



# **2025 VAA Flag Football Rules**

## **(3<sup>rd</sup> through 8<sup>th</sup> grade)**

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## **I. CONDUCT and RESPONSIBILITIES-- COACHES, PLAYERS, PARENTS, & SPECTATORS**

1. All participants must adhere to good sportsmanship:
  - a. Yell to cheer on your players, not to harass officials or other teams.
  - b. Keep comments clean and profanity free.
  - c. Compliment ALL players, not just one child or team.
2. Parents / Guardians are responsible for the actions of any family or friends that may be attending the game. It is your responsibility to inform them of the expectations regarding their behavior.
3. Any unsportsmanlike behavior be it verbal or physical will result in a penalty assessed against your team and may result in ejection and removal from the field and its property.
4. Fans are not to talk to, make comments about, yell at, or in any other way address the referees at any time. This includes before, during, or after the game. Any questions about rules or penalties should be directed to your coach or either the VAA or EVAA football boards.
5. PETS ARE ALLOWED -but are requested to be kept at a distance from others and the fields.
6. Fans are required to keep fields safe and family friendly. Please keep younger kids and equipment such as coolers, chairs and tents away from the sidelines.
7. ANY ABUSIVE OR DISRESPECTFUL LANGUAGE USED TOWARD THE OFFICIALS, COACHES, OR PLAYERS WILL RESULT IN IMMEDIATE EJECTION AND REMOVAL FROM THE FIELD AND THE PROPERTY WHICH IT IS ON. VAA FLAG FOOTBALL HAS A ZERO-TOLERANCE POLICY. THE FIRST OFFENSE WILL RESULT IN EJECTION. THE SECOND OFFENSE WILL RESULT IN SUSPENSION FROM VAA FOOTBALL GAMES FOR THE REMAINDER OF THE SEASON. THIS RULE APPLIES TO SPECTATORS, COACHES, AND PLAYERS.

## **II. COACHES and ROSTERS**

1. Each team must supply the "chain gang" for a half of each game. Coaches must direct their own spectators or staff to fulfill this requirement.
2. Coaches are allowed on the field to direct players. Defensive coaches must move to the sidelines before the snap of the ball. The Offensive coach can remain on the field but must be out of the way.
3. Only three coaches per team are allowed on the sidelines.
4. Team size is a maximum of 10 players. (Exceptions can only be made upon approval of league commissioners prior to the season.)

### III. PLAYING TIME and PARTICIPATION

1. Every player must receive at least one direct hand-off or make a catch in every game. Being the target of a pass does not count. The player must take (and keep) a handoff or make a catch to fulfill this requirement. Taking a handoff and then handing to another player (a reverse) does not count.

EXECPTION: A player who plays Quarterback for all, or most of their playing time is not required to get a carry or a catch.

2. Substitutions- Within all the VAA Flag rules, this area is as important as any! Coaches, players, parents, and all spectators must understand the ultimate goal is not just winning games. The VAA & EVAA community football programs both maintain philosophies that strive for and require participants to uphold the principles of **fairness and a learning environment** that youth sports should provide. We ask that all coaches and/or their staff monitor their own substitutions during games, with a goal of making sure they are working towards **equal playing time**. With almost any substitution rule, the ability for our referees in monitoring and enforcing such rules can be very difficult. With that, we will guide our referees and ask all participants that notice any blatant disregard of these philosophies to bring that information to the attention of the VAA or EVAA. Our Football boards will then determine any course of action needed. Discussions with those involved, and corrective action up to and including, forfeits, suspensions, or removal of the coach and/or coaches responsible may be possible.

