**Basic Game Rules for All Divisions**

Rule Changes:

K-1 division only one rusher allowed until the ball is handed off. *Players can approach the line of scrimmage but cant pass it until it is determined to be a run play.*

2-3rd Division only 1 rusher allowed on pass plays or until the ball is handed off. *Players can approach the line of scrimmage but cant pass it until it is determined to be a run play.*

2nd-3rd, 4th-5th, 6-8th Divisions- No Run Zone 5yards from the endzone. No rusher in no run zone. *Only pass plays can occur and the defense can not rush*

Please send an email to [nmarsflagfootball@gmail.com](mailto:nmarsflagfootball@gmail.com) for whether you vote yes to the rules for your division. Also if you have other suggestions please send those rules to the same email address.

\*Reminder Blocking is not allowed in any division. Kids can stand still similar to setting a screen or pick in basketball but a block with arms out stretched will result in the play being called dead and loss of down and potentially a penalty of loss of yards if it occurs multiple times in a game.

1. **Coin Flip and Start of Game**:
   * The game begins with a coin flip, with the away team making the call.
   * The coin flip winner chooses whether to start on offense or defense.
   * If they choose offense, they will be on defense to start the second half, and vice versa.
2. **Minimum Players**:
   * The game can continue as long as at least 3 players are available. Coaches must discuss and agree to continue play.
3. **Timeouts**:
   * Each team is allotted 2 timeouts per half.
   * Officials may call timeouts as needed.
4. **Clock Stoppages**:
   * The clock stops when a player steps out of bounds or there is an incomplete pass.
   * In the final 2 minutes of each half, the clock stops for timeouts, injuries, or other necessary stoppages.
5. **Flag Belts**:
   * ***Coaches must ensure that flag belt excess is tied to prevent confusion with a player's flags.***
   * If the belt is untied during a play, retie it afterward.
   * ***If the belt is untied before the play starts and the player runs with the ball, the play will be blown dead with a loss of down****.*
6. **Delay of Game Penalty**:
   * ***Offenses have 20-30 seconds to call a play.***
   * A delay of game results in a 5-yard penalty or a loss of down if the offense is at the starting point (e.g., 30- or 40-yard line).
7. **Defense and Rushing**:
   * ***Defensive players cannot rush until the ball is snapped***.
   * They must be lined up at least 5 or 7 yards off the ball, depending on the division.
8. **Division-Specific Defensive Distance**:
   * **Little Tykes (K-1st Grade)**: Players must line up 5 yards off the ball, unless the ball is at the goal line.
   * **2nd-8th Grade Divisions**: Players must line up 7 yards off the ball, unless the ball is at the goal line.
9. **Blocking and Picks**:
   * ***No blocking is allowed by the offense.***
   * ***Offensive players can set a pick, but their feet must be stationary, and arms cannot be extended.***
10. **First Downs**:
    * First downs occur at the halfway point of the field (based on field size). Example: 20-yard field = 10-yard line; 30-yard field = 15-yard line; 40-yard field = 20-yard line; 50-yard field = 25-yard line.

**Little Tykes & K-1st Grade Divisions**

1. **Field Size**:
   * K-1 Division plays on a 30-yard field between the hashes.
   * Little Tykes play on a 20-yard field, also between the hashes.
2. **Offensive Attempts**:
   * Each team has 4 attempts to either gain a first down (to the 15-yard line) or score.
3. **Defense**:
   * ***K-1 Division-Players must line up 5 yards off the ball and wait for the ball to be snapped to rush.***
   * ***If they move early (Before the ball moves), it results in a false start (5-yard penalty or a first down).***
   * ***Interceptions are returnable.***
4. **Touchdowns**:
   * Touchdowns are worth 7 points; no extra points are required.
5. **Coaching on the Field**:
   * K-1: One coach is allowed on the field per team but must not interfere with the play.
   * Little Tykes: Two coaches may be on the field, and a parent can encourage from the end zone.
6. **Quarterback Rules**:
   * ***\*\*K-1 Division- The quarterback (QB) can only scramble if rushed and throwing a pass.***
   * The QB has 5-7 seconds to throw the ball. *No designed QB runs are allowed*. QB can scramble and run if being rushed but no QB draws.
7. **Ball Handling**:
   * Backward laterals are permitted.
   * Fumbles beyond the line of scrimmage are considered down at the spot of the ball. In the end zone, fumbles result in a dead ball with replay or loss of down.

*Fumbles can be picked up behind the line of scrimmage but the player can not be on the ground.*

* + Flag guarding results in a dead ball at the spot of the foul.

**2nd-3rd, 4th-5th, 6th-8th Grade Divisions**

1. **Coaching on the Field**:
   * **2nd-3rd Grade**: One coach can assist on the field but must not interfere with play once the ball is snapped. Repeated interference results in a penalty.
   * **4th-5th, 6th-8th Grade**: Coaches remain on the sidelines unless an agreement is made between both coaches to be on the field.
2. **Game Format**:
   * Games are typically 5-on-5, but teams can play with fewer or more players if both coaches agree.
3. **Field Size**:
   * **4th-5th Grade**: 40-yard field, end zone at the 45-yard line.
   * **6th-8th Grade**: 50-yard field, end zone extends to the 50-yard mark.
4. **Offensive Rules**:
   * The offense must have at least 1 lineman to snap the ball.
   * All players are eligible receivers; no center handoffs allowed.
   * The quarterback cannot run unless rushed or after a handoff or lateral.
5. **Defensive Rules**:
   * The defense can use any formation, but rushing the QB is allowed only from 7 yards off the ball.
   * Rushing is allowed once the ball leaves the QB's hands on running plays or once the ball is snapped and the QB is throwing.
6. **Game Time**:
   * Games consist of two 15-minute halves.
   * The clock stops for timeouts and injuries, and during the 2-minute warning in each half.
   * Each team gets 2 timeouts per half.
7. **Other Rules**:
   * Interceptions are returnable.
   * The play is considered over if the ball touches the ground beyond the line of scrimmage or a player is down (flag pulled, fumble, etc.). *If the snap/handoff is fumbled it can be picked up as it a live ball as long as it is behind the line of scrimmage.*