

NFL RULES AND DIAGRAMS

NFL FLAG Football is a popular five-on-five game filled with fun and action. In this game, the offensive team plays for a first down at midfield and a touchdown in the end zone. Running and passing plays are allowed, although there are “no-running zones” at midfield and near each goal line. The defensive team covers receivers, rushes the passer and grabs flags to make “tackles.”

Read more about NFL FLAG rules below. Regional and national tournament games will follow these rules closely, although there may be some modifications. Please note that while the rules may be adopted to suit your local needs, they must remain non-contact.

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THE BASICS

- A coin toss determines first possession.
- The offensive team takes possession of the ball at its 5-yard line and has three plays to cross midfield. Once a team crosses midfield, it has three 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 midfield, 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.
- Teams change sides after the first 20 minutes. Possession changes to loser of coin toss after 5 min. half-time.

5 YEAR OLD DIVISION

THE 5 YEAR OLDS WILL PLAY ON THE 5-8 YR OLD SIZE FIELD. THE NO-RUN ZONE DOES NOT APPLY FOR THE 5-6YR OLDS. ALL OTHER REGULAR RULES APPLY. THIS IS A LEARNING AGE AND DEVELOPMENTAL DIVISION TO ALLOW KIDS TO LEARN TECHNIQUE. EXTRA PATIENCE AND COOPERATION IS EXPECTED AT THIS AGE..... LETS HAVE SOME FUN!!!!!!

PLAYERS

Teams must field a minimum of five players at all times.

Teams consist of 10 players – five on the field, with five substitutes.

TIMING AND OVERTIME

Games are played in two 20 min. half's with running time & a 5 min. halftime. If the score is tied at the end of regulation, teams move directly into overtime. (TYAA Modified Rule) ---> Shoot-out: each team gets the ball 3 times from the opposing 5 yd line (No Run Zone) best of 3 until someone wins no time limit.

Each Team is given 30 second play clock from the time the ball is spotted.

Each team has one 60-second and one 30-second time-out per half. And 1 time-out per overtime possession.

Officials can stop the clock at their discretion.

SCORING Touchdown:

6 points

Extra point:

1 point (played from 5-yard line) or

2 points (played from 12-yard line)

Safety:

2 points

SCORING RULE!!!! (TYAA SPECIFIC)

NO ONE PLAYER ON A TEAM CAN SCