

GAME PLAY

Captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.

The winner of the coin toss has the choice to take offense or defense. The loser of the coin toss chooses which direction it will be defend.

The offensive team takes possession of the ball on its 5 yard line and has 4 downs to cross midfield.

Teams must declare 4th down intent "Play or "Punt", when asked by the referee, or risk a delay of game penalty. 'Punt' results in the opposing team taking over at their 5 yard line. 'Play' if unsuccessful the opposing team takes over at that spot.

Once a team crosses midfield it has 3 plays to score.

All possession changes, except for failed 4th down conversions or interceptions, start on the offenses 5 yard line.

All interceptions can be returned out of the endzone for a touchdown or for 2 pts on an extra point conversion.

Teams must have a minimum of four (4) but no more than five (5) players on the field at any time.

PENALTIES

The referees will administer all penalties.

The officiating crew will determine ' incidental contact that may result from the normal run of play. Incidental contact that creates an advantage for a player will be penalized. Incidental contact is a judgement call.

Players or coaches can't question judgement calls. The Head Coach may ask the referees about a rule being enforced incorrectly.

All penalties will be assessed from either the previous line of scrimmage, the spot of the foul or the end of the run.

Games cannot end on a defensive penalty unless the offense declines.

If the distance to the goal is shorter than the penalty yardage, then the penalty will be assessed half the distance to the goal.

Loss of down means that down is consumed.

DEFENSIVE PENALTIES

Offside	5 yards & AUTO 1st down
Early Flag Pull	5 yards & AUTO 1st down
Early Rush	5 yards & AUTO 1st down
Roughing the Passer	5 yards & AUTO 1st down
Unsportsmanlike	10 yards & AUTO 1st down
Pass Interference	SPOT FOUL & AUTO 1ST down
Holding	SPOT FOUL 5 yards & AUTO 1ST down
Stripping the Ball	SPOT FOUL 5 yards & AUTO 1ST down
Unnecessary Roughness	SPOT FOUL 10 yards & AUTO 1ST down

SCORING

Touchdown = 6 points

Extra point: 1 point (from 5-yard line)
OR 2 points (from 10-yard line)

Safety = 2 points

If one team gains a 30-point advantage, that will be the final score, however teams can continue to play for the remaining time.

The final score will include any overtime scoring.

TIMING

Games are played on a 50-minute continuous clock with two 25-minute halves.

The clock stops for halftime, injuries and at the Officials' discretion.

Once the ball is spotted, a team has 40 seconds to snap the ball.

Teams have one 60-second timeout per half. It does not carry over.

OVERTIME

The Home Team calls the coin toss to determine the team that chooses to be on offense or defense first. It will alternate with each OT.

Each team will take turns getting 1 play from the 5 yard line for 1 point or from the 10 yard line for 2 points. Interceptions are returnable and worth 2 points.

- 1st OT - Teams will have the option to go for 1 or 2
- 2nd OT - Teams must go for 2
- 3rd OT - Teams will have 1 play on offense from the 5 yard line going out towards midfield (Most yards gained is the winner; 1 point will be added to the winning team's score.)

If both teams score a TD on their one play, each repeats from the 5 yard line until there is a winner..

If intercepted and advanced in the 3rd overtime, the game is over.

OFFENSIVE PENALTIES

Impeding the Rusher	5 yards & loss of down
Offside/False Start	5 yards & loss of down
Illegal Forward Pass	5 yards & loss of down
Delay of Game	5 yards & loss of down
Unsportsmanlike	10 yards & loss of down
Flag Guarding or Jumping	SPOT FOUL 5 yards & loss of down
Blocking	SPOT FOUL 5 yards & loss of down
Unnecessary Roughness	SPOT FOUL 10 yards & loss of down

LIVE BALL/DEAD BALL

The ball is live at the snap of the ball and remains live until the official whistles the ball dead.

A player who gains possession of the ball in the air is considered in bounds, if at least one foot or other body part, contacts the ground in the field, while maintaining possession.

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

Substitutions may be made during any dead ball period.

The defense may not try to confuse the offensive players, by simulating the offensive team signals. This will result in an unsportsmanlike conduct penalty.

