



OFFICIAL RULES

Central Mass Flag Worcester

2025–2026 Season Rulebook

Based on NFL FLAG Official Playing Rules
With Central Mass Flag Worcester modifications

worcesterflag.com

Things to Know Before Game Day

The quick version. Read the full rules for details.

EQUIPMENT

NFL FLAG belts or SHRUUMZ Youth White poppers only. No other brands. Flags can't match your shorts color. Mouthguards recommended. Tuck your jersey in. No risky jewelry.

GAME BALLS

League provides all game balls. Red = Lil' Ballers. Blue = 5U-9U. Brown = 10U+. You must use the ball assigned to your division.

GAME LENGTH

Two 12-minute running clock halves. 2-minute halftime. 25-second play clock. 3 timeouts (30 sec each) for the whole game.

THE FIELD

25 x 53.3 yards with 10-yard end zones. "No Run Zones" are 5 yards before midfield and 5 yards before the end zone. All plays in these zones must be a pass.

DOWNS

4 downs to cross midfield. 3 downs to score once you cross. Can't score? Ball flips to the other team at their 5-yard line.

QB RULES

QB cannot run across the line of scrimmage. 7-second pass clock. Once the ball is handed off, the clock stops and everyone can rush.

NO CONTACT

No blocking. No screening. No tackling. No flag guarding. Runners must avoid set defenders. Intentional contact = ejection. No appeals.

RPS, NOT COINS

We use Rock-Paper-Scissors instead of a coin toss. Winner picks offense or defense. Loser picks direction.

MERCY RULE

If a team goes up by 28 points, the score freezes and play continues. Regular season games can end in a tie. No overtime.

PARENTS & FANS

Cheer for your kids. Don't harass refs or other teams. Keep chairs, coolers, and little ones 10+ yards off the field. Clean up after yourself.

Game Setup and Terminology

I. Game Setup and Flow

1. At the start of each game, captains from both teams meet at midfield for Rock-Paper-Scissors to determine who starts with the ball. The visiting team calls it.
2. The winner has the choice of offense or defense. The loser has the choice of direction. There is no option to defer. Teams automatically switch sides at halftime, and the team that started with possession begins the 2nd half on defense.
3. The offensive team takes possession at its 5-yard line and has 4 downs to cross midfield. Once across midfield, the offense has 3 downs to score.
4. If the offense fails to cross midfield after 3rd down and elects to "punt" on 4th down, possession changes and the opposing team starts from its own 5-yard line. If the offense goes for it on 4th down and fails, the opposing team starts from the spot where 4th down ended.
5. On any "PUNT or PLAY" decision, the referee WILL ask the Head Coach to declare. The coach MUST decide immediately or risk a delay of game penalty.
6. Teams may use a timeout to change a "Play" declaration before the play clock expires.
7. After crossing midfield, if the offense fails to score on 3rd down, possession changes and the new offense starts at its 5-yard line.

II. Terminology

Boundary Lines: The outer lines marking the field's perimeter, including sidelines and end zones.

Line of Scrimmage (LOS): An imaginary line running through the point of the football across the width of the field.

Line-to-Gain: The yard line the offense must reach for a first down.

Rush Line: An imaginary line 7 yards from the LOS on the defense's side.

Offense: The team with possession of the ball.

Defense: The team trying to stop the offense and regain possession.

Passer: Any offensive player who throws the ball, not just the quarterback.

Rusher: The defensive player who starts from the rush line and tries to pressure the QB.

Live Ball: The period when a play is in action. Live ball penalties must be enforced before the down is complete.

Dead Ball: The time between plays when no action is occurring.

Charging: When a ball-carrier illegally runs into a set defender, including leading with the head or making contact with shoulder, forearm, or chest.

Flag Guarding: When the ball-carrier tries to block defenders from pulling their flags by stiff-arming, dropping their elbow/head, or using the ball as a shield.

Shovel Pass: A legal forward pass across the LOS (underhand, backhand, or pushed forward).

Lateral: A backward or parallel toss of the ball by the ball-carrier.

