

General Rules for all Divisions

- All coaches must complete a background check and the appropriate certifications required by their league (Concussion protocol, USA Football).
- All players must wear a mouthpiece and will not be permitted to play without one.
- Players and Coaches are always expected to shake hands at midfield at the end of the game no matter the outcome.
- Coaches will ensure all players are given equal playing time, play all positions, and receive equal touches and equal opportunities to carry/run/catch the ball.
- Two (2) Coaches can be on the field and instruct players during the game but will not instruct players once the QB is under center.
 - Coaches are not allowed to “tip-off” their players if the opponent’s play is overheard
- Home Team wears dark-side jersey; Visiting Team wears light-side jersey.
- Players’ jerseys must be tucked into their shorts/pants at all times.
- The complete flag belt is to be showing at all times. Offensive player’s flags are to be located on their hips prior to snap.
- The ball will be spotted for the next down at the location of the ball carrier’s hip when the ball carrier’s flag is pulled or when they are considered “down.”
- If a ball carrier’s flag falls out during the play, once it is noticed, the play will be whistled dead. The ball will be spotted for the next down at the yard line where the ball carrier was when the play was blown dead.

Freshman Flag Rules (Kindergarten)

Game

- At the start of each game, captains and coaches from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.
- The winner of a coin toss gets choice of possession. Loser has choice of direction. These will alternate in the second half; teams may NOT choose to defer to second half.
- Games will not exceed 60 minutes in length.
- Teams have 30 seconds to run a play. Coaches – please keep the game moving along and call plays quickly.
- Each team will have 1 60-second timeout per half.
- There will be a 2 minute break between quarters and a 5 minute break at halftime.
- This is a 6 on 6 league.

Offense:

- 3 down lineman (2 guards and a center),
- 1 quarterback

- 2 skilled positions off the line of scrimmage (2 RB's, 2 WR's, or 1 RB & 1 WR).

Defense:

- 3 down lineman lined up head to head with offensive linemen
 - 3 players off the line in "linebacker" type configurations
 - Any "cornerback" or other non-DL players must line up 5 yards off the LOS
- All possessions begin at the offense's own 5 yard line.
 - A quarter will consist of each offense running 6 consecutive plays (12 total plays per quarter) regardless of the outcome.
 - After a team runs 6 plays the other team takes possession at their own 5 yard line.
 - If the ball is turned over or if the offense scores, the offense will retain possession starting at their 5 yard line until all 6 plays have been run.
 - The ball will be advanced down the field with each yard gained until a touchdown is scored – no need to gain a first down (6 plays to score)
 - There will be no PAT's in the freshman league
 - QB must be under center, no shotgun snaps.
 - There is no blitzing. Defensive players cannot cross the line of scrimmage until there is a handoff, a pass, a toss in the backfield, a pitch, or on a QB run when the QB breaks toward the line of scrimmage.
 - If the ball carrier falls, trips or touches a knee to the ground at any point of the run, the player is considered to be "down" and the play will end and the ball will be spotted for the next down at the point of contact with the ground.
 - There are NO fumbles. If the ball is fumbled the play will be whistled dead and the ball will be spotted for the next down where the player lost control.
 - There are no negative yardage plays and therefore no safeties. If a player's flag is pulled behind the line of scrimmage, the ball will be spotted at the previous line of scrimmage for the next down.
 - Passing is permitted. If the ball hasn't been thrown or the QB has not started to run downfield after 6 seconds, the play is considered dead and the ball will be spotted at the previous LOS for the next down.
 - If a pass is intercepted it can be returned, and can be returned for a touchdown. If the original offensive team has not run their 6 plays prior to the interception, the offense will retain possession of the ball at their own 5-yard line.

Playing Time/Substitutions

- Coaches will ensure all players are given equal playing time, play all positions, and receive equal touches and equal opportunities to carry/run/catch the ball.

- No player can run the ball 2 times in any 6 possession series. (6 players on the field, 6 plays – each player runs the ball)
- Substitutions can be made at the end of a series, at the end of a quarter, or in any fashion at the discretion of the coach to ensure fair playing time and to maximize player participation.