#### Substitution rules/guidelines

- a. Subs can be made anytime an injury happens. (Faking an injury is not allowed, and will be punished if found out...come on people, what are we teaching?!)
- b. Each player must "start" at least one quarter each game.
- c. Each player must have the opportunity to play both offense and defense in each game, with the goal of playing about a 50/50 split in time on both sides.
- d. Coaches may sub up to 5 players at each possession change.
- e. Coaches are not required to sub out at each quarter change but may sub up to 5 players.
- f. Coaches may sub up to 3 players during a timeout.
- g. **\*\*Remember the goal is to strive for equal playing time for all participants!\*\***

#### **IV. PLAYING FIELD (see diagram in appendix C)**

1. The field size is 30 yards wide by 70 yards long total, 50 yards between the goal lines with two 10-yard end zones and a midfield line-to-gain. Endzones are marked in all corners with either pylons or medium sized cones, the midfield line is marked with large cones, and the No Running Zones are marked with small cones.
2. No Running Zones are placed on each side of the line-to-gain by 5 yards. From the 20 yd line to the 25 (midfield line) on the offense's half of the field, and from the 5 yd line to the goal line on the defense's half of the field.
3. All spectators will have one sideline to watch the game from, the teams and coaches will both be on the opposite sideline, with each choosing opposite ends of the midfield line for their bench area.
4. Scoreboards are placed on the bench sideline behind the midfield line.
5. Stepping on the boundary line is considered out of bounds.

#### **V. EQUIPMENT**

1. MOUTHGUARDS and SOFT HELMETS (new 2025!) ARE MANDATORY. Players will not be allowed to play or practice without a mouthguard or soft helmet. No exceptions!! Families must purchase these on their own, both VAA & EVAA can help provide sites to purchase both mouthguards and soft helmets. Coaches will have a limited number of mouthguards in their bag for emergency backup only!
2. VAA and EVAA provide every player with flags and jerseys.
3. Teams may use their own ball on offense, but the size must comply with the following chart per grade level.

##### BALL SIZES-

3<sup>rd</sup> & 4<sup>th</sup> – Pee-wee size football

5<sup>th</sup> & 6<sup>th</sup> – Youth size football

7<sup>th</sup> & 8<sup>th</sup> – Junior size football

4. Players must wear shoes. Molded rubber cleats are allowed and strongly encouraged. Metal cleats are not allowed.
5. Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed. Casts (hard & soft) are only allowed when they can be clearly wrapped with soft foam padding and deemed safe by the league. Any wrongful use by a player with a cast/brace can result in a roughing penalty and possible removal from the game.

6. Players must remove all jewelry including but not limited to watches, earrings, bracelets, and necklaces.
7. Official jerseys must be worn during play. A minimum of Two flags (one on each side) are worn by each player.
8. Pants or shorts with belt loops or pockets must be taped.
9. Players may NOT wear pants or shorts that in any way obscure the visibility of the flags with color or design.
10. If you use flag belts, the shirt/jersey cannot cover the flags in any way. Players may be asked and be required to tuck in their shirt/jersey if the referee determines it is obstructing or covering the flags.
11. No wrapping of the flags around the belt is allowed.

## VI. GAME

1. Game length is 40 minutes – four 10-minute quarters of running time.
2. Game play is 5 on 5.
3. Teams must always field a minimum of four (4) players. (a Forfeit will occur, see Appendix B)
4. At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine which team starts with possession of the ball. The visiting team shall call the toss.
5. The winner of the coin toss gets to choose if they want to play offense or defense first. The loser of the coin toss chooses the end zone it would prefer to defend (teams swap ends at the end of each quarter). Teams may NOT choose to defer to the second half. Each team starts one half on offense.
6. All offensive possessions (see exception below) will start with the ball at the 5-yard line and the offense has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown.

EXCEPTION: When there is an interception...the ball gets spotted where the defensive team gets their flag pulled; interceptions can be returned for TD's.

7. The possession changes:
  - a. After a conversion attempt resulting from a scoring play.
  - b. If the offensive team fails to cross midfield within 4 plays.
  - c. If the offense fails to score from inside the midfield line within 4 plays after crossing midfield.

8. Teams change sides after each quarter. Even if a TD was scored on the last play of the first or third quarter, teams would change ends prior to the conversion attempt (but not at the end of the second or fourth quarter).
9. After half-time, possession changes to the team that started the first half on defense.

