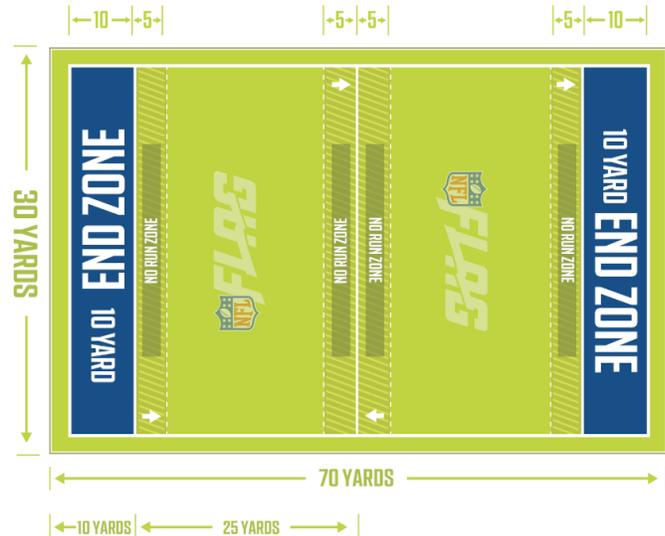


## COACH PRE-GAME CHECKLIST

- Players and coaches are permitted to on the sideline up to the 5-yard line of each end zone.
- 25 Second Play Clock, verbal countdown at 10.
- Rules ONLY are subject to review by an Official in Charge. JUDGEMENT calls are not.
- There is NO INTENTIONAL CONTACT – Rough Play will not be tolerated. Defenders must give free release off the LOS (LINE OF SCRIMMAGE) to the offense. 1 warning will be issued, all additional fouls will be unnecessary roughness.
- Sportsmanship is of the utmost importance to us.
  - Coaches' code of conduct and sideline restrictions will be strictly enforced.
  - You are responsible for your players, assistant coach and parents.
  - 2 unsportsmanlike conducts results in an ejection



## RULE HIGHLIGHTS

- All passes must be forward and received beyond the line of scrimmage
- Only direct handoffs are permitted—NO laterals or pitches anywhere on the field.
- The quarterback has seven-second pass clock to get rid of the ball
- The quarterback can't run with the ball unless it was handed off first
- Offensive players must steer clear of the rusher and may not get in his/her way.
- Any defensive player lined up seven yards off the line of scrimmage is eligible to rush
- If the ball is handed off, any defender may rush
- Rusher "jumps the snap" and crosses the 7-yard mark, prior to the snap, that rusher is ineligible to re-set and rush on that play.
- Interceptions are returnable (even on extra point attempts)
- The ball is dead when it hits the ground, the offensive player's flag is pulled from their belt, the ball-carrier steps out of bounds, or the ball-carrier's body—outside of their hands or feet—touches the ground
- All offensive flag football penalties result in a loss of down and yardage
- All defensive flag football penalties result in an automatic first down and some are associated with yardage.
- Ball is spotted where the foot is when the flag is pulled and us a JUDGEMENT CALL
- 3 downs to cross midfield. Once across mid-field the offense gets 3 downs to score

## CLOCK

- 22 minute halves / 44 minute game (6 vs. 6) ● 20 minute halves / 40 minute game (5 vs. 5)
- Stop Clock at 2 minutes each half
- 2 Timeout per half
- 1 minute Half-time





## **PENALTY SUMMARY**

### **ii. Defensive spot fouls**

Defensive pass interference	Automatic first down
Holding	+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

### **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 <small>(Starting rush from inside 7-yard marker)</small>	+5 yards from line of scrimmage and automatic first down
Illegal flag pull <small>(Before the receiver has the ball)</small>	+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

### **v. Offensive penalties**

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside / false start / 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 a pass after crossing the line of scrimmage)</small>	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage and loss of down
Illegal motion <small>(More than one person moving)</small>	-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

## **OVERTIME (REGULAR SEASON)**

- A coin flip will determine the team that chooses to be on offense or defense first. 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.
- The referee will determine which end of the field the overtime will take place on. 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 their own.
- Both teams must "go for two" from the 10-yard line starting with the second round of overtime.
- After the 3rd overtime if there is no winner the game will be a tie in the regular season
- All regulation period rules and penalties are in effect.
- There are no timeouts.