

DIVISIONS

CO-ED	6/7/8/9/10/11/12/13U
ALL GIRLS	12/14/16U
AGE CUT OFF	JANUARY 1, 2025

GAME

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 of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.

Divisions 6U & 7U only:

1. NO BLITZING
2. Teams have four (4) downs to reach midfield and four (4) downs to score after crossing midfield
 - If a team fails to make (1) first down or TD, change of possession and the ball resets to the 5-yard line
3. NO PUNTING
4. NO RUN ZONE or PASS ONLY ZONES DO NOT APPLY

Divisions 8U and above only:

1. The offensive team takes possession of the ball at its 5-yard line
2. Teams have four (4) downs to cross midfield and three (3) downs to score
 - If a team fails to make (1) first down or TD, change of possession and the ball resets to the 5-yard line

All drives begin at 5-yard line with the exception of an interception.

Teams will change directions after the first half.

BALL IS SPOTTED WHERE THE BALL IS AT THE TIME OF FLAG PULL

The official will indicate the neutral zone and line of scrimmage.

The ball is live at the snap of the ball and remains live until the official whistles the ball dead. Play is ruled “dead” when:

- Ball hits the ground
 - o If the ball hits the ground due to a bad snap, the ball is then placed where the ball hit the ground
- Ball carrier's flag is pulled
- Ball carrier steps out of bounds
- Ball carrier's knee or arm hits the ground
- The ball carrier's flag falls out
- The receiver catches the ball while in possession of one or no flag(s)
- The 7 second pass clock expires
- A touchdown, PAT or safety is cored
- Inadvertent whistle
 - o If this occurs, then the offense has 2 options:
 1. Take the ball where the whistle blew, and the down is consumed
 - OR
 2. Replay the down from the original line of scrimmage
 - o If it occurs on the last play of the half or game, the offense will be awarded one (1) untimed down and given the two options listed above

Note: There are no fumbles. The ball becomes a dead ball. (If the ball is fumbled forwards, then it will be spotted where the ball carrier lost possession.

FLAGS/UNIFORMS

- Flags MUST be transparent and cannot be the 100% same color as a player's shorts.
- ADULT CONNECTORS ARE PROHIBITED AND ILLEGAL
- soft shell helmets/padded headbands AND mouthpieces are MANDATORY
- NO POCKETS on shorts
- NO SHADES/SUNGLASSES - this is not a fashion show.
- NO JEWELRY
- WRISTBAND TYPE plays must be on wrist and NOT on flag belt.
- NO METAL CLEATS

FOOTBALL SIZES

6U & 8U: Pee-Wee (Size 6)

14U: Youth (Size 8)

10U & 12U: Junior (Size 7)

15U & Up: Official (Size 9)

NOTE: Teams may opt to use a bigger size football

FIELD DIMENSIONS & BOUNDARIES

The field dimensions will be 30 yards wide by 70 yards in length which includes (2) 10-yard end zones, and a midfield line-to-gain. No-run zones precede each line-to gain by 5 yards.

No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be passing plays, even with a handoff. (6/7U) does not apply, they may run at any time.)

SPECTATORS BOUNDARIES

ALL spectators MUST BE BEHIND the cones/rope at all times.

If no cones/ropes are present, the field commissioner will inform you where the spectator boundary is located. Boundary will be AT LEAST 7-10 yards away from the sidelines/endzones.

ROSTERS

Teams must consist of at least (5) five players with a limit of 14 players Max per team.

Teams must start games with a minimum of (4) four players.

In the event of an injury, a team with insufficient substitute players play with (4) four players on the field but no fewer than four.

GAME PLAY

- (2) 11-minute halves, continuous clock
- “MERCY RULE”: if one team gains a 28-point advantage at any time, then game will end
 - o ONLY effective during single elimination day
- Clock stops only for timeouts or injuries at the officials/tournament director’s discretion.=
- Halftime is one minute
- 30 seconds to snap the ball once ball is spotted
 - o (1) warning will be given to each team prior to a delay-of-game penalty is enforced
- (2) 30 second timeouts per team per game
- The game clock does not run during extra-points after a time out has been called
- Officials can stop the clock at their discretion
- In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.

- Injured player must exit the field of play for at least one play if attended to during an injury timeout.

SCORING

Touchdown	6 Points	PAT (1 point)*	From 5 yard line (pass only except 6/7U)
Safety	2 Points	PAT (2 points)*	From 10 yard line (run or pass)

* may be intercepted and returned for 2 points

Coaches, officials and scorekeeper (optional) must sign the score sheet. If a coach does not sign the score sheet before leaving the field, the scorekeeper/official will note on that score sheet and the score will be FINAL

OVERTIME

Visiting team will call the coin toss. Winning team will have the choice of offense or defense.

Overtime will only occur during SINGLE ELIMINATION DAY. Pool play games will be allowed to end in a tie.

1 st Overtime	Each time will have (1) play and may choose to go for 1 point or 2-point conversion
2 nd Overtime (Longest Yard Gained)	Each team will have one play starting from their own 5-yard line. The team with the longest yards gained will be determined as the winner. The team that was on offense last during 1 st overtime will be on defense first for the 2 nd overtime

COACHES

Coaches are expected and *REQUIRED* to adhere to XL/NFL FLAG philosophies, coaching guidelines, and code of conduct. Any violation of this rule may result in the *IMMEDIATE REMOVAL* from event.

Only (5) *REGISTERED* coaches/staff per team are allowed on the sidelines; including *approved* photographers and team managers.

Coaches, this is your responsibility to keep your fans in the designated areas. Failure to do so will result in an Unsportsmanlike Conduct penalty.

ON FIELD DURING PLAY

6U & 7U Divisions	(1) defense coach Once ball is in play both coaches <i>must be at least</i> 10 yards away from the LOS
8U Division	(1) offense coach No defense coach
10U & Up Divisions	No coaches allowed once ball is in play

CHALLENGES

A team is allowed to use a timeout to question an official's rule. If the official's ruling is correct, the team will be charged with a timeout. If the rule is interpreted incorrectly, the timeout will not be charged, and the proper ruling will be enforced. Officials should all agree upon any controversial call-in order to give each team the full benefit of each call.

Coaches must approach officials with respect during the time-out.

All final decisions are at the tournament director's discretion.

Please remember, we are here for our keiki! Let's come together and enjoy the competition while our keiki have fun and compete in the sport they love!

MAHALO,