



Under the Lights Rules of the Game

6 v 6 Game Format

- Field is 25-30 yards wide and 50 yards long, including the 5 yard end zones.
- Games are six (6) vs six (6).
- Minimum Roster is nine (9), Maximum roster is ten (10). Less than or greater is Subject to Commissioner approval.
- All players are eligible to receive a pass.
- Two (2) 20-minute running clock halves, one (1) minute break at half-time
- Each possession starts at the five (5) yard line after scores, turnover on downs and/or halftime.
- Thirty (30) second play clock (*45 second play clock for K-2nd Grade Division*)
- Play clock will start and the offensive player can be run when the official is aligned with the spot of the ball and/or when the official blows their whistle.
- The offensive team has three (3) downs to get a first down at mid-field, then four (4) downs to score once they have crossed mid-field.
- The clock will only stop for time-outs and injuries (it does not stop for incomplete passes, out of bounds, change of possession)
- The clock stops once the time reaches the final minute or when the previous play ends under 1 minute. This is NOT a time out. It will also stop in the final one (1) minute of the game on
 - Incompletions
 - Out of bounds
 - Change of possession
 - Bad snap
 - QB Sack and kneel down/spiking of football
 - and penalties. If it's an offensive penalty the clock will start on the official unless dead ball foul.
- If a timeout is called after a touchdown, the clock will not start until the play after the conversion attempt.
- Coin flip determines choice of possession or direction (winning team can elect to defer to the 2nd half)
- Two (2) 30-second timeouts per half. After a time out, the next play will start on the officials whistle.
- Only Two (2) badged coaches allowed per team on the sideline during a game.
- Teams switch sides at halftime
- No Drones in the park
- No filming from the players/Coaches sideline.

Football Type

Under the Lights logo'd Balls (white or brown) or Wilson issued (non Leather) will be used in all Games.

- Kindergarten – 2nd Grade and 3rd-4th Grade Divisions will use a **Pee-Wee** size football.
- 5th-6th Grade will use a **Junior** size football.
- 7th and 8th Grade will use a **Youth** size football.

Scoring

- Touchdowns = 6 points
- Extra Point (5 yard line) = 1 pt.
- Extra Point (10 yard line) = 2 pts
- Interceptions during an extra point attempt can NEVER be returned for any points. Ball is dead where the extra point is no good.
- Only K-2 can run for 1 or 2 point try. 3rd-8th must pass for 1 or 2 point try.
- Safety = 2 pts. Safeties will occur when the ball is fumbled in the end zone, or if a flag is pulled in the teams end zone. It is not a safety if it is the result of a bad snap. The ball will be placed at the original LOS and there is a loss of down as a result of the bad snap. The team that receives the points for the safety also get the ball on their 5 yard line.