Unsportsmanlike Conduct: Confrontational or offensive behavior or language.

Equipment

III. Equipment

Approved Flag Belts

Option A: NFL FLAG

Official NFL FLAG belts and flags, provided by the league.

Option B: SHRUUMZ Youth

Must meet ALL three conditions: Youth size (identified by white belt), White color, "SHRUUMZ" embossed on the popper.

NO EXCEPTIONS

No other brands or styles of flag belts or poppers are allowed. Flag colors cannot match the player's shorts or pants.

Game Balls (Provided by the League)

| DIVISION | BALL COLOR |
|---------------|------------|
| Lil' Ballers | Red |
| 5U through 9U | Blue |
| 10U and above | Brown |

Player Equipment

1. Mouthguards are recommended but not required.
2. Players must wear athletic shoes. Cleats are allowed at most locations; however, if a field does not permit cleats, the league will notify all teams before the season begins. Cleats with exposed metal are never permitted and must be removed.
3. Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads, and knee pads. Braces with exposed metals are not allowed.
4. Players may not wear any jewelry that could pose a safety risk, including necklaces, bracelets, watches, or dangling earrings. Baseball caps are not permitted. Non-dangerous accessories such as headbands and winter beanies are allowed.
5. Players may wear soft shell helmets, halos, and sunglasses, but they must be secured at all times while on the field.
6. Players may wear prescription glasses with or without a strap. Sports straps are allowed but not required.
7. Jerseys must be tucked into shorts or pants if they hang below the belt line.
8. We recommend shorts or pants without pockets or belt loops. Games will not be delayed for a player to tape their pockets.

Equipment Compliance

1. Game officials will conduct a pre-game equipment check as a courtesy to help teams identify any obvious compliance issues before play begins. This check does not shift responsibility for compliance to the officials.
2. Players, coaches, and teams remain fully responsible for ensuring all equipment is legal at all times.
3. If an official misses an issue during the equipment check, or if a player becomes non-compliant later, any resulting penalty is valid and not subject to complaint.
4. Teams not prepared to play at game time due to equipment compliance issues will have their team timeouts used, up to 3, for the time required to correct the issue.

CENTRAL MASS FLAG WORCESTER

EQUIPMENT CHECK ≠ EQUIPMENT APPROVAL

KNOW THE RULE. STAY COMPLIANT. PROTECT THE GAME.

- 1 OFFICIALS CHECK EQUIPMENT**
COURTESY INSPECTION BEFORE THE GAME.
Officials will conduct a pre-game equipment check as a courtesy to help teams identify any obvious compliance issues before play begins.
i This check **does not** shift responsibility for compliance to the officials.
- 2 TEAMS ARE STILL FULLY RESPONSIBLE**
RESPONSIBILITY NEVER SHIFTS.
PLAYERS Know the rules. Use legal gear.
COACHES Check your team. Be prepared.
TEAMS You are accountable at all times.
PLAYERS, COACHES, AND TEAMS REMAIN FULLY RESPONSIBLE FOR ENSURING ALL EQUIPMENT IS LEGAL AT ALL TIMES.
- 3 ILLEGAL EQUIPMENT = VALID PENALTY**
If an official misses an issue during the equipment check...
If a player becomes non-compliant later...
ANY RESULTING PENALTY IS VALID AND NOT SUBJECT TO COMPLAINT.
- 4 NOT PREPARED TO PLAY DUE TO EQUIPMENT COMPLIANCE ISSUES?**
Teams not prepared to play at game time due to equipment compliance issues will have their **team timeouts used, up to 3**, for the time required to correct the issue.


DO YOUR PART. CHECK YOUR GEAR. PLAY THE RIGHT WAY. RESPECT THE GAME.

ELECTRONIC COMMUNICATION

Electronic communication between any player and their coach or spectator is prohibited. Violation = immediate disqualification from play, with possible additional discipline.

IV. Field

The field is 25 yards wide by 53.3 yards long with 10-yard end zones. "No Run Zones" prevent running plays near the goal line and midfield. Study the diagram below for the full field layout.




FIELD RULES BY AGE GROUP

DIFFERENT RULES. SAME GAME. HAVE FUN.

★ 5U & 6U ★


NO RESTRICTIONS



53.3 YARDS LONG

25 YARDS WIDE

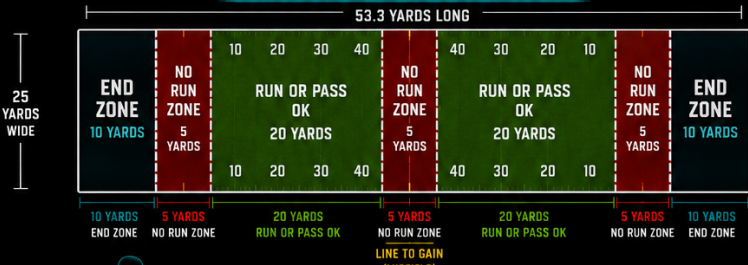
10 YARDS END ZONE 33.3 YARDS PLAYING FIELD 10 YARDS END ZONE



RUN PLAYS ALLOWED EVERYWHERE
NO "NO RUN ZONES"

★ 7U AND ABOVE ★

NO RUN ZONES IN EFFECT




53.3 YARDS LONG

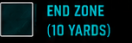
25 YARDS WIDE

10 YARDS END ZONE 5 YARDS NO RUN ZONE 20 YARDS RUN OR PASS OK 5 YARDS NO RUN ZONE 20 YARDS RUN OR PASS OK 5 YARDS NO RUN ZONE 10 YARDS END ZONE

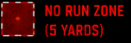
LINE TO GAIN (MIDFIELD)



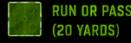
RUN PLAYS NOT ALLOWED IN RED ZONES
ALL PLAYS IN RED ZONES MUST BE A PASS




END ZONE (10 YARDS)
Can run or pass in this area




NO RUN ZONE (5 YARDS)
All plays in these areas must be a pass




RUN OR PASS OK (20 YARDS)
You can run or pass the ball in this area



LINE TO GAIN (MIDFIELD)
Must be crossed within 4 downs for a first down



KEY RULE
Cross midfield (line to gain) in 4 downs or less. Once across midfield, you have 3 downs to score.



★ WE PLAY FOOTBALL. THE NFL WAY. ★ WORCESTERFLAG.COM

1. The referee spots the ball in the middle of the field before the "Ready to Play" whistle. The ball may NOT be closer than 10 yards to any sideline.
2. Stepping on the boundary line is out of bounds.
3. "No Run" Zones prevent run plays. All plays in these zones must result in a forward pass across the LOS.

V. Timing

1. Games are played in two 12-minute halves with a running clock. Each team gets 3 timeouts for the entire game.
2. Clock stops for halftime, injuries, and at officials' discretion.
3. **25-Second Play Clock:** The offense has 25 seconds to snap the ball after the "Ready for Play" whistle.
4. **7-Second QB Pass Clock:** The quarterback has 7 seconds to throw the ball after the snap. If no pass is thrown, the play is dead, the down counts, and the ball returns to the line of scrimmage.
5. Timeouts do not carry over between halves.

CENTRAL MASS FLAG WORCESTER

GAME CLOCK & TIME MANAGEMENT

KNOW THE RULES. **MANAGE THE CLOCK.** PLAY THE RIGHT WAY.

1 GAME CLOCK

TWO 12-MINUTE RUNNING CLOCK HALVES

2-MINUTE HALFTIME

CLOCK STOPS FOR HALFTIME, INJURIES, AND AT OFFICIALS' DISCRETION.

HOME GUEST

12:00

PERIOD 1

x2 HALVES

02:00

2 PLAY CLOCK & TIMEOUTS

25-SECOND PLAY CLOCK

3 TIMEOUTS (30 SECONDS EACH) FOR THE ENTIRE GAME

TIMEOUTS DO NOT CARRY OVER BETWEEN HALVES

1ST HALF 2ND HALF

TIMEOUT 30 SECONDS

TIMEOUT 30 SECONDS

TIMEOUT 30 SECONDS

3 7-SECOND QB PASS CLOCK

IF NO PASS IS THROWN:

- PLAY IS DEAD
- DOWN COUNTS
- BALL RETURNS TO THE LOS

7 6 5 4 3 2 1

SECONDS

RESPECT THE GAME.

PLAY HARD. PLAY SMART. PLAY TOGETHER.

VI. Scoring

| PLAY | POINTS |
|--|----------|
| Touchdown | 6 points |
| PAT from 5-yard line (pass only) | 1 point |
| PAT from 10-yard line (run or pass) | 2 points |
| Safety (ball-carrier downed in own end zone) | 2 points |
| Interception returned for TD (regulation) | 6 points |
| Interception returned (PAT or overtime) | 2 points |
| Forfeit | 28-0 |

1. After scoring a TD, the team must declare 1-point or 2-point attempt. Changing the decision requires a timeout. Cannot change after a penalty.
2. A safety occurs when the ball-carrier is downed in their own end zone (flag pull, flag falls off, out of bounds, knee/arm down, fumble, or snapped ball lands in/beyond the end zone).
3. Coaches, officials, and scorekeeper must verify the score sheet. If a coach leaves without verifying, the score is FINAL.

MERCY RULE

If a team gains a 28-point advantage, play continues but the score is frozen.

NO OVERTIME IN REGULAR SEASON

Regular season games may end in a tie. See Section XVIII: Playoffs & Championships for overtime rules.

VII. Coaching Guidelines

1. Coaches are expected to adhere to Central Mass Flag Worcester philosophies, coaching guidelines, and code of conduct.
2. Coaches are permitted to coach from the sideline. Coaches are responsible for their fans' conduct and behavior plus any other associated team members in their designated team area.
3. A maximum of two non-players affiliated with a team may be on the sideline. These individuals may include coaches, team parents, media personnel, or statisticians, but no more than two are permitted at any time.
4. Defensive coaches must remain on the sideline, except to attend to an injured player.
5. Teams may huddle on the sideline with their coach to get a play call, but the play clock will not stop once the ball is signaled "Ready for Play."
6. See Section XVII for age-based on-field coaching rules.

VIII. Live Ball / Dead Ball

1. The ball is live at the snap and remains live until the official whistles it dead.
2. The official will indicate the neutral zone and LOS. It is an automatic dead ball foul if any player enters the neutral zone. Officials may give a "courtesy" notification before penalizing.
3. A player who catches the ball in the air is in bounds if their first foot (or body part other than the hand) contacts the ground in the field while maintaining possession.
4. Substitutions may be made during any dead ball period.
5. The defense may not mimic the offense's signals to confuse players. This and other unfair acts result in an unsportsmanlike conduct penalty on the Head Coach.
6. Any official can whistle the play dead.

Play is ruled DEAD when:

1. The ball hits the ground (spotted where it hit on snaps, pitches, and laterals)
2. The ball-carrier's flag is pulled
3. The ball-carrier steps out of bounds
4. A touchdown, PAT, or safety is scored
5. The ball-carrier's knee, shin, leg, forearm, or arm hits the ground
6. The ball-carrier's flag falls off
7. A receiver catches the ball with 1 or 0 flags on
8. The 7-second pass clock expires
9. Inadvertent whistle
10. Ball-carrier dives, jumps, or hurdles a player (Exception: diving to catch a pass or pull a flag is legal)

FUMBLE RULE

A fumble (loss of possession resulting in the ball hitting the ground) is dead at the spot of ground contact.

INADVERTENT WHISTLE

The team in possession can take the ball where it was blown dead (down counts) or replay the down from the original LOS. On the last play of a half or game, the offense gets one untimed down.

CHALLENGING A CALL

A team may use a timeout to question a rule interpretation. Correct ruling = timeout charged. Incorrect ruling = timeout returned and proper ruling enforced.

IX. Running

1. The ball is spotted where the ball is when the flag is pulled.
2. The quarterback cannot run across the Line of Scrimmage. The QB is whoever receives the snap (under center or shotgun).
3. Handoffs, pitches, and laterals are permitted behind the LOS only. If they happen after the ball crosses the LOS, the play is dead at the spot.
 - "Center sneak" is NOT allowed. The QB may NOT hand off to the center first.
 - Any player who receives a handoff, pitch, or lateral can throw from behind the LOS.
 - Once a handoff, pitch, or lateral occurs, the 7-second clock is eliminated and all defenders may rush.
4. Legal Handoff: Total loss of possession directly from one offensive player to another.
5. No running in the "No Run Zones" (5 yards before midfield and 5 yards before the goal line).
6. No jumping, leaping, or hurdling while advancing the ball. Play is blown dead at that spot.
7. Spinning, jump cuts, and leaving feet to avoid a collision are allowed. But if illegal contact is made while airborne, a penalty may be called.
8. No blocking or screening at any time.
9. Offensive players near the ball carrier must stop moving once the ball crosses the LOS. No running with the ball carrier.
10. Flag obstruction: Jerseys must be tucked in. Flags must be on the hips and unobstructed. Deliberate obstruction = flag guarding.
11. Once past the LOS, only the current ball carrier may possess the ball until the play is dead.

X. Passing

1. Only 1 forward pass per play, thrown from behind the LOS. Unlimited backward passes behind the LOS are allowed.
2. No intentional grounding. The QB may throw anywhere across the LOS to avoid a sack.
3. Any forward pass that doesn't cross the LOS is illegal, unless touched by a defender.
4. Shovel passes are allowed (must be a forward pass from behind the LOS, received beyond the LOS).
5. The QB has a 7-second pass clock. If no pass is thrown, the play is dead, the down counts, and the ball returns to the LOS.
6. If the QB is in the end zone when the clock expires, the ball goes back to the LOS (next down).
7. If the QB throws and catches their own pass, it's treated as an incomplete pass.

XI. Receiving

1. All players are eligible to receive passes (including the QB after a handoff, pitch, or lateral behind the LOS).
2. A receiver must have at least one foot or body part (not the hand) in bounds with possession.
3. Simultaneous possession by offense and defense = possession goes to the offense.
4. Interceptions are returnable: 6 points if returned for a score in regulation, 2 points during conversions or overtime.

XII. Rushing the Passer

1. All players who rush the passer must be a minimum of 7 yards from the LOS when the ball is snapped.
2. Up to 2 players can rush the quarterback.
3. Rushers MUST identify themselves by raising their hand before the snap.
4. Rushers MUST rush the passer immediately after the snap. Delayed rush is NOT permitted.
5. Players not rushing the quarterback can defend the line of scrimmage.

5U & 6U NOTE

All age groups may rush. In 5U & 6U, all offensive players must line up at least 5 yards back from the LOS. Rushers still must be 7 yards back. See Section XVII for full age-based rules.

6. Once the ball is handed off, pitched, or lateraled behind the LOS, all defenders may cross the LOS.
7. A rush line marker (or the official) will designate the 7-yard rush line. Defenders should verify position with the official every play.
8. Rushers may attempt to block a pass, but contact to the QB (unless incidental) = roughing the passer.
9. Rusher's PATH: The offense cannot impede the rusher's direct path to the QB (set pre-snap). If a moving offensive player disrupts the path = "Impeding the Rusher" penalty. If the offensive player is stationary, the rusher must go around them.
10. If the offense draws the rusher(s) across the marker before the snap, those rushers CANNOT legally rush that play.
11. Teams are never required to rush. The 7-second clock still applies.
 - **Legal rush:** From the 7-yard marker by designated rushers, OR from anywhere after a handoff/pitch/lateral.
 - **Illegal rush:** Leaving early, crossing the LOS before the snap, or rushing without being at the rush line = 5 yards + automatic first down.
 - **Sack:** QB's flags pulled behind the LOS. Ball spotted at the flag pull. If it happens in the end zone = 2-point safety.

