



# **NSB Flag Football Rules**

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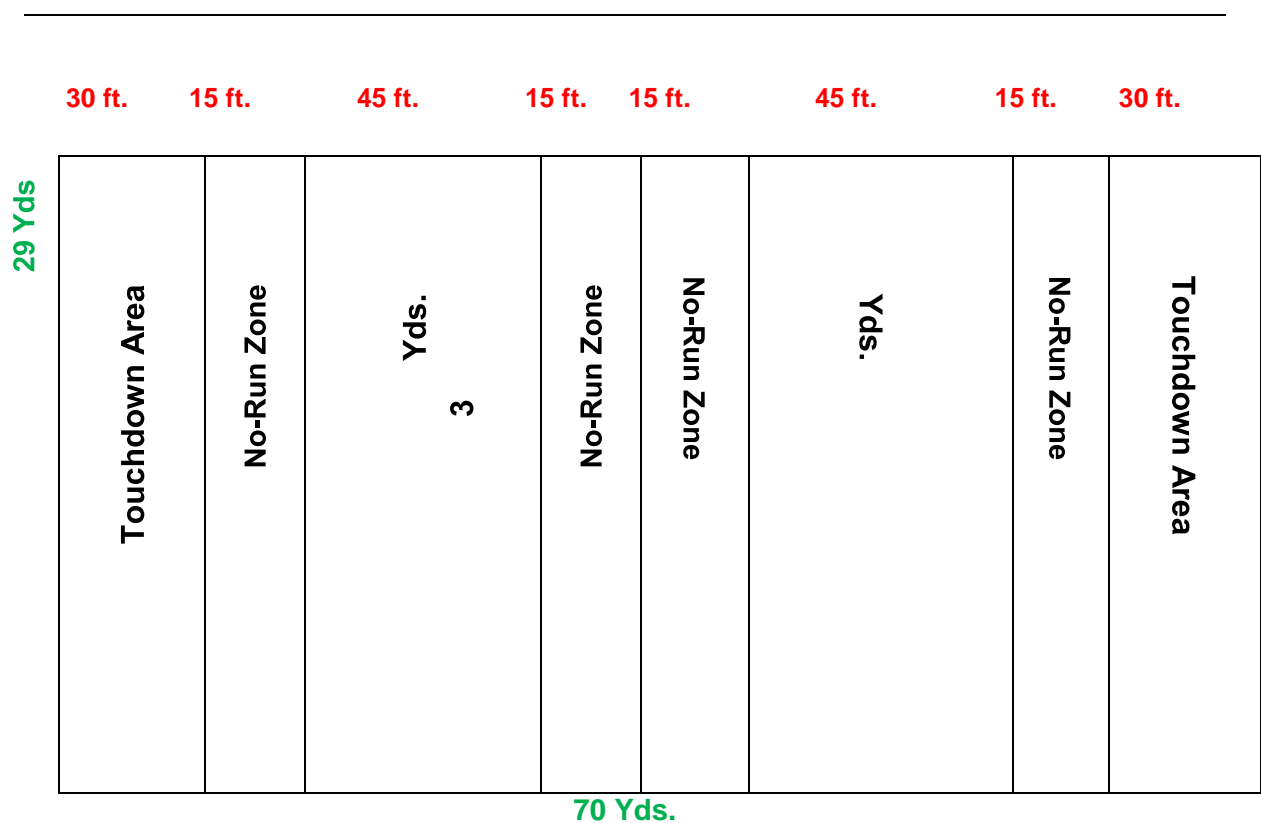
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## A. General League Information

1. Changes to Roster—Coaches must notify the league director when and why they wish a player to be dropped from their roster. **ONLY THE LEAGUE DIRECTOR** is authorized to make additions or deletions to rosters.
2. Roster Limits—10 players per team. (Subject to change depending on the number of registration)
3. Mandatory Play Rule—All players will play a MINIMUM of twenty (20) minutes every game. Failure to abide by this rule will result in **forfeiture of that game**. It is the coaches responsibility to see that everyone plays at least ten (10) minutes in each half of every game as long as the player has maintained satisfactory attendance at practice (except in the case of disciplinary action and then only when the league director has been notified prior to the game).
4. Playing Field

