



6v6 – QUICK RULES GUIDE

GAMEPLAY FORMAT

- Coin toss decides first possession and direction
- Offense starts at own 5-yard line
- 4 downs to cross midfield (1st down), then 4 more to score
- **On 4th down:** Option to either Punt (opponent starts at their own 5-yard line) or Go For It (risk turnover at spot)
- Interceptions returnable (not on extra points)
- Teams switch sides at halftime
- First possession in the 2nd half will be given to the team that started the game on defense

CLOCK RULES

- **40-minute games:** Two 20-minute halves, 5-8 min halftime
- Halftime is allotted for, but modified for devotions
- Game clock will run NON-STOP
- Offense has **30 seconds** to run a play
- **2 UTD (Untimed Down)** that can be utilized at the END of regulation time (after time runs out of each half). The offense is then **allowed**

1 play attempt to score before ending the half/game.

SCORING

- **Touchdown:** 6 points
- **Points After Touchdown:**
 - 1-Point PAT, 5-yard line (pass only)
 - 2-Point PAT, 10-yard line (run or pass)
- **Safety:** 2 points, scoring team will also maintain possession on its own 5-yard line

OVERTIME

- Coin toss to determine first possession
- Each team gets ONE SET of 4 downs to score a TD from the 10-yard line.
- Then attempt a 2-point PAT from the 10-yard line.
- If both teams score equally on the given possession (TD and PAT) the game ends in a Tie.

RUNNING THE BALL

- The player that receives the snap is considered the QB and CAN NOT run the ball across the LOS
- Handoffs/laterals/pitches allowed by the QB behind LOS
- A forward pass or lateral behind the LOS is considered a run play

- Ball carries are allowed to spin and evade defenders, and ARE NOT allowed to hurdle other players or dive for extra yards.
- The ballcarrier is downed where their forward foot is when their flag is pulled
- NO RUN plays allowed in the NO-Run Zones, including handoffs/laterals/pitches behind LOS

PASSING THE BALL

- The QB has 7 seconds to throw the ball to a receiver. Failure to do so results in a **Sack and Loss of Down**
- All players are eligible to receive passes
- A player who receives a handoff, lateral, or pitch behind the LOS **is allowed** to throw a forward pass from behind the LOS. The QB then becomes eligible to receive a pass.
- A completion consists of a receiver gaining control of the football with at least one foot inbounds.
- The ball is spotted where the flag is pulled
- Pass plays are the only plays allowed in the No-Run Zone (5-yards to mid-field and 5-yards to endzones)

PRE-SNAP

- A minimum of three players must be aligned on the LOS at every snap
- If there are 3 receivers lined up on the same side of the ball, they must be arm's length apart from each other

- Only 1 player can be in motion at a time
- The QB must have possession of the ball before handoff or passing
- The center **MUST SNAP** the ball sideways or between the legs to the QB to begin every play

◆ DEAD BALL

The play is ruled dead when one of the following occurs:

- Flag pulled, knee down, or player out of bounds
- Dropped/fumbled ball (except clean snap recovery by the QB behind the LOS). If the snap is mishandled, **the QB is the only player** who can pick up the ball and continue the play.
- If a flag falls off without being pulled, the play is ruled dead if the defender is within distance of touching the player. **(Determined by the officials)**
- 30-second play clock expires
- TD or Safety is scored
- The QB 7-second pass time has expired

◆ DEFENSE & RUSHING

- Teams may run man-to-man, zone or a combination of both
- All defensive players (not rushing) may **ONLY** line up as close as 1-yard of the LOS, but as far back off the line as deemed necessary.
- Press coverage allowed (no jamming, pushing, or grabbing)

- Interceptions **CAN** be returned for yardage and/or a TD **(except for interceptions during a PAT)**. An interception that is downed in the endzone will result in a touchback and spotted at the 5-yard line.
- Rushers must start **10 yards** from LOS. Before the snap the referee will indicate the 10-yard rush line
- All defenders may cross the LOS once ball leaves QB's hands to pursue the ball carrier

◆ PENALTIES

Offense:

- **Illegal Motion/Pass, Flag Guarding, Blocking** = -5 yds or loss of down
- **Illegal Formation** (not enough players on the LOS) = -5 yds. Replay down
- **Illegal Pass** (a pass thrown after the ball has crossed the LOS) = -5 yds and loss of down
- **Delay of Game** = -5 yd, replay down
- **Pass Clock Violation** = loss of down
- **Shielding/Blocking** = -5 yds from the spot of the foul and loss of down.
- **Illegal Run** = -5 yds and replay down.
- **Intentional Grounding** = -5 yds and loss of down
- **Offensive Pass Interference** = -5 yds from the LOS and loss of down
- **Flag Guarding** = -5 yds from the spot of the foul and loss of down
- **Illegal Use of Hands** = -5 yds from the spot of the foul and loss of down
- **Diving/Hurdling** = -10 yds from the spot of the foul and loss of down

- **Unsportsmanlike Conduct** = -10 yds and loss of down 1st Warning. 2nd Warning = Ejection

Defense:

- **Encroachment, Illegal Rushing** = 5 yds, replay down
- **DPI, Illegal Contact** = 5 yds spot foul + automatic 1st down
- **Illegal Flag Pulls** = 5 yds from the LOS + automatic 1st down
- **Unsportsmanlike** = 10 yds + loss of down 1st Warning. 2nd Warning = Ejection

◆ COACHES ON FIELD

- Allowed for Grades K-3 (*ages 5-8 y/o*)

◆ UNIFORMS & EQUIPMENT

- Mouthguard required (no exceptions)
- Cleats allowed (no metal spikes)
- Official jerseys & flags required
- Shorts: solid color, no pockets/stripes; flags must contrast shorts

◆ SPORTSMANSHIP

- No tackling, blocking, or foul language
- 1st ejection: suspended 1 game | 2nd: banned for season (no refund)
- Play Safe. Play Fair. Have Fun!