XIII. Flag Pulling

1. A legal flag pull happens when the ball-carrier has full possession of the ball.
2. Defenders can dive to pull flags but cannot tackle, hold, or run through the ball carrier.
3. It is illegal to strip or pull the ball from the carrier's hands at any time.
4. If a flag falls off during a play while the player has the ball, the player is down immediately. Ball placed where the flag lands.
5. If a player with 1 or 0 flags catches the ball, the play is dead at that spot.
6. Defenders may NOT pull flags off a player who doesn't have the ball.
7. Flag guarding = stiff arming, dropping head/hand/ball/arm/shoulder, or covering flags with the jersey.

XIV. Formations

1. Minimum 1 player on the LOS (the center), maximum 4. The QB must be off the LOS.
2. Movement simulating the snap by a set player = false start.
3. The center must snap with a rapid, continuous motion between the legs. The ball must completely leave their hands.
4. Only 1 player in motion at the snap. Must be off the LOS. Motion must be parallel or backward to the LOS.
5. Players may shift positions at any time but must reset for 1 second before the snap.

XV. Unsportsmanlike Conduct

ZERO TOLERANCE

INTENTIONAL PHYSICAL PLAY WILL NOT BE PERMITTED. Intentional tackling, elbowing, cheap shots, or blocking = ejection. No appeals. Officials' discretion is final.

1. Offensive or confrontational language is NOT allowed. Officials determine what qualifies. Violations = unsportsmanlike penalty and possible ejection.
2. Players and coaches may not physically or verbally abuse any opponent, coach, or game official.
3. Ball-carriers MUST make an effort to avoid set defenders.
4. Defenders must give free releases off the LOS. Offensive players may NOT initiate contact with defenders.

Fan Conduct

1. Cheer for your players. Don't harass refs or opponents.
2. Keep it clean and profanity-free.
3. Compliment ALL players, not just one child or team.
4. Keep younger kids, coolers, chairs, and tents 10+ yards off the field in the end zone area.
5. Stay in the end zone area, not between fields.
6. Clean up all trash.

TWO STRIKES

Two (2) unsportsmanlike penalties on any player or coach in a single game = disqualification and possible additional discipline.

XVI. Penalties

General

1. The game officials will administer all penalties.
2. The officials will determine incidental contact that may result from the normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
4. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations.
5. Games or halves may not end on a defensive penalty unless the offense declines it.
6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.
8. Spot fouls administered in the end zone: Defensive (Ball on one-yard line, first down) / Offensive (Safety)

Defensive Spot Fouls

| PENALTY | RESULT |
|-----------------------------|-----------------------------------|
| Defensive pass interference | Automatic first down |
| Holding/Illegal Contact | +5 yards and automatic first down |
| Stripping | +5 yards and automatic first down |

Offensive Spot Fouls

| PENALTY | RESULT |
|-------------------------|---------------------------|
| Screening or blocking | -5 yards and loss of down |
| Charging | -5 yards and loss of down |
| Flag guarding | -5 yards and loss of down |
| Holding/Illegal Contact | -5 yards and loss of down |

Defensive Penalties

| PENALTY | RESULT |
|--|---|
| 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 (Starting rush from inside 7-yard marker) | +5 yards from line of scrimmage and automatic first down |
| Illegal flag pull (Before the receiver has the ball) | +5 yards from line of scrimmage and automatic first down |
| Roughing the passer | +5 yards from line of scrimmage and automatic first down |
| Taunting | +10 yards from line of scrimmage and automatic first down |

Offensive Penalties

| PENALTY | RESULT |
|--|---|
| 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 (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage) | -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 (More than one person moving) | -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 |
| Taunting | -10 yards from line of scrimmage and loss of down |

XVII. Age Division Guidelines

All standard rules apply unless modified below. All age groups may rush the passer.

a. 5U & 6U

1. "No Run" Zones are eliminated. Teams may run the ball anywhere on the field.
2. Rushing is allowed. All offensive players must line up at least 5 yards back from the line of scrimmage. Rushers must still be 7 yards back.
3. One coach per team is allowed on the field for both offense and defense.
4. Do-Over Rule: If the ball touches the ground during the center-to-QB exchange, it's a do-over with no loss of down (once per down). On a second consecutive occurrence, the down is consumed.

b. 7U and Above

1. "No Run" Zones are in effect.
2. Rushing is allowed under standard rules.
3. One coach per team is permitted on the field while their team is on offense.

