

PYLON FLAG FOOTBALL OFFICIAL RULE BOOK

2025–2026 Season

Age Eligibility Date: August 1, 2025

SECTION 1 — OVERVIEW

I. FORMAT

1. Age Eligibility

August 1, 2025, is the date used to determine eligibility for all Pylon age divisions.

2. Roster Confirmation Deadline

Team rosters must be confirmed no later than 2 weeks prior to each tournament.

3. Sideline Personnel Limits

- Only one head coach and one assistant coach are permitted on the sideline during games.
- All additional personnel (team photographers, managers, position coaches, team moms, etc.) must remain a minimum of 10 yards off the field or in a designated Spectator Viewing Area.
- Media personnel must have a Pylon-approved media pass (availability not guaranteed).
- This rule will be strictly enforced.

4. Timeliness

Teams must be at their assigned field by game time and ready to play.

5. Tournament Adjustments

Pylon reserves the right to relocate, reschedule, or cancel any tournament.

- Pylon does not reimburse expenses (including travel, hotel, food, transportation) resulting from changes or cancellations.

6. Deposits & Refund Policy

- Deposits are NON-refundable and non-transferable.
- Withdrawal more than 2 weeks prior to the event earns a credit to a future Pylon event (minus the deposit).
- Withdrawal less than 2 weeks before the event yields no refund or credit.

7. Authority of Officials

All decisions made by Pylon Tournament Directors, officials, or designated staff are final.

II. COACH & SPECTATOR CONDUCT

1. All coaches, family members, parents, and spectators must remain in designated viewing areas.
2. Coaches may coach from the sideline at all Pylon tournaments.
3. All coaches must sign and adhere to the Pylon Coaches Code of Conduct, including maintaining positive communication and behavior.
 - o Any coach displaying negativity toward players, coaches, officials, or staff may be removed immediately and may not coach for the remainder of the event.
4. Spectators must observe from designated viewing areas only.
5. Inappropriate, rude, confrontational, or unsportsmanlike behavior from any coach, player, or spectator may result in:
 - o Penalties
 - o Ejection
 - o Team disqualification
6. Pylon staff reserve the authority to remove any individual from the premises for misconduct.

III. TOURNAMENT CHECK-IN & REGISTRATION

1. Participation requirements and registration instructions are listed on the SportsThread registration page for each event.
2. Players must submit a Pylon Tournament Medical Release Form, signed by a parent or guardian, through SportsThread.
 - o Players cannot participate without this form on file.
3. All players and coaches must obtain a SportsThread Player Card for age and background verification.
 - o This must be completed before the athlete is eligible to play.
4. No roster substitutions are allowed after the final roster is submitted through SportsThread.
5. Pylon reserves the right to disqualify players or teams that do not meet eligibility requirements for the current year.
6. Events take place rain or shine, unless otherwise communicated by Pylon Tournament Directors.

IV. ROSTERS

1. Roster Size
 - o Minimum: 5 players
 - o Maximum: 12 players

- At least 1 coach (maximum of 2) must be rostered.
- 2. a. Teams may play with 5 players max and 4 players minimum.
b. In case of injury, teams may continue with 4 players, but never fewer.
- 3. Roster Challenges
 - A team must use a timeout to initiate a roster challenge.
 - A Pylon Director will verify rosters at the next appropriate stoppage.
- 4. Outcomes:
 - a. Illegal roster → Forfeit. Opponent awarded a 28–0 victory.
 - b. Legal roster → Game resumes from current game state.

V. POOL PLAY

1. Teams will play 2 or 3 pool play games (unless otherwise noted).

Divisional Tiebreakers

1. If two teams are tied:

- a. Head-to-head result
- b. Total points allowed
- c. Total points scored
- d. Coin toss

2. If three or more teams are tied:

- a. Total points allowed
- b. Total points scored
- c. If still tied → coin toss (two teams) or drawing (three teams)

Playoffs & Championship

1. Playoff and championship schedules are finalized after pool play results are confirmed.
2. Playoffs are single elimination.
3. Seeds are determined by:
 - a. Overall record
 - b. Points allowed
 - c. Points scored
 - d. Coin toss

SECTION 2 — TOURNAMENT GAME RULES

This section covers all rules governing gameplay, terminology, equipment, field layout, timing mechanics, and overtime procedures.

