

### **Game Breakdown:**

- 7v7
- 20min-1min half-20min
- Each team has two 30-second timeouts per half
- 1 coach per team. During games, both coaches will become referees and oversee the game.
- *Zero Contact*
- *Mouthguards required*
- *Skyhawks branded pennies will be worn*
- *Giveaway: Co-branded USA Football*

### **Scoring:**

- Touchdown: 6 points
- PAT (point after touchdown) 1 point (5-yard line) or 2 points (10-yard line). Note: 1-point PAT is pass only; 2-point PAT can be run or pass.
- Safety: 2 points a. A safety occurs when the ball-carrier is declared down in his/her own end zone.
- After one team is winning by 34 points or more, score is no longer kept. Once a 34 or more-point advantage is gained, no PAT will be attempted. The game will continue in scrimmage mode for remainder of the game.
- Forfeits are scored 20-0 for the winning team
- Every game starts with a coin toss (there are no kickoffs). The starting team begins on its own 5-yard line and has four downs—essentially four plays—to cross midfield for a first down.
- If the offense fails to advance after three attempts, they can “punt,” meaning they turn over the ball to the opposing team, which then starts from its own 5-yard line. Or they can go for a first down, but if they fail, the opposing team takes over possession from the spot of the ball.
- Once midfield is crossed, the offense has three downs to score a touchdown.

### **Rules:**

- The quarterback isn't allowed to run with the ball, unless it was handed off first. They can run behind the line of scrimmage, but they can't gain yardage.
- Laterals and pitches aren't allowed—only direct handoffs are permitted.
- Center sneak plays aren't allowed.
- There are no fumbles. Instead, the ball stays in possession of the offense and is spotted where the ball-carrier's feet were when the fumble occurred.
- Players can't obstruct or guard their flags.
- When players run with the ball, their feet can't leave the ground to avoid a defensive player. In other words, players can spin to avoid their opponent, but they can't leap or dive.
- Interceptions are allowed, but look a little different in flag football. They change the possession of the ball at the point of the interception. So if an interception occurs, the

referee blows the whistle and the play is dead. Interceptions are the only change of possession that don't start on the team's 5-yard line.

- Players who rush the passer must stand at least seven yards off the line of scrimmage when the ball is snapped, while players who aren't rushing the passer may start on the line of scrimmage. The seven-yard rule no longer applies once the ball is handed off—all defenders are allowed to go behind the line of scrimmage at that point. A sack occurs when a defensive player pulls off the quarterback's flag(s) behind the line of scrimmage. The quarterback, or anyone in possession of the ball, is down when their flag(s) are removed.