

Lee's Summit



FLARE

Fall 2025

RULE BOOK



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I. Format

1. Official NFL Flag rules have been tailored for LSFA's use. LSFA reserves the right to modify any rule within this rulebook at any time.
2. Additional eligibility requirements are outlined within the LSFA Team Formation Guidelines posted at (www.lsfootball.org)

II. Coach and Spectator Conduct/Responsibilities

1. The home team will be assigned to the sideline closest to the concession stand and will wear the darker side of the jerseys. The visiting team on the opposite side of the field and will wear lighter colored side of their jersey. (In instances where the jersey colors are similar between opponents, please be flexible and adjust colors to help distinguish the teams.)
2. All family members, parents and spectators will observe play from the designated areas and should support their team from the appropriate sideline. Participants, coaches, parents, and family members must conduct themselves appropriately
3. Only the head coach, certified assistant coaches and players are permitted on the sideline in the team boundary area.
4. Coaches must agree to sign a coach's code of conduct and strictly adhere to our guidelines for coach conduct and attitude.
 - a. If a coach displays any type of negativity toward his or her players, coaches or staff, the coach will be removed from the field immediately and unable to coach for the remainder of the game.
5. At the discretion of officiating supervisors and LSFA board members: coaches, fans, and players may be ejected from the premises regardless of "warnings given"
6. Cursing –
 - a. First Offense for that game - Warning
 - b. Second Offense for that game - Automatic ejection, suspended for remainder of that day
7. Breach of Coaches or Parental Code of Conduct
 - a. First Offense for that game - Warning
 - b. Second Offense for that game – Flag (10-yard penalty loss of down)
 - c. Third Offense for that game – Ejection, suspended for remainder of that day
 - d. Two ejections for season will lead to season suspension
8. Verbal and Physical Threats

LSFA has a zero-tolerance policy against any verbal or physical threats towards other coaches, referees, parents, kids, LSFA staff, or any other individuals at LSFA sanctioned events. This includes, but not limited to, any verbal bullying, verbal intimidation, verbal harassment, physical assault or threats, or physically aggressive body language displayed.

1. First Offense includes all of the following
 1. Ejection from game, suspended for remainder of that day
 2. Multi-game suspension to be determined by LSFA Board (suspension maybe carried over to next season depending on timing of incident)
 3. Coach placed "Out of good standing" with LSFA
 1. After suspension, the Board will review and determine if coach has future opportunities to coach
2. Second Offense includes all of the following
 1. Ejection from game
 2. Lifetime ban from coaching LSFA

****Actions that continue beyond the playing field will be considered for more extreme violations***

III. Rosters

1. Team Rosters must consist of at least 8 players with a maximum of 11 players.
2. Teams may play with no more than 7 players and no less than 6 players on the field.
3. All roster challenges will be addressed by LSFA, either prior or post-game play. If a roster is ruled illegal, the team at fault will forfeit the game, awarding the other team a 28-0 victory

IV. Season Play

Fall Flag Season

The regular season will include:

- a. 6 regular season game minimum
- b. A minimum of one additional playoff game (grades 1st - 7th)
- c. 5 regular season games, Kindergarten (4 guaranteed)
- d. Kindergarten season will conclude at the end of the regular season's schedule

Spring Flag Season

The regular season will include:

1. 6 regular season games, grades 1st – 7th (5 guaranteed)
2. 5 regular season games, Kindergarten (4 guaranteed)
3. A minimum of one additional playoff game (grades 1st – 7th)
4. Kindergarten season will conclude at the end of the regular season's schedule

Playoffs and Championship

1. Playoff and championship games will be scheduled after the regular season is complete
2. Playoff rounds are single elimination.
3. Playoff seeds are determined by:
 - a. Overall record
 - b. Head-to-head results
 - c. Total points allowed during season
 - d. Total points scored during season
 - e. Coin toss
4. Kindergarten will not have playoffs. Their seasons will conclude at the end of the regular season schedule.
 - a. Scores and standings will not be kept for these games.

Weather Procedures

1. The maximum time a game will be postponed due to weather (ex. Lightening), is 45 minutes.
2. After 45 minutes, the league will move to the next scheduled games assuming the weather clears.
3. **Regular Season Rescheduling:** At the time of postponing:
 1. Any games that have played 3 full quarters will NOT be rescheduled. Games will be scored as FINAL.
 2. Any games with a team up by 28+ points will NOT be rescheduled.