6 v 6 Basic Game Rules

- Interceptions (other than during an extra point attempt) can be returned for a Touchdown, if intercepting teams flag is pulled before the end zone then possession will begin where the defender is flagged. If the interception occurs in the end zone (and the flag is pulled in the end zone) the ball will be spotted on the five (5) yard line.
- The center MUST snap the ball between the center's legs directly to the player behind the center. There are no trick snaps to other players.
- Teams can play with as few as five (5) players. Should they fall below five (5) players they forfeit and players will be borrowed from the other team so the game can be finished.
- If there is a bad snap, the ball is dead and placed at the LOS. There is **NO** loss of yardage. This includes if the ball falls in the end zone. Ball is placed back at the original LOS and there is a loss of down as a result of the bad snap.
- Center **cannot** take a handoff from the QB.
- **Ball to be placed in the center of the field for all snaps**
- **No fumbles (a fumble, or stripped ball is dead and placed at the spot of the fumble with the offensive team retaining possession).**
- The person who receives the snap from the center is deemed the Quarterback regardless of where they line up.
- The ball is placed **where** a flag is pulled, **not where** the ball is **when** the flag is pulled.
- Only **one (1)** player can be in motion (lateral to the LOS, Canadian football style is not allowed) at the same time.
- **Three (3)** Players must be on the LOS or it is an Illegal Formation. The center counts as one (1) player on the LOS. All players can be on the same side of the center.
- A receiver must have at least **one (1)** foot in bounds when making a reception. **Catch Rule Clarification:** To be considered a valid catch, the receiver must have at least one foot inbounds. If the receiver has one foot inbounds and the other foot out of bounds at the same time, it is not considered a catch. **Illegal Touching of a Forward Pass:** If an eligible receiver goes out of bounds by their own volition (Not by being illegally forced out) and then re-establishes themselves inbounds, they cannot be the first to touch the forward pass. **This action is considered illegal touching.** The penalty is loss of 5 yards from the original spot and loss of down
- Laterals are allowed but if the ball hits the ground, the ball is spotted at that yard mark.
- No leaping or dives *(if a player dives, the ball will be spotted where the runner left his feet)*
- Absolutely no tackling or blocking *(stationary pick is allowed but player cannot move)*
- **NO RUSHING THE QUARTERBACK!** Unless the QB fakes a handoff, a lateral, backwards pass or if the QB fakes a handoff which will trigger a defensive player to cross the LOS and rush the QB.
- **Deception Rule: Defensive players can cross the line of scrimmage when a handoff, fake handoff or backward pass has occurred. The play clock does not reset when a backwards pass is made. This deception rule is applied to define the integrity of the LOS and developing of the passing game for both offense and defense. This rule applies to ALL Divisions.**
- The 1st half AND the 2nd half can't end on a defensive penalty. In the event that a defensive penalty is called and the clock runs out before the offense can run a play, the offense will receive an un-timed down.
- Quarterback is responsible for moving the ball mark cone/bag after each play.
- **The defensive player has the right to their position. If an offensive player runs into a stationary defensive player it will be considered a personal foul or an unsportsmanlike penalty at the discretion of the referee**

- **Defense must start 2 yards off the LOS unless the ball is 1 yard from mid field or the endzone, then the defense can start at the goalline.**
- Defense must start 2 yds off the LOS unless the ball is 1 yard or closer to the mid field or goal line. The Defense can then start at Goal line or midfield line.

MERCY RULE

If a team is up by 30 or more, they only have two (2) downs to get a first down and two (2) downs to score until the point differential is trimmed below 30 points then regular game rules apply.

The team that is behind by 30 or more points CAN start their offensive possession at the +10 yard line of their opponent and get 4 downs to score. If the point difference is trimmed below 30 pts, then regular game rules apply.

If a team is ahead by more than 30 points and they intercept a pass, the ball will be marked down at the spot of the interception. If the team is ahead by more than 30 points during the last minute of the game, the game clock will be a running clock.

K-2nd Grade Division Rules & Goals

- Unlimited Runs
- 45 second play clock
- The Center can snap side-saddle or between the legs. If side-saddle, the center MUST snap the ball directly to the player behind the center. There are no trick snaps to other players if using side-saddle snaps.
- The player that takes the direct snap from the center CAN NOT run across the LOS with the ball unless they hand it off/lateral first to another player.
- ONE (1) coach is allowed on the field for both offense and defense

In this division we want to get the players lined up properly and running in the right direction. We want to be flexible with the rules and teach the players the proper fundamentals of football. The Deception rule will be in effect to help with the integrity of the passing game for both offense and defense.

3-4 Grade Division Rules & Goals

- One run per possession
- 30 second play clock
- NO runs five (5) yards from the End Zone, **NO** runs for extra Points
- The player that takes the direct snap from the center CAN NOT run across the LOS with the ball unless they hand it off/lateral first to another player.
- ONE (1) coach is allowed on the field for both offense and defense

In this division we want to encourage the teams to start focusing on passing the ball more than running the ball. The Deception rule will be in effect to help with the integrity of the passing game for both offense and defense. We want the players to start applying proper QB, WR, DB fundamentals in the passing game.

K-4th Grade Run Game Rules

A play will be considered a run play, when the ball carrier crosses the line of scrimmage, or if a player takes a hand-off from the quarterback, and does not cross the line of scrimmage in the allotted time. A play in which a player takes a hand-off from the quarterback, and then throws a forward pass will be considered a pass play, and not count as a team's run play.

