



FLAG FOOTBALL



RULE BOOK

1st EDITION

2024 SUMMER FLAG FOOTBALL

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SEASON DATES:

-REGISTRATION:

- OPENS FEB 1**
- EARLY REGISTRATION ENDS APRIL 1**
- FINAL REGISTRATION APRIL 15**

-SEASON:

- YOUTH REGULAR SEASON: MAY 18 - JUNE 15**
- PLAYOFFS — WEEK OF JUNE 24-29**

- ADULT REGULAR SEASON: MAY 12 - JUNE 16**
- ADULT SEMIS/FINALS —JUNE 23**

DIVISIONS:

- ENTERING K/1**
- 2/3**
- 4/5**
- MS**
- ADULT (16+)**



COMPETITION, COMMUNITY, CHRIST

MISSION — OUR “WHAT”

3:16 Field House Sports exist to create an atmosphere of competitiveness and community so that Christ would be lifted up and draw all people to Him.

VISION — OUR “HOW”

3:16 Field House Sports seeks to impact our community for the Gospel by:

- 1) Creating authentic relationships which model the truth & hope of the Gospel.
- 2) Sharing the Gospel with every athlete, family member, supporter, and volunteer.
- 3) Striving to redeem the use of competition within our fallen world by focusing on the Character that sports reveals and transforming the way that participants compete.
- 4) Refocusing the emphasis on winning, so that the definition of a win mirrors the progress of a growing, authentic relationship with Christ.
- 5) Competing at the highest level that each athlete and coach is capable of, because the way in which we compete is an opportunity to honor Christ.
- 6) Celebrating victories, but also encouraging those who have fallen short to not quit.
- 7) Showing sportsmanship for all levels of play, from every athlete, coach, and volunteer, both on and off the field or court.

PHILOSOPHY — OUR “WHY”

The Language of Sports is a language that is spoken across all manner of cultures and communities. It is a common denominator that allows relationships to be built. When Jesus ministered to people He met a physical need, and *then* He met a spiritual need. Sports ministry helps us to build connections with people to appeal to their physical needs (exercise, community, purpose, vision, etc) so that we can meet their spiritual needs (salvation, exhortation, realization of their calling, etc).

WHAT IS COMPETITION, AND WHY DOES IT MATTER?

Competition is an issue that elicits several different responses, but when we understand a healthy reason for competition, we can see that competition is not only a good thing but is a necessary thing! God is the creator of all things— including competition!

The World wants to define competition as establishing dominance over their opponent. This is an example of “***Broken Competition.***” The World has a desire to take things that God has created and change the focus from God to ourselves. In this Broken mindset, it is easy for our identity to be rooted in wins and losses. The outcome of games can begin to define who we are and what we can be.

The opposite of Broken Competition is what we call “***Redeemed Competition.***” The Bible uses the imagery of competition quite often throughout Scripture. The Greek word that we use for “contest” or “compete” can be translated as “to strive ***with.***” If we view Competition as an opportunity to strive ***with*** one another in order to bring out the best in ourselves and our opponent, competition can be redeemed and the glory from competition can be shifted back to God.

No one finds joy in losing, but with a Biblical perspective on competition we can glorify God in how and why we compete. When we understand that competition is an opportunity to push ourselves and our opponents to improve, we can celebrate progress rather than outcomes. We are able to compete more intensely when we realize that our identity is not wrapped up in the outcome and we can leave it all on the field!

EXPECTATIONS FOR SPECTATORS AND PLAYERS

THE FOLLOWING EXPECTATIONS ARE IN PLACE FOR ALL SPECTATORS AND PLAYERS:

- Teach accountability and responsibility by making practices and games a priority.
- Maintain a positive attitude towards all players, athletes, coaches, officials, volunteers, and other spectators.
- Encourage all players and spectators to view sports as an opportunity to focus on progress, not just wins and losses. Competition is a healthy way to learn how to overcome adversity and achieve goals as an individual and as part of a team.
- Compete at the highest level that you are capable of, knowing that striving for excellence is a way to honor God.

