



2018 RULE BOOK

▶ THE BASICS

- 5 on 5 Format
- 4 downs to get a 1st down or score. (1st down Time
 - Pre K and K – 30 Minutes – TWO - 15 Minute Halves
 - 1st thru 8th – 40 Minutes – TWO – 20 Minute Halves
 - 3 Minute Half Time
- QB has 7 seconds to pass or hand off the ball
- Defense can rush the QB from 7 yards off of the ball
- Coaches should sub all players on the bench into the game on change of possessions
- All Players Eligible to receive a pass

▶ THE FIELD

- Field is 25 yards wide by 64 yards long.
- Blue Cone = No Run Zone – TWO Zones
 - 5 yards before the 1st Down and 5 yards End Zone
 - Offense must pass ball across line of scrimmage
- Yellow Cone = 1st Down
- Extra Points =
 - Blue Cone – 1 Point – Pass Only (5 yards)
 - Orange Cones – 2 Point – Run or Pass (10 yards)
- End Zones are 8 to 10 yards

▶ GAME PLAY

- Visiting Team choses to take ball 1st or defer to 2nd half
- Ball starts at Blue Cone (5 yard line) on all change of possession except on interception.
- Teams change sides at half time
- 4 players are required to play a game
- No Overtime. Games end in a tie
- No Fumbles. Ball is dead once it hits the ground. (Including QB / Center exchange)

▶ EQUIPMENT

- NFL Flag Jersey (Must be tucked in)
 - Visiting team wears white unless there is a clear color contrast between home and away team jerseys
- Flag Belts with flags on the hip
- Mouth Guard
- Ball
 - Pre K to 2nd Grade – Pee Wee Ball
 - 1st thru 6th Grade – Junior Ball
 - 7th and 8th Grade – Youth Ball

▶ SCORING

- 6 Points = Touch Down
- Extra Point
 - 1 Point – Blue Cone – Pass Only (5 Yard Line)
 - 2 Point – Orange Cone – Run or Pass (10 Yard Line)
- Safety = 2 points
 - Possession changes to team who scored safety
- Mercy Rule = 28 Points
 - Once team gets ahead by 28 points, the team trailing has 1 possession to get score difference under 28 points
 - If team does not then scoreboard is frozen and any future scores are not recorded
 - Game finishes out time
 - Time ahead is not permitted to rush the QB

▶ UPON FURTHER REVIEW

- 1 Foot in bound for a Catch
- Ball is marked where feet are when flag is pulled
- Ball Can be extended across the goal line
- Interceptions on Extra Points are not returnable
- Defense can cross the line of scrimmage once the ball leaves the QB hands

▶ DON'T

- QB can never directly run across the line of scrimmage with the ball
- Lateral or Pitch the Ball after crossing the line of scrimmage
- Screen, Block, or Impede defense ability to make a flag pull
- Dive or leave your feet to advance the ball or make a flag pull
- Flag Guard
- Touch the QB when rushing the QB
- Attempt to strip or punch the football
- Side snap the Football. Snap must be thru legs

P Power of Positive Coaching & Encouragement

I Instruct the Fundamental of the Game

C Communicate, Communicate, Communicate

K Kids are #1, Why We are Here!

6 6 Degrees of Respect: Players, Parents, Officials, Coaches, Opposing teams, and Field Staff



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OFFENSIVE PENALTIES

PLAY WHISTLED DEAD WHEN FLAG IS THROWN

BEFORE SNAP

- Loss of down
- Ball remains at same sports
- Examples
 - Delay of game (30 seconds)
 - Offsides
 - Side Snap
 - Illegal motion (2 players in motion)
 - 6 players on field

AFTER SNAP

- Loss of down
- 10 Yards from spot of foul
- Examples
 - Illegal play (running in No run zone)
 - Illegal Pass - Lateral past line of scrimmage
 - Flag guarding
 - Illegal Contact
 - Charging
 - Blocking
 - Diving
 - Screening
 - Roughness
 - Unsportsmanlike Conduct (players, coaches, fans)

DEFENSIVE PENALTIES

PLAY CONTINUES

- Replay Down
- 10 Yards from spot of foul
- Examples
 - Illegal Rush
 - Illegal Flag Pull
 - Flag Guarding
 - Illegal Contact
 - Tackling
 - Holding
 - Diving
 - Roughing passer
 - Pass Interference
 - Unsportsmanlike Conduct (players, coaches, fans)
 - 6 players on the field

PENALTIES AND 1ST DOWN

- There is ONE - 1st down marker per field
- If Offense gets the 1st down prior to the penalty they get the 1st down even though penalty yardage may push them back. Team is can only pick ONE - 1st down per possession.
- If defense yardage pushes ball across marker, then it is 1st down (Only one 1st down per possession)