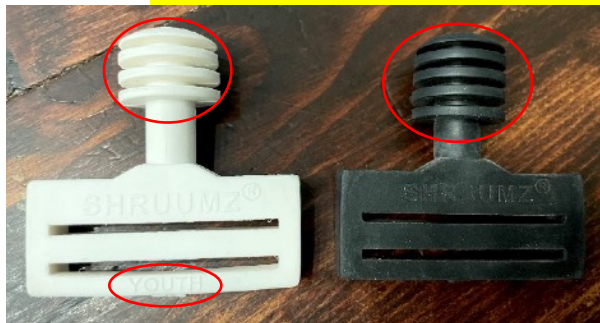


### Game Play Rules (Page 3)

- **THERE ARE 2 TIMEOUTS PER GAME.**
- 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.
- The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown.
  - If the offensive team fails to cross midfield, on 3 downs, and elect to "punt" on 4th down, possession of the ball changes and the opposition starts its drive from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross field, the opposing team will start its possession from the spot.
  - Offensive Teams **MUST** declare 4th down intent; "Play or Punt", when asked by the referee and prior to the 'Ready for Play'.
  - Teams may use a timeout only to change the declaration of "Play" at any time prior to the expiration of the play clock.
  - If the declaration is "Punt" the ball changes possession and will be placed at the opposing Team's 5-yard line, 1st down, with **NO** option to change the declaration.
  - If the offense fails to score, after crossing midfield the ball changes possession and the new offensive Team starts at its 5-yard line
  - Teams change sides after the first half. Possession changes to the team that started the game on defense.

### Equipment

- Appropriate flags and flag belts must be used.
  - Flags cannot be the same color or pattern as the players shorts or belts.
  - **Adult Shruumz are not allowed**
    - Youth has 4 ridges where adult have 5 ridges
    - The word "YOUTH" is written on the youth Shruumz



- Mouthguards and softshell helmets are recommended, but not required.
- All shirts must be and stay tucked in during game play.

**\*Should you need to purchase flags, they will be for sale for \$15.**

### Game Balls/Sizes

- Teams provide their own game balls.

- 6U-8U coed: NFL Flag blue ball or same size, different brand allowed.
- 9U-13U coed: NFL Flag brown ball or same size, different brand allowed.
- 15-18U Girls: NFL Flag brown ball or same size, different brand allowed.
- 15U/17U Boys: High School regulation size football.

**\*Should you need to purchase an NFL Flag blue or brown ball, they will be for sale for \$40.**

### **No Run Zones (page 6)**

- 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 pass plays, even with a handoff.
- Each offensive team approaches only TWO no-run zones in each drive (one zone 5 yards from midfield to gain the first down, and one zone 5 yards from the goal line to score a TD)
- Once the ball is spotted, the Center may physically pick-up and move the ball 5 yards to the right or left of the original spot before the snap.
- **6U and 7U do not have "no run zones". They are eliminated and teams may run anywhere on the field.**

### **Game Times (page 7)**

- Games are played on a 24 minute, continuous clock with two 12 minute halves.
- 25 second play clock
- Each team has two (2) :30 second timeouts per game
- In Hard Count Tournaments, there is a 1 min halftime, not a 5 min half time.
- The offense has 25 seconds to snap the ball after the ready to play whistle.
- In the event of an injury, the clock will stop then restart once the injured player is removed from the field.

### **Over-Time (page 7)**

- *In Hard Count Tournaments, there is **NO OVER-TIME IN POOL PLAY**. Only over-time in bracket play.*
- **Over-Time Format**
  - Home team calls the toss to determine the team that chooses to be on offense or defense first. If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime.
  - **1st OT** - Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team.
  - **2nd OT** - Starting with the 2nd overtime, both teams must "go for two" from the 10-yard line.

- **3<sup>rd</sup> OT** - Will be the final round. Each team will get one (1) play from the 5-yard line going out from the Endzone. The team with the most yards will be declared the winner.
- There are no timeouts during the OT. Interceptions are returnable in OT and are worth 2 points.

### **Scoring (page 8)**

- Touchdown – 6 points
- PAT (point after touchdown)
  - Team must declare if they are going for 1 or 2 points.
  - 1 point – 5 yard line, pass only
  - 2 points – 10 yard line, run or pass
- Interception return for scores during regular game play are worth 6 points.
  - Conversions or overtime are worth 2 points
- Safety – 2 points
  - Ball carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled, a flag falls out, they step out of bounds, their knee or elbow touches the ground, a fumble occurs or if the snapped ball lands in or beyond the end zone.
- Mercy Rule – Once point differential reaches or breaches 28 points.
- Forfeits are scored 28-0.
- Officials must get both coaches signature on the score sheet.

### **Coaches**

- 2 coaches per team, per sideline.
- **8U** – No offensive or defensive coach is allowed on the field at any time.
- **6U/7U** – 1 offensive coach is allowed on the field, 5 yards behind the QB. No defensive coaches are allowed on the field at any time.

### **Running (page 10)**

- The ball is spotted where the ball is when the flag is pulled.
- The QB cannot directly run the ball.
- Once the ball is handed off, the Seven (7) second passing clock is stopped.
- Runners are not permitted to dive or hurdle any player while advancing the ball.
- No blocking or screening is allowed at any time.
- Once the ball has been handed off in front, behind or to the side of the QB, all defensive players are eligible to rush.

### **Passing (page 11)**

- Along with a direct handoff behind the LOS, a lateral behind the LOS is now legal.

- **If you hand the ball off or lateral behind the LOS, you then may throw a forward pass or run, unless you are in a no run zone.**
  - **Laterals are not allowed beyond the LOS.**
  - No intentional grounding.
  - All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes, unless touched by a defender.
  - QB may throw the ball away to avoid a sack, Pass must go beyond the LOS.
- Shovel passes are allowed but must be received beyond the LOS.
  - Any forward pass MUST go beyond the LOS.
  - QB's have seven-second 'pass clock' from the moment they receive the ball from the snap to throw the ball. Seven-second violations are returned to the LOS.

### **Rushing (page 12)**

- No Rushing in 6U and 7U.
- 8U – may rush the passer at the snap from 7 yards.
- All players who rush the passer must be a minimum of Seven (7) yards from the (LOS). There's no limit to the number of players who can rush the passer.
- Once the ball is handed off, the Seven (7) yard rush rule is no longer in effect.
- A special marker or the referee will designate the rush line from the (LOS). The Defensive player should verify with the referee they are in the correct position.
- The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. The PATH is set pre-snap from the rusher or rushers directly to the QB. PATH does not move once the quarterback moves. If the "path or line" is occupied by a moving offensive player, then it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in an impeding the rusher penalty. **If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and to avoid contact.**
- A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball will be spotted where possession of the ball is once the flag is pulled.

### **6U/7U**

- We will **NOT** be implementing the following rule that is "suggested" by NFL Flag in their new rulebook.

- If the ball touches the ground during center snap to QB – it's a “do over”. If it happens again – down is consumed.
  - *Defenders must line up at least 5 yards from the line of scrimmage prior to the snap.*
- The defenders line up 1 yard from the line of scrimmage prior to the snap.