I. GAME RULES

1. Pre-Game Equipment Check

- Officials will check flags, belts, mouthguards, uniforms, and footballs before each game.
- Teams bring their own footballs (must be appropriate size and fully inflated).

2. Coin Toss

- Conducted at midfield before the start of the game.
- Visiting team calls the toss.
- Winner chooses offense or defense.
- Loser chooses direction.
- Teams switch sides at halftime.
- Possession for the second half goes to the team that started the game on defense.

3. Starting Field Position

- The offense begins each drive on its own 5-yard line.

4. Down Structure

- Offense has 4 downs to reach midfield.
- After crossing midfield, the offense has 3 downs to score.

5. Fourth Down Options:

- a. Declare “Play” → Attempt to convert.
- b. Declare “Punt” → Ball is placed at opponent’s 5-yard line, no play executed.

Notes:

- Referees must ask the head coach for a “Punt or Play” declaration before the ready-for-play whistle.
- Failure to answer may result in a delay of game penalty.
- Coaches may use one timeout to change the declaration from “Play.”
- Once “Punt” is declared, it cannot be changed.

6. Turnovers on Downs

- If offense fails to reach midfield (and does not punt), the ball is spotted at the dead ball spot.
- If offense fails to score after crossing midfield, the opposing team begins their drive at their own 5-yard line.

7. Halftime

- Teams switch sides.
- Halftime lasts 1 minute.

II. TERMINOLOGY

- **Boundary Lines:** The outer lines marking the field: sidelines and back end line.
- **Line of Scrimmage (LOS):** Imaginary line across the width of the field at the ball's placement.
- **Line-to-Gain:** The next point the offense must reach (midfield or endzone).
- **Rush Line:** Seven yards behind the LOS on the defensive side; determines legal rusher positioning.
- **Offense / Defense:** Possession team vs. opposing team.
- **Passer / Rusher:** Player throwing the ball; defensive player legally rushing the passer.
- **Live Ball:** Period from snap until whistle; penalties enforced before down ends.
- **Dead Ball:** Period before/after a play; no advancement allowed.
- **Whistle / Inadvertent Whistle:** Official audio signal; inadvertent whistle triggers replay or acceptance of result.
- **Charging:** Illegal contact by ball-carrier initiating force into defender.
- **Flag Guarding:** Illegal act preventing defenders from pulling flags via hands, ball, elbows, or body obstruction.
- **Shovel Pass:** Legal underhand or push-style forward pass behind LOS.
- **Lateral:** Backward or sideways toss.
- **Unsportsmanlike Conduct:** Offensive or confrontational behavior.

III. EQUIPMENT

1. Player Equipment Requirements

- Players must bring their own flags, flag belts, and mouthguards.
- Mouthguards are mandatory.
- Illegal flags or equipment may result in player ejection.

2. Flag Belt Standards

- Flags must contrast with shorts.
- Flags must be at least 14 inches long.
- Flags must fully insert and remove smoothly with one-hand pull.
- Belt popper and attachment must be same color.
- Altering or cutting flags is NOT permitted.

3. Football Policy (UPDATED PER YOUR INSTRUCTION)

- Teams bring their own footballs.
- Football must be age-appropriate size (Pee-Wee, Junior, Youth, Pro).
- No requirement to use a Pylon-branded ball.

4. Player Attire

- Cleats permitted; no metal cleats.
- Shorts/pants must have NO open pockets (zippered pockets allowed).
- Jerseys must be tucked in if they hang below the belt line.
- No loose jewelry.

5. Protective Gear

- Gloves, soft helmets, pads, and arm/hand taping are allowed.
- Hard braces with exposed metal are not.

6. Electronic Communication

- Players may NOT receive communication from coaches/spectators electronically.
- Violations result in team disqualification.

IV. FIELD

1. Standard field dimensions:

- 25 yards wide
- 64 yards long
- 7-yard endzones
- Midfield line-to-gain

- No-run zones begin 5 yards before midfield and 5 yards before the endzone.
- 2. No-run zones prohibit all running plays; all plays must be forward passes beyond the LOS.
- 3. Stepping on boundary lines = out of bounds.
- 4. Officials will place the ball in the center of the field and will not spot it closer than 10 yards to any boundary.