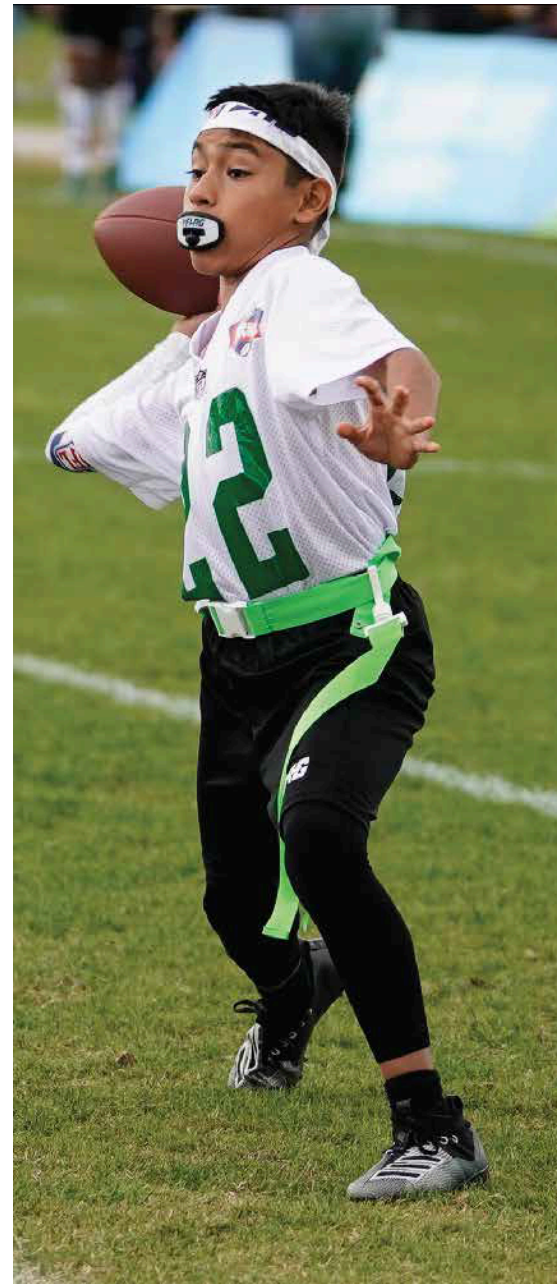
3. Any games that have played 2 full quarters and a team has a 14+ point advantage will NOT be rescheduled.
 4. Forfeited games will NOT be rescheduled.
 5. The game will NOT be rescheduled if both coaches agree due to other circumstances.
4. **Post Season Rescheduling:** At the time of postponing:
1. 1. Any games with a team up by 28+ points at the point of postponing will NOT be rescheduled.
 2. 2. Any games in the 2nd half of play with a team up by 21+ points will not be rescheduled.
 3. 3. Any games that have played 3 full quarters with a team up by 14+ points will not be rescheduled.
 4. 4. Any games with <4 minutes to go with a 9 or greater point spread will not be rescheduled.
 5. 5. Any games where BOTH coaches agree not to reschedule will be scored at the point of the postponed or delayed game.
5. The LSFA Board has final determination on rescheduling games based on other factors (ex. Season calendar, facilities available)



Rules

I. Game

1. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
2. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.
3. The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has **four (4) downs** to score a touchdown.
 - a. If the offensive team fails to cross midfield on 3 downs, and elects to "punt" on 4th down, possession of the ball changes and the opposition starts its drive from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross field, the opposing team will start its possession from the spot.
 - b. If the offense fails to score, after crossing midfield, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.
 - c. Offensive Teams **MUST** declare 4th down intent or snap the ball prior to the expiration of the 30 second Play Clock.
4. Teams change sides after the 2nd quarter (4th & up). Possession changes to the team that started the game on defense.