Blocking

- The offensive linemen must engage/block the defensive lineman. **Blocking is limited to the 3 down offensive linemen at the line of scrimmage. No blocking by any of the “skilled” players will be permitted and no blocking down the field will be permitted by any player.**
- **Defensive linemen must also make contact with both hands on or close to the offensive linemen’s shoulders before they are permitted to make a legal tackle.**
- The defensive lineman can “shed” a block and move along the LOS but may not cross into the backfield until there is a handoff, a pass, a toss in the backfield, a pitch, or on a QB run when the QB breaks toward the line of scrimmage
- Holding, double team blocking and stripping are not permitted.
- **There will be no “excessive” blocking as to where a player pushes their opponent to the ground. Excessive blocking also includes: blocking contact above the shoulders or below the waist, and blocking from behind, above or below the waist.** This will result in a penalty and a warning for the player involved.
- **No excessive contact when attempting to pull a flag.** Pulling a ball carrier’s jersey to slow them down or pushing a ball carrier down or out of bounds will be considered an illegal tackle. This will result in a penalty and a warning for the player involved.
- Excessive blocking and illegal tackles will be called at the full discretion of the coaches

Penalties

All penalties result in the next down.

If an offensive penalty is committed, the ball will be blown dead and spotted for the next down at the spot of the infraction (No penalty yardage to be walked off).

Offensive penalties include: flag guarding, holding (must be totally obvious), double team blocking and illegal blocking down the field and the play will be blown dead at the spot of the foul and placed for the next down.

- **Flag guarding** is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping of hand, arm, head or shoulder, or intentionally covering flags with the football or jersey.

If a defensive penalty is committed, the play will NOT be blown dead. When the play is dead, the penalty can be assessed.

- **Offensive or Defensive penalty for excessive contact while blocking or an illegal tackle will result in a 10 yard penalty from the spot of the infraction and the player will receive a warning.**

- **If a player commits a 2nd excessive contact penalty, another 10 yard penalty from the spot of the infraction will result and the player will have to sit out the remainder of the half.**

Scoring

- Touchdown: 7 points (No PAT)

Playing Time/Substitutions

- Coaches will ensure all players are given equal playing time, play all positions, and receive equal touches and equal opportunities to carry/run/catch the ball.
- No player can run the ball 2 times in any 6 possession series. (6 players on the field, 6 plays – each player runs the ball)
- Substitutions can be made at the end of a series, at the end of a quarter, or in any fashion at the discretion of the coach to ensure fair playing time and to maximize player participation.

Field dimensions

- Field dimensions will be 50 yards in total length (including the 2 5-yard end zones) x 23 yards. **Example:** There will be 4 fields being utilized in Bobcat Stadium. The field's outer dimensions start 5 yards deep in the end zone and goes to the 45 yard line with a 10 yard space between each field end to end. The width is from the marked sideline to the

near goalpost. Orange cones will mark the perimeter of the field. Yellow cones will mark the goal lines (end zone and 40 yard line) and the first down line (20 yard line).

Sophomore Flag Rules (1st and 2nd Grades)

Game

- At the start of each game, captains and coaches from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.
- The winner of a coin toss gets choice of possession. Loser has choice of direction. These will alternate in the second half; teams may NOT choose to defer to second half.
- Games will not exceed 60 minutes in length.
- A quarter will consist of a 10 minute running clock but will stop for injuries.
- Teams have 30 seconds to run a play. Referees will count down: “20 seconds”, “10, 9, 8, 7...”
 - A 5 yard delay of game penalty will result if the ball is not snapped within 30 seconds.
- Each team will have 1 timeout per half.
- There will be a 2 minute break between quarters and a 5 minute break at halftime.
- This is a 6 on 6 league.
 - Offense:
 - 3 down lineman (2 guards and a center),
 - 1 quarterback
 - 2 skilled positions off the line of scrimmage (2 RB’s, 2 WR’s, or 1 RB & 1 WR).
 - Defense:
 - 3 down lineman lined up head to head with offensive linemen
 - 3 players off the line in “linebacker” type configurations
 - Any “cornerback” or other non-DL players must line up 5 yards off the LOS
- All possessions begin at the offense’s own 5 yard line.
- Offense will have 4 downs to reach midfield and an additional four downs to score.
- If the offense fails to get to midfield or score, it will be a turnover on downs and the other team will take possession at their own 5 yard line.
- Shotgun snaps are permitted. If a muffed snap occurs, (shotgun or under center) the offense will have 1 retry and 10 seconds to convert a successful snap. The referee will count down “10, 9, 8, 7...”
 - If the retried snap attempt is muffed, or if 10 seconds are exceeded, it will become the next down.