V. TIMING RULES

1. Games consist of 24 minutes continuous running time:
 - Two 12-minute halves
 - Only pauses for:
 - Halftime
 - Timeouts
 - Injuries
 - Official discretion
2. Halftime is 1 minute.
3. Offense has 25 seconds to snap the ball after it is spotted.
4. Each team receives three (3) 30-second timeouts per game.
5. Officials may stop the clock at their discretion.
6. For injuries, clock stops and restarts when player is removed.

VI. OVERTIME RULES

1. Overtime occurs if regulation ends tied.
2. Coin Toss
 - Home team calls.
 - Winner chooses offense or defense.
3. Scoring Attempts
 - Each team receives one play from:
 - 5-yard line for 1 point (pass only)
 - 10-yard line for 2 points (run or pass)

4. Alternating OT Rounds

- If still tied, second OT begins with opposite team choosing offense/defense.

5. Beginning with 2nd OT:

- Teams must go for 2 points (10-yard line).

6. Beginning with 3rd OT:

- Each team gets one play from the 5-yard line, going out from the endzone.
- Most yards gained wins and is awarded 1 point added to final score.

7. Interceptions in OT

- Worth 2 points if returned.
- Ends the game immediately in 1st or 2nd OT.

8. No timeouts allowed in overtime.

SECTION 3 — SCORING, COACH RULES, & LIVE BALL / DEAD BALL

This section covers how points are awarded, coach responsibilities during games, and the situations that determine whether a ball is live or dead.

VII. SCORING

1. Touchdown — 6 points

- After a touchdown, the scoring player must pull their own flags immediately for verification.
- If the player cannot pull their own flags or the flags are deemed illegal, the touchdown is nullified, and the player may be ejected at the discretion of the Pylon Director.

2. PAT (Point After Touchdown)

- 1-point attempt: From the 5-yard line, pass only.
- 2-point attempt: From the 10-yard line, run or pass allowed.

3. Safety — 2 points

A safety occurs when the ball-carrier is declared down in their own endzone, including:

- Flag pulled
- Stepping out of bounds
- Knee or arm down

- Fumbled ball in or behind the endzone
- Bad snap landing in or beyond the endzone

4. **Defensive Conversion — 2 points**

- Any extra-point attempt that is intercepted and returned scores 2 points for the defense.

5. **Decision to Attempt PAT**

- After scoring, a team must immediately declare 1 or 2 points.
- Changing the call requires a timeout.
- Once a penalty is assessed, attempts may NOT be changed.

6. **Mercy Rule**

- If a team gains a 28-point lead, the game is over immediately.
- Once a 28+ point lead is established, no PAT attempt will occur.

7. **Forfeits**

- Final score recorded as 28–0.

8. **Final Score**

- Officials announce the final score at the conclusion of the game.
- Coaches may request clarification before scorecards are turned in.
- Once submitted, the score is FINAL.

VIII. COACHES

1. Coaches must adhere to the Pylon philosophy and code of conduct at all times.
2. Sideline Limit
 - Only 2 rostered coaches allowed on the sideline.
 - More than 2 may result in ejection or forfeit.
3. Coach Location & Behavior
 - a. Coaches may move along the sideline to instruct their teams.
 - b. Coaches must remain off the field except when treating injuries.
 - c. All non-coaches (team moms, photographers, etc.) must remain 10 yards off the field or in designated spectator areas.
 - d. Teams may huddle on the sideline but the play clock does not stop.
 - e. Coaches are responsible for keeping fans and team personnel in designated viewing areas.

IX. LIVE BALL / DEAD BALL

1. Live Ball Definition

A play becomes live on the snap and remains live until an official whistles it dead.

2. Neutral Zone Infractions

- Entering the neutral zone before the snap is an automatic dead-ball foul.
- Officials may give a “courtesy warning” to allow players to reset.

3. Inbound Catch Requirements

- A player is inbound with one foot or body part (not a hand) touching inbounds while securing possession.

4. Illegal Defensive Simulation

- Defense may NOT mimic snap counts or quarterback cadence.
- Violations result in unsportsmanlike conduct.

5. Substitutions

- Allowed only during dead-ball situations.

6. Any official may stop a play by whistle.

Situations That Create a Dead Ball

A play is blown dead when:

a. The ball hits the ground

- On a bad snap, the ball is spotted where it touched the ground.

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. A ball-carrier's knee or arm touches the ground

f. A ball-carrier's flag falls off

- Player is down at the spot the flag lands.

g. A receiver catches the ball with one or no flags attached

h. The 7-second pass clock expires

i. An inadvertent whistle occurs

j. A ball-carrier leaves their feet to dive or hurdle

Note: Fumbles = dead ball where ball contacts ground.

