1. Two 20-minute halves with a running clock. 2-minute halftime.
2. Games are played on a 50-yard field with 2 end zones.
3. All teams will play TDJ Football.
4. 1 Timeouts per half no carry over.
5. Interceptions are returnable (even on extra point attempts).
6. **ALL PLAYERS MUST WEAR A MOUTHPIECE WHILE PLAYING.**

**Participation**

1. Teams that have less than 10 players will play some players both ways in each half. If some players go both ways in the 1st half, they cannot go both ways in the 2nd half.
2. Coaches must strive to provide equal playing time to ensure that everyone experiences meaningful participation. If any participation rules are broken the team will be assessed a 15-yard penalty. A second incident in the same game will result in the coach being suspended for the remainder of that game and is subject to further suspension at the discretion of the Program Coordinator. The head coach is responsible for ensuring his team follows all participation rules.

**Play**

1. The offensive team takes possession at the 5-yard line and has 4 downs to get to midfield.
2. **If the offensive team does pass midfield, then they have 3 downs to score a touchdown**.
3. **If the offensive team fails to score, after crossing the 1st down line, the new offensive team will start on their own 5 yd line.**
4. If the offensive team does not pass midfield for a 1st down, then the opposing team takes possession where the ball is located.
5. **Snapping:** One player on the team must snap the ball to the Quarterback. **If a snap from the center to the QB hits the ground the play is dead and goes to the next down.**
6. **Running**: **Only direct handoffs are permitted—there are no laterals or pitches anywhere on the field. If pitches or lateral occurs play will be called dead and loss of a down.**
7. Once the play has gone past the line of scrimmage there are no handoffs, laterals, or pitches.
8. **Defense can’t cross the line of scrimmage until the receiver has full possession of the football. Player who takes handoff can throw a forward pass if behind the line of scrimmage. Once the ball has been handed off or completed, all defensive players are eligible to rush**.  **Two defensive players lined up seven yards off the line of scrimmage are eligible to rush and must raise their hand before the snap.**
9. Spinning is allowed, but the offensive player cannot leave their feet.
10. **Receiving**:Player who catches the ball must have at least one foot in bounds for a reception.
11. **Passing**: Quarterback has 5 seconds to pass the ball, or the play will result in a loss of down.
12. **Dead Balls**: Play is ruled dead when the ball carrier’s flag is pulled, if the ball carrier’s flag falls off without being pulled then the defense only must touch the player, incomplete pass, ball carrier’s knee or ball hits the ground. NOTE: there are no fumbles, the ball is spotted where the ball hits the ground.
13. **Flag Belts & Flags**: Flags and flag connectors may not be altered in any form. Flags must be a different color than player’s shorts/pants.
14. **Play Clock**: 5/6th Grade will have 30 seconds. The play clock will start when the official sets the ball. Play clock will be kept by the official.
15. **NO RUN ZONES: A couple of areas on the field (indicated by the dotted line within 5 yds of a 1st down or goal line) you must pass the ball and cannot hand the ball off.**
16. **5/6th grade:**
    1. All the above rules will apply for 5th & 6th grade.
    2. One of the players on the team will play quarterback in the 5th & 6th grade league.
    3. **One offensive coach will be allowed to help align teams between plays. The offensive coach needs to be off the field when the play begins.**
    4. **One defensive coach will be allowed to help align teams in between plays. The defensive coach needs to be off the field when the play begins.**
    5. Score will be kept with standings in the 3rd – 6th grade flag football league.
    6. The game will be played with a 6 v 6 formats with the offensive team having a 6th player (QB) who can’t advance the ball. **The QB can stop the defender from returning an INT.**
    7. The QB is **not** eligible to touch the ball after the initial transfer.

1. **Defense: Two defensive players lined up seven yards off the line of scrimmage are eligible to rush the QB and has to raise their hand before the snap.**
2. **Offensive Penalties: All offensive flag football penalties result in a loss of down and yardage**
3. **Defensive Penalties: All defensive flag football penalties result in an automatic first down and some are associated with yardage.**

