

8-Man Non-Eligible Rules

Starting a Game

- Game starts at scheduled time. Coin flip for receive - no deferment.
- Teams switch directions at halftime.
- Minimum 6 legal players required at game time.
- Teams cannot be forced to start early.
- Forfeiting team must pay both teams' referee fees before their next game.

Uniforms

- Jersey must be same basic color and numbered; no number = listed as #99.
- Footwear: one-piece molded rubber shoes or screwed-in football cleats. No metal spikes.
- Pants/shorts must be a different color than the flags.
- Baseball caps worn backward. No pads - helmets, shoulder pads, and forearm pads are prohibited.
- No stickum. Prescription eyeglasses must be strapped.

Timing

- 40-minute game (two 20-minute halves); 5-minute halftime.
- 2 timeouts per half per team. Referees keep official time; 25-second play clock.
- Final 2 minutes: clock stops on incomplete passes/spike, out-of-bounds, score, timeout, non-loss-of-down penalties, change of possession, and fair catch.

Overtime

- Coin toss; one end zone used. Winner chooses offense or defense.
- Choose: 1 point from the 3-yard line or 2 points from the 10-yard line.
- Interception returned during OT = win for the returning team.

The Field

- 80 yards long (100 yards including end zones), 40 yards wide, 10-yard end zones.
- First downs at 20-yard intervals.

Kickoff

- Kicked from the 20-yard line. Receiving team has 4 players at the 40-yard line.
- Ball must travel over the 40 in the air; otherwise spotted where it hits.
- Touchback: receiving team's 20-yard line.
- Onside kicks allowed in the final 2 minutes only if the kicking team trails by 18 points or fewer.

Game Play

- 1 foot in bounds for a legal catch.
- Minimum 5 players on the line of scrimmage (3 linemen + 1 eligible receiver each side).
- Mercy rule: game ends at the 2-minute warning if one team leads by 18+.
- Blocking: open hands only - no forearms.
- Zero tolerance for vulgar language.

Offense

- Center and 2 tackles are ineligible receivers.
- Must have a tight end or receiver outside each tackle.
- Scoring: TD = 6 pts | 1 PAT from 3 yd | 2 PAT from 10 yd; all extra points may be returned for 2 pts.

Penalties

Foul	Penalty
Taunting / Arguing (1st offense)	15 yards + automatic first down
Taunting / Arguing (2nd offense)	Ejection
False start / Offsides (offense)	5 yards, replay down
Delay of game	5 yards, replay down
Offensive pass interference	10 yards + loss of down
Holding / Illegal block / Clipping	10 yards (spot foul)
Flag guarding	10 yards + loss of down
Intentional grounding	10 yards + previous spot + loss of down
Offside (defense)	5 yards
Defensive pass interference	Spot foul + automatic first down
Roughing the QB	15 yards + automatic first down
Defensive holding	10-yard spot foul
Tackling	10 yards
Last-man tackle (clear path to EZ)	1st & goal from 1-yard line
Pushing receiver out of bounds	15 yards roughing

Additional Rules

- Defender must hand the flag back to the ball carrier after pulling it.