## **VII. FORMATIONS**

1. An offensive team must have a minimum of one player on the line of scrimmage (the Center) and one player (the Quarterback) must be in the backfield off the line of scrimmage. All other players may be lined up in any formation.
  - a. One player at a time may go in motion one yard behind and parallel to the line of scrimmage.
  - b. No motion is allowed towards the line of scrimmage.
2. Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the one player in motion.
3. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a *False start- (5 yards from LOS and replay down)*.
4. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.
5. Picking up the ball and/or partially snapping the ball will be considered a penalty and will be enforced. *False start- (5 yards from LOS and replay down)*.

## **VIII. TIMING & OVERTIME**

1. The clock stops for timeouts, changing quarters, and halftime. It also stops for injuries or referees conferences, in these events the clock will restart when the injured player is removed from the field of play, or the referee conference has ended.
2. Halftime is 5 minutes long.
3. 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 (5 yards).
4. Each team has three (3) 60-second timeouts for the whole game.

5. Officials can stop the clock at their discretion.
6. If a team scores as time expires in the 1st or 3rd quarter then the PAT will be held at the beginning of the 2nd or 4th quarter after the teams have changed players and sides of the field. This is done due to the game having a running time clock. There are no changes for conversions coming at the end of either half.
7. During the regular season, if the score is tied at the end of regulation the game result will be a tie.
9. In playoff situations, an *Overtime (OT) Period* will be used to determine the winner. The college-like OT format is as follows:
  - a. A coin toss called by the visiting team will determine who starts the first OT period. The winner of the toss chooses whether to be on offense or defense first. All subsequent OT possessions will alternate as necessary until a winner is determined.
  - b. Both teams will get an offensive possession. However, if the team starting on defense intercepts the ball and returns it for a TD, the game is over, and they are the winner.
  - c. Offensive possessions will start on the opponent's 20-yard line, and the offense will have four downs to score a TD. If they score a TD, they can choose to go for a one- or two-point conversion.
  - d. The team starting on defense will then get an opportunity for a possession on offense. Neither team is ever forced to "go for the win" on their conversion attempt. They can always go for 1 or 2 on any conversion attempt.
  - e. The team with the most points at the end of any "round" is the winner. Rounds will continue until the tie is broken.

## **IX. LIVE BALL / DEAD BALL**

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. All Center snaps must go through the center's legs (not off to the side).
3. A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play before any part of the body touches out of bounds.
4. The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out signals to start the play.
5. Any official can whistle the play dead.

6. Play is ruled “dead” when:

- a. The ball hits the ground (unless it’s a fumbled snap during QB-center exchange).
- b. The ball carrier’s flag is pulled.
- c. The ball carrier steps out of bounds.
- d. A touchdown, PAT, or safety is scored.
- e. The ball carrier’s knee or arm hits the ground.
- f. The ball carrier’s flag falls off.
- g. The receiver catches the ball while in possession of one flag.
- h. The seven-second pass clock expires.
- i. An inadvertent whistle is blown by an official. If this happens, the play is dead at the spot the ball is when blown and the offense has 2 options:
  1. Take the ball where it was when the whistle blew.
  2. Replay the down from the original line of scrimmage.

*NOTE: FUMBLES-* The play is blown dead, and the ball is spotted where the ball hits the ground. If the fumble occurs in the end zone, the defense is awarded a safety. There are no fumble recoveries... Exception: If the ball is fumbled on the QB-center exchange, the QB – and only the QB – can pick it up one time and continue with the play. If the QB’s knee is on the ground when he touches the ball, the play is dead there. If anyone (on either team) other than the QB touches the ball, the play is dead there. If the QB re-establishes possession after a fumbled exchange but then fumbles it himself, the play is dead there. If it is a pass play, the seven-second clock starts at the initial snap and does not stop while the QB attempts to recover the fumbled exchange.

