

Eastside Family YMCA

NFL Flag 2010

BASIC RULES

- Home Team wears “color jersey” and Away Team wears “white jersey”.
- 43-minute games
 - 2, 20-minute halves; 2-3 minute halftime
 - No Scores Kept; No Overtime
- 6v6
 - Teams must field a minimum of five players at all times
 - Minimum of 3 on line of scrimmage
 - Can have 2 Running Backs OR 3 Wide Receivers
- A coin toss determines first possession
 - Called by Away Team
 - The offensive team starts the possession at own 5 yard line
- Substitutions may be made on any dead ball
 - No stoppage of time or game for substitutes
 - MAKE SURE EVERYONE GETS EQUAL PLAYING TIME

GAME PLAY

- The offensive team starts the possession at own 5 yard line
 - Offense has a 45 second play clock to get ball snapped
 - § Penalty results if 45-second clock is past
- The offensive team has 4 downs to get past midfield
 - On 4th down team can “go for it” or punt
 - § “Go For it”
 - Team gets past midfield, they have 4 downs to get into endzone
 - No punting past midfield; have to go for it
 - If offensive team fails to score, opposing team takes possession at spot of turnover
 - § Punting
 - 6/8 Year Olds can throw or punt
 - Punting team can have one player punt the ball
 - § Everyone else is stationary; no running
 - Opposing team can have two players eligible to catch punt
 - Punts cannot be returned
 - Possession where ball stops, goes out of bounds, or is caught
 - Punt into endzone starts at 5-yard line
- After a score the ball will be spotted at the opposing team’s 5-yard line where they will take possession.
 - Touchdown: 6 points
 - PAT
 - § 1-Point: 5-yard line pass attempt; NO RUNNING
 - § 2-Points: 12-yard line; can pass or run
 - Safety
 - § 2-Points: team also takes possession at own 5-yard line
 - Teams change sides after the first half. Possession changes to team that started on defense.

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RUNNING

- 6/8 Year Olds
 - Quarterback cannot run with ball
 - Defense cannot rush quarterback
- 9/12 Year Olds
 - One defensive player per down may blitz quarterback
 - § Must start 5 yards behind line of scrimmage
 - Quarterback can run with ball ONLY when being blitzed
- Direct handoffs and pitches behind the line of scrimmage are permitted
 - Offense may use multiple handoffs, as long as there behind the line of scrimmage
 - NO LATERALS ARE PERMITTED
 - § pass or pitch beyond the line of scrimmage
 - The player who takes the handoff can throw the ball from behind the line of scrimmage.
 - Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player
 - no diving or jumping over a defensive player
- The ball is spotted where the ball carrier's feet are when the flag is pulled
- "No Run Zones"
 - Located 5 yards from midfield and endzones
 - When ball is spotted in this area, teams must throw ball to advance

RECEIVING

- All players are eligible to receive passes
 - including the quarterback if the ball has been handed off
- Only one player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception.

PASSING

- Shovel passes are allowed.
- The quarterback has a ten second "pass clock."
 - If a pass is not thrown within the ten seconds, play is dead, loss of down
 - Once the ball is handed off, the ten second rule is no longer in effect
- Interceptions
 - change in possession at the point the defensive player possessed the ball
 - cannot run the ball back
- Interceptions and failed 4th down attempts are the only changes of possession that do not start on the 5-yard line.

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DEAD BALLS

- The ball must be snapped between the legs, not off to one side, to start play
- Play is ruled “dead” when:
 - Ball carrier’s flag is pulled
 - Ball carrier steps out of bounds
 - Touchdown or safety is scored
 - At the point of an interception
 - Ball carrier’s knee hits the ground
 - Ball carrier’s flag falls out
- There are no fumbles. The ball is spotted where the ball hits the ground

SPORTSMANSHIP/ROUGHING

- If the referee witnesses any act of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game
- **FOUL PLAY WILL NOT BE TOLERATED**
- Trash talking is illegal
 - Officials have the right to determine offensive language
 - If trash talking occurs, the referee will give one warning
 - If it continues, the player(s), coach(es), spectators, etc. will be ejected from the game

PENALTIES

- All penalties will be called by the referee
- Defense:
 - Offsides = 5 yards and replay the down
 - Pass interference = 5 yards and automatic first down
 - Illegal contact (holding, blocking, etc...) = 5 yards and replay the down
 - Illegal tackle (to intentionally take an opponent to the ground) = 5 yards from the spot of the foul or touchdown if on a break away (referees judgement)
 - Illegal FLAG pull (before receiver has the ball) = 5 yards from the catch and replay the down
 - Illegal rush (rusher starts w/in 10 yards or multiple rushers) = 5 yds and replay the down
- Offense:
 - Offsides (more than 1 person moving, false start, etc...) = 5 yards and replay the down **PLAY IS BLOWN DEAD**
 - Illegal forward pass (pass thrown beyond line of scrimmage) = 5 yards and replay the down
 - Pass interference = 5 yards and loss of down
 - FLAG guarding = 5 yards from the spot of the foul
 - Illegal blocking = 5 yards and replay the down
 - Delay of game = Clock stops, 5 yards and replay the down

