

Basic Game Rules for All Divisions:

- The game starts with a coin flip, with the away team calling the flip.
 - The winner of the coin flip can choose to start on offense or defense first.
 - If they choose offense first, they will be on defense to start the second half.
 - If they choose defense first, they will be on offense to start the second half.
 - The game can continue as long as there are at least 3 players available. Coaches must discuss and confirm continuation of play.
 - Each team is allocated 2 timeouts per half.
 - The clock stops only if a player goes out of bounds or an incomplete pass occurs. Within the final 2 minutes of each half, a timeout is taken, or in the case of an injury.
- Note for coaches: Tie or make arrangements for excess flag belt length to be secured to ensure it is not confused with a player's flags.

Pre K-K-1 Division:

- Same coin flip procedure as mentioned.
- The field size is 30 yards, and it is played between the hashes.
- Each team has 4 attempts to gain a first down (to the 15-yard line) or score
- Defense should line up 3-5 yards off the ball. Any player can rush from 5 yards off the ball.
- A touchdown counts as 7 points; no extra points are needed.
- No blocking is allowed by the offense. A player can set a pick but cannot be a moving pick. - The play is over if the player steps out of bounds, their flag is pulled by an opposing team member, or a fumble occurs past the line of scrimmage.
- 1 coach is allowed on the field for each team but must not impede or interfere with the play once the ball is snapped.
- QB can only scramble if rushed. Qb has 5 seconds to get rid of the ball before the ball is down.
- Backwards laterals are permitted.
- Fumbles are considered down at spot of the ball.
- Fumbles in the endzone are a dead ball and replay down.

2-3, 4-5, 6-8 Divisions:

For the 2-3rd Division only, 1 coach is allowed on the field to assist with play calling and lining up players but must not interfere with the game once the ball is snapped. (No directing players on the field). If this occurs, a warning will be given, and a second occurrence will result in a penalty, automatic first down if against the defense or loss of down for the offense.

Coaches will be on the sidelines for the 4-5, 6-8th divisions.

- The game is 5 on 5. Unless there are enough players to go 7 on 7.
- The field size is 40 yards, and the 45-yard line is considered the endzone for defensive turnovers.
- The offense can have 1 lineman to snap the ball, with any formation acceptable as long as there is at least one lineman to snap.
- All players are eligible for passes, and no center handoffs are allowed.
- The quarterback cannot run with the ball unless they have handed it off to another player first and received it back, or has scrambled outside of the pocket after being rushed on a passing play (5 yards from where the center snaps the ball). No QB Draws. QB can only scramble if rushed. Qb has 5 seconds to get rid of the ball before the ball is down.
- Backwards laterals are permitted.
- Fumbles are considered down at spot of the ball.
- Fumbles in the enzone are a dead ball and replay down.
- Flag guarding results in a dead ball at the spot of the foul and loss of down.
- No blocking is allowed by the offense. A player can set a pick but cannot be a moving pick.
- If the ball hits the ground beyond the line of scrimmage, the play is over and considered down at the spot of the ball.
- A player is considered down when any body part other than their feet, hands, or forearm touches the ground, or their flag has been removed by an opposing player.
- Coaches must ensure that flags are securely attached before the start of a play.

- The defense can line up in any formation and at any depth on the field. Players can only rush the quarterback if they are lined up 7 yards off the ball. Any player at this depth can rush the quarterback. All players can rush on running plays or once the ball has left the quarterback's hands.
- The game consists of 2, 15-minute halves, with time stopping for timeouts, injuries, and the two-minute warning in each half.
- Each team will get 2 timeouts per half.
- The focus of this Division is on the kids' learning and enjoyment of the sport, emphasizing fun over competitiveness.
- Interceptions are returnable.