II. Terminology

Boundary Lines	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
Line of Scrimmage	(LOS) an imaginary line running through the point of the football and across the width of the field.
Line-to-Gain	The line the offense must pass to get a first down or score.
Rush Line	An imaginary line running across the width of the field 10 yards (into the defensive side) from the line of scrimmage.
Offense	The team with possession of the ball.
Defense	The team opposing the offense to prevent it from advancing the ball.
Passer	The offensive player that throws the ball and may or may not be the quarterback.
Rusher	The defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by blocking the pass.
Live Ball	Refers to the period of time that the play is in action. Generally used regarding penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
Dead Ball	Refers to the period immediately before or after a play.
Whistle	Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime, or the end of the game.
Inadvertent Whistle	Official's whistle that is performed in error.
Charging	An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm, or the chest.
Flag Guarding	An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand, arm, or ball.
Shovel Pass	A legal forward pass across the LOS underhand, backhand or by pushing the ball forward.
Lateral	A backward or sideways toss of the ball by the ball-carrier.
Unsportsmanlike Conduct	A rude, confrontational, or offensive behavior or language.

III. Equipment

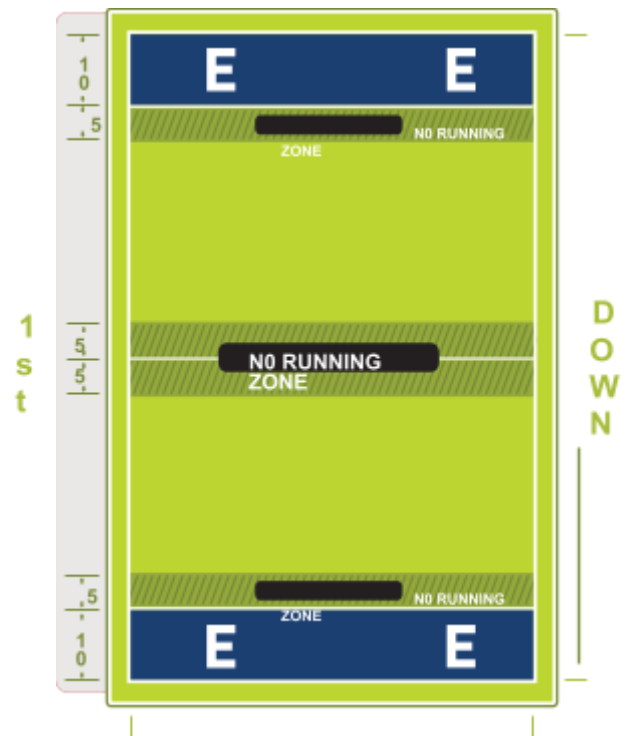
1. All players must wear Gamebreaker soft shell helmets, NFL FLAG belts and mouth guards at all times while on the playing fields.
2. Teams should provide their own footballs for gameplay.
 - Game ball size:
 - K – 1st Mini or Pee wee (Mini & Pee wee sized footballs will be provided by the league)
 - 2nd – 4th Pee Wee or larger (Pee wee sized footballs will be provided by the league.)
 - 5th – 7th: Junior or larger (Junior sized footballs will be provided by the league.)
3. Players must wear shoes or rubber molded cleats. Cleats with exposed metal are never allowed and must be removed.
4. Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
5. Players must remove all jewelry, hats, and do-rags. Winter beanies are allowed.
6. Players must wear Gamebreaker soft shell helmets, and they must be secured at ALL times while on the playing field
7. Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
8. We recommend players wear shorts or pants that do not have pockets. Shorts or pants with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets.
9. Flag belts cannot be the same color as shorts or pants.



IV. Field

1. The fields for Spring and for Fall K-3rd are 40 yards in length, with two 10-yard end zones. The fields for 4th - 7th are 60 yards in length, with two 10-yard end zones. Field widths are 49 yards wide but are subject to change based on game locations, format or LSFA discretion.
2. No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion.
3. Stepping on the boundary line is considered out of bounds.
4. Each offensive team approaches only TWO no-run zones in each drive (one zone 5 yards from midfield to gain the first down, and one zone 5 yards from the goal line to score a TD).
5. Yard Markers: The home team will supply 1 person to run the down marker per game.

