



Pic Six Sports 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 - 20min halves
- Halftime is 2 min
- Play clock will 30 seconds and time will start as soon as ref places ball placement and establish blits line
- 2 – 1-minute timeouts / 1 per halve.

Scoring Guide

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

Rushing the Passer

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

XVIII. Division Based Guidelines

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

Coaches

6u Division –

- One Coach for each team is permitted on the field pre and post snap to help their players, but post snap at a safe distance to plays completion.

8u Division –

- One Coach for each team is permitted on the field pre-snap to help their players but **MUST** be off the field prior to the snap of the ball.

10u Divisions & up –

- Only two coaches are permitted on the sidelines to coach.
- 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'.