## **X. SCORING**

1. Touchdown= 6 points.
2. PAT (Point After Touchdown) 1 point (5-yard line) or 2 points (12-yard line). Note: 1 point PAT is pass only, 2 point PAT can be run or pass.
3. Safety= 2 points and possession of the ball goes to the defensive team.
4. A Safety occurs when the ball carrier is declared down in his/her own end zone. They can be called down

when their flags are pulled by a defensive player, their flag falls out, they step out of bounds, or they hit the ground with their knee or arm. A Safety also occurs when there is an offensive penalty in the end zone, as well as when a fumble is declared dead in the end zone.

5. A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5 yard line) or a 2-pt. conversion (from the 12-yard line). Any change, once a decision is made to try for the extra point, requires a charged time out. Decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.
6. If the defense commits a penalty on a conversion attempt that results in the attempt being run again, the offense can still run even if the penalty moves the ball into the no-run zone as long as the offense had initially chosen to go for 2, which gave them a run-pass option.

## **XI. RUNNING**

1. The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. If one foot precedes the other, the forward foot marks the spot.
2. The quarterback cannot directly run with the ball.
3. Direct handoffs, pitches, and laterals behind the line of scrimmage (LOS) are permitted. The Offense may use multiple handoffs, pitches and/or laterals behind the LOS. No laterals are permitted beyond the LOS.
4. "No-Run Zones," located 5 yards before each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations. (Reminder: Each offensive squad approaches only TWO No Run Zones in each drive - one 5 yards from midfield to gain the first down, one 5 yards from the goal line to score a TD 5 yards).
5. The player who takes the handoff can throw the ball from behind the line of scrimmage.
6. Once the ball has been handed off from the quarterback, all defensive players are eligible to rush.
7. Runners may not leave their feet to advance the ball. Diving, leaping, or jumping is considered flag guarding.
8. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
9. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.

10. No blocking or “screening” is allowed at any time.
11. Offensive players must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.
12. Flag Obstruction –The flags must be on the player’s hips and free from obstruction. Deliberately obstructed flags will be an *Unsportsmanlike penalty- (15 yards and Loss of Down)*.
13. No direct handoffs to the center unless the Center runs into the backfield.

## **XII. PASSING**

1. All passes must be thrown from behind the line of scrimmage.
2. A screen pass - a forward pass that does not go beyond the line of scrimmage – is allowed when not in the no-run zone. It is not allowed in the no-run zone.
3. Shovel passes are allowed, except in the No Running Zone!
4. The quarterback has a seven-second “pass clock.” If a pass is not thrown within seven seconds of the snap, the play is dead, the down is consumed, and the ball is returned to the line of scrimmage. Once the ball is handed off, the pass-clock rule no longer is in effect even though that player may pass.
5. If the QB is standing in the end zone at the end of the pass clock, the ball is returned to the line of scrimmage. It is NOT a safety.

## **XIII. RECEIVING**

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the LOS).
2. Only one player is allowed in motion at a time. All motion must be parallel or away from the line of scrimmage, and no motion is permitted towards the line of scrimmage.
3. A player must have at least one foot inbounds when making a reception and neither foot can touch down out of bounds prior to or at time of catch.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions change the possession of the ball where the intercepting player’s flag is pulled. Interceptions are the only changes of possession that do not start on the 5-yard line.
6. Interceptions are returnable, but not on conversions after touchdowns.

## **XIV. FLAG PULLING**

1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
2. Defenders cannot tackle, hold or run through ball carriers when pulling flags. Please coach/officiate for safe flag pulling. This is a judgment call from the referees and is not up for dispute.
3. Diving is discouraged for grades 1-4 and allowed if done safely for grades 5-8. Please coach/officiate for safe flag pulling. This is a judgment call from the referees and is not up for dispute.
4. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
5. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
6. A defensive player may not intentionally pull the flags from a player who is not in possession of the ball.
7. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping of head, hand, arm or shoulder, or intentionally covering flags with the football or jersey.

