

TIME

- 2 timeouts each half: one 60-sec, one clock-stop only (not carried over).
- 30 sec play clock after spotting; refs give 15-sec + 10-sec warnings.
- Halftime = 5 min.
- Final 2 min each half: clock stops for incompletions, OOB, TDs, conversions, turnovers.
- If 1 sec left & ball spotted, offense gets 30 sec for final play.
- Overtime = playoffs only (no ties).
- Refs must **announce score & time** at possession changes, halftime, final 2 min.
- **START THE CLOCK WHEN YOU SPOT THE BALL** - do not start earlier

QB & RUN RULES

- Kinder–6th: QB cannot run; no “no-run zones.”
- 7th–8th: QB *can* run; **no-run zones** (5 yds from 1st down or goal line).
- 7 sec max to pass/run or play dead (be lenient with little kids).
- No safeties.

BLOCKING / SCREENS

- Only **stationary** screens (hands/arms down).
- No moving picks or screens allowed.

INTERCEPTIONS & SCORING

- K–2nd Boys: No pick-6 returns (just turnover). No points awarded
- 3rd–8th Boys & Girls: Pick-6 allowed; **INTs on PAT can be returned for 1 or 2 pts.**
- PAT: 1 pt from 5 yd line; 2 pts from 12 yd line.
- Ball breaking goal line = TD (feet don't need to cross - the ball does).
- Max 3 TDs per player (regular season, unless game spread less than 8 pts or in OT).
- Mercy rule: Losing team down 24+ starts at own 20 yard line (30yard line for 7th/8th boys). Does not apply in playoffs.

OTHER KEY RULES

- Runners: no diving/jumping forward to avoid flag (spinning/lateral moves ok). This would be flag guarding penalty
- Rushers:
 - K–2nd: no rushers.
 - 2nd–6th: 15 yds back.
 - 7th–8th: 10 yds back.
 - Must ID rusher to ref; no QB contact.

- Rotation: All players must change positions at halftime & get equal PT (not enforced in playoffs).
- Min players: can play with as little as 5 players (other team can play with +1 if they want).
- Only **1 coach on field/huddle**; coaches must be silent after snap and cannot direct the players after the snap.
- No video replays. Showing video = 15-yd penalty (2nd offense = ejection + suspension).
- No blocking "walls."
- Center snap:
 - K-2nd Boys/Girls: can stand & toss back or hand off.
 - 3rd-8th Boys/Girls: must snap from ground (between legs or from side); silent snaps ok.
- If the flag falls off naturally, the ball carrier is down immediately.
- Must have 3 players on line of scrimmage.
- Spot = where ball is, NOT feet/flag.
- Defense: can't push runner OOB—must grab flag. Intentionally pushing is considered unnecessary roughness
- Ref protocol: warning system before ejection for foul language/unsportsmanlike.
- Coaches can request ref discussion → field marshal/director makes final call.
- Be engaged, have fun, stay off phones!