_____ Athlete's Name _____ Athlete's Signature

_____ Parent Name _____ Parent Signature

_____ Date

SCRIPTURE MEMORIZATION

Scripture memorization is an important part of spiritual development. With a high emphasis on hiding God's Word in our heart, teams will be given a theme verse every other game. This helps to hold our coaches and parents to a high standard when it comes to sharing the Gospel and helps develop these athletes both on and off the court. The teams will line up prior to each game and will recite the verse to a coach from the opposing team. Every athlete who successfully recites the verse will be tallied, and the total tally will go towards an end of season reward for the team with the most verses memorized. Scripture memorization will also be the first criteria in a tiebreaker scenario.

There will be several verses to memorize throughout the course of the season. If a player can't memorize the verse for the first game, they will get another opportunity to memorize a verse for the following game.

CHILDREN'S LEAGUE — FLAG FOOTBALL
GRADES K/1
6V6

RULES

- Two 15 minute halves rolling clock; no Overtime.
- Each team has one 60-second Time Out per Half.
- Coaches must attempt to equalize playing time (if possible).
- 5 minute halftime.
- The Home team gets possession of the ball at the beginning of each game.
- The Visiting team gets possession of the ball at the start of the second half.
- 6 players on field for each team. **1 coach is permitted on the field for each team for K/1 Division.**
 - The QB will pick the ball up off the QB tee to begin each play.
 - Defense may be either man-to-man or zone defensive scheme
- No blitzing allowed.
- Runners can be called down when their flag is pulled, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs, or if a snapped ball lands in or beyond the end zone.
- No “flag-guarding” shall be allowed. Five (5) yard penalty from the spot at which the foul occurs.
- The offensive team takes possession of the ball at the 40-yard line and has four (4) downs to cross the line to gain. Once a team crosses the line to gain, it has four (4) downs to score a TD.
 - The offensive team has the opportunity to attempt a 4th Down Conversion to reach the line to gain or score a touchdown. If the 4th Down Conversion fails, the defensive team is awarded possession of the ball.
 - The offensive team may declare a “punt,” and the possession would go to the opposing team.
- No fumbles — dropped balls by a ball carrier result in a dead ball at the spot of the fumble.
- It is illegal to attempt to strip or pull the ball from the ballcarrier’s possession at any time.
- Any player who receives a handoff or lateral can throw the ball from behind the line of scrimmage.
- There is no foul for intentional grounding.
- One foot or other body part must be established in bounds to complete a catch.
- Interceptions are worth 3 points, **PLUS** possession at the 40-yard line. Interceptions are not returnable.
- BLOCKING** — “basketball” blocking is allowed. The blocker can use their body to screen a ballcarrier from a defensive player. No “contact blocking” allowed.

SCORING

- Six (6) points shall be awarded for a Touchdown.
- Point After Try (PAT):
 - 1 Point awarded for successful try from 5 yard line.
 - 2 Points awarded for successful try from 10 yard line.
- Interceptions result in a change of possession & three (3) points for the defense. Interceptions are not returnable.

PENALTIES

- This is a no-contact league; any flagrant contact is cause for immediate ejection as per officials discretion.
- Unsportsmanlike conduct is grounds for ejection. No foul language, fighting, or arguing of calls.
- No arguing of calls. **Only** a coach may ask for a rule clarification.
- Offensive Penalties:
 - False Start: 5 yard penalty, replay down.
 - Illegal Shift: 5 yard penalty, replay down.
 - Illegal Formation: 5 yard penalty, replay down.
 - Flag Guarding: 5 yard penalty from spot of the foul.
 - Blocking/Holding: 5 yard penalty; ejection for excessive contact as per officials discretion.
 - Offensive Pass Interference: 5 yard penalty and loss of down.
- Defensive Penalties:
 - Tackling or Holding: 5 yard penalty, ejection for excessive contact as per officials discretion.
 - Offsides: 5 yard penalty, replay down.
 - Pass Interference: 5 yard penalty; no loss of down (Ex. If foul occurred on 2nd Down, 5 yd penalty, and still 2nd Down).
 - Illegal Rushing: 5 yard penalty, replay down.
 - **If within 10 yard line, all defensive penalties are half the distance to the goal**

