# Bo Jackson’s Elite Sports

5-9 Year Olds Rules

# NFL Flag

* A coin toss determines first possession.
* The offensive team takes possession of the ball at their 10-yard line.
* The offensive team has four (4) downs to move the ball ten yards for a first down.
* All possession changes, except interceptions, start on the offense’s 10-yard line.

# Players/Timing

* Teams will have a maximum of 5 players on the field at all times.
* There will be four (4) 10-minute periods. Teams change sides after halftime. There will only be five (5) minutes for half time and two (2) minutes between quarters.
* Substitutions will only be allowed at the beginning of the quarters and half time.
* There is NO overtime. Everybody wins.
* Each time the ball is spotted a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
* Each team has two time outs per half.
* Officials can stop the clock at their discretion.
* Each player must play at least 20 minutes during the game.
* Each participant must play every position during the season.
* All players must wear flag belts with two flags.

# Scoring

Touchdown: 6 points

Extra Point: 1 point (played from the 5-yard line)

Safety: 2 points

# Line of Scrimmage

* There must be a quarterback, running back (in the backfield), and one lineman (on the line of scrimmage) before the start of every play. Other positioning will be at the coach’s discretion.
* Four players must be on the line of scrimmage before the start of each play.
* The ball can be snapped “off to the side” or between the legs to start play.
* Direct Snaps are allowed as long as they are behind the line of scrimmage.

# Running

* The quarterback cannot run with the ball.
* The player who takes the handoff can throw the ball from behind the line of scrimmage.
* Once the ball has been handed off, all defensive players are eligible to rush.
* Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
* The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.

# Receiving

* All players are eligible to receive passes. Only one player is allowed in motion at a time.
* A player must have at least one foot inbounds when making a reception.

# Passing

* All passes must be forward and received beyond the line of scrimmage.
* Shovel passes are allowed but must be received beyond the line of scrimmage.
* Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 10-yard line.

# Dead Balls

* Play is ruled “dead” when:
* ball carrier’s flag is pulled
* ball carrier steps out of bounds
* touchdown or safety is scored
* at the point of interception (interception returns are not allowed)
* ball carrier’s knee hits the ground
* ball carrier’s flag falls out

**Note:** There are no fumbles. The ball is spotted where the ball hits the ground.

**Offensive Linemen/Defense**

* Offensive linemen must keep their arms in front of their body (like a pick in basketball) and use body positioning for blocking.
* Only 1 player can rush the quarterback
* Rushing player starts 8 yards off the line of scrimmage and can rush once ball is snapped
* Defensive Players must make an effort to rush around the offensive lineman not through them.
* Absolutely no tackling or rough play allowed.
* Interceptions CAN NOT be returned.

# Penalties

## All penalties will be called by the referee

## *Defensive*

* Offsides – 5 yards, automatic first down
* Interference – 10 yards, automatic first down
* Illegal contact – 10 yards, automatic first down
* Illegal flag pull – 10 yards, automatic first down
* Illegal rushing – 10 yards, automatic first down

### Offensive

* Illegal motion – 5 yards, loss of down
* Illegal forward pass – 5, loss of down
* Offensive pass interference – 10, loss of down
* Flag guarding – 10, loss of down
* Delay of game – 10, loss of down
* Illegal Block – 5, loss of down

This is a non-competitive league, where all participants should learn the fundamentals of the game while having FUN! Coaches are expected to be role models at ALL times. There is absolutely no arguing with referee calls. Sportsmanship will be displayed at all times by coaches, players, and staff.