



## 3V3 GAME OUTLINE

### **Game Structure:**

Teams will commence at the top of the hour with a 20-minute practice session, followed by a 40-minute running clock game.

### **Playing Field Dimensions:**

The playing field measures 25 yards in length and 20 yards in width, featuring two 4-yard end zones.

### **Double Headers:**

Each week, teams will engage in a double header, usually consecutive games with the exception of one game in between.

### **Team Composition:**

The maximum number of players per team is 7, while the minimum is 3, with a requisite of 3 players to participate.

### **Home Team Advantage:**

The home team initiates the game with possession of the ball and adorns home colors.

### **Possession and Downs:**

The offensive team seizes possession of the ball at its 2-yard line and has four (4) downs to score. Each team is granted four (4) downs to score; no 1st downs are acknowledged.

### **Snap and Quarterback Position:**

There is no center; the quarterback executes self-snapping. The quarterback can self-snap from the line of scrimmage or from the shotgun position, provided they announce "shotgun" to the referee. In the shotgun position, receivers are mandated to remain at the line of scrimmage during the snap.

### **Scoring:**

Touchdowns yield 6 points, with no extra points awarded.

### **Turnover on Downs:**

A turnover on downs results in the ball being reset to the defending 2-yard line, irrespective of the offense's previous advancement.

**Interceptions:**

Interceptions are live and can be returned for a touchdown. If the interception does not culminate in a touchdown, the ball is down at the spot where the flag is pulled.

**Timeouts:**

Each team receives two (30-second) timeouts, with the clock persisting; referees hold the authority to halt gameplay at their discretion.

**Mercy Rule:**

If a team establishes a 30-point lead, the game concludes, and scrimmage may resume after the mercy rule for the remaining game time.

**Tied Scores:**

In the event of a tie at the end of regulation, the game concludes with a tie.

**Penalties:**

Offensive penalties incur a 5-yard penalty and a loss of down, while defensive penalties result in a 5-yard penalty and an automatic 1st down for the offense. The sole exception to the aforementioned penalties pertains to spot fouls.

**Rules:**

Defense is permitted to rush from 7 yards behind the line of scrimmage, and a no-run zone is implemented within 5 yards of the end zone. 8U using NFL Flag 8U Rules.

**Reference to NFL Flag Rulebook:**

All other rules regarding scoring, live ball/dead ball, running, passing/receiving, rushing, and flag pulling are delineated in the 2023 NFL Flag Rulebook. The sole deviation pertains to penalties, all of which incur a 5-yard penalty plus either a loss of down or a first down contingent upon individual ball possession.