- **NO direct Quarterback runs**
- The ball carrier can spin to avoid their flag being pulled but cannot flag guard.
- The Offense has to cross the LOS with the ball within:

K – 2nd Grade – 6 seconds Example 1 Mississippi, 2 Mississippi, 3 Mississippi, 4 Mississippi, 5 Mississippi, SACK
3rd-4th Grade – 4 seconds Example 1 Mississippi, 2 Mississippi, 3 Mississippi, SACK

5-8 Grade Division Rules & Goals

- 30 second play clock

- **NO** Runs
- **NO** Coach is allowed on the field

In this division we make the transition into an every-down is a pass play or a scaled down version of HS 7v7 pass game. We want the players to start working on their skills as a QB, WR, and DB that they have learned from their coaches and apply it in a fund competitive format. The Deception rule will be in effect to help with the integrity of the passing game for both offense and defense.

K-8th Grade Pass Game Rules

- The Offense has to throw the ball within:

K – 2nd Grade – 6 seconds Example 1 Mississippi, 2 Mississippi, 3 Mississippi, 4 Mississippi, 5 Mississippi, SACK

3rd-6th Grade – 4 seconds Example 1 Mississippi, 2 Mississippi, 3 Mississippi, SACK

7th-8th Grade – 3 seconds Example 1 Mississippi, 2 Mississippi, SACK

The sack count starts on the snap of the ball no matter what the offensive play is attempted.

- Forward pass can be underhand or overhand as long as it is beyond the LOS. There are NO FORWARD passes behind the LOS. This is a 5 yard penalty and a loss of down. The defense can elect to decline the penalty (this is not a stoppage of play).
- If the QB does not release the ball before time expires, the result of the play is a sack and the ball stays at the LOS.
- NO RUSHING THE QUARTERBACK!!! Unless the QB fakes a handoff, a lateral, backwards pass or if the QB fakes a handoff which will trigger a defensive player to cross the LOS and rush the QB.
- K-4th Grade, the QB can HAND or PITCH the ball off to another player and they can throw the ball within the allotted time. The sack count does not reset when a lateral or backward pass is made. If/When the QB hands or pitches or throws a backward pass to another player, this alerts the defense that they CAN cross the LOS to pull the flag of the player with the ball.
- ALL grade levels have the option to throw a backward pass for a double pass. This alerts the defense that they CAN cross the LOS to pull the flag of the player with the ball. (5th-8th grade CAN NEVER take a handoff nor run the ball across the LOS on a backward pass.). The sack count does not reset when a lateral or backwards pass is made.

PLAY IS DEAD WHEN THE FOLLOWING OCCURS TO THE BALL CARRIER:

- Player's flag is pulled
- Quarterback directly runs the ball past the LOS. No direct QB runs.
- Player's knee touches the ground
- Player steps out of bounds
- Player loses their flag then the opposing team must touch them (one hand) down.
- Player dives, jumps or leaps; ball is spotted where the runner left their feet.
- Player is called for flag guarding. The ball carrier can spin to avoid their flag being pulled but cannot flag guard.
- No fumbles (*a fumbled, or stripped ball is dead and placed at the spot of the fumble with the offensive team retaining possession*)

3RD - 5TH GRADE AND 6TH-8TH GRADE ALL GIRLS DIVISION RULES

3rd-5th ALL Girls

- **3/15/25 Update: NO runs 5yds and in from the End Zone**
- UNLIMITED Runs **EXCEPT in the NO RUN ZONE.**
- *Update 30 second play clock.
- TWO coaches are allowed on the field for both offense and defense.
- NO RUSHING THE QUARTERBACK...unless the QB makes a hand off motion. This action will trigger a defensive player to cross the LOS and rush the QB.
- The QB CAN have direct runs across the LOS. On direct QB runs, with no fake, the defense cannot cross the LOS until the QB crosses the LOS.
- If the QB has the ball at 4 seconds, behind the LOS, the play is considered a sack and a dead ball. The QB must run across the LOS, throw or hand off the ball before 4 seconds.
- If the QB hands off the ball to another player before 4 second, the 4 second count will continue, but the ball carrier is eligible to run after 4 seconds. A pass attempt after 4 seconds will be an illegal pass .
- YES, you can have running plays 5yds from mid-field.
- **YES, there are runs on 2pt conversion (from the 10 yrd line). No runs on a 1pt conversion (from the 5 yrd line)**
- The center can snap side-saddle or between the legs. If side-saddle, the center MUST snap the ball directly to the player behind the center. There are no trick snaps to other players if using side-saddle snaps.
- *Update Pee Wee Size Football will be used

