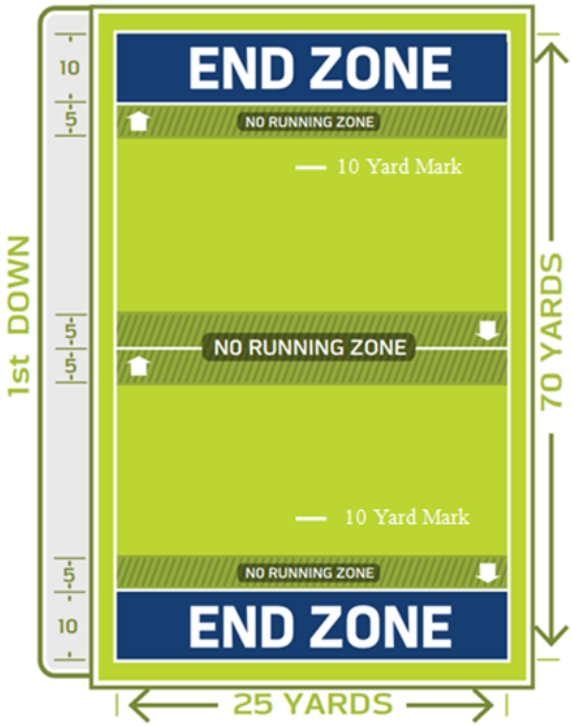
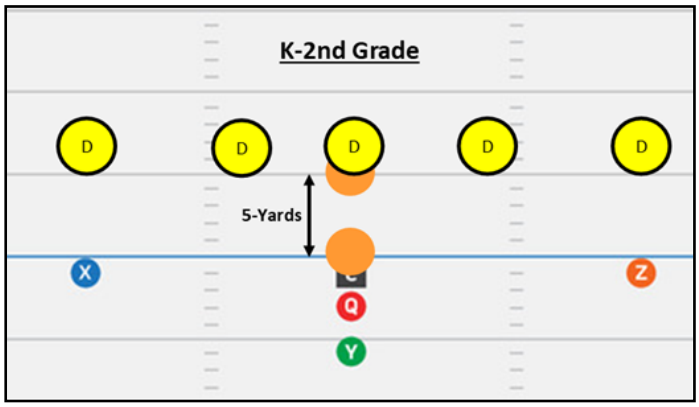
NFL Flag Football Rule Highlights



Basic Rules and Game Format:

- Jersey: Home is listed first on the schedule and wears the dark side.
- Possession and Direction: Captains/Coaches will coin toss or do rock/paper/scissors. Winner chooses possession and loser determines direction.
- Timing: Two 20-minute halves with a running clock. 3-minute halftime. Clock stops the last 2-minutes of the second half on dead balls. No OT. Can end in Tie.
- Play Clock: Teams have 40 seconds after the ball has been spotted.
- Time Outs: Teams have three 60-sec TOs per game.
- Players: 5v5. A team can play with 4.
- Officials: 3rd-9th Grade Record score and sportsmanship score in book; report to site leader.

Starting the Play: Cones, Rushers, and Defenders

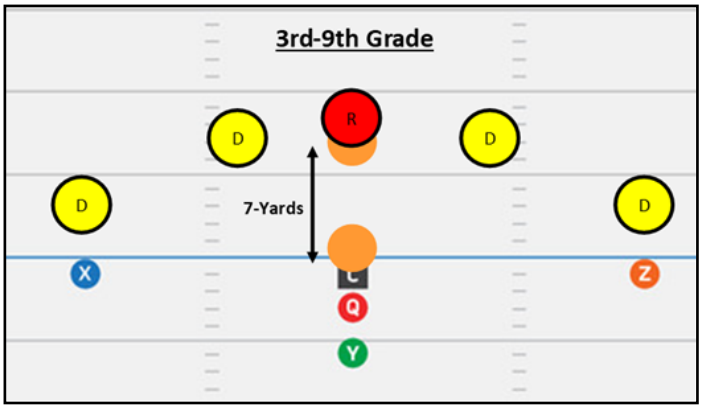


Kindergarten to 2nd Grade:

· **Cones:** LOS and 5-yard Cone.

· **On Snap:** Defenders can move to Line of Scrimmage

· **On Handoff/Lateral/Pitch:** Defenders can move to Ball.



3rd-9th Grade:

· **Cones:** LOS and 7-yard Rush Cone.

· **On Snap:** Rushers (0-2 players identify with raised hand) to Ball.

· **On Handoff/Lateral/Pitch:** Defenders can move to Ball.

Kindergarten-2nd Grade Bylaws:

- "No Run" zones are eliminated.
- Defenders cannot rush the passer unless there is a legal handoff/ lateral/pitch executed in backfield.
- Teams are allowed one "Do Over" per down on a bad snap before losing the down. Blow dead.
- Defenders must line up behind the 5-yard cone prior to the snap.

Only Kindergarten Bylaws:

- Each Team will rotate offense every 5 plays regardless of scoring. Ex. If a team scores on their first play, they will return to midfield and be able to play out their remaining 4 plays.

Sportsmanship Score: Record in Ref Booklet for 3rd-9th Grade.

1: Sportsmanship Issue: that needs addressing (write in comment).

2: Needs Improvement

3: Good Sportsmanship: (most games)

4: Great Sportsmanship

5: Exceptional Sportsmanship: (write in comment)

Ball Size:

- K-2ndGrade: Pee Wee (K2) or Blue NFL Flag Ball.
- 3rd-6th Grade: Junior (TDJ) or Brown NFL Flag Ball
- 7th-9th Grade: Youth (TDY)

Flag guarding:

- Players must have shirt tucked in, adjuster belt trimmed or wrapped, and the flags on each hip.
- Carrier prevents flag from being pulled by stiff arming, covering flag with hand, or lowering elbow.
- A player jumping, leaping, or diving to avoid a flag pull.

Coaches on field:

- K-2nd: 1 coach per team allowed on field.
- 3rd-4th Grade: One coach on offense allowed up to the point of the snap.
- 5th-9th Grade: No coaches on the field of play.

Common Questions: *This resource is a summary of rules. Utilize the full rules for a comprehensive view.*

- **Snap:** Continuous motion between leagues or from the side.
- **Set and Motion:** Teams must come set for 1-second before snap. One player at a time is allowed motion that is parallel to the LOS.
- **Downs:** If the offensive team fails to cross midfield on 3 downs, they can elect to "punt" on 4th down or go for the first down. A punt starts the other team at their own 5-yard line. A turnover on downs will have the opponent start from the spot. After gaining a first down, the team has 3 downs to score.
- **Spotting the Ball:** The ball is spotted where the ball is located when the flag is pulled.
- **Laterals/Handoffs and Passes:** Any number of backward pitches/laterals/passes are allowed behind the LOS. Only 1 forward pass is allowed per play. It must be released behind the LOS and go across the LOS.
- **Passing:** Players that receive a handoff/pitch/lateral behind the line of scrimmage can throw the ball.
- **7-Seconds Count:** The QB has 7-seconds to throw the ball. This count ends on a hand off/pitch/lateral.
- **Illegal Plays:** The QB cannot directly run with the ball. The "Center Sneak" play is also not allowed.
- **Blocking and Screening:** No blocking or "screening" is allowed.
- **Allowed Moves:** Spin, ¼ turn, ½ turn w/karaoke, dip, etc.
- **Interceptions:** A team will take over at the spot of a flag pull after an interception. An interception for touchdown is 6 points. A returned conversion is 2 points.