EQUIPMENT

- All players must wear league issued flag belts and flags. All players **MUST** wear mouth guards at all times while on the field.
- Players must wear league approved shoes. Cleats with exposed metal are not allowed on the turf at any time. Tennis Shoes, Turf Shoes, and Shoes with plastic molded cleats are approved.
- Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads, and knee pads. Braces with exposed metals are not allowed.
- Players are not permitted to wear jewelry of any kind (necklace, chain, earrings, etc).
- Players are not permitted to wear hats of any kind during play.
- Players jerseys must be tucked into shorts or pants during play.
- Players must have shorts without pockets. (Players who have shorts **WITH** pockets must tape them up using duck tape. Games will not be delayed for a player to tape their pockets.)
- All players will be checked for appropriate equipment prior to start of the game. Please have players in place at least 10 minutes prior to the start of each game.
- Participants will be issued league approved flags and mouth guards as part of player equipment. Extra belts, flags, and mouth guards may be available for purchase.
- The K/1 football will be a **Pee Wee** size ball.

FIELD

- The field dimensions will be as follows:
 - K/1 Division — 25 yds W by 40 yds L, with a 7 yd End Zone

YOUTH — FLAG FOOTBALL
GRADES 2/3
6V6

RULES

- Two 20 Minute halves; rolling clock. 5 minute halftime
- Each team has one 60-second Time Out per Half.
- There shall be a **30 second play clock beginning at the placement of the ball.** Time kept by official on field.
- No Overtime in Regular Season games.
 - OT in playoff games:
 - Offense starts on 20-yard line, with 4 plays to score.
 - If Offense scores, the opposing team has the opportunity to tie the game.
 - After first OT, the ball will be placed at the 10-yard line and teams will have 1 play to score.
 - OT continues with 1-play per team until tie is broken.
- Captains from each team meet at midfield for pre-game handshake.
- The Home team gets possession of the ball at the beginning of each game.
- The Visiting team gets possession of the ball at the start of the second half.
- All possessions start at the 40-yard line.**
- The offensive team takes possession of the ball at the 40-yard line and has four (4) downs to cross the line to gain (midfield). A team may elect to “punt”—the opposing team would begin their possession at the 40 yd line. No points awarded to defense if a team elects to “punt”.
- A turnover on downs forces a change of possession and is worth two (2) points for the defense.
- Once a team crosses the line to gain, it has four (4) downs to score a TD.
- A ballcarrier shall be determined “down” at the spot at which their flag was pulled, or if there is a fumble.
- No “flag-guarding” shall be allowed. Five (5) yard penalty from the spot at which the foul occurs.
- There shall be a 7 second pass clock for all downs.** If the QB does not throw the ball within the 7 second pass clock, the play is blown dead and a loss of down occurs. No loss of yardage shall occur for play clock violation.
- The 2/3 Grade Division is a passing only league. No direct handoffs allowed in this division. Laterals, tosses, and screens are allowed; defenders may pursue a ballcarrier who receives a lateral, toss, or screen.**
- The defense is not allowed to rush the QB, and may not cross the line of scrimmage until after a pass, toss, or lateral is thrown.

SCORING

- Six (6) points shall be awarded for a Touchdown.
- Point After Try (PAT):
 - 1 Point awarded for successful try from 5 yard line.
 - 2 Points awarded for successful try from 10 yard line.
 - If the PAT is intercepted, the defense receives the same amount of points as the Try.**
 - Ex. — 2 pt conversion attempt is intercepted—defense is awarded 2 points.**
 - If the PAT is unsuccessful (offense is stopped short of the goal line, or an incomplete pass), no points awarded to the defense.**
- Interceptions are worth 3 points, **PLUS** possession at the 40-yard line. Interceptions are not returnable.
- Turnover on Downs: defense receives 2 points, and possession of the ball.

ALIGNMENT

- 6 players on field for each team.
 - The QB is an ineligible receiver—no “throwbacks” to the QB after the ball leaves their hand.
 - All other players are eligible receivers.
 - Defense may be either man-to-man or zone defensive scheme.

