

## **PLAAYATION RULES CHEAT SHEET**

\*TWO 20 MINUTE HALVES

\*5 MINUTE HALF TIME

\*TWO TIMEOUTS PER TEAM

\*CLOCK ONLY STOPS LAST 2 MINUTES OF THE GAME

\*BOTH TEAMS MUST HAVE THE SAME FLAGS

### **Grade 1-2**

- 45 second Play Clock
- 6 seconds to throw the ball
- NO direct QB runs
- Unlimited runs, but not by the same player
- Can do over muffed snap
- Can run extra points
- One Coach for offense and one coach for defense

### **Grade 3/4**

- 30 second Play Clock
- 5 seconds to throw the ball
- NO direct QB runs
- 1 run per set of downs = 2 runs total for each offensive drive
- NO runs 5 yards from the End Zone; YES, you can have running plays 5 yards from Mid-Field
- NO runs on extra points
- One Coach for offense and one coach for defense

### **Grade 5/6**

- 30 second Play Clock
- 4 seconds to throw the ball
- *One run only for each offensive drive*
- *No runs allowed within 5 yards of the goal line*
- One Coach for offense and one coach for defense

### **Grade 7/8**

- 30 second Play Clock
- 3 seconds to throw the ball
- No runs / passing only
- No coach on the field when play is live

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