K-3rd 60 YARDS (one way)
4-7th 80 YARDS



V. Timing & OT

1. Games are played on a 48-minute continuous clock with **four (4) - 12 minute quarters**. Clock stops only at the end of each quarter, half time, time outs, injuries, and the Officials discretion.
 - a. In the final 2 minutes of the 4th quarter, **if the game is within a one-score margin at any point**, the clock shall stop upon a touchdown. The ensuing extra point attempt will be an untimed down. In addition, the clock will remain stopped during any change of possession and will restart when the opposing team takes its first snap of the new possession
2. Halftime is three minutes. **One Minute break between quarters.**
3. Each time the ball is spotted, a team has 30 seconds to snap the ball.
4. Each team has three 30-second timeouts per game.
5. Officials can stop the clock at their discretion.
6. In the event of an injury, the clock will stop then restart when both teams and the officials are ready.
7. If the score is tied at the end of regulation play, an overtime period will be used to determine the winner. **Overtime format** is as follows:
 - a. Visiting team calls the toss to determine the team that chooses to be on offense or defense first.
 - i. If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who gets to choose to be on offense or defense to start out during every round of overtime.
 - ii. The referee will determine which end of the field the overtime will take place on.
 - b. Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts, the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of their own.
 - i. **Example:** Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.
 - ii. If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.
 - c. Starting with the 2nd overtime, both teams must "go for two" from the 10-yard line
 - d. Starting with the 3rd overtime, each team will get 1 play from the 5-yard line going out from the endzone. The team with the most yards will be the winner. The team with the most yards will be awarded 1 point added to their final score.
 - i. If there is an offensive penalty – the offense's try is disqualified. If there is a defensive penalty- the offense can choose to re-try or take the play as it was completed.

Final Score will be recorded to include all points scored for each team. All regulation period rules and penalties are in effect.

 - e. There are no timeouts.
 - f. Interceptions are returnable in OT, and worth 2 points.

VI. Scoring

1. **Touchdown:** 6 points
2. **PAT** (point after touchdown) **1 point** (5-yard line) or **2 points** (10-yard line)
 - a. Note: 1 point PAT is pass only; 2-point PAT can be run or pass.
3. **Safety:** 2 points
 - a. A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone.
4. Extra points that are returned for a score, equals 2 points.
5. A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.
6. **Recreational League:** (Regular season & Post Season)
 - a. Once a team is winning by 28 points or more at the start of the 2nd half, the game is over. Once a 28 or more-point advantage is gained, no PAT will be attempted. ***The game's score will be locked at a MAX 28-point spread and be considered the final score. Spreads larger than 28 points will not be logged in the system.***

Note: The game should continue in a scrimmage setting and the winners will not attempt any further PATs and the winning team's timeouts will be removed other than official's timeouts.
 - b. ***Forfeits are scored 28-0 for the winning team.***
7. **Competitive League:** (Regular season & Post Season)
 - a. No mercy rules for our comp league
8. The coaches and officials must sign the score sheet. If a coach does not sign the score sheet before leaving the field, the field monitor will note on that score sheet and the score will be FINAL.
9. Coaches must sign and turn in their tracking sheet to the field monitor following their game. Failure to turn in your tracking sheet could result in a 28-0 score (forfeiture).

VII. Coaches

1. Coaches are expected to adhere to LSFA/NFL FLAG philosophies, coaching guidelines, and code of conduct. Be respectful of officials, opponents, and players.
2. Coaches are required to play each active player **a minimum of 50% of the game.**
3. **At a minimum, each player should play either offense or defense for 1 full quarter per half. No player should sit out an entire quarter.**
4. **ALL PLAYERS are required to have one touch or target per game.**
 - TOUCH: The player securely receives a handoff or catches the ball in play, or a player acts as a Quarterback and throws the ball a minimum of 1 time.
 - TARGET: A player is targeted, and the ball is catchable, but they drop the pass.
 - An under or overthrown ball out of the control of the targeted receiver will not be considered a target, nor a dropped handoff.
5. **Consequences:**
 - If the minimum 50% playing time AND the minimum touch rule are NOT adhered to, and the issue is brought to the attention of the league, the following steps will occur:
 - 1st offense: Verbal warning to the head coach
 - 2nd offense: Written warning to the head coach
 - 3rd offense: 1 Game suspension of the head coach
 - 4th offense: Season suspension of the head coach
6. Coaches must coach from the sidelines, with the exceptions made for Kindergarten through 2nd grade that are detailed later in the rules.
7. Coaches are responsible for addressing the conduct of their sidelines and fans. It is your responsibility to keep your fans and any other team associated members in the designated areas and adhering to league mandates on participation, language, and behavior. Officials may issue 1 warning for unsportsmanlike conduct to a sideline, coach, or fan. Warnings will be communicated to the Head Coach and any further unsportsmanlike behavior will result in penalties and/or ejections. If 2 unsportsmanlike penalties are called on a sideline the game will be ruled a forfeit by the sideline committing the penalties.
8. Disputes are managed by the LSFA board and are not to be handled between coaches. All disputes may be filed via email on Monday following the game. (admin@lsfootball.org)
9. **On-field Playbook Aides:** Must be in possession of head coach at all times. Players may only use wristbands. No blue tooth devices, radios, headsets, or other electronics.

