

Game

- After in house rules, NFL flag rules apply.
- At the start of each game, 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 defend.
- The offensive team takes possession of the ball at its goal line and has four (4) plays to cross midfield. Once a team crosses midfield, it has (4) plays to score a touchdown, unless awarded an automatic 1st down
- If the offense fails to cross midfield or fails to score, the ball changes possession, and the new offensive team takes over on its own goal line.
- All possession changes start on the offense's goal line.
- Team change sides after the first half. Possession changes to the team that started the game on defense.
- No kick-offs or punts.
- Offensive possession always starts on goal line and goes the length of the field.
- No 2 point safety if tackled in end-zone or fumble, just loss of down and ball goes back to goal line.
- Offensive team can gain one first down when crossing the mid-field line.
- Games will be played 5-on-5, 1 lineman, 2 receivers, 1 running back, 1 QB

Timing

- Games are 40 minutes running time (20 minutes each half).
- Stop timing will be used during the last 2 minutes of the game, at which the clock will stop on all whistles, unless there is a 17 point differential.
- Halftime is 5 minute long (Teams changes sides of the field).
- Each time the ball is spotted, a team has 30 seconds to snap the ball.
- Teams are allowed two 60-second time out per half.
- Officials can stop the clock at their discretion. In the event of an injury, the clock will stop and then restart when the injured player is removed from the field of play.

Penalties

- The referee will call all penalties.
- Referees determine incidental contact that may result from normal run of play. This is considered a judgement call.
- Players cannot question judgement calls. Only the team captain may ask the referee questions about rule clarification and rule interpretations.
- All penalties will be assessed from the line of scrimmage, except for SPOT FOULS.
- 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.
- Any loss of down on the fourth down results in a turnover on downs and the other team taking possession.
- Offensive penalties will lose no yardage when on the starting goal line.

Spot Fouls

Defensive

- Def. pass interference Automatic 1st Down
- Holding (non-ball carrier) Automatic 1st Down
- Stripping Automatic 1st Down
- Unnecessary roughness Automatic 1st Down
- Diving, hurdling, jump spin Automatic 1st Down

Offensive

- Holding, tackling Loss of Down
- OL initiating contact Loss of Down
- Flag guarding Loss of Down
- Unnecessary roughness Loss of Down
- Diving, hurdling, jump spin Loss of Down
- Illegal forward pass Loss of Down

Defensive Penalties

- Offside Automatic 1st Down &
 - 5 Yards
- Illegal rush Automatic 1st Down &
 - 5 Yards
- Holding/Tackling (ball carrier) Automatic 1st Down &
 - 10 Yards
- Roughing the passer Automatic 1st Down &
 - 10 Yards
- Unsportsmanlike conduct Automatic 1st Down &
 - 10 Yards
- Unsportsmanlike conduct Includes, but not limited to: taunting, bad language, unnecessary roughness, arguing with officials.
 - First unsportsmanlike conduct, player will be out for remainder of half.
 - Second unsportsmanlike conduct, player will be out for remainder of game.
 - Third unsportsmanlike conduct, player will be out for remainder of the season.
 - These are cumulative on the season.

Offensive Penalties

- Offside / false start Loss of Down &
 - 5 Yards
- Offensive pass interference Loss of Down &
 - 10 Yards
- Illegal motion Loss of Down &
 - 5 Yards
- Delay of game Loss of Down &
 - 5 Yards
- Unsportsmanlike conduct Loss of Down &
 - 10 yards
 - Unsportsmanlike conduct Includes, but not limited to: taunting, bad language, unnecessary roughness, arguing with officials.
 - First unsportsmanlike conduct, player will be out for remainder of half.
 - Second unsportsmanlike conduct, player will be out for remainder of game.
 - Third unsportsmanlike conduct, player will be out for remainder of the season.
 - These are cumulative on the season.

Scoring

- Touchdown: 6 points
- Extra point: 1 point (from 5-yard line) OR 2 points (from 10-yard line)
- Interception: 3 points
- Second half is played to 20 minutes unless one team is leading by a 30-point margin

- The offensive player's body and flag belt system and ball must cross the goal line to be considered a score.

Running

- The QB cannot run beyond the line of scrimmage with the ball. QB can hand-off to running back, pitch to running back, or pass.
- Once ball touches ground it is dead where the player's feet are located.
- The player who receives the handoff, pitch or backwards pass, can throw the ball as long as he or she remains behind the line of scrimmage.
- The ball is spotted where the runner's feet are when the flag is pulled, not where the ball is.