Inadvertent Whistle Options

If an inadvertent whistle occurs:

1. Offense may take the play where the whistle occurred (down counts), OR
2. Replay the down from the original LOS.

If it occurs on the final play of the half or game, the offense receives one untimed down.

Rule Interpretation Challenges

- A team may use a timeout to request a rules interpretation.
- If the referee's ruling was correct, the timeout stands.
- If incorrect, the timeout is restored and the correct ruling is enforced.

SECTION 4 — RUNNING, PASSING, RECEIVING, RUSHING THE PASSER, FLAG PULLING & FORMATIONS

This section covers all offensive and defensive movement rules, ball-handling rules, quarterback restrictions, receiver eligibility, rusher requirements, and legal formations.

X. RUNNING RULES

1. Ball Spotting
 - The ball is spotted where the ball is when the flag is pulled, not where the player's body is.
2. Quarterback Run Restriction
 - The quarterback may NOT run the ball directly.
 - The QB is defined as the player who receives the snap (under center or shotgun).
3. Handoffs, Pitches, Laterals
 - Permitted only behind the LOS.
 - Any handoff/lateral beyond the LOS → play is blown dead; ball spotted at spot of illegal exchange.
4. Additional Notes:
 - a. Center sneak is illegal. QB may NOT handoff or lateral to the center first.
 - b. Any player receiving a handoff/lateral behind the LOS may pass the ball.

c. Once a handoff/lateral occurs behind the LOS, the 7-second pass clock is removed, and all defenders may rush.

5. Definition of Legal Handoff

- Complete loss of possession from one offensive player to another.

6. No-Run Zones

- Located 5 yards before midfield and 5 yards before the endzone.
- Only forward passes beyond the LOS are allowed in these zones.
- Designed to prevent short-yardage power running.

7. No Jumping or Hurdling

- Runners may NOT leap, jump, or hurdle to advance the ball.
- Play is dead at the point where the runner left the ground.

8. Permitted Movement Off the Ground

- Spinning, jump cuts, QB throwing mechanics, or movements made to avoid collisions are allowed.
- Contact while airborne may result in unnecessary roughness.

9. No Blocking or Screening

- Any offensive player moving with intent to impede a defender constitutes illegal screening.

10. Obstruction

- Jerseys must be tucked.
- Flags must be unobstructed.
- Deliberate obstruction = flag guarding penalty.

11. Ball-Carrier Limitation

- After crossing the LOS, NO additional handoffs, laterals, or exchanges are allowed.
- Only the current ball-carrier may possess the ball until play ends.

XI. PASSING RULES

1. Forward Pass Limitation

- Only one forward pass per play, thrown from behind the LOS.

2. Additional Passing Notes:
 - a. Backward/sideward passes are legal anywhere behind LOS.
 - b. No intentional grounding rule — QB may throw ball away.
3. No-Run Zone Passing Requirement
 - o All passes must cross the LOS in a No-Run Zone.
4. 7-Second Pass Clock
 - o QB must throw within 7 seconds unless a handoff/lateral eliminates the timer.
 - o If the clock expires:
 - Play is dead.
 - Ball returns to LOS.
 - Down counts.
5. QB Self-Catch
 - o If the QB throws and catches their own pass (off a deflection or intentionally), the play is dead and treated as an incomplete pass.
6. Endzone Exception
 - o If the QB is in their own endzone when the 7-second clock expires, the ball returns to the LOS (no safety).

XII. RECEIVING RULES

1. All Players Eligible
 - o Any player may receive a pass, including the QB after a handoff/lateral behind the LOS.
2. Motion Rules
 - o Only one player may be in motion at a time.
 - o Player in motion must be off the line and cannot be moving toward the LOS.
3. Inbound Catch Requirement
 - o Must have one foot or body part (not a hand) inbounds while securing possession.
4. Simultaneous Possession
 - o Possession awarded to the offense.
5. Interceptions Are Live
 - o May be returned.

- If returned for a touchdown → 6 points.
- Returned during PAT or overtime → 2 points.

XIII. RUSHING THE PASSER

1. Rusher Alignment Requirement

- All rushers must start 7 yards behind the LOS.
- Up to two (2) defenders may rush the passer.
- Rushers MUST:
 - Raise a hand to identify themselves pre-snap.
 - Rush immediately at the snap.
 - Delayed rush is illegal.

