**Golden Eagles 1st & 2nd Grade Flag Football Rules**

* Games consist of two 25-minute halves with running clock. Coaches should work together to ensure (if possible/necessary) that each team receives equal possessions over the course of the game.
* 9 players for each team on the field at once.
  + Offense – 5 Linemen, 1 Quarterback, 3 Backs/Receivers
  + Defense – 4 Linemen, 3 Linebackers, 2 Safeties
    - No defensive linemen may be lined up over the center
    - Linebackers must be 5 yards off the line of scrimmage at the snap
    - Outside Linebackers must be lined up inside the tackle box at the snap
    - Safeties must be 10 yards off the line of scrimmage at the snap
    - Most aggressive players should not be on the defensive line
* Rushing or passing is permitted on all offensive plays regardless of down/distance.
* Offense will start from their own goal line (40 yard field). Offense will have 4 plays to go 10 yards.
* Defensive linemen must engage offensive linemen for 2 seconds before shedding the block. Linebackers and safeties are not permitted to blitz. Violations will result in the down being replayed.
* Coaches should try to arrange offensive/defensive line matchups prior to the start of a drive to avoid significant size/skill mismatches.
* All players must get a chance to run the ball at least once every game. It is up to the coaches to plan for and keep track of this. No single player is permitted to run more than 4 times in a game.
* Extra point conversion to be attempted from the 3 yard line; 1 point for run, 2 for pass
* No blocking, screening, stiff arms, or flag guarding allowed. If called, replay the down.
* No holding. If it significantly affects the play, replay the down. Otherwise, issue a warning.
* Play dead upon fumble. 1 replay per half for dropped snaps/handoffs.
* Ball placed at previous line of scrimmage on negative yardage plays.
* Pass Interference is a spot foul and automatic first down.
* Interceptions can be returned for a TD, otherwise the intercepting team will start a new drive at their own goal line.
* A mouth guard is required for player to participate. No exceptions.