Live Ball / Dead Ball

- The ball must be snapped to start play
- Substitutions may be made on any dead ball. You must always substitute from the same side of the field.
- Team must have a minimum of four (4) players but no more than five (5) on the field at a time.
- The ball is spotted where the ball carriers feet are when the flag is pulled, not where the ball is.
- The play is ruled "dead" when:
 - Ball-carrier's flag is pulled
 - Ball-carrier steps out of bounds
 - Incomplete pass
 - Ball hits the ground
 - Touchdown, PAT or fumble (including QB to center exchange)
 - Ball-carrier's knee hits the ground
 - Ball-carrier's flag falls out (ball is spotted where the flag is on the ground) or is hidden from the opponent.
 - Receiver has one (1) or no flags when catching the ball (ball is spotted where the receiver caught the ball)
 - Interception ball is dead immediately and defense is awarded 3 points
- Any player who starts a play without a flag is down where he or she touches the ball
- There are no fumbles! Ball is spotted where the ball-carrier's feet were at the time of the fumble.
- In the case of an inadvertent whistle, the offense has two options: Take the ball where it was when the whistle blew and down is consumed or replay the down from the original line of scrimmage

- Interceptions- ball is dead immediately, offense keeps ball at original line of scrimmage, loss of down, 3 points for “D”.

Receiving

- All players are eligible to receive a pass including the QB.
- Only one (1) player is allowed in motion at a time and it must be lateral to the LOS.
- A player must have at least one foot inbounds when making a 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. No pitching once ball is beyond the LOS.
- 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)

No Run Zone

- “No Run Zones” are located 5 yards before midfield and 5 yards before the goal line in each offensive direction.
- If the ball is spotted on or inside the “No Run Zone,” the offense MUST use a pass play to achieve a first down or touchdown.

Diving

- At no time is a player allowed to jump or dive while running with the ball or making a tackle. This includes hurdling a player, jumping while spinning/juking, diving for a first down or touchdown and diving or jumping to get out of bounds.

Passing

- Only one (1) forward pass per play. All players are eligible.
- If the QB’s flag is pulled before the ball leaves his or her hand, the play is ruled dead and the ball is spotted where the QB’s feet are, unless in their own goal area and ball will be spotted at the goal line.
- The QB may throw the ball to avoid a sack. Pass must go beyond the LOS.

Rushing the Passer

- Players not rushing the passer may defend on the line of scrimmage but may not enter the backfield and must wait at the LOS
- Players rushing the passer may attempt to block the pass, however NO contact can be made with the QB in any way, other than grabbing the flags.
- A legal flag pull takes place when the ball carrier is in full possession of the ball. A defensive player may not pull the flags off of a player who does not have possession of the ball.
- Defenders cannot dive to pull a ball carriers flag, and 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 the attempt by the ball-carrier to obstruct the defender access to the flags by stiff arming, dropping the hand, arm, shoulder or head or intentionally covering the flags with the football or jersey.

Equipment

- Mouth guards are recommended
- Players jerseys must be tucked in at all times to not interfere with flags
- Players must remove all jewelry deemed hazardous by the officials
- All players must wear shoes. Cleats are allowed. However, cleats with exposed metal are not permitted.

Blocking

- Blocker must keep hands open on chest, no grabbing/tackling.
- Offense cannot initiate contact- can try to screen defense like basketball.
- Once contact is made by defense, offense can continue to make contact.
- Center does snap ball
- Stance for lineman- like a linebacker, no 3 point stance.

- No blocking downfield anywhere beyond the LOS.
- One blocker per play. Blocks are allowed behind the LOS, no bull rush.

Defense

- Lineman cannot use hands, must run around offensive lineman.
- No blitzes- only lineman can rush.
- Only defensive lineman can cross line of scrimmage. Linebacker and defensive backs must wait for ball to cross line of scrimmage to make a tackle.
- No defensive player may be closer than 1 yard to the line of scrimmage during all scrimmage downs. Defensive players may not break the neutral zone until the ball is snapped.

Pass Interference

- Players cannot restrict a person's ability to make a catch when the player gains position.
- Both players have a right to the ball.
- Both players must play the ball and not target the body.
- Neither the defense nor the offense, has a right to the ball through a player's back or body.
- Players cannot push off or create separation with an opponent by using their arms or hands.