



Pic Six Sports Level Up Modified Rules

These rules will take precedence over standard NFL 5v5 regulations. Our goal is to align them as closely as possible with the official tournament-style rules.

Field

- We will be using Option B for field size. 25 yards wide x 64 yards long with 7-yard endzones.

Timing & Overtime

- 2 – 18 min halves with a running clock
- Halftime is 2 min
- Play clock will be 30 seconds and time will start when the ref spots the ball unless he has to establish the blitz line at that point the time will start as soon as the ref establishes the blitz line and signals ready for play.
- 2 – 1-minute timeouts / 1 per half. If you don't use it you lose it.

Scoring Guide

- When one team wins by 28 points or more, the game is over.
- Forfeits will be scored 28-0.

Rushing the Passer

In Even Division Seasons

- 10u division & up –
rushers may rush the passer at the snap from the 7-yard rush line.

In Odd Division Seasons

- 9u division & up –
rushers may rush the passer at the snap from the 7-yard rush line.

XVIII. Division Based Guidelines

In Even Division Seasons

- 8u Division –
No run zones will be in effect.

In Odd Division Seasons

- 9u Division –
No run zones will be in effect.

Coaches

In Even Division Seasons

8u Division –

- One Coach is permitted on the field for offense only pre and post snap to help their players, but post snap must be 10 yards back from the quarterback until the play is completed.

10u Divisions & up –

- Only two coaches are permitted on the sidelines to coach, but coaches must be approved coaches by the league.
- Coaches must remain on the sideline, except to attend to an injured player.
- Teams may huddle on the sideline with their coach to get a play call, but the play clock will not stop once the ball is signaled 'Ready for Play'.

In Odd Division Seasons

7u Division –

- One Coach is permitted on the field for offense only pre and post snap to help their players, but post snap must be 10 yards back from the quarterback until the play is completed.

9u Divisions & up –

- Only two coaches are permitted on the sidelines to coach, but coaches must be approved coaches by the league.
- One Coach is permitted on the field for offense only pre and post snap to help their players, but post snap must be 10 yards back from the quarterback until the play is completed.
- Teams may huddle on the sideline with their coach to get a play call, but the play clock will not stop once the ball is signaled 'Ready for Play'.

League Specific Policy's

• Team Eligibility

Each team must have a minimum of four players present to begin a game. If a team fails to meet this requirement, the game will be considered a forfeit, and the team will receive a "skunk" loss on their record.

• Player Substitutions

Teams may request to bring up a player from a lower division to compete in a higher division **only with prior approval from the League Director**. This exception allows the team to avoid a forfeit due to lack of players. However, players from the same division **are not permitted** to play for other teams within that division. Only lower-division players may play up, and again, only with League Director approval. The player must be an active player in the league.

Rooster Checks are permitted ones per game