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ALL STARS ABC FLAG FOOTBALL RULES (ADJUSTED FOR INAUGURAL WINTER 2017 SEASON)

*All ages required to use Rocksolid Soft Shell Helmet. Winter Season 2017 helmets will be provided courtesy of Rocksolid. Parents ONLY pay shipping.

*Every player must wear a protective mouthpiece during games.

*Black Shorts or Pants. Pants or shorts with belt loops or pockets must be taped.

Home teams wear dark jerseys; visiting teams wear light jerseys. (NFL Team does not matter)

Jerseys must be tucked in at all times during games.

Players must wear shoes. Cleats are allowed, however cleats with exposed metal are not allowed

Ages 3-6 – Mini Stars 8 week Instructional curriculum followed by fun games each week.

Ages 7-10 Standard NFL Flag Rules.

Ages 11-14 will play 5 on 5 Rules - Teams can play with no fewer than 3 players.

REGULATION PLAY CLOCK ADJUSTMENTS ALL AGES

1. Games consist of two 15-minute halves. Halftime is 5-minutes. Teams change ends to begin the second half.

2. The clock runs during the first 12 minutes of each half unless a time-out is called.

3. During the last 3 minutes of each half, the clock stops when there is an incomplete pass, a penalty, change of possession, or when a ball-carrier runs out of bounds provided the score is within 8 points.

For example, the clock would stop during the final two minutes if the score were 28-20 but not if it were 29-20.