

# I. GAME SETUP AND FLOW

1. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
2. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. There is no option to defer. Teams will automatically switch sides of the field and the team that started the game with possession will begin the 2nd half on defense.
3. The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown.
  - If the offensive team fails to cross midfield after 3rd down and elect to "punt" on 4th down, possession of the ball changes and the opposing team will start a new possession from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross midfield, the opposing team will start a new possession from the spot where 4th down ended.
  - Any time there is a 'PUNT or PLAY' decision on 4th or 3rd down, the referee WILL ask the offense's Head Coach to declare 'Punt or Play'. The coach MUST make an immediate decision or risk a delay of game penalty.
  - Teams may use a timeout to change the declaration of "Play" at any time prior to the expiration of the play clock.
  - After crossing midfield, if the offense fails to score on 3rd down, the ball changes possession and the new offensive team starts at its 5-yard line.

