

FNL Rules Breakdown

- Coaches are responsible for player check-in (mouth piece, flags, gear, etc.)
- Coin Toss (Winner chooses off/def, Loser chooses direction)
- 10 min Qtrs, 1 min Qtr break, 5 min halftime break, 1 min timeouts (57 mins max time)
- 2 timeouts per half no carry over, clock doesn't stop unless timeout is called(coach/official)
- 30 sec play clock, 3 downs to cross midfield, 3 downs to score
- All possessions start on 5 yard line, except for interceptions, teams change sides at halftime
- Only 1 coach is allowed on field for K-Sophomore, not allowed for Junior/Senior
- Minimum 5 players any less regardless of reason(injury, late, etc.) is a forfeit (1 – 0 score)
- Advantage Rule 8 vs 7 (only) allows 8 player team to choose 1 player on 7 player team to sit, coach on 7 player team determines what quarter the player sits
- Mercy rule is 30 points or more at start of 4th or anytime during 4th current score = final score
- Overtime (must have a winner for playoffs and
 - Coin toss ball placed at midfield
 - 3 plays to score or most yardage gained, negative yards count
 - Ball intercepted and returned for TD game is over
- Touchdown 6pts, 1pt try is from 5 yardline, 2pt try is from 12 yardline
- No fumbles/No stripping, ball is dead where it hits the ground and spotted there for next down
- The ball must be snapped between the legs (no side snaps)
- Original QB cannot run, has 7 sec passing clock, once 7 secs ball is dead and LOD(no yardage)
- All players are eligible, Shovel passes are allowed, No intentional grounding, No center sneaks
- Once ball is lateraled, passed or handed any player can rush when the ball leaves the QB hand
- The ball is spotted where the ball carriers feet are not where the ball is located
- Player is only required to have 1 foot in bounds when making a reception
- Players are allowed to spin, dive and leave their feet
- Eligible rusher must be 7 yards behind the blitz marker, leaving early must reset(leave early/cross line before QB laterals, passes or hands to be illegal rush
- Any contact on QB by defense trying to bat the ball is roughing the passer
- Ball is dead
 - Flag pulled, steps out of bounds, TD/Safety, Knee on ground, Flag falls off
 - Flags out of position defensive player must touch/tag ball carrier
- Fouls/Penalties
 - All Defensive are automatic first down + yardage (offsides is only 5 yd)
 - Offsides, Pass interference, Illegal contact/flag pull/rushing, Last man standing (Auto TD)
 - All Offensive are loss of down + yardage (Illegal motion and illegal forward pass 5yd)
 - Illegal motion/forward pass/contact, Pass interference, flag guarding, charging, delay of game
 - All penalties are assessed from the original LOS, spot of the interception
 - Games cannot end on defensive penalty unless declined
- All rules and penalties not defined are defaulted to NFHS Rules