### PARENT LINE



5. The field size is 29 yards by 70 yards with two 10-yard end zones and two line-to-gains. No run zones precede each line-to-gain by 5 yards and end zone(s) by 5 yards. No run zones are in place to prevent teams from conducting power run plays.
6. While in the no-run zones (a 5 yard zone before zone line to gain(s) and before the end zone(s), teams may not run the ball in any fashion. **This includes if you are forced to leave the no run zone for any reason (sack, de-flagging, penalty etc.)**
7. Game Ball—The Sport Complex will provide one every game.

8. Playing Conditions—The league director reserves the right to reschedule any game because of poor playing conditions.

- No Games will be re-scheduled due to personal reasons

9. Forfeits

- The game will be played between two (2) teams of seven (7) players each.
- Six (6) players are required to avoid a forfeit.
- If one team only have six (6) players at game time then the game will be played six (6) on six (6).
- If a team has less than five (5) players five (5) minutes after game time then that team will forfeit the game.
- **Forfeits are scored 7-0 for the winning team**

***Note:** Amount of players per division/team may be subject to change due to the amount of participants registered for that particular age division at the discretion of the league administration.*

10. Rainouts—all rained out games will be made up as soon as possible at the league's discretion.

## **B. Game Equipment**

1. Flags

- Each player must wear a League issued belt.
- The belt must be tight to prevent being turned around during de-flagging.
- Jerseys must be tucked in at all times and cannot be worn over the flags.

2. Uniforms

- Home teams wear dark color jerseys. Visiting teams wear light color jerseys.
- Complete uniform (shirts, shoes, and shorts/pants) must be worn by all players.
- Sneakers and non-detachable rubber cleats are the only shoes allowed.
- Issued shirts **MUST** be worn at all times during league play.
- Shorts or Pants **MUST** not have any pockets.
- Mouthpieces **MUST** be worn at all times.
  - One (1) mouthpiece is provided to each player. Additional ones can be purchased for \$1 per mouthpiece

3. Prohibited Equipment

- Metal spiked or non-athletic street shoes.
- Padding of any kind including, but not limited to, shoulder pads, hip pads and helmets.
- Hard metal or any other hard substance on a players clothing or person.
- Sticky substances such as grease or glue on a players clothing or person.
- **NO JEWELRY** of any kind.
- Any equipment that in the opinion of the referee will endanger or confuse any participants.
- Shorts/Pants with pockets of any kind.

### C. Playing Rules

- ***The head coach shall be the only one who addresses the official(s).***
- Team representatives, including players, substitutes, replaced players, coaches, trainers, and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of officials assigned to the game.
- Only one manager and two coaches per team are allowed on the sidelines.
- The free substitution rule is always in effect and a player may enter the game any time the ball is dead.
- Each team will have at least one captain on the field at all times during the game. The captain can address the referees only on matters of interpretation of rules and to obtain information.
- A coach will be allowed on the field in the prep, freshmen, and sophomore divisions to give information in the huddle and assist players in lining up properly: one coach on offense and one on defense. In the junior division the coach may enter the field to call an offensive play, but must leave the field before the ball is snapped. Coaches will not be allowed on the field in the senior division.
- Stepping on the boundary line is considered out of bounds.
- Each offensive team approaches only two “no-run zones” in each drive (one zone 5 yards from mid-field, one 5 yards from the goal line to score a TD).
- You cannot run the ball once you enter the no run zones.
- EXTRA Points:
  - (1) 2 points after touchdown are by running or passing. (10 yard line)
  - (2) 1 point after touchdown is by passing only. (5 yard line) (No run Zone line)

### D. The Game

- All games can be scheduled on Saturdays unless re-scheduled for rainouts. Tuesdays and Thursdays will be back up days. \*Subject to change
- The top 2 teams from each division will play in the championship game.
- Only the winners and runner ups in each division will receive awards.
- Each game consists of two twenty (20) minute halves with a continual running clock.
- Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay of game penalty is enforced.
- At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.
- The winner of the coin toss gets to choose offense or defense. The loser of the coin toss chooses the end zone it would prefer to defend.
- Teams change sides after the first half.
- The clock will only stop the last two (2) minutes of the second half for the following reasons:
  - (1) An incompleting.
  - (2) Out of bounds.