PENALTIES

- This is a no-contact league; any flagrant contact is cause for immediate ejection as per officials discretion.
- Unsportsmanlike conduct is grounds for ejection. No foul language, fighting, or arguing of calls.
- No arguing of calls. **Only** a coach may ask for a rule clarification.
- Offensive Penalties:
 - Delay of game: 5 yard penalty, replay down.
 - False Start: 5 yard penalty, replay down.
 - Illegal Shift (2 players in motion): 5 yard penalty, replay down.
 - Flag Guarding: 5 yard penalty from spot of the foul.
 - Blocking/Holding: 5 yard penalty; ejection for excessive contact as per officials discretion.
 - Offensive Pass Interference: 5 yard penalty and loss of down.
- Defensive Penalties:
 - Tackling or Holding: 5 yard penalty, ejection for excessive contact as per officials discretion.
 - Offsides: 5 yard penalty, replay down.
 - Pass Interference: 5 yard penalty; no loss of down (Ex. If foul occurred on 2nd Down, 5 yd penalty, and still 2nd Down).
 - Illegal Rushing: 5 yard penalty, replay down.
 - **If within 10 yard line, all defensive penalties are half the distance to the goal**

EQUIPMENT

- All players must wear league issued flag belts and flags. All players **MUST** wear mouth guards at all times while on the field.
- Players must wear league approved shoes. Cleats with exposed metal are not allowed on the turf at any time. Tennis Shoes, Turf Shoes, and Shoes with plastic molded cleats are approved.
- Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads, and knee pads. Braces with exposed metals are not allowed.
- Players are not permitted to wear jewelry of any kind (necklace, chain, earrings, etc).
- Players are not permitted to wear hats of any kind during play.
- Players jerseys must be tucked into shorts or pants during play.
- Players must have shorts without pockets. (Players who have shorts **WITH** pockets must tape them up using duck tape. Games will not be delayed for a player to tape their pockets.)
- All players will be checked for appropriate equipment prior to start of the game. Please have players in place at least 10 minutes prior to the start of each game.
- Participants will be issued league approved flags and mouth guards as part of player equipment. Extra belts, flags, and mouth guards may be available for purchase.
- The 2/3rd Grade Division football will be a Pee Wee size ball.

FIELD

- The field dimensions will be as follows:
 - Grades 2/3: 25 yds W x 40 yds L, with a 7 yd End Zone

YOUTH — FLAG FOOTBALL
GRADES 4/5
6V6

RULES

- Two 20 Minute halves; rolling clock.
- There shall be a **30 second play clock beginning at the placement of the ball.** Time kept by official on field.
- Each team has one 60-second Time Out per Half.
- 5 minute halftime.
- No Overtime in Regular Season games.
 - OT in playoff games:
 - Offense starts on 25-yard line, with 4 plays to score.
 - If Offense scores, the opposing team has the opportunity to tie the game.
 - After first OT, the ball will be placed at the 10-yard line and teams will have 1 play to score.
 - OT continues with 1-play per team until tie is broken.
- Captains from each team meet at midfield for pre-game handshake.
- The Home team gets possession of the ball at the beginning of each game.
- The Visiting team gets possession of the ball at the start of the second half.
- All possessions start at the 40-yard line.
- The offensive team takes possession of the ball at the 40-yard line and has four (4) downs to cross the line to gain (midfield). A team may elect to “punt”—the opposing team would begin their possession at the 40 yd line. No points awarded to defense if a team elects to “punt”.
- A turnover on downs forces a change of possession and is worth two (2) points for the defense.
- A ballcarrier shall be determined “down” at the spot at which their flag was pulled, or if there is a fumble.
- No “flag-guarding” shall be allowed. Five (5) yard penalty from the spot at which the foul occurs.
- The 4/5 Grade Division is a passing only league. No direct handoffs allowed. Laterals, tosses, and screens are allowed; defenders may pursue a ballcarrier who receives a lateral, toss, or screen.**
- There shall be a 7 second pass clock for all downs.** If the QB does not throw the ball, the play is blown dead and a loss of down occurs. No loss of yardage shall occur for play clock violation.
- The defense is not allowed to rush the QB, and may not cross the line of scrimmage until after a pass or lateral is thrown.

SCORING

- Six (6) points shall be awarded for a Touchdown.
- Point After Try (PAT):
 - 1 Point awarded for successful try from 5 yard line.
 - 2 Points awarded for successful try from 10 yard line.
 - If the PAT is intercepted, the defense receives the same amount of points as the Try.**
 - Ex. — 2 pt conversion attempt is intercepted—defense is awarded 2 points.**
 - If the PAT is unsuccessful (offense is stopped short of the goal line, or an incomplete pass), no points awarded to the defense.**
- Interceptions are worth 3 points, **PLUS** possession at the 40-yard line. Interceptions are not returnable.
- Turnover on Downs: defense receives 2 points, and possession of the ball.

