***3/4th Grade and 5/6th Grade and 7/8th Grade Rules

*Games are 5 on 5, non contact (no blocking)

Offense -You have 4 plays to get a first down. (7/8th Grade only 3 plays to get 1st down) If you get a first down, you get 4 more plays to score a TD (7/8th get 3 plays). If the defense stops the offense in either situation, the other team takes possession at their own 3 yard line. If offense scores a touchdown, they will then get 1 play for the extra point from the 3 yard line, or go for 2 points from the 6 Yard line.

-Offense has a no Run Zone inside the 3 yard line while trying to score. If the offense starts a play from inside these zones they must pass.

-Interceptions may be returned. Possession is taken at the spot where the defender was deflagged.

-Offense may run or pass. All pitches, laterals or handoffs must take place behind line of scrimmage.
-Ball can be snapped through legs or a side snap is allowed (ball must be on ground to start snap). A snap that hits the ground, goes over the head or is dropped by the QB is a loss of down, but no yards will be lost.
- Quarterback is not allowed to run beyond the line of scrimmage, however, the ball may be handed off behind the line of scrimmage and the ball carrier may then throw or run.
-The quarterback has 7 seconds to attempt a pass or the play is ruled dead. If the ball was handed off after the snap and player is looking to pass, there is no pass count, play it as if it was running play.
- All players are eligible to receive pass.
-No fumbles. Once the ball hits the ground on a running play, the play is dead.
-Ball carrier cannot dive to gain yardage, nor can they jump to avoid a defender.
-If flags fall off without being pulled, runner is down where flags fall off.
-Ball carrier cannot stiff arm or flag guard (putting hand or ball over flags while running or if untucked shirt covers flags). The play will be blown dead at the spot if this occurs. No penalty.
-One player is allowed to be in motion behind line of scrimmage.
-Formations: The center will be on the line of scrimmage. The ball can be placed in the middle or either hash (roughly 5 yards from the middle). The rest of the players can line up anywhere they want. Be as creative as you want.
-Blocking is not allowed.

Defense

Rushing the QB -Only one rusher (designated with a wrist band) that starts 7 yards behind the line of scrimmage. This rush line will be designated by the ref with a marker (puck). If the ball is handed off, any player may cross the line of scrimmage to pull the flag.

5 on 5 Modified Rules Penalties:

-Offensive blocking/screening/picking: (penalty can be Declined by defense) - 5 yard loss from spot of foul. If fourth down and penalty occurs after runner/catcher passes first down marker. It will be first down, even if penalty yards take possession back past first down marker.

-Offensive pass interference: (penalty can be Declined by defense)is loss of down. If penalty occurs on fourth down=turnover on downs.

-Flag Guarding (including stiff arms, holding onto belt, or untucked shirts over the belt) -runner is down where infraction occurs (no loss of yards)

-Offensive Off-sides/false starts -Blow play dead, Replay the down. (Note: only excessive false starts will be called. Minor movement is fine!)

- Defensive Holding: (penalty can be Declined) -5 yards plus Replay the down (this refers to defenders holding receivers on routes) -If its Holding the runners jersey while pulling the flag, 5 yards to end of run or Replay the Down

-Pushing a defender out of Bounds: 5 Yards to end of run, or Replay the down (Note: If the hold or push out of bounds is done on 4th down and deemed intentional to prevent 1st down or touchdown, offense will get another down from the spot of foul +5 yards)

- Illegal Rush (Rushing without wristband) -5 yards, plus Replay the down: will let play run all the way through and give offense option to decline

-Interference -Pass interference: 5 yards, plus Replay the down

-QB interference (hitting the arm while throwing): 5 yards, plus Replay the down Note: Any intentional penalties at end of a game (that is within one score) to use up clock by offense will be loss of down (including taking too long in huddle) or any defensive penalties to stop the offense from scoring(intentional holding or pass interference near endzone) or to take time off clock will not be tolerated. If this is deemed the case, offense will get the ball on 3 yard line of opponent.

Most importantly, have fun playing football !!!

Note: We reserve the right to change any rules during the season as we see fit for the betterment of the league.