(3) Penalties.

(4) First downs.

- On first downs, the clock will start again when the ball is placed and the referee blows the whistle.
- Each team will have one (1) time out per half. When a time out is called in the first half before an extra point attempt the clock will start on the next play after the change of possession.
- There will be five (5) minutes between each half.
- If a team is up by more than 18 points in the second half the clock will run even on an incompletion, out of bounds, penalties and first downs in the final two (2) minutes of the game. If the team comes back to under 18 points the clock will be stopped as needed for infractions.

### **E. Downs (First Down and Zone to Go)**

- The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross mid-field. Once a team crosses mid-field it has four (4) plays to score a touchdown.
- If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- If the offensive team fails to cross the first down line, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Where the hips are when the flag is pulled will be the determining factor in measuring for a first down or touchdown.
- A down will be repeated if there is a penalty that calls for replay of down.
- When the offensive team is within the last zone and has a first down it will be first down and goal to go.

### **F. De-Flagging**

- There shall be no tackling of the ball carrier or passer or any other player. Tackling is prohibited
- The player carrying or having possession of the ball is down when the flag is removed from their waist.
- The defensive player will hold the flag and stand still until the offensive player retrieves it.
- The defensive player cannot hold or push the ball carrier down to remove the flag.
- An accidental touch (Judgment call by the official) of the body while reaching for the flag will not be considered a violation.
- Touching of the face or head will be considered a violation.
- A defensive player may not run over, push, or pull a blocker. They are not allowed to initiate contact with the blocker but must attempt to go around them.
- A defensive player must go for the passers flag. They cannot touch the passers arm.
- A defensive player will not be allowed to block or push a ball carrier out of bounds.

## **G. Break Away Rule**

If a player loses his flag and nobody on defense is within 10 yards of him he can keep running until he scores (Judgment call by the official). If a defensive player is within 10 yards of the player who loses his flag then the ball is blown dead at the spot of where the offensive player is.

## **H. Blocking**

- No Blocking or screening is allowed at any time.
- Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.

## **I. Ball Carrier**

- Ball carriers are prohibited from using their hands or arms to protect the flags (Flag Guarding). Defensive players must have the opportunity to remove flags.
- The ball carrier cannot lower their head to drive or run into a defensive player.
- Stiff arming by the ball carrier is illegal.
- The ball carrier can spin to prevent a defensive player from removing the flags.
- The ball carrier may run in any direction until the play is declared dead.
- The ball carrier is not allowed to jump to avoid a de-flagging

## **J. Center Position and Line of Scrimmage and Rushing the Passer**

- The center must snap the ball between the legs.
- On a center sneak the ball cannot be handed off to the center between his legs. The quarterback must gain control of the ball, reach the ball around the center and place the ball in the centers stomach for it to be a legal play.
- Both feet must be on the line of scrimmage with no part of the body beyond the forward point of the ball.
- The long part of the ball may be adjusted to the line of scrimmage once.
- The center must give up possession of the ball in order for a legal play to start.
- There must be at least three (3) offensive players on the line of scrimmage when the ball is snapped
- The defense will line up at least 1 yard from line of scrimmage. This means that all defensive players must start 1 yard from the line of scrimmage
- A rush line 7 yards from the line of scrimmage. Any defensive player lined up beyond that mark can rush immediately on the snap. All other defensive players cannot cross line of scrimmage until the ball is handed off.
- If a player leaves the rush line early (breaks the 7 yard area), they may return to the rush line and then legally rush the quarterback.
- Players rushing the quarterback may attempt to block a pass: however, NO contact can be made with the quarterback in any way. Blocking the pass and then making contact with the passer will result in a roughing the passer penalty.
- The offense cannot impede the rusher in any way. The rusher has a right to a clear path to quarterback. If the offensive player does not move after the snap then it is the defensive player's responsibility to go around the offensive player to avoid contact.