ALIGNMENT

- 6 players on field for each team.
- The QB is an ineligible receiver—no “throwbacks” to the QB after the ball leaves their hand.**
- All other players are eligible receivers.
- Defense may be either man-to-man or zone defensive scheme.

PENALTIES

- This is a no-contact league; any flagrant contact is cause for immediate ejection as per officials discretion.
- Unsportsmanlike conduct is grounds for ejection. No foul language, fighting, or arguing of calls.
- No arguing of calls. **Only** a coach may ask for a rule clarification.
- Offensive Penalties:
 - Delay of game: 5 yard penalty, replay down.
 - False Start: 5 yard penalty, replay down.
 - Illegal Shift (2 players in motion): 5 yard penalty, replay down.
 - Flag Guarding: 5 yard penalty from spot of the foul.
 - Blocking/Holding: 5 yard penalty; ejection for excessive contact as per officials discretion.
 - Offensive Pass Interference: 5 yard penalty and loss of down.
- Defensive Penalties:
 - Tackling or Holding: 5 yard penalty, ejection for excessive contact as per officials discretion.
 - Offsides: 5 yard penalty, replay down.
 - Pass Interference: 5 yard penalty; no loss of down (Ex. If foul occurred on 2nd Down, 5 yd penalty, and still 2nd Down).
 - Illegal Rushing: 5 yard penalty, replay down.
 - **If within 10 yard line, all defensive penalties are half the distance to the goal**

EQUIPMENT

- All players must wear league issued flag belts and flags. All players **MUST** wear mouth guards at all times while on the field.
- Players must wear league approved shoes. Cleats with exposed metal are not allowed on the turf at any time. Tennis Shoes, Turf Shoes, and Shoes with plastic molded cleats are approved.
- Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads, and knee pads. Braces with exposed metals are not allowed.
- Players are not permitted to wear jewelry of any kind (necklace, chain, earrings, etc).
- Players are not permitted to wear hats of any kind during play.
- Players jerseys must be tucked into shorts or pants during play.
- Players must have shorts without pockets. (Players who have shorts **WITH** pockets must tape them up using duck tape. Games will not be delayed for a player to tape their pockets.)
- All players will be checked for appropriate equipment prior to start of the game. Please have players in place at least 10 minutes prior to the start of each game.
- Participants will be issued league approved flags and mouth guards as part of player equipment.
- The 4/5th Grade Division football will be a **Junior** size football.

FIELD

- The field dimensions will be as follows:
 - Grades 4/5 — 25 yds W by 40 yds L, with a 7 yd End Zone

MIDDLE SCHOOL (6-8TH GRADE) 6V6

RULES

- Two 20 Minute halves; rolling clock.
- There shall be a 30 second play clock beginning at the placement of the ball.** Time kept by official on field.
- Each team has one 60-second Time Out per Half.
- 5 minute halftime.
- No Overtime in Regular Season games.
 - OT in playoff games:
 - Offense starts on 25-yard line, with 4 plays to score.
 - If Offense scores, the opposing team has the opportunity to tie the game.
 - After first OT, the ball will be placed at the 10-yard line and teams will have 1 play to score.
 - OT continues with 1-play per team until tie is broken.
- The field of play will be 40 yards by 25 yards with a 7 yard end zone.
- This is a passing only league. No direct handoffs allowed. Laterals, tosses, and screens are allowed; defenders may pursue a ballcarrier who receives a lateral, toss, or screen.**
- The defense is not allowed to rush the QB, and may not cross the line of scrimmage until after a pass or lateral is thrown.
- Regular substitution rules apply. Players may freely substitute after each play.
- Every player is eligible to receive passes, **except for the Quarterback.**
- There shall be a 5 second pass clock for all downs.** If the QB does not throw the ball within 5 seconds of the snap, the play is blown dead and a loss of down occurs. No loss of yardage shall occur for play clock violation.
- The offensive team takes possession of the ball at the 40-yard line and has four (4) downs to cross the line to gain (midfield). A team may elect to “punt”—the opposing team would begin their possession at the 40 yd line. No points awarded to defense if a team elects to “punt”.
- Once a team crosses the line to gain, it has four (4) downs to score a TD.
- A turnover on downs forces a change of possession and is worth two (2) points for the defense.
- A ballcarrier shall be determined “down” at the spot at which their flag was pulled, or if there is a fumble.
- No “flag-guarding” shall be allowed. 5 yard penalty from the spot at which the foul occurs. If a player’s flag inadvertently falls off during a play while that player has possession, that player is down immediately and the play ends.