- There is no blitzing. Defensive players cannot cross the line of scrimmage until there is a handoff, a pass, a pass in the backfield, a pitch, or on a QB run, when the QB crosses the line of scrimmage.
- If the ball carrier falls, trips or touches a knee to the ground at any point of the run, the player is considered to be “down” and the play will end. The ball will be spotted for the next down at the point of contact with the ground.
- There are NO fumbles. If the ball is fumbled, the play will be whistled dead and the ball will be spotted for the next down where the player lost control.
- There WILL BE negative yardage plays. If a player’s flag is pulled behind the line of scrimmage or if there is a fumble behind the line of scrimmage (fumble on a handoff) the ball will be spotted there for the next down but the following MAY NOT OCCUR:
 - Can only lose 5-yards per play – if a fumble or flag is pulled more than 5 yards behind the line of scrimmage, only 5 yards will be lost
 - There are no safeties – the ball will never be placed closer to the goalline than your own 5 yard line.
- Passing is permitted. If the ball hasn’t been thrown or the QB has not started to run downfield after 6 seconds, the play is considered dead and the ball will be spotted at the previous LOS for the next down.
- If a pass is intercepted it can be returned. The intercepting team will take possession and the ball spotted where the play ends after the return. The intercepting team will then have either 4 tries for a 1st down or to score depending which side of the field the play ended.
 - If an interception is returned for a touchdown, the scoring team will attempt a PAT. After the PAT attempt, the team previously on offense will take possession at their 5 yard line.

Blocking

- The offensive linemen must engage/block the defensive lineman. **Blocking is limited to the 3 down offensive linemen at the line of scrimmage. No blocking by any of the “skilled” players will be permitted and no blocking down the field will be permitted by ANY PLAYER (including OL).**
- **Defensive linemen must also make contact with both hands on or close to the offensive linemen’s shoulders before they are permitted to make a legal tackle.**

- The defensive lineman can “shed” a block and move along the LOS but may not cross into the backfield until there is a handoff, a pass, a toss in the backfield, a pitch, or on a QB run when the QB breaks toward the line of scrimmage
- Holding, double team blocking and stripping are not permitted.
- **There will be no “excessive” blocking as to where a player pushes their opponent to the ground. Excessive blocking also includes: blocking contact above the shoulders or below the waist, and blocking from behind, above or below the waist.** This will result in a penalty and a warning for the player involved.
- **No excessive contact when attempting to pull a flag.** Pulling a ball carrier’s jersey to slow them down or pushing a ball carrier down or out of bounds will be considered an illegal tackle. This will result in a penalty and a warning for the player.
- Excessive blocking and illegal tackles will be called at the full discretion of the referee.

Penalties

The offense has 30 seconds to snap the ball after it has been spotted. Failure to snap the ball within 30 seconds will result in a 5 yard delay of game penalty and the down will be repeated.

All penalties except delay of game penalty will result in the next down.

If an offensive penalty is committed during play, the ball will be blown dead and the ball will be spotted for the next down with a 5-yard penalty from the spot of the foul.

Offensive penalties include: flag guarding, holding (must be totally obvious), double team blocking and illegal blocking down the field.

- **Flag guarding** is an attempt by the ball carrier to obstruct the defender’s access to the flags by stiff arming, dropping of hand, arm, head or shoulder, or intentionally covering flags with the football or jersey.
- If a defensive penalty is committed, the play will NOT be blown dead. When the play is completed, the offense can either stay with the outcome of the play or accept the penalty. If the penalty is accepted, 5-yards will be awarded from the previous LOS and the down will be replayed.
 - Defensive penalties during play include: crossing the LOS before the ball is handed off or thrown and pass interference
- **Offensive or Defensive penalty for excessive contact while blocking or an illegal tackle will result in a 10 yard penalty from the spot of the infraction and the player will receive a warning.**

- **If the same player commits a 2nd excessive contact penalty, another 10 yard penalty from the spot of the infraction will result and the player will have to sit out the remainder of the half.**
- All penalties, including excessive blocking and illegal tackles will be called at the full discretion of the referee.

Scoring

- Touchdown: 6 points
- Point After Touchdown (PAT): The ball will be spotted at the 5 yard line and 1 point will be rewarded for a running score and 2 points for a passing score.

Playing Time/Substitutions

- Coaches will ensure all players are given equal playing time, play all positions, and receive equal touches and equal opportunities to carry/run/catch the ball.
- No player can run the ball 2 plays in a row or more than 2 times in given series.
- Substitutions can be made at the end of a series, at the end of a quarter, or in any fashion at the discretion of the coach to ensure fair playing time and to maximize player participation.

Field dimensions

- Field dimensions will be 50 yards in total length (including the 2 5-yard end zones) x 23 yards. **Example:** There will be 4 fields being utilized in Bobcat Stadium. The field's outer dimensions start 5 yards deep in the end zone and goes to the 45 yard line with a 10 yard space between each field end to end. The width is from the marked sideline to the near goalpost. Orange cones will mark the perimeter of the field. Yellow cones will mark the goal lines (end zone and 40 yard line) and the first down line (20 yard line)