VIII. Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the neutral zone and line of scrimmage.
 - a. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. Regarding the neutral zone, the official may give both teams a "courtesy" neutral zone notification to allow their players to move back behind the line of scrimmage.
3. A player who gains possession of the ball in the air is considered in bounds if the first foot or other body part contacts the ground in the field of play.
4. The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.
5. Substitutions may be made on any dead ball.
6. Any official can blow the play dead.
7. Play is ruled "dead" when:
 - a. The ball hits the ground.
 - i. If the ball hits the ground as a result of a bad handoff or fumble, the ball is then placed where the ball hits the ground. (Ball hitting the ground in the end zone results in a safety)
 - b. The ball-carrier's flag is pulled.
 - c. The ball-carrier steps out of bounds.
 - d. A touchdown, PAT or safety is scored.
 - e. The ball-carrier's knee or arm hits the ground.
 - f. The ball-carrier's flag falls out.
 - g. The receiver catches the ball while in possession of one or no flag(s).
 - h. The 5 second pass clock expires.
 - i. Inadvertent whistle

NOTE: There are no fumbles. The ball becomes a dead ball. (If the ball is fumbled forward then it will be spotted where the ball carrier lost possession.

8. If an inadvertent whistle occurs the offense has two options:
 - A) take the ball where the whistle blew, and the down is consumed
 - B) replay the down from the original line of scrimmage.If it occurs on the last play of the half or game, the offense will be awarded one untimed down and given those two options.

IX. Running

1. The ball is spotted where the ball is when the flag is pulled.
2. The quarterback cannot directly run with the ball. The quarterback is the player who initially receives and possesses the snap.
3. Laterals, tosses, and screens are allowed behind the line of scrimmage except while in a no-run zone. While in a no-run zone, the quarterback must throw a forward pass that is clearly caught beyond the LOS. If the pass is caught in or behind the neutral zone, then the play will result in a live-ball foul for Illegal Forward Pass
4. Any player who receives a handoff or lateral can throw the ball from behind the line of scrimmage
5. Direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs
6. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
7. "Center sneaks" are not allowed. The QB is not allowed to handoff to the center on the first handoff of the play.
8. No-run Zones are located 5 yards before the goal line and 5 yards before the first down marker(s). Teams are not allowed to run in these zones. The only legal way to advance the ball in these zones is for the QB to complete a legal forward pass that is caught beyond the LOS. (Refer to Passing rule #1)
9. Runners may not leave their feet to advance the ball. Officials have the discretion to call flag guarding if a move is out of control or is causing player safety issue.
10. Runners may leave their feet if there is a clear indication that he/she has done so to avoid a collision with another player without a flag guarding enforced.
11. No blocking or "screening" is allowed at any time.
12. If the officials determine that offensive players running with the ball-carrier impacted the defense's ability to pull the flags, then a blocking foul can result.
13. Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Obstructed flags will be considered flag guarding.

X. Passing

1. All passes, laterals, pitches, and shovel passes are allowed behind the line of scrimmage except while in a no-run zone. While in a no-run zone, the Quarterback must throw a forward pass beyond the LOS or the play will be blown dead, and an "illegal forward pass" penalty will be called, resulting in a loss of down and a -5 yard penalty. (Refer to Running Rule #8)
2. The quarterback may throw the ball away to avoid a sack. The pass must travel beyond the LOS or an offensive player must be deemed to be "in the area" otherwise a foul for Intentional Grounding will result.
3. The quarterback has a five-second "pass clock." If a pass is not thrown within five seconds, the play is dead, the down is consumed, and the ball is returned to the line of scrimmage. Once the ball is handed off, the 5-second rule is no longer in effect.
 - a. If the QB is standing in the end zone at the end of the 5-second clock, the ball is returned to the line of scrimmage (LOS).

