**The Basics**
- 5 on 5 Format
- 4 downs to get 1 first down or score.
  - Pre K and K – 30 Minutes – TWO - 15 Minute Halves
  - 1st thru 6th – 40 Minutes – TWO - 20 Minute Halves
  - 3 Minute Half Time
  - 1 Time Out Per Half (1 Minute)
- 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 both, the 1st Down and 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
- Overtime on all games. College OT Rules
- 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 lean
  - 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

---

**Power of Positive Coaching & Encouragement**
- Instruct the Fundamental of the Game
- Communicate, Communicate, Communicate
- Kids are #1, Why We are Here!

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

5/18/18
## Offensive Penalties

**Before Snap**
- Loss of down
- Ball remains at same spot
- 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
    - Diving
    - Roughness
  - Unsportsmanlike Conduct
    - players, coaches, fans

## Defensive Penalties

**Play continues**

**Replay Down**
- 10 Yards from spot of foul
- Examples
  - Illegal Rush
  - Illegal Flag Pull
  - Illegal Contact
    - Tackling
    - 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 can only pick up ONE - 1st down per possession.
- If defense yardage pushes ball across marker, then it is 1st down (Only one 1st down per possession)