

1. General

- This is a non-contact adult recreational league
- Sportsmanship is expected at all times
- Referee decisions are final

2. Teams

- Coed league 5v5
- Teams consist of 7 players
- Premade teams and free agents are welcome
- Premade teams may have free agent players added to balance team sizes
- Unlimited substitutions on dead balls
- No practices

3. Contact & Safety

- No contact
- No tackling, pushing, holding, or screening
- Flag guarding is not allowed
- Flags must be worn and visible at all times

4. Offense

- No blocking
- All players are eligible receivers
- 7-second pass clock
- Quarterbacks may not run past the line of scrimmage unless a pass rusher is rushing the Quarterback
- Laterals allowed behind the line of scrimmage only

5. First Downs & Scoring

- One first down at midfield
- Touchdowns are 6 points
- Extra points: 1 point (short distance) 2 points (long distance)
- 7 plays maximum per drive unless a penalty occurs
- Each offensive possession begins at their own 5-yard line unless new possession is a result of an interception

6. Defense

- Man-to-man coverage only
- No rushing the quarterback
- Interceptions may be returned

7. Game Format

- One game per night
- 20-minute halves with a running clock with a 5-minute halftime
- Clock stops only for injuries or official stoppages

8. Penalties

- Most penalties result in a loss of down or replay of down
- Unsportsmanlike conduct may result in warnings, penalties, or ejection
- Standard NFL FLAG rules apply

9. Playoffs

- All teams qualify for playoffs
- Seeding is based on regular-season record
- The league champion is determined on Championship Night