6th-8th Middle School ALL Girls

- **1/15/26** UNLIMITED Runs **EXCEPT in the NO RUN ZONE.**
- **NO runs 5yds and in from the End Zone**
- **YES, there are runs on 2 point conversion (from the 10 yard line). No runs on a 1 point conversion (from the 5 yard line)**
- *Changed 30 second play clock
- *Changed ONE coach is allowed on the field for both offense and defense
- Defensive players can rush the QB from 7 yards off the LOS. There is no limit to the number of players that can rush the QB.
- *Changed The defense has the right of way when rushing the QB. The offense must make an attempt to avoid the rusher.
- The QB CAN have **UNLIMITED** direct runs across the LOS. On direct QB runs, with no fake, the defense players under 7 yards cannot cross the LOS until the QB crosses the LOS.
- *Only Players lined up 7 yards away from the LOS can rush into the offensive backfield. On direct QB runs, players lined up within 7 yards of the LOS cannot pull the QB's flag until the QB crosses the LOS.
- YES, you can have running plays 5yds from mid-field.
- **YES, there are runs on 2pt conversion (from the 10 yrd line). No runs on a 1pt conversion (from the 5 yrd line)**
- The center can snap side-saddle or between the legs. If side-saddle, the center MUST snap the ball directly to the player behind the center. There are no trick snaps to other players if using side-saddle snaps. And not to the motion player.
- **** UPDATE ANY hand off, fake handoff, lateral or backward pass behind the line of scrimmage allows ALL defensive players to cross the line of scrimmage. Deception Rule**
- Update JUNIOR Size football will be used
- Update No sack count in this division
- Update Any player that lines up beyond 7 yards from the line of scrimmage can rush
- Update If the defense makes contact with the passer while they are in a throwing motion, the penalty will be pass interference. The offense has the option of accepting the result of the play or accepting a 10 yard penalty with the repeat of the down

6 v6 FLAG GAME PENALTIES

OFFENSE PENALTIES: Offensive penalties inside their own 10 yard line will result in half the distance to goal line if applicable.

Offensive Pass Interference – 10 yard penalty and replay the down

Illegal motion (2 men in motion) – 5 yard penalty and replay the down

Illegal Formation – 5 yard penalty and replay the down

Illegal Run – 5 yard penalty and loss of down

False Start – 5 yard penalty, replay the down

Illegal Forward Pass – 5 yard penalty and loss of down (QB steps over the LOS or QB throws a forward pass behind the LOS). The defense can elect to decline the penalty (this is not a stoppage of play). For example if it results in an interception or turnover on downs.

Illegal Touching of a Forward Pass: If an eligible receiver goes out of bounds by their own volition (Not by being illegally forced out) and then re-establishes themselves inbounds, they cannot be the first to touch the forward pass. **This action is considered**

Illegal touching. The penalty is loss of 5 yards from the original spot and loss of down

Blocking – ball is dead at the spot of the foul and loss of down

Leaping – ball is dead at the spot of the foul and loss of down

Flag Guarding (including stiff arms) – Five (5) yard penalty from the spot of the foul and loss of down.