XI. Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.
3. To complete a catch, the ball must be fully possessed by the player and a body part must first contact the ground in the field of play.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions may be returned. This also includes conversions and overtime. Defense is awarded 6 points for score during play, 2 points if returned for score on conversions or overtime



XII. Rushing the Passer

1. All players who rush the passer must be a minimum of 10 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback can defend on the line of scrimmage.

K-2nd Divisions: No rushing the passer. Defenders may not cross the line of scrimmage unless a handoff/lateral has been made.

2. Once the ball is handed off/lateraled, the 10-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
3. The official on the visiting sideline will stand at the rush line prior to the snap. Defensive players should verify they are in the correct position with the official on every play.
 - a. A legal rush is:
 - i. Any rush from a point 10-yards from the defensive line of scrimmage.
 - ii. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
 - b. A penalty may be called if:
 - i. The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass – illegal rush (5-yards from the line of scrimmage and first down).
 - ii. Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (5-yards from line of scrimmage and first down).
 - iii. Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – illegal rush (5-yards from the line of scrimmage and first down).
 - iv. If the offense draws the rusher(s) to jump the ten-yard marker prior to the snap of the ball, that rusher(s) CANNOT rush during that play. However, any other defender that is ten yards back may rush instead. Jumping the rush is not a penalty until the rusher crosses the line of scrimmage prior to the handoff or passed ball.
 - c. Special circumstances:
 - i. Teams are not required to rush the quarterback with the five second clock in effect.
 - ii. Teams are not required to identify their rusher before the play.
4. Players rushing the quarterback may attempt to block a pass; however, contact to the QB, unless ruled incidental by the official, would result in a roughing the passer penalty.
5. The rusher has a right to a clear path to the quarterback. There must be an intentional attempt to impede the rusher by the offensive player(s) for a penalty to be called.
6. A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball will be spotted where the possession of the ball is once the flag is pulled.
 - a. A Safety is awarded if the sack takes place in the offensive team's end zone.

XIII. Flag Pulling

1. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
2. Defenders can dive from the front or side to pull flags (no diving from behind). Defenders cannot tackle, hold, or run through the ball-carrier when pulling flags.
3. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
4. If a player's flag inadvertently falls off during a play while that player has possession, the player is down immediately and the play ends. The ball is placed where the flag comes off.
5. If a player who has one or no flags in their belt takes possession of the ball, the play is dead at that spot on the field.
6. A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
7. Flag guarding is an intentional motion by the ball carrier where contact is made, obstructing the defender's attempt at the ball carrier's flags or gear interference that affects a play.
 - This includes:
 - Swiping, stiff-arming, dropping the head, hand, arm, shoulder, or ball over the flag belt area.
 - Ball carriers with untucked jerseys covering access to the flags, excess belts not tucked, cut, and/or taped, and/or their flags not correctly on the player's hips. *Coaches maybe rewarded with one team-wide warning about gear on the first offense.
 - If the team has already received a warning about pre-snap uniform issues, officials may apply a flag guarding penalty if it affects the outcome of the play.
 - Flags need to be securely fixed to the players' hips. If flags spin on players' hips during play, it will be subject to flag guarding if it has an impact on the result of the play
 - A player with an illegal uniform caused by a previous attempt on the flag such as a jersey pulled out during a live play or excess belt is pulled and not the flags, will be subject to flag guarding if it has an impact on the result of the play

XIV. Formations

1. Offenses must have a minimum of one player on the line of scrimmage (the center) and up to six players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - a. Teams may shift formations prior to the snap if they are set for at least 1 second before the ball is snapped.
 - b. One player at a time may go in motion at least 1 yard behind the line of scrimmage.
2. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
3. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

XV. Unsportsmanlike Conduct

1. If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. *FOUL PLAY WILL NOT BE TOLERATED!*
2. Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
3. Players may not physically or verbally abuse any opponent, coach or official.
4. Ball-carriers MUST try to avoid defenders with an established position.
5. Defenders must give free releases off the line of scrimmage to offensive players and are not allowed to run through the ball-carrier when pulling flags. *ROUGH PLAY WILL NOT BE TOLERATED*
6. Fans must also adhere to good sportsmanship as well:
 - a. Yell to cheer on your players, not to harass officials or other teams.
 - b. Keep comments clean and profanity free.
 - c. Compliment ALL players, not just one child or team.
7. Fans are required to keep fields safe and kids friendly:
 - a. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the designated areas.
 - b. Dispose of ALL trash in designated trash cans.
8. Unsportsmanlike conduct penalties:
 - a. Defense + 10 yards from line of scrimmage and automatic first down
 - b. Offense - 10 yards from line of scrimmage and loss of down
9. Ejections: All ejections incur a minimum of a 2-game suspension. If the ejection occurs during a game that game will count 1 game towards the suspension, regardless of when it occurred. The next regularly scheduled game will count as the 2nd game.