- If the rusher leaves the line early and the ball is handed off before he/she crosses the line of scrimmage, he/she may legally rush.
- Penalty will be called if:
  - The rusher leaves the rush line before the snap and crosses the line of scrimmage before a hand off or pass.
  - Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is handed off or passed.

## K. Passing

- All backfield players are eligible passers.
- The Quarterback cannot directly run with the ball. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
- Shovel passes are allowed BUT must be received beyond the line of scrimmage
- A lateral pass is considered one thrown parallel to the line of scrimmage or back towards the passers goal line. A lateral pass is not considered a forward pass.
- A forward pass is considered one thrown from behind the line of scrimmage towards the defensive team's goal line.
  - All passes that do not cross the line of scrimmage, whether received or not are illegal forward passes.
- The quarterback has a 7 second "pass clock." If a pass is not thrown within the seven seconds the play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7 second rule is no longer in effect.
  - If the QB is standing in the end zone of the 7-second clock, the ball is returned to the line of scrimmage.

## L. Receiving

- All players are eligible to receive a forward pass. (including QB as long as the ball has been handed off behind the line of scrimmage)
- A legal catch is when a receiver has control of the ball with one foot in bounds.
- If an offensive and defensive player catches a pass simultaneously the ball is declared dead at the spot of the catch and the passing team is awarded possession.
- An offensive player cannot go out of bounds and then return in bounds to catch a pass. This will be ruled an incomplete pass.

## M. Dead Ball

**Note:** All balls touching the ground are immediately dead. The ball is declared dead at the following times:

- When the ball carrier touches the ground with any part of their body besides their hands and feet.
- When the ball carriers flag has been pulled.



- If a pass receiver or ball carrier has a missing flag (dead at the spot).
- Following a touchdown, safety, or touchback.
- When the ball goes out of bounds.
- If the centers snap touches the ground before it reaches the backfield player.
- When the ball touches the ground due to a fumble or muffed ball.
- If a lateral pass touches the ground (dead at spot). If a lateral pass goes out of bounds, the ruling is dead at the point it crossed the boundary line.
- If a forward pass touches the ground or is caught simultaneously by an opposing player.

## N. Scoring Values

- Touchdown = 6 points
- Safety = 2 points
- 5 yards = 1 point
- 10 yards = 2 points
- **Note:** Interceptions on point after attempts cannot be returned for any points. If a turnover occurs on the extra point the play is dead and the try is no good.

## O. Tie Breaker Procedure

- A coin flip will determine the team that chooses to be on offense or defense first.
- Each team will have four plays from the mid-field to try to score a touchdown. If the score is tied after that, then the teams will go to an extra point shootout.
- In the extra point shootout, each team has one offensive play to try to score from whichever extra point line they attempt to score from. This goes on until one team has more points than the other. (Example: If team A goes for one point and scores, then team B can go for two points and win or one and the tie. If they do not score, team A wins.)
- At any time during overtime the defensive team can intercept the ball and return it the length of the field for a touchdown and win the game.
- The final points earned by the winning team in the final overtime will be added to the final score.
- **Tie breakers to determine standings:**
  - (1) Head to Head record
  - (2) If Head to Head is tied then point differential in Head to Head games
  - (3) Point differential

## P. Penalties

**Note:** Teams will always have the choice of accepting or declining the penalty. When the penalty exceeds half the distance to the goal line, the penalty yardage shall be half the distance instead of the yardage listed below.

1. Line of Scrimmage (replay down on all these penalties) □ Off sides, defense or offense (5 yards).
  - False Start (5 yards).

