

Fall Flag Modified Football Rules

1. Each team will compete with 8 players on the field or as agreed upon by the coaches and referee.
2. Games will consist of 2-20 minute halves with a running clock. Time does not stop for timeouts or injuries. Officials can stop clock at their discretion.
3. No scores are kept.
4. The quarterback CANNOT run with the ball unless rushed by an opposing player. The quarterback may hand off OR pitch the ball to a running back.
5. All players are eligible to receive a pass.
6. Multiple players may rush the QB, but must start 7 yards behind the line of scrimmage and hold their hand in the air to be identified as a pass rusher.
7. Players MAY NOT extend their arms or hands for any blocking.
8. Interceptions can be returned and are not immediate dead balls.
9. Shirts MUST be tucked in.