XVI. Grade League Rule Exceptions

To assist the grade divisions with successful gameplay and the enhancement of critical skills, the following rules have been adopted during the spring season:

Quarterback Play:

Kindergarten Grade Division:

1. The quarterback in the Kindergarten grade division can be a coach of the team. LSFA encourages coaches to work with players on learning the QB position.
 - a. The Coach/QB may be in "shot gun" formation or directly under center.
 - b. The Coach/QB IS NOT permitted to move with the ball other than to take 2-3 steps to support a handoff or to make a pass.
 - c. Coach QBs are NOT allowed to fake hand offs or fake passes in any manner. The Coach QB may only complete a direct hand off or forward pass.
 - d. The Coach/QB **IS NOT** allowed to intentionally conceal the ball from the defense (including no huddle of players with the Coach/QB conducting a secret handoff).
 - e. Once the Coach/QB has passed/handed the ball to a player, the Coach/QB may not touch the ball again.
 - f. The Coach/QB is restricted to throw passes 20 yards or shorter. Balls thrown farther than 20 yards will be ruled incomplete regardless of if they were caught.
 - g. Only six (6) eligible receivers are allowed on offense with a Coach/QB
-

On Field Coaches:

K/1st Grade & 2nd Grade Divisions:

1. One coach can be on the field to assist their team on offense and defense*.
 - a. On field coaches must be 10 yards behind their deepest player prior to the ball being snapped (exception allowed for the Coach/QB in the Kindergarten division).
 - b. **On field coach communication should be kept to a minimum during a play.**

3rd Grade – 7th Grade Divisions:

Coaches are restricted to the sidelines between and during game play (exceptions include timeout periods, to tend to injury, to assist with equipment issues and as directed by the referee).

Rushing the passer:

No rushing the passer in Kindergarten, 1st-Grade, & 2nd-Grade Divisions

Grade League Rule Exceptions Summary

	Coach QB	1 On Field Coach for Offense & Defense	Rushing the Passer
Kindergarten	YES	YES	NO
1st/2nd Grade	NO	YES	NO
3rd Grade	NO	NO	YES
4th grade	NO	NO	YES
5th Grade	NO	NO	YES
6th Grade	NO	NO	YES
7th Grade	NO	NO	YES

XVII. Penalties

i. General

1. Officials will call all penalties.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
4. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.
5. Games or halves may not end on a defensive penalty unless the offense declines it.
6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

ii. Defensive spot fouls

Holding	+5 yards and automatic first down
Stripping	+10 yards and automatic first down

iii. Offensive spot fouls

Screening, blocking, or running with the ball	-10 yards and loss of down
Charging	-10 yards and loss of down
Flag guarding	Ball placed at the spot of the foul. The down counts.

iv. Defensive penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive unsportsmanlike conduct or Taunting	+10 yards and automatic first down
Defensive pass interference	+10 yard and automatic first down
Offside	+5 yards from line of scrimmage and automatic first down
Illegal rush – starting from inside the 10-yard marker	+5 yards from line of scrimmage and automatic first down
Illegal flag pull – Before the receiver has the ball	+5 yards from line of scrimmage and automatic first down
Roughing the passer – only on the initial QB	+5 yards from line of scrimmage and automatic first down

v. Offensive penalties

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct or Taunting	-10 yards and loss of down
Offside / false start	-5 yards from line of scrimmage and loss of down
Illegal forward pass – either foot beyond the line of scrimmage	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-10 yards from line of scrimmage and loss of down
Illegal motion/Illegal Shift	-5 yards from line of scrimmage and loss of down
Delay of game	-5 yards from line of scrimmage and loss of down
Impeding the rusher	-5 yards from line of scrimmage and loss of down
Illegal Procedure	-5 yards from line of scrimmage and loss of down