

# NEXT LEVEL SPORTS CLUB

## MODIFIED PLAYING RULES

*The following rules have been modified to mirror as closely as possible the regular football rules. Also, we want coaches to teach the children correctly, as if they were coaching them to play an official tackle football program. Also, we want players to learn from the start how playing with modified rules will help them translate playing flag into playing tackle football, if they so desire to. These modified sections of the rules will be in effect in ALL of our programs*

### **MODIFIED MERCY RULE:**

1. The team that scores 28 points first, at any point of the game and without the opposing team scoring a point will automatically be declared the GAME'S WINNER.
2. Regardless of time remaining in the game or weather conditions (outside of a league-wide termination due to lightning, thunderstorms), both teams will continue to play until the end of the game. (The Mercy Rule will not stop the GAME from Continuing, nor does the referees or coaches on either.
3. Referees do NOT need to ask if coaches on either end wish to continue to play; this effort will automatically be applied.
4. Refusing to play post forfeit decision could lead to your team being declared not the winner.

## **BUMP AND RUN DEFENSIVE RULES:**

1. Bump and run mean that the defensive players can use slight contact at the line of scrimmage.
2. The defensive player can bump and run within 3 yards of the line of scrimmage.
3. The offensive player must be released beyond 3 yards to run his/her route.
4. The bump and run can take place from the chest down to a players' waistline.
5. The defender can not take headshots at OFFENSIVE players or target players on their faces to pull them down etc. Overly aggressive plays will result in penalties each time.
6. LIKEWISE, THE OFFENSIVE PLAYER CAN NOT TAKE HEADSHOTS EITHER.
7. A penalty flag against the defense will result in a personal flag and 10 yard, plus plus first down.
8. If the foul is on the offensive player, that would also result in a 10 yard penalty and loss of down, resulting in whatever the next down is after the loss of down.

On the offensive side of the ball, coaches teach the kids how to release from the line of scrimmage by using various techniques such as swim moves, stutter steps, putting them in motion, etc.

Coach Rig