The defensive player has the right to their position. If an offensive player runs into a stationary defensive player it will be considered a personal foul or an unsportsmanlike penalty at the discretion of the referee

Unsportsmanlike conduct – 15 yard penalty (*possible ejection*)

Delay of Game – clock is stopped and a 5 yard penalty

- No Intentionally Grounding Penalty

Offensive Delay of Game Penalty during the LAST 4 MINUTES OF THE GAME : During the last 4 minutes of the game, an offensive delay of game results in:

- 5 yard penalty
- Loss of down
- A time out will be charged to the penalized team
 - 0.If the team has no time outs left, referee will stop the clock

Impeding the rusher (6th-8th Girl Middle School ALL Girls) 5- yards from the LOS and replay the down.

DEFENSIVE PENALTIES: Defensive Penalties inside the 10 yard line will result in half the distance to the Goal line if applicable.

Defensive Pass Interference – Ten (10) yard penalty and down over unless it's an offensive catch; Offense decides. 1st down can occur depending on the yardage.

Illegal Contact (holding, jams, etc.) – Five (5) yard penalty and down over unless it's an offensive catch; Offense decides. 1st down can occur depending on the yardage.

Illegal Contact (Specifically if the defender makes contact with the receiver and the receiver goes to the ground)

– Fifteen (15) yard penalty and down over unless it's an offensive catch; Offense decides.

Automatic 1st down.

2nd offense by the same player in a game, see above plus the player sits for a full half (even if it carries over to the next scheduled game).

3rd offense by a player in a game, see above plus they are removed from the game plus the next scheduled game.

Defensive Holding while pulling flag – Five (5) yard penalty added to the end of the play and replay down. 1st down can occur depending on the yardage.

Illegal Flag Pull (before player has ball) – Five (5) yard penalty and replay down. 1st down can occur depending on the yardage.

Off-sides – Five (5) yard penalty and replay the down. 1st down can occur depending on the yardage.

Illegal Rushing (before a hand-off has occurred) – Five (5) yard penalty and replay the down; offense decides depending on the result of the play. 1st down can occur depending on the yardage.

Inadvertent tackle – Five (5) yard penalty added to the end of the play and replay down. 1st down can occur as a result of the penalty yardage.

Inadvertent tackle From Behind w/clear path to end zone – Automatic Touchdown

Unsportsmanlike conduct – Fifteen (15) yard penalty and automatic 1st down (*possible ejection*)

PLAYOFF/POST REGULAR SEASON SEEDING FORMAT

The number of teams included in each Divisions actual Championship match-up will be based on the number of teams in that division. Divisions with an even number of teams will have up to four (4) teams and Divisions with an odd number of teams will have up to five (5) teams playing for the Championship. Should a Head Coach be coaching two (2) teams there will be no playoff schedule accommodations (the two teams could potentially play at the same time). The remaining teams in the division will play a post season Bowl Game. This is done to accommodate the Championship match-ups in one (1) night.

- End of season win percentages are based on the number of wins a team has in the regular season divided by the number games played. This is regardless of the fact that the teams within the division may not play the same number of games (i.e. due to an odd number of teams in the division).
- Teams that are tied with the same win percentage due to one (1) team having two (2) ties will have the team with more actual wins being seeded higher.
- Teams ending the season with the same percentages of **wins (i.e. a tie)** will have the tie broken with the team who allowed the **fewest points allowed** during the season being seeded higher.
- Should the teams remain tied the commissioner will flip a coin to determine seeding.

Overtime Format (ONLY IN THE PLAYOFFS) Does not apply for regular season or tournament pool play.

- Overtime period will take place with each team receiving a possession.
- Coin flip determines choice of 1st or 2nd possession
- Possession begins at the ten (10) yard line (both teams will go in the same direction)
- If the game is still tied after two (2) overtime possessions the ball will be moved to the five (5) yard line and the overtime will be repeated until there is a winner.
- If a touchdown is scored, a team can elect to go for a 1 or 2 point conversion.
- If the Defense intercepts the ball it's a change of possession starting at the 10 yard line unless the Defense returns it for a TD. Game could be over if the intercepting team was ahead in points in OT prior to playing Defense or intercepting team returns it for a TD on its 1st Defensive possession per OT.
- If the game is still tied, overtime will be repeated until there is a winner.
- Offensive team will get two (2) downs to score from the +10 yard line.
- Teams alternate first possession each overtime period.