**Golden Eagles 3rd & 4th Grade Flag Football Rules**

* Games consist of two 25-minute halves with a running clock. Coaches should work together to ensure (if possible/necessary) that each team receives equal possessions over the course of the game.
* The field size will be 40 x 40, excluding two 10-yard end zones.
* Offense consists of the following:
  + QB
  + Three OL (G/C/G),
  + Five RB/WR/TE, each of whom are eligible receivers
* Defense consists of the following:
  + Three DL (lined up over the OL),
  + Two LB
    - One must be 5 yards off the line of scrimmage
    - The other LB must be lined up over an eligible receiver
  + Four DBs (7+ yards off the line of scrimmage).
* Linebackers and safeties are not permitted to blitz. Violations will result in the down being replayed.
* Defensive lineman may enter the backfield after three seconds. Violations will result in the down being replayed.
* Blocking his permitted, but it should only be done with the hands. Absolutely no hitting will be tolerated. Coaches should work together to ensure there are no significant mismatches in size/skill level along the line before each play.
* Offense starts on the goal line and will have four plays to gain a first down. A first down is achieved by crossing mid-field.
* Offense allowed one player in motion at the snap. Motion towards the line of scrimmage is not permitted.
* Ideally, each player has the opportunity to run/catch 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 carry the ball more than 4 times per game.
* The extra point conversation attempt occurs from the three yard line. A conversion is worth one point for run and two for a pass.
* Stiff arms and flag guarding are not allowed.
* Play dead upon fumble (1 replay per half for dropped snaps/handoffs – additional fumbles result in loss of down).
* Ball placed at previous line of scrimmage on negative yardage plays.
* Defensive pass interference is a spot foul and automatic first down. Offensive pass interference is a loss of five yards.
* Interceptions can be returned for a TD otherwise intercepting team starts at their own 10.