



## **GENERAL**

- *7 Week Season - 5 Week Regular Season, 1 Week of Playoffs & 1 Week Championship Games for each Division.*
- *Younger divisions will play earlier in the evening.*
- *Games will start on the hour every hour starting at 5 PM or 6 PM EST.*
- *Games are a total of 45 minutes - Two (2) 20 Minute Halves - One (1) 5 minute Half-Time.*

## **DIVISIONS**

- *U7 - 6 Teams - 10 players/team - 60 total spots/players*
- *U9 - 6 Teams - 10 players/team - 60 total spots/players*
- *U12 - 6 Teams - 10 players/team - 60 total spots/players*
- *U14 - 6 Teams - 10 players/team - 60 total spots/players*
- *PARENTS NEED TO BE THE COACHES OF THE TEAMS.*

## **PLAYOFF**

- *Top Three Teams in each Division Advance. This includes the best win/loss record and points scored per game. (\*points per game total will be added up to decide on win/loss record tie breaker\*)*
- *The First Place Team in Each Division is automatically in the Championship Game in Week #7.*
- *The First Place Team will have a bye-week in Week 6.*
- *The Second & Third Place Team in Each Division playoff in Week 6.*
- *Winner of the Second & Third Place playoff will play the First Place Team in the Championship Game.*





## **GAME STRUCTURE**

- 7v7
- 20 Minute Halves (2) and 2-5 Minutes for Half-Time
- Each team has two (2) 30-second timeouts per half
- 2 Coaches - MAX - per team. COACHES MUST BE PARENTS. One coach will be responsible for Offensive Play and One coach will be responsible for Defensive Play.
- Zero Contact - WE WANT TO PROMOTE PLAYERS STAYING ON THEIR FEET. NO DIVING FOR FLAGS.
- Mouthguards required - PARENTS RESPONSIBLE FOR THIS.
- CASH PRIZE FOR CHAMPIONS IN EACH DIVISION.

## **SCORING**

- Points in each game will be calculated to decide which teams will advance to the playoffs if there is a tie in the amount of wins & losses.
- Touchdown: 6 points
- PAT (point after touchdown) 1 point (5-yard line) or 2 points (10-yard line).  
Note: 1-point PAT is pass only; 2-point PAT can be run or pass.
- Safety: 2 points. Note: A safety occurs when the ball-carrier is declared down in his/her own end zone.
- After one team is winning by 34 points or more, the score is no longer kept. Once a 34 or more-point advantage is gained, no PAT will be attempted. The game will continue in scrimmage mode for the remainder of the game.
- Forfeits are scored 20-0 for the winning team.
- Every game starts with a coin toss (there are no kickoffs).
- The starting team begins on its own 5-yard line and has four downs—essentially four plays—to cross midfield for a first down.
- If the offense fails to advance after three attempts, they can “punt,” meaning they turn over the ball to the opposing team, which then starts from its own 5-yard line. Or they can go for a first down, but if they fail, the opposing team takes over possession from the spot of the ball.
- Once midfield is crossed, the offense has three downs to score a touchdown. Midfield is the “first down” mark.





## **RULES**

- *The quarterback is NOT allowed to run with the ball, unless it was handed off first. They can run behind the line of scrimmage (roll out or dash plays), but they CANNOT attempt to gain yardage. After five seconds behind the line of scrimmage, the defense can rush past the line of scrimmage to sack the quarterback.*
- *Laterals and pitches are NOT allowed—only direct handoffs are permitted.*
- *Center sneak plays are NOT allowed.*
- *There are no fumbles. Instead, the ball stays in possession of the offense and is spotted where the ball-carrier's feet were when the fumble occurred (fumbles will be a loss of down for U12 & U14 and a turnover if a fumble on 4th down).*
- *Players CANNOT obstruct or guard their flags. FLAG CHECKS WILL BE ENFORCED EACH CHANGE OF POSSESSION (U12 & U14 will be penalized by referee if flags are not on properly).*
- *When players run with the ball, their feet CANNOT leave the ground to avoid a defensive player. In other words, players can spin to avoid their opponent, but they can't leap or dive. BALL WILL BE SPOTTED AT THE SPOT PLAYER LEFT THEIR FEET.*
- *Interceptions are allowed, but look a little different in flag football. They change possession of the ball at the point of the interception. So if an interception occurs, the referee blows the whistle and the play is dead. Interceptions are the only change of possession that does not start on the team's 5-yard line.*
- *Players who rush the passer must stand at least five yards off the line of scrimmage when the ball is snapped, while players who are not rushing the passer may start on the line of scrimmage. The five-yard rule no longer applies once the ball is handed off—all defenders are allowed to go behind the line of scrimmage at that point.*
- *A sack occurs when a defensive player pulls off the quarterback's flag(s) behind the line of scrimmage. The quarterback, or anyone in possession of the ball, is down when their flag(s) are removed.*

