



Official PowerKids NFL Flag Rules

- A coin toss will determine first possession.
- The field is 40 yards long, with a standard ten yard end zone (total field is 50 yards)
- The offense starts each possession at the 40-yard line and will have four plays to get a first down by passing the 20-yard line. After getting a first down, the offense will then have four plays to score a touchdown. Failure to score will result in a change of possession.
- All offensive possessions begin at the 40-yard line, even if the other team intercepts the ball.
- 5 players per team on the field at all times. Offense has a 6th player as a snapper only, the player is ineligible, and must stay in the kneeling position.

Game Timing

- Each half will be 20 minutes running time. There will be a 3-minute break for half time.
- The clock will stop during the last 30 seconds of each half for the following:
 - Incomplete passes
 - Out of bounds
 - First downs
 - Timeouts
 - Penalties
 - Extra Points
- If the score is tied at the end of regulation, a coin toss will determine possession and Team A will receive four downs from the ten yard line. If Team A scores, they can choose to go for one or two points. Team B then receives four downs from the ten. This format is repeated until one team has outscored the other. **Team points will apply in overtime. Interception points do apply in overtime.**
- Each team receives one 60-second time-out per half. Time outs do NOT carry over into the second half.

Scoring

- Touchdown: 6 points
- Extra point: 1 point (played from 5 yard line)
2 points (played from the 10-yard line)
- Team point: 1 point per every member of a team that catches a pass beyond the line of scrimmage. In the event that teams have an unequal amount of players, the referee will choose at random players that will be able to catch 2 passes. (For example one team has 8 and the other has 5, 3 players from the other team will be able to catch 2 passes.)
- Interception 2 points and the ball. Interceptions do not count for team points, and do not count in extra point conversions.

Running

- The QB cannot run the ball.
- There is a "no running zone" five yards before the 1st down line (20 yard line) and five yards before the goal line.
- A player that takes a hand-off can throw the ball if he remains behind the line of scrimmage. Defense may cross the LOS after ball is handed off.
- Pitches are not allowed before or after the line of scrimmage.
- Forward passes completed behind the LOS is considered a run, and does not count toward a team point.
- Spinning is allowed but players cannot leave their feet to avoid a defensive player. Absolutely no diving.
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is. In the event that the flag is pulled at the goal line, as long as one foot is in the end zone a touchdown will be rewarded.
- Once the ball is handed off, it is considered a run and the defense is allowed to rush.
- A team is allowed only one run per set of downs.
- Fumbled snaps count as a run.

- If a team fails to cross the line of scrimmage within 6 seconds it is considered a sack, which will result in a 5 yard penalty and the loss of down and their running play.

Receiving

- All players are eligible to receive passes
- Only one player is allowed in motion at a time
- One foot in-bounds rule
- To receive a team point, the receiver must catch the ball beyond the line of scrimmage.
- A player that takes a hand-off can throw the ball if he remains behind the line of scrimmage, and a team point will be rewarded if the pass is completed.

Passing

The QB has a six-second pass clock. If the QB fails to release the ball within the designated time, the play is ruled dead with loss of down and a five-yard penalty.

Interceptions

- An interception may **not** be returned for a touchdown.
- After an interception, the intercepting team will be given 2 points and begin a new possession from the 40-yard line.
- Interceptions do not count in extra point conversions.

Dead Balls

- Substitutions may be made on any dead ball
- Play is ruled "dead" when:
 - Ball carrier's flag is pulled
 - Ball carrier steps out of bounds
 - Touchdown is made
 - Ball carrier's knee touches the ground
 - Ball carrier's flag falls out
 - When a fumble hits the ground (offense retains possession w/ a 5 yard penalty from the spot of the fumble)

Penalties

- Defensive:
 - Offsides 5 yards (LOS), automatic first down
 - Interference 10 yards (spot), automatic first down
 - Holding 10 yards (spot), automatic first down
 - Illegal contact (holding) 10 yards (spot), automatic first down
 - Illegal flag pull 10 yards (spot), automatic first down
(before receiver catches ball)

Any defensive penalty results in a first down regardless of where they are on the field.

- Offense:
 - Illegal motion 5 yards (LOS), loss of down
(1 player allowed in motion @ snap)
 - Sack 5 yards (LOS), loss of down
 - Illegal running play 5 yards (LOS), loss of down
(offense also loses their running play)
 - Fumble 5 yards (spot), loss of down
 - Offensive pass interference 10 yards (LOS), loss of down
 - Flag guarding 10 yards (spot), loss of down

In the event that an offensive penalty results in the offense moving beyond 5 yards of a first down or the end zone, the offense may not run the football.

Forfeits

Teams must have 5 players to start a game. Forfeit games will be played by borrowing a player from another team, and team points will count for the week. Official forfeit time is 5 minutes after game time.

Attire

All players must wear a mouth guard, or they will not be allowed to participate in the game.

Official game jerseys and black shorts must be worn during games and practices. Game jerseys must be tucked into their shorts at all times in order to avoid interfering with the grabbing of flags.

Sportsmanship

All players must exhibit good sportsmanship at all times as outlined in the FCA Code of Conduct. Any un-sportsman-like conduct will not be tolerated. Any unnecessary physical play such as tackling, elbowing, blocking, cheap shots will result in immediate ejection from the game. Trash talking of any kind is not allowed.

Referee Authority

All decisions made by the referee are final. The referee score sheet is the official score.