



## **Sophomore 6 Man Tackle Football Rules**

### **GAME PLAY:**

1. The game will be comprised of 8 minute quarters.
2. Down and distance is 15 yards for first down.
3. There must be a 'clean exchange' of the ball. The player who receives the snap must HAND OFF, PITCH, or PASS to another player before the ball passes the line of scrimmage.
4. All players are eligible to catch a forward pass.
5. A minimum of 3 offensive players must be on the line of scrimmage.
6. A defensive player may not align head up nor initiate head-to-head contact with the snapper.
7. Beyond the unique rules herein identified, game play will be governed by TAPPS 6 Man and NCAA football rules. Coach, player, and fan conduct will be governed by the SFL Flag Official Rulebook 2025.

### **The Clock will be stopped for the following reasons:**

1. Official time outs
2. A requested team time out (3 per half, each lasting 1 minute)
3. Following a touchdown until the receiving team on the following kickoff touches the ball
4. Out of bounds & incomplete passes
5. Delay of game will be called after 30 seconds, the penalty will be 5-yards and repeat the down.
6. A losing coach **MAY** institute a continuous clock in the second half. If a coach decides to employ a continuous clock, it cannot later be reversed. During a continuous clock, the only time the clock will be stopped is for an injury. The winning team may not call time out during a continuous clock.
7. Mercy Rule: If at any point after the end of the first half a team leads by 45 points or more, the game is over.

### **SPECIAL TEAMS:**

1. Kick-off is from the 30-yard line. (20-yard line if after a safety).
2. Receiving team is 15 yards from kicking line.
3. Ball must travel 15 yards.
4. There will be no rush allowed against a punt, PAT, or field goal attempt.  
Kicking team has 5 seconds to kick. Punting team may opt to forgo the punt and advance the ball 25 yards. If they opt to punt, they may not cross the line of scrimmage until ball has been kicked. Punts are returnable.

### **POINT SYSTEM:**

1. Touchdown is worth 6 points.
2. PAT – Kick is worth 2 points, run/pass is worth 1 point.
3. Field Goal – worth 4 points.

### **SUBSTITUTION / PLAY RULE:**

1. Substitutions: Due to the pace of this game and tendency for high scoring contests, substitutions are highly encouraged and can occur after any dead ball possession.
2. Play Rule – Understanding game flow, all tackle coaches are still required to ensure all players participate and receive ample amount of playing time. If at any point in time, opposing coaches or SFL Board members believe a Coach or team is taking advantage of this honor system; then they are subject to council, game forfeit and/or game suspension.

**Note**: SFL is a recreation/developmental tackle league. The best way to achieve this goal is allowing players opportunity during live game play.

### **REQUIRED and PROHIBITED EQUIPMENT:**

GAME BALL: Sophomore Division = K2

PLAYER GEAR: approved helmet, mouthpiece, shoulder pads, pants, and shoes. Players may not have an **exposed** rigid splint or solid cast, regardless of composition. Players may not wear any audio (earphone, microphone) or video (camera) device, nor any other device that would receive, record or transmit audio or video. Please refer to the SFL Flag Official Rulebook for more guidance on the SFL communication and drone policies.

## **SPORTSMANSHIP: ZERO-TOLERANCE POLICY**

The league expects coaches to be examples of good sportsmanship. If a complaint is filed on a coach, it will be reported to the Competition Committee. These situations will be handled case by case, depending on the seriousness of the incident. The outcome of these complaints could result in a warning, suspension from the season or removal from the league. Any Coach ejected by the referee from a game will be suspended for one week on the first occurrence and indefinitely on the second occurrence. In addition to coaches, the SFL expects players and fans to maintain good Sportsmanship and Conduct, and incorporates that section of the SFL Flag Official Rulebook.

### **Safety/Weight Considerations:**

The SFL reserves the right throughout the season to consider and possibly initiate rules that could restrict or limit a player's ability to receive a handoff during games. Such rules might become necessary if above average safety concerns arise.

### **Field Dimensions:**