2. When Rush Rules End

- If the offense hands off/pitches/laterals the ball behind the LOS, the rush line disappears, and all defenders may cross freely.

3. Rush Line Marking

- Referee will spot or mark the 7-yard rush line.
- Defenders are responsible for verifying correct positioning.

Legal vs. Illegal Rush

A. Legal Rush

- i. Rushing from anywhere 7 yards back at the snap
- ii. Rushing from any location after a handoff/lateral occurs

B. Illegal Rush Penalties

- i. Leaving the 7-yard mark early and crossing LOS before a handoff/lateral/pass → Illegal Rush (5 yards & automatic 1st down)
- ii. Any defender crossing the LOS before the snap → Offsides (5 yards & automatic 1st down)
- iii. Any non-rusher defender crossing the LOS before a handoff/lateral/pass → Illegal Rush

C. Rusher Jumping the Marker

- If the offense causes a rusher to “jump” the 7-yard line early:
 - The rusher may NOT rush that play.
 - Another properly aligned defender may rush instead.

4. Blocking Passes

- Rushers may attempt to block a pass but may not contact the QB.
- Contact = Roughing the Passer.

5. Rusher Path Rule

- Rushers are entitled to a clear pre-snap path to the QB.
- Offensive players must avoid that path.
- If offense impedes the path:
→ Impeding the Rusher (5 yards & loss of down)

6. Sacks

- Sack occurs when QB's flag is pulled behind LOS.
- Ball spotted at ball location.
- Sack in endzone = Safety.

XIV. FLAG PULLING

1. Legal flag pull = ball-carrier is in full possession of the ball.

2. Defenders may dive to pull flags, but may NOT:

- Tackle
- Hold
- Push
- Run through ball-carrier

3. Stripping the ball is illegal.

4. If a player's flag falls off unintentionally:

- Player is down at the spot where the flag lands.

5. A player catching the ball with one or no flags attached is down immediately.

6. Defenders may not intentionally pull flags from a non-ball-carrier.

7. Flag guarding (arm, ball, clothing, elbow, or body blocking access) is illegal.

XV. FORMATIONS

1. Offense must have at least one player on the LOS (center) and up to four.

- QB must be off the line.
- 2. Teams may shift but must be set for 1 full second before the snap.
- 3. Only one player may be in motion at a time; motion must be lateral or backward.
- 4. Early movement or motion toward LOS = false start.
- 5. Center must snap ball in one continuous motion between the legs, and the ball must fully leave the center's hands.

SECTION 5 — UNSPORTSMANLIKE CONDUCT & PENALTIES

This section outlines disciplinary expectations, behaviors that result in ejection, and a complete breakdown of penalty types, enforcement locations, and yardage.

XVI. UNSPORTSMANLIKE CONDUCT

Pylon maintains a zero-tolerance policy for foul play, abusive behavior, and unsafe actions.

1. Actions Leading to Immediate Ejection

If a field monitor or referee witnesses any of the following, the player will be ejected immediately, with no appeal:

- Intentional tackling
- Elbowing
- Cheap shots
- Blocking or screening
- Any act deemed unsafe or malicious

FOUL PLAY WILL NOT BE TOLERATED.

2. Offensive or Confrontational Language

- Officials have full discretion to determine what constitutes offensive language.
- First instance → Warning
- Second instance → Player ejection

3. Abuse Toward Opponents, Coaches, or Officials

- Physical or verbal abuse from players or coaches results in ejection and potential removal from tournament premises.

4. Ball-Carrier Responsibility

- Ball-carriers must actively avoid defenders who have established position.
- Initiating contact can result in charging or unnecessary roughness.

5. Defensive Responsibility

- Defenders must allow free releases off the line.
- Defenders may not run through the ball-carrier when attempting a flag pull.

6. Fan Conduct Expectations

Fans must uphold Pylon's sportsmanship standards:

- Cheer positively; do not harass officials or opponents.
- Avoid profanity.
- Encourage all players.
- Keep children, coolers, chairs, and equipment 10 yards off the field.
- Stay in endzone areas, not between fields.
- Dispose of trash properly.
- No loud, offensive, or disruptive music.