## **XV. DEFENSIVE GAMEPLAY- BLITZING**

1. Blitzing is allowed, and the *BLITZ LINE* is 10 yards from the line of scrimmage.
2. All players who blitz the passer must be lined up behind the *BLITZ LINE* when the ball is snapped. Any number of players can blitz the quarterback. Players not blitzing the quarterback may defend on the line of scrimmage.
3. Once the ball is handed off, the *BLITZ LINE* rule is no longer in effect and all defenders may go across the line of scrimmage.
4. A special marker, or the referee, will designate the *BLITZ LINE* from the line of scrimmage (LoS).
5. Defensive players should verify they are in the correct position with the official on every play.
6. A legal blitz is:
  - a. Any rush from behind the rush line.
  - b. A blitz from anywhere on the field AFTER the ball has been handed off by the quarterback.
  - c. If a blitzer leaves the *BLITZ LINE* early, they may return to the *BLITZ LINE*, reset and then legally blitz the quarterback. If the defender starts his blitz early, it is not a penalty if he/she does not actually cross the line of scrimmage.
  - d. If a blitzer leaves the *BLITZ LINE* early and the ball is handed off before they cross the line of scrimmage, they may legally continue towards the ball carrier.

7. The referee will whistle a play dead, and a penalty may be called if:

- a. Any defensive player lines up in the neutral zone (1 yard from the line of scrimmage)  
– *Offsides (10 yards from LOS and first down).*
- b. Any defensive player crosses the line of scrimmage before the ball is snapped.  
– *Offsides (10 yards from LOS and first down).*
- c. Any defensive player, not lined up at the *BLITZ LINE* crosses the line of scrimmage before the ball is passed or handed off. – *Illegal Rush (10 yards from LOS and first down).*
- d. The blitzer leaves the *BLITZ LINE* before the snap and crosses the line of scrimmage before a handoff or pass. – *Illegal Rush (10 yards from LOS and first down).*

***SPECIAL NOTES on BLITZING:***

\*Teams are not required to blitz the quarterback as the pass clock is still in effect.

\*If a blitzer leaves the *BLITZ LINE* before the snap, he/she may immediately drop back to act as a defender with no offside penalty enforced.

8. Players blitzing the Quarterback may attempt to block a pass. However, NO contact can be made with the quarterback in any way. Striking the passer, and/or blocking the pass and then striking the passer will result in a penalty – *Roughing the Passer (10 yards LOS and first down).*

9. A Sack occurs if the QB's flags are pulled behind the line of scrimmage. The ball is placed where the QB's feet are when the flag is pulled.

10. A Safety is awarded if the sack takes place in the offensive team's end zone.

## **XVI. OFFENSIVE GAMEPLAY- NO RUN ZONES**

1. *No Running Zones* are in place to prevent teams from conducting power run plays. While in the No Running Zone teams may not run the ball in any fashion. Screen passes and Shovel passes are also NOT allowed in the No Run Zones. All plays must be passing plays completed beyond the line of scrimmage.

**SPECIAL NOTES on NO RUN ZONES:**

- a. Laterals, hand-offs, backward passes and pitches are allowed in the no-run zone, but only if followed by a forward pass at some point that goes beyond the line of scrimmage.
- b. Screen passes and Shovel passes are forward passes that do not go beyond the line of scrimmage and use other teammates to block the ability to cover the intended receiver- again, these are not allowed inside the No Running Zones.
- c. Each offensive squad approaches only TWO No Run Zones in each drive.