SCORING

- Six (6) points shall be awarded for a Touchdown.
- Point After Try:
 - 1 Point awarded for successful try from 5 yard line.
 - 2 Points awarded for successful try from 10 yard line.
- If the PAT is intercepted, the defense receives the same amount of points as the Try.**
 - Ex. — 2 pt conversion attempt is intercepted—defense is awarded 2 points.**
 - If the PAT is unsuccessful (offense is stopped short of the goal line, or an incomplete pass), no points awarded to the defense.**
- Interceptions are worth 3 points, **PLUS** possession at the 50-yard line. Interceptions are not returnable.
- Turnover on Downs: defense receives 2 points, and possession of the ball.

ALIGNMENT

-6 players on field for each team.

-The QB is an ineligible receiver—no “throwbacks” to the QB after the ball leaves their hand.

-All other players are eligible receivers.

-Defense may be either man-to-man or zone defensive scheme.

PENALTIES

-This is a no-contact league; any flagrant contact is cause for immediate ejection as per officials discretion.

-Unsportsmanlike conduct is grounds for ejection. No foul language, fighting, or arguing of calls.

-No arguing of calls. **Only** a coach may ask for a rule clarification.

-Offensive Penalties:

-Delay of Game: 5 yard penalty, replay down.

-False Start: 5 yard penalty, replay down.

-Illegal Formation: 5 yard penalty, replay down.

-Flag Guarding: 5 yard penalty from spot of the foul.

-Blocking/Holding: 5 yard penalty; ejection for excessive contact as per officials discretion.

-Offensive Pass Interference: 5 yard penalty and loss of down.

-Too Many Players: 5 yard penalty, replay down.

-Defensive Penalties:

-Tackling or Holding: 5 yard penalty, ejection for excessive contact as per officials discretion.

-Offsides: 5 yard penalty, replay down.

-Pass Interference: 5 yard penalty; no loss of down (Ex. If foul occurred on 2nd Down, 5 yd penalty, and still 2nd Down).

-Illegal Rushing: 5 yard penalty, replay down.

-Too Many Players: 5 yard penalty, replay down.

****If penalty occurs within 10 yard line, all defensive penalties are half the distance to the goal****

EQUIPMENT

-Players must wear league approved shoes. Cleats with exposed metal are not allowed on the turf at any time. Tennis Shoes, Turf Shoes, and Shoes with plastic molded cleats are approved.

-Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads, and knee pads. Braces with exposed metals are not allowed.

-Players are not permitted to wear jewelry of any kind (necklace, chain, earrings, etc).

-Players are not permitted to wear hats of any kind during play.

-Players must have shorts without pockets. Players who have shorts **WITH** pockets must tape them up using duck tape. Games will not be delayed for a player to tape their pockets.

-All players must have a mouthguard at all times while on the field of play. Additional mouth guards will be for sale prior to each game.

-All players will be checked for appropriate equipment 5 minutes prior to the start of each game.

-Teams that are not prepared to play at the predetermined Game Time due to noncompliance for equipment will have the opportunity to use their allotted Time Outs for the time taken to get compliant.

-The Middle School division football will be a **Youth** size football.

FIELD

-The field dimensions will be as follows:

-Grades 4/5 — 25 yds W by 40 yds L, with a 7 yd End Zone

ADULT — FLAG FOOTBALL 6V6 SHOOTOUT LEAGUE

RULES

- Two 20 minute halves; rolling clock.
- There shall be a 30 second play clock beginning at the placement of the ball.** Time kept by official on field. Official will verbalize when play clock reaches 10 seconds.
- Each team has one 30-second Time Out per half.
- 5 Minute Halftime
- No Overtime in Regular Season games.
- OT Format in playoff games:
 - Offense starts on 10-yard line, with 1 play to score.
 - If Offense scores, the opposing team has the opportunity to tie the game.
 - OT continues with 1-play per team until tie is broken.
- This is a passing only league. No direct handoffs allowed. Laterals, tosses, and screens are allowed; defenders may pursue a ballcarrier who receives a lateral, toss, or screen.**
- The defense is not allowed to rush the QB, and may not cross the line of scrimmage until after a pass or lateral is thrown.
- All possessions start at the 35-yard line.
- Regular substitution rules apply.
- Center must snap the ball to begin each play. “Shovel” pass is allowed.
- Every player is eligible to receive passes.
- There shall be a 4 second pass clock for all downs.** If the QB does not throw the ball within 4 seconds of the snap, the play is blown dead and a loss of down occurs. No loss of yardage shall occur for play clock violation.
- No First Downs**—each team has four (4) downs to score a TD. **Teams must attempt a 4th Down Conversion.**
- A turnover on downs forces a change of possession and is worth two (2) points for the defense.
- A ballcarrier shall be determined “down” at the spot at which their flag was pulled, or if there is a fumble.
- No “flag-guarding” shall be allowed. 5 yard penalty from the spot at which the foul occurs. If a player’s flag inadvertently falls off during a play while that player has possession, that player is down immediately and the play ends.

SCORING

- Six (6) points shall be awarded for a Touchdown.
- Point After Try:
 - 1 Point awarded for successful try from 5 yard line. 2 Points from 10 yard line.
- If the PAT is intercepted, the defense receives the same amount of points as the Try.**
 - Ex. — 2 pt conversion attempt is intercepted—defense is awarded 2 points.**
 - If the PAT is unsuccessful (offense is stopped short of the goal line, or an incomplete pass), no points awarded to the defense.**
- Interceptions are worth 3 points, **PLUS** possession at the 35-yard line. Interceptions are not returnable.
- Turnover on Downs: defense receives 2 points, and possession of the ball.

FIELD

- The field dimensions for Adult 6v6 Shootout will be as follows:
 - 35 yds L x 25 yds W, with 7 yd End Zone

PENALTIES

- This is a no-contact league; any flagrant contact is cause for immediate ejection as per officials discretion.
- Unsportsmanlike conduct is grounds for ejection. No foul language, fighting, or arguing of calls.
- No arguing of calls. **Only** a coach may ask for a rule clarification.
- Offensive Penalties:
 - Delay of Game: 5 yard penalty, replay down.
 - False Start: 5 yard penalty, replay down.
 - Illegal Shift: 5 yard penalty, replay down.
 - Flag Guarding: 5 yard penalty from spot of the foul.
 - Blocking/Holding: 5 yard penalty; ejection for excessive contact as per officials discretion.
 - Offensive Pass Interference: 5 yard penalty and loss of down.
 - Too Many Players: 5 yard penalty, replay down.
- Defensive Penalties:
 - Tackling or Holding: 5 yard penalty, ejection for excessive contact as per officials discretion.
 - Offsides: 5 yard penalty, replay down.
 - Pass Interference: 5 yard penalty; no loss of down (Ex. If foul occurred on 2nd Down, 5 yd penalty, and still 2nd Down).
 - Illegal Rushing: 5 yard penalty, replay down.
 - Too Many Players: 5 yard penalty, replay down.

****If within 10 yard line, all defensive penalties are half the distance to the goal****

EQUIPMENT

- Players must wear league approved shoes. Cleats with exposed metal are not allowed on the turf at any time. Tennis Shoes, Turf Shoes, and Shoes with plastic molded cleats are approved.
- Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads, and knee pads. Braces with exposed metals are not allowed.
- Players are not permitted to wear jewelry of any kind (necklace, chain, earrings, etc).
- Players are not permitted to wear hats of any kind during play.
- Players must have shorts without pockets. Players who have shorts **WITH** pockets must tape them up using duck tape. Games will not be delayed for a player to tape their pockets.
- All players must have a mouthguard at all times while on the field of play. Additional mouth guards will be for sale prior to each game.
- All players will be checked for appropriate equipment prior to start of the game. Please have players in place at least 5 minutes prior to the start of each game.
 - Teams that are not prepared to play at the predetermined Game Time due to noncompliance for equipment will have the opportunity to use their allotted Time Outs for the time taken to get compliant.***
- The Adult Division will use an Official size football.
- League approved flags and belts will be provided as part of registration costs. If a participant chooses to use their own flag/belt, the flags must be easy-release and meet the requirements as set by the Head of Officials.
 - All flags will be checked prior to start of each game to ensure that they are easy-release and have not been altered. Participants using altered flags will not be permitted to use disapproved equipment.**