7. Unsportsmanlike Penalty Enforcement

- Defense: +10 yards from LOS & automatic first down
- Offense: -10 yards from LOS & loss of down
- Two unsportsmanlike fouls on any player or coach = automatic disqualification

Pylon Tournament Directors may impose additional discipline, including game suspension or tournament removal.

XVII. PENALTIES

Penalties are categorized into four groups:

1. General Rules
2. Defensive Spot Fouls
3. Offensive Spot Fouls
4. Defensive & Offensive Penalty Lists

1. GENERAL PENALTY RULES

- a. The referee calls and enforces all penalties.
- b. Incidental contact during normal play may be disregarded.
- c. Most penalties are enforced from the line of scrimmage, except spot fouls.
- d. Only head coach or team captain may request rule clarification.
- e. Games/halves cannot end on a defensive penalty unless the offense declines it.
- f. Penalties are enforced live-ball first, then dead-ball.
- g. Penalties may be enforced half the distance when applicable.
- h. Spot fouls in endzone:
 - Defense: Ball on 1-yard line, 1st down
 - Offense: Safety

2. DEFENSIVE SPOT FOULS

Foul	Enforcement
Defensive Pass Interference	Automatic First Down (spot)
Holding	+5 yards & automatic first down
Stripping	+5 yards & automatic first down

3. OFFENSIVE SPOT FOULS

Foul	Enforcement
Screening / Blocking / Running with the Ball	–5 yards & loss of down
Charging	–5 yards & loss of down
Flag Guarding	–5 yards & loss of down
Holding / Illegal Contact	–5 yards & loss of down

4. DEFENSIVE PENALTIES

Penalty	Enforcement
Unnecessary Roughness	+10 yards & automatic 1st down
Unsportsmanlike Conduct	+10 yards & automatic 1st down
Offside	+5 yards & automatic 1st down
Illegal Rush (inside 7-yard mark)	+5 yards & automatic 1st down

Illegal Flag Pull (before possession)	+5 yards & automatic 1st down
Roughing the Passer	+5 yards & automatic 1st down
Taunting	+5 yards & automatic 1st down
Illegal Equipment	-5 yards & loss of down AND player ejection

5. OFFENSIVE PENALTIES

Penalty	Enforcement
Unnecessary Roughness	-10 yards & loss of down
Unsportsmanlike Conduct	-10 yards & loss of down
Offside / False Start	-5 yards & loss of down
Illegal Forward Pass (pass in no-run zone that fails to cross LOS, or pass thrown after crossing LOS)	-5 yards & loss of down
Offensive Pass Interference	-5 yards & loss of down
Illegal Motion (more than 1 in motion)	-5 yards & loss of down
Delay of Game	-5 yards & loss of down
Impeding the Rusher	-5 yards & loss of down
Illegal Procedure	-5 yards & loss of down
Illegal Equipment	-5 yards & loss of down AND player ejection

SECTION 6 — 7U & 6U DIVISION GUIDELINES

These modified rules are designed to support the developmental needs of younger athletes while maintaining the structure and integrity of Pylon Flag Football gameplay.

XVIII. 7U & 6U GUIDELINES

The following rules apply EXCLUSIVELY to the 7U and 6U divisions and override standard gameplay rules when conflicts arise.

1. No-Run Zones Are Eliminated

- There are no no-run zones in 7U and 6U play.
- Teams may run the ball anywhere on the field, including inside what would normally be no-run zones.
- Forward passes are still allowed, but running restrictions do not apply at any point on the field.

2. Rushing the Passer Restrictions

- Defenders may NOT rush the passer unless a legal handoff occurs in the backfield.
- Once a handoff, backward pitch, or lateral takes place behind the LOS, defenders may then:
 - Cross the LOS
 - Rush the ball-carrier
 - Rush the passer (if the ball is handed back to QB)

This rule is designed to allow young quarterbacks to complete pass attempts without immediate pressure.

3. Offensive Coach on the Field

- One offensive coach is allowed on the field during play.
- The coach must:
 - Remain behind the play at all times
 - Not physically interfere with gameplay
 - Not impede defenders or guide players mid-play

If interference occurs, penalties may be enforced at the referee's discretion.

4. Defensive Coach Pre-Snap Instruction

- One defensive coach may enter the field before the snap to help align players.
- Coach must exit the field prior to the snap.

Failure to exit before the snap can result in a delay of game or unsportsmanlike conduct penalty.