## **XVII. UNSPORTSMANLIKE CONDUCT**

1. If the field monitors or referees witnesses any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals! FOUL PLAY WILL NOT BE TOLERATED.
2. Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
3. Players may not physically or verbally abuse any opponent or official.
4. Swearing by any coach or player will result in an automatic ejection in addition to a penalty.
5. Ball carriers MUST make an honest effort to avoid defenders with an established position.
6. Defenders are not allowed to run through the ball carrier when pulling flags.
7. Flag spiking will not be tolerated. After pulling an opponent's flag the player must either hand the flag back to the player or drop the flag where it was pulled. Any throwing or spiking will be considered unsportsmanlike conduct and will be penalized accordingly.
8. Showboating will not be allowed. This will include but is not limited to: spiking the ball, high stepping into the end zone, raising your hand in celebration prior to entering the end zone, and any end zone "dance." High-fiving and short celebrations with teammates will be allowed.
9. Taunting, name-calling, and threats will be cause for immediate ejection from the game and possible additional game suspensions to be determined by the football board.
10. If a player who is out of the game and on the sidelines interferes with a live play on the field in any way, be it accidental or intentional, the following will occur:
  - a. If the team of the offending player is on offense there will be a 15-yard unsportsmanlike conduct penalty from the spot of the foul and loss of down.
  - b. If the team of the offending player is on defense there will be a 15-yard unsportsmanlike conduct penalty from the spot of the foul and an automatic first down.
  - c. If it is deemed an intentional act by the referees, the player will also be ejected.

## Appendixes

### A. PENALTIES

#### 1. General-

- a. The referees will call all penalties
- b. Referees may/can determine that incidental contact may have resulted from normal run of play.
- c. All penalties will be assessed from the line of scrimmage, except as noted (spot fouls).
- d. Only the head coach may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- e. Games cannot end with a defensive penalty, unless the offense declines it.
- f. Penalties are assessed Live Ball then Dead Ball. Live Ball penalties must be assessed before play is considered completed.
- g. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.
- h. If the defense commits a penalty that moves the ball from outside a no-run zone to inside a no-run zone, the offense will still get one play (the very next play only) to run a running play if it chooses. This is to prevent teams from intentionally committing penalties to force the offense into no-run situations. If the offense begins a play in the no-run zone and commits a penalty or loses yardage that brings them out of the no-run zone, they still must pass on the ensuing play.

2. Unsportsmanlike Conduct after scoring a touchdown- The offense receives a 10-yard penalty from the yard line of PAT attempt after touchdown (one warning to the player and team before ejection).

#### 3. Spot Fouls-

- a. *Offensive*- Flag Guarding, Charging, Unnecessary Roughness, Screening/Blocking/Running with Runner...10-yard penalty and Loss of Down.
- b. *Defensive*- Pass Interference, Stripping, and Unnecessary Roughness...Spot of foul and first down.

4. Other Defensive Penalties- Offside, Illegal Contact (holding, blocking), Illegal Flag Pull, Illegal Rush, Roughing the passer, Taunting...10 Yards from LOS and automatic First Down.

5. Other Offensive Penalties- Illegal motion, Pass Interference, Delay of game, Offsides...10 Yards from LOS and Loss of Down.

## B. STANDINGS/LEAGUE SETUP

### Flag Football League Standings Rules

#### 1. Standings Calculation

- Teams are ranked based on **overall win–loss record**.
- A win counts as one in the win column; a loss counts as one in the loss column.
- The **point differential** for each game will be recorded and may be referenced for tie-breaking purposes.
- **Maximum Point Differential per Game:** The point differential credited for any single game will be capped at **21 points**, regardless of the actual final score. This is to discourage teams from unnecessarily running up the score.
- Forfeits are recorded as a loss for the forfeiting team and a win for the opponent with a default score of 21–0.

#### 2. Tiebreakers *(applied in order)*

1. **Head-to-Head Record** (only among tied teams)
2. **Point Differential** (points scored minus points allowed, using the 21-point per game cap)
3. **Coin Toss** (or other league-approved random method)




#### 3. Additional Rules

- All scheduled games count toward standings unless canceled by the league.
- In case of ties involving more than two teams, tiebreakers will be applied in order until all positions are determined.
- Any disqualified games will be scored per league discretion.

#### 4. Playoffs

- Playoff seeding is based on final standings after applying all tiebreakers.
- In playoff games, ties will be resolved through overtime rules set by the league.

### C. PLAYING FIELD DIAGRAM

-  pylon x8
-  Large Cone x2
-  Pylon x8