- Failure to observe the 30 second time clock (5 yards).
- Illegal motion: more than one (1) person in the backfield moving at the same time without coming set before the snap (5 yards).
- Not enough players on the line of scrimmage (5 yards).

## 2. Passing

- If an illegal forward pass is thrown and intercepted, the play will continue until the ball is declared dead. The intercepting team has the option of possession from that spot or accepting the penalty (5 yards).
- Passer crosses the line of scrimmage and throws the ball from beyond the line of scrimmage (5 yards and loss of downs).
- Intentional grounding (5 yards and loss of down).
- Offensive pass interference (5 yards from the line of scrimmage).
- Defensive pass interference (5 yard penalty from the line of scrimmage and automatic first down. If it occurs in the end zone and the offensive team is within 20 yards of the goal line the ball will be placed on the five (5) yard extra point line).

## 3. Flag Wearing and De-Flagging

- Tackling (10 yards from point of infraction) □ Wearing flags illegally (5 yards).
- Flag Guarding—ball carrier using their hands to prevent a defensive player from pulling their flag (5 yards from spot of flag and loss of down).
- Holding, pushing or hitting the ball carrier while pulling flag (5 yards from spot of the foul and automatic first down).

## 4. Illegal Hand Off—If the ball is handed forward beyond the line of scrimmage (5 yards from spot and loss of down).

## 5. Illegal Substitution

- More than 7 players on the field (5 yards).
- Substitution while the ball is in play or before it has been declared dead (5 yards).
- Disqualified player entering the game (5 yards).

## 6. Blocking

- Blocking or screening intentionally (5 yards from previous spot, replay down).

## 7. Ball Carrier

- Stiff arming (5 yards from spot of infraction, loss of down).
- Lowering of head to drive or run into the defensive player (5 yards from spot of foul, loss of down).
- Use of hands or arms to protect flag; flag guarding (5 yards from spot of foul, loss of down).
- Hurdling or jumping while carrying the ball (5 yards from spot of foul, loss of down).

## 8. Unnecessary Roughness

- Offensive (10 yards from previous spot, replay down).
- Defensive (10 yards from dead ball spot, automatic first down).
- Disqualification of guilty player(s) if repeated.

## 9. Unsportsmanlike Conduct (THIS TYPE OF PENALTY WILL NOT BE TOLERATED)

- Fighting (5 yards from dead ball spot and player(s) are ejected). Subject to next game suspension, determined by league officials.
- Raising your voice to a league official/referee will not be tolerated and will be strictly enforced (5 yards from the dead ball spot and disqualification of guilty parties if repeated).

**Note:** If a coach is kicked out of a game he will not be allowed to coach in his next game.

- Defensive player pulling offensive player's flag to make them ineligible for play (5 yards from dead ball spot, automatic first down).
- Insulting or abusive language (5 yards and disqualification of guilty player(s) if repeated).
- Interference with progress of the game by coaches or any other team personnel (5 yards from dead ball spot, automatic first down if the team committing the foul was on defense).
- Illegal player that is not on the team roster or signed up for the league, a player that is playing in the wrong age division without the league directors permission, or a player that has been suspended from playing that game (5 yards and player must be removed from the field. In severe cases it could result in forfeiture of game). Determined by league official.
- Coaches Box/Spectator Line
- If there are too many people in the coaches/players box. Limit is 1 manager (1) and two (2) coaches, and the team mom or a mother that has been designated as such for that game (5 yards from spot of ball).
- If parents cross the spectator line at any time to talk to or yell at the referees. **It is the coach's responsibility to inform his team's parents that they must stay behind the line before each game** (5 yards from spot of ball).

**\*Exception: If a player has been hurt and a parent or coach is coming out to take care of the injured player on the field or on the bench.**

FOUL PLAY WILL NOT BE TOLERATED! ANY ACTS OF INTENTIONAL TACKLING, ELBOWING, CHEAP SHOTS OR ANY OTHER UNSPORTSMANLIKE ACT WILL BE GROUNDS FOR IMMEDIATE EJECTION AND SUSPENSION FOR FURTHER GAMES