

## XVIII. 8U, 7U & 6U & GRADE BASED GUIDELINES

These are NFL FLAG recommended and adopted adjustments to the rules that have been proven successful among RCX grade based NFL FLAG leagues and NFL leagues throughout the country from their direct input to assist with teaching the game in the younger age groups.

### a. 8U / 2nd & 3rd Grade

- 'No Run' zones are eliminated. Teams may run anywhere on the field.  
**8U TOURNAMENT PLAY – 'NO RUN ZONES' WILL BE IN EFFECT**
- Defenders may NOT rush the passer unless there is a legal handoff executed in the backfield  
(REGULAR SEASON LEAGUE PLAY ONLY)
- 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.  
**TOURNAMENT PLAY – Coaches must remain on the sidelines.**

### b. 7U & 6U / 1st Grade and Below

- 'No Run' zones are eliminated. Teams may run the ball anywhere on the field.
- Defenders may NOT rush the passer unless there is a legal handoff executed in the backfield.
- 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.
- If the ball falls to, or touches the ground during the initial center to quarterback exchange, the play is ruled a 'Do Over' with no loss of down, once per down. On a second consecutive occurrence, the down is consumed.
- Defenders MUST line up at least five yards from the line of scrimmage prior to the snap. If the ball is spotted on or inside the 5-yard line, the distance is reduced to three (3) yards.



AP03242025