XVIII. Playoffs & Championships

Playoff bracket format (seeds, byes, etc.) will be determined each season based on the number of teams per division.

Game Format

1. 12-minute halves with a 2-minute halftime.
2. 3 thirty-second timeouts per team.
3. 28-point mercy rule ends the game.

CENTRAL MASS FLAG WORCESTER

AGE DIVISION GUIDELINES

★ ALL STANDARD RULES APPLY UNLESS MODIFIED BELOW.
★ ALL AGE GROUPS MAY RUSH THE PASSER.

5U & 6U

"NO RUN" ZONES ARE ELIMINATED. TEAMS MAY RUN THE BALL ANYWHERE ON THE FIELD.

NO RUN

RUSHING IS ALLOWED. ALL OFFENSIVE PLAYERS MUST LINE UP AT LEAST 5 YARDS BACK FROM THE LINE OF SCRIMMAGE. RUSHERS MUST STILL BE 7 YARDS BACK.

ONE COACH PER TEAM IS ALLOWED ON THE FIELD FOR BOTH OFFENSE AND DEFENSE.

DO-OVER RULE: IF THE BALL TOUCHES THE GROUND DURING THE CENTER-TO-QB EXCHANGE, IT'S A DO-OVER WITH NO LOSS OF DOWN (ONCE PER DOWN). ON A SECOND CONSECUTIVE OCCURRENCE, THE DOWN IS CONSUMED.

7U AND ABOVE

"NO RUN" ZONES ARE IN EFFECT.

RUSHING IS ALLOWED UNDER STANDARD RULES.

ONE COACH PER TEAM IS PERMITTED ON THE FIELD WHILE THEIR TEAM IS ON OFFENSE.

PLAYOFFS & CHAMPIONSHIPS

PLAYOFF BRACKET FORMAT (SEEDS, BYES, ETC.) WILL BE DETERMINED EACH SEASON BASED ON THE NUMBER OF TEAMS PER DIVISION.

GAME FORMAT

- 12-MINUTE HALVES
- 3 THIRTY-SECOND TIMEOUTS PER TEAM
- 28-POINT MERCY RULE ENDS THE GAME.

Overtime

1. There are no ties in the playoffs.
2. **Pre-Overtime Meeting:** At the end of regulation, if the score is tied, coaches and team captains must meet at midfield. Officials will briefly review the overtime procedure before play begins.
3. **One Play Each:** Each team receives one play from the opponent's 10-yard line.
4. **Determining First Possession:** Team captains will use Rock-Paper-Scissors to decide which team goes on offense first.
5. **Spot Selection:** The team that does not take first possession will choose which 10-yard line the play is run from.
6. **Determining the Winner:** The team that scores or gains the most yardage on its one play is declared the winner.
7. **Negative Yardage:** Yardage can be negative if the quarterback is flagged behind the line, a ball carrier is pulled for a loss, or a penalty enforces a spot behind the line. Negative yardage counts and may determine the outcome.
8. **Multiple Rounds if Needed:** If both teams record identical results on their plays (same yardage or both score), another round is played using the same procedure. Overtime rounds continue until a winner is determined.

COACHES TAKE NOTE

Negative yardage from a sack or penalty can cost your team the win in overtime. Discuss strategy before taking the field.

Punctuality

1. Games start on time. No delays.
2. 2-minute grace period before the clock starts.
3. After the grace period, team timeouts start burning.
4. After 5 minutes total (2-min buffer + three 30-second timeouts) = automatic forfeit (28–0).

Minimum Players

1. 4 players: Game played 4-on-4.
2. 3 or fewer: Automatic forfeit (28–0).



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League officials and administrators retain authority to interpret and enforce rules in situations not explicitly covered in this rulebook.

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