



Official 8v8 Rules & Regulations

1. LEAGUE PHILOSOPHY

- Sportsmanship
- Player Development
- Safety
- Competitive Fairness
- Community Engagement
- Game Time Officials maintain final authority over gameplay and rule enforcement.

2. FIELD & EQUIPMENT

- Field Length: 80 Yards (60-yard field plus two 10-yard end zones)
- Field Width: 35–40 Yards
- 6U & 8U: Pee Wee Football
- 10U & 12U: Junior or Youth Football
- 14U: Youth or Official Football
- 19U: Official Football
- Sonic Flags (provided by Game Time)

3. ROSTERS & PLAYER ELIGIBILITY

- 8 players on the field
- Minimum 6 players required
- Forfeit score: 7-0
- Age verification before kickoff or halftime only
- Coaches must meet Game Time and City requirements

4. GAME FORMAT

- Four 10-minute quarters (6u & 8U only). 5 Play rule last 7 minutes 2nd Qtr and 4th Qtr. (10U, 12U, 14U, HS)
- Five Play Rule applies only to 10U and older age groups during final 3 minutes of 2nd and 4th quarter
- 5-minute halftime
- Two 25-second timeouts per half
- 25 seconds between plays

5. OFFENSIVE RULES

- Traditional snap required for 10U and older
- Clear exchange of the snap must occur. Ref must be able to determine a clear center to QB exchange.
- Balls brought in from the sideline must be brought into mid field and then can be set afterwards. Coaches are not allowed to handle in play football.
- Screen blocking allowed with hands behind back and no contact (behind LOS)
- One player in motion
- Huddle play prohibited
- One forward pass per play
- All players eligible receivers
- 1 foot clearly in bounds on all receptions
- Dead ball on fumbles, dropped snaps and dropped handoffs
- QB rush count: 5 seconds (6U-10U), 3 seconds (12U-14U)
- Declared punts only; no fake punts

6. DEFENSIVE RULES

- Legal defensive alignment required
- Defense must be at least 1yd to the side and at least 3 yards away from the top of the center. If offense is side snapping. Defense is allowed to line up over the center.
- One coach allowed on field in 6U and 8U only
- Interceptions may be returned
- No tackling, pushing, holding or stripping

7. KICKING RULES

- 10U+ kick from 15-yard line
- 6U & 8U may kick or throw from 20-yard line

- Maximum 3 returners on punts and kickoffs
- Touchback to 15-yard line for 10U and older. 20-yard line for 6U and 8U.
- All Kickoffs must be from the middle of the field.
- If kickoff goes out of bounds. 5yd penalty
- If kickoff goes out of bounds a 2nd. Opposing team starts at middle field.

8. SCORING

- Touchdown = 6
- PAT from 5 yards = 1
- PAT from 10 yards = 2
- Safety = 2

9. PENALTY ENFORCEMENT

OFFENSIVE PENALTIES – Revert to TAAF

Penalty	Yards	Result
Illegal Snap	5 Yards	Replay Down
Illegal Formation	5 Yards	Replay Down
Illegal Motion	5 Yards	Replay Down
Illegal Touch	5 Yards	Replay Down
Delay of Game	5 Yards	Replay Down
Illegal Forward Pass	5 Yards	Loss of Down
Charging	10 Yards	Loss of Down
Illegal Blocking	10 Yards	Loss of Down
Flag Guarding	Spot Foul	Loss of Down

DEFENSIVE PENALTIES – Revert to TAAF

Penalty	Yards	Result
Illegal Rush	5 Yards	From LOS
Offsides	5 Yards	From LOS
Illegal Deflagging	10 Yards	From LOS
Defensive Holding	5 Yards	Automatic First Down
Pass Interference	Spot Foul	Automatic First Down
Roughing the Passer	10 Yards	Automatic First Down
Tackling	15 Yards	Automatic First Down / Possible Ejection

10. OVERTIME

Existing Game Time 8v8 overtime format. Each team receives four downs. Team with most yardage/touch downs after all downs are complete wins. Interceptions end the possession.

11. MERCY RULE

A 27-point lead at the end of the 3rd quarter results in a final game score.

12. Player Equipment

- Number on the jersey is required.
- Uniforms must be similar by week 3.

- Players must have mouth pieces.
(Coaches and Parents responsibility to make sure players have mouth pieces and all proper equipment during all games)
- All players with hair longer than shoulder length must have their hair in a high ponytail, bun or inside a Skully.

13. Scheduling and Playoffs

- All first 4 weeks are computer generated
- 2nd half of the season teams are scheduled based on standings
- Schedule requests are taken. But that does not mean they will be honored. Requests may require double header during the season or loss of a game that cannot be rescheduled during the season.
- Spring and Fall seasons will consist of 8 regular season games. Weather permitting. 7 games minimum will be played due to scheduling issues and weather issues.
- Playoffs are not part of the regular season. Top 10 teams in each age group make the playoffs. If there is 10 teams or less. All teams will make the playoffs.
- Playoffs are a single elimination tournament style bracket. All played on 1 day.
- Playoffs are seeded by end of season Standings.