- Referees determine incidental contact that may result from normal run of play
- Only the coach may ask the referee questions about rule clarification and interpretations
- Games cannot end on a defensive penalty

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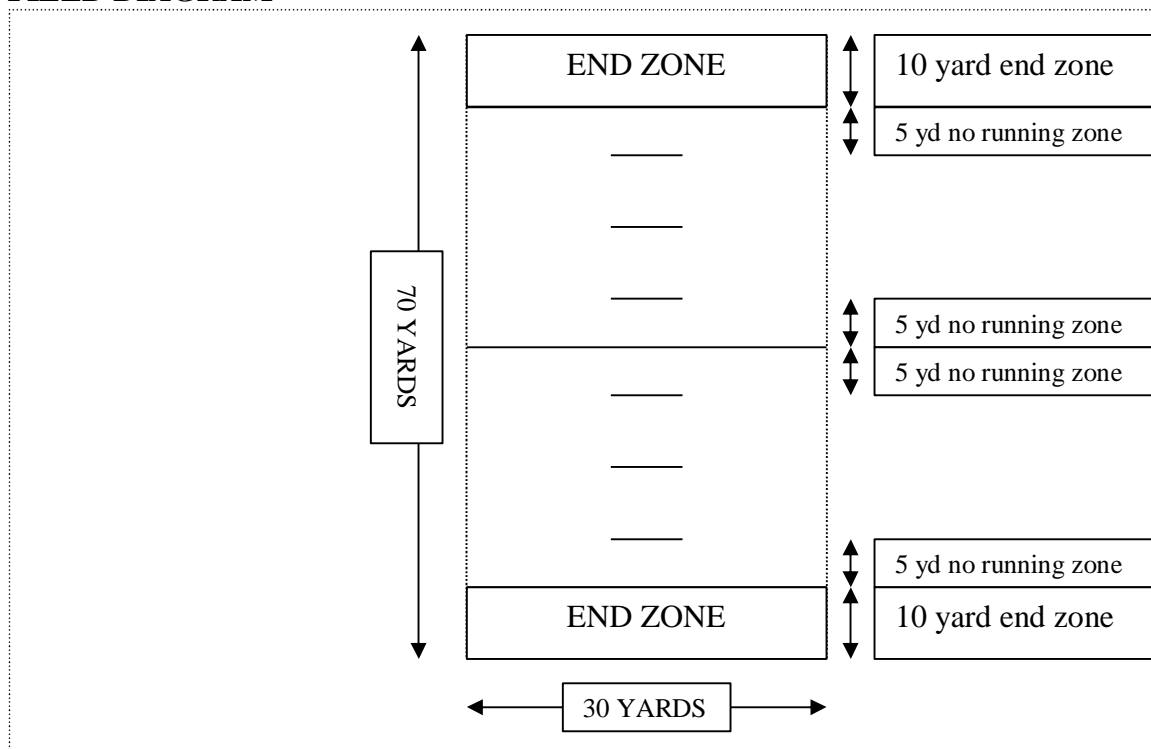
ATTIRE

- Official NFL Flag jersey must be worn at all times
 - Players not wearing jerseys will not be permitted to play
- Flags
 - Each player on the field will wear a belt at the waistline with two flags attached, but not tied; one flag on each side of the body.
 - The excess belt must be tucked into the players' shorts/pants.
- Headgear
 - No headgear containing any hard, unyielding or still material including billed hats
- Miscellaneous
 - No towels attached at the player's waist
 - No pads or braces worn above the waist
 - ALL POCKETS MUST BE TAPED SHUT
- Cleats are allowed, except for metal spikes. Inspections must be made
- All players must wear a protective mouthpiece; there are no exceptions.

NOTE

- There are no kickoffs, and NO BLOCKING allowed.
- ALL PLAYERS MUST PLAY AN EQUAL AMOUNT OF TIME.
- ALL PLAYERS MUST BE GIVEN THE OPPORTUNITY TO PLAY EACH POSITION THROUGHOUT THE SEASON.
- COACHES NEED TO GET OFF THE FIELD AFTER THE HUDDLE.

FIELD DIAGRAM



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