loss of down
Taunting	-5 yards from line of scrimmage and loss of down



## XVII. 8U, 7U & 6U Grade Based Guidelines

These are NFL FLAG recommended adjustments designed to help teach the game in younger age groups. They are adopted from RCX grade-based NFL FLAG leagues and NFL programs nationwide.

### Game Flow Rules 8U/2<sup>nd</sup> & 3<sup>rd</sup> Grade

- **No Run Zones:** Eliminated during regular season league play. Teams may run anywhere on the field.
  - **Tournament Play:** No Run Zones are back in effect.
- **Pass Rush Rule:** Defenders may **NOT** rush the passer unless a legal handoff occurs in the backfield (Regular Season Only).
- **Coaches on Field:**
  - **Regular Season:** One coach per team may be on the field pre-snap to help players but must be **off the field before the snap**.
  - **Tournament Play:** Coaches must remain on the sidelines.

### 7U & 6U/1<sup>st</sup> Grade & Below

- **No Run Zones:** Eliminated. Teams may run the ball anywhere.
- **Pass Rush Rule:** Defenders may **NOT** rush the passer unless a legal handoff occurs in the backfield.
- **Coaches on Field:** One coach per team is allowed on the field **before and after the snap** to help players.
  - During the play, coaches must remain at a **safe distance** until the play is complete.
- **Center-to-QB Exchange Rule:**
  - If the ball hits the ground on the **first exchange**, the play is a **"Do Over"** with no loss of down.
  - On a **second consecutive occurrence**, the down counts as consumed.
- **Defensive Alignment:**
  - Defenders must line up at least **5 yards from the line of scrimmage** before the snap.
  - If the ball is spotted on or inside the **5-yard line**, the distance is reduced to **3 yards**.



## CENTEX POLICIES



### I. Fighting

- Fighting will not be tolerated.
- If a player throws a punch, he is ejected immediately, and CAN NOT return to play for the remainder of the day. Evaluation will be done to access if player can continue the season. If decision is for said player to not be able to continue the season, no refund will be given.
- If players are involved in pushing or shoving, they may be ejected immediately from the game at the referees' discretion. If a second incident occurs with the same player(s), they will be ejected from the tournament in its entirety.
- 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 out any player, players, or team out of the game.
- The staff has the right in extreme cases to eject players, coaches, teams, and by-standers of any tournament and they will have to leave the field immediately.
- A referee can assess a 15-yard unsportsmanlike penalty if the coach and/or players do not leave the field in a timely manner.

### II. Personnel on Fields

- Only refs and one offensive coach allowed on the field at any time active.
- No defensive coaches allowed on the field.

### III. Celebrating

- We encourage celebrations. However, we do not tolerate taunting. Keep it fun and keep it quick so as not to unnecessarily delay game play. If during a celebration you pass the other teams hash, you will be penalized for taunting.

### IV. Incomplete Teams

- If a team is missing a player(s) to have a complete roster, their options are-
  - Play with the number of players available
  - Ask their opponent if they are willing to decrease the number of players on their team, the opposing team can disagree, they are not required to agree.
  - Forfeit the game

### V. Rosters

- Rosters will be capped at 15 players. Special circumstances may apply, but the coach will need to get approval from the league before the start of the season.
- A player **may not** be on the roster of 2 teams in the same division.
- All players must be on the team's roster in SportsEngine.
  - **Roster Checks will be randomly performed during the regular season and performed during playoffs. If a player is not on the roster they will be removed from the field, and the coach will not be able to coach that game.**