Play is ruled "dead" when:

- Ball hits the ground.
- Ball-carrier's flag is pulled.
- Ball-carrier steps out of bounds.
- Ball-carrier's knee, shin, leg, forearm or arm hits the ground.
- Ball-carrier's flag falls out. (ball is spotted where the flag is on the ground)
- Receiver catches the ball while missing 1 or 2 flags (ball is spotted where it was caught)
- The 7 second pass clock expires.
- Ball-carrier leaves their feet to dive, jump or hurdle a player. (A player can only jump or dive to catch a pass or pull a flag)
- Inadvertent whistle

If an inadvertent whistle occurs, the team in possession has two options: Take the ball where the whistle blew and the down will count, or replay the down from the original line of scrimmage. If it occurs on the last play of the half or game, the offense will be awarded one untimed down and given those two options.

FLAG PULLING

A legal flag pull takes place when the ball carrier has full possession of the ball.

A defensive player may not pull flags off of a player who does not have possession of the ball.

Defenders can dive to pull a ball-carriers flag but cannot hold, tackle or run through the ball-carrier when attempting to pull their flags.

It is illegal to attempt to strip or pull the ball from the ball-carrier.

Flag guarding is an attempt by the ball-carrier to obstruct the defenders access to the flags by stiff arming, dropping the hand, arm, shoulder, elbow, ball or intentionally covering the flags with the jersey.

RUSHING THE PASSER

One player may rush, they must identify themselves by raising their hand and leaving their hand up until the ball is snapped.

The rusher must be 10 yards from the line of scrimmage when the ball is snapped. If the designated rusher chooses to rush, the rush must occur immediately when the ball is snapped.

The rusher has a clear path to the passer and any interference by the offense to impede his or her path will be considered impeding.

If the rusher leaves the rush line early (breaks the 10 yard mark), they may NOT reset and are ineligible to rush the passer unless a handoff or pitch backwards is made behind the line of scrimmage.

Players not rushing the passer may defend on the line of scrimmage but may not enter the backfield unless the ball is handed off or pitched backwards behind the line of scrimmage.

Players rushing the passer may attempt to block the pass, however, NO contact may be made with the QB.

Before each play, an official will mark off 10 yards from the LOS.

PASSING

All passes must be forward and must be received beyond the line of scrimmage (LOS). Only one forward pass per play.

Unlimited laterals, pitches and backwards passes are permitted behind the line of scrimmage only.

Shovel passes are allowed but must be received beyond the LOS.

The quarterback has seven seconds to throw the ball. The referee will verbally countdown at 3 seconds.

If a pass is not thrown within the seven seconds, the play is whistled dead and it's a loss of down.

Once the ball is pitched or passed backwards, any defender may cross the line of scrimmage to pull the ball carrier's flag.

If a pass is tipped/ blocked by the defender and the QB catches the ball, the play is whistled dead and considered an incomplete pass.

The QB may throw the ball to avoid a sack, but the pass must go beyond the LOS.

Interceptions may be returned.

RECEIVING

All players are eligible to receive a pass. (Including the QB, if the ball has been handed off or pitched/passed backwards, behind the LOS)

Only one player is allowed in motion (parallel or backwards) if they are 1 yard behind the LOS.

A player must have 1 foot or body part land inbounds for a completed reception.

Once the ball is advanced beyond the LOS, the current ball-carrier is the only player allowed to have possession of the ball until the play is dead.

Once the ball is advanced beyond the LOS, the remaining offensive players cannot impede the defense from attempting to pull the offensive player's flag. (No screening or blocking; no running next to the ball-carrier)

RUNNING

The QB cannot run beyond the line of scrimmage with the ball.

Only direct handoffs, pitches and laterals behind the line of scrimmage are permitted. Teams may perform multiple handoffs, pitches and laterals as long as they remain behind the LOS.

The player who receives the handoff, pitch or lateral, can throw the ball as long as he or she remains behind the line of scrimmage.

Center sneak play is not allowed. The QB may not handoff the ball to the center on the first handoff of the play.

EQUIPMENT

All players must wear official NFL FLAG belts and flags.

Flags cannot be the same color as the player's shorts or pants.

Players must wear shoes. Metal cleats are not allowed.

Players must remove all jewelry.

Players' jerseys must be tucked into shorts or pants.

Shorts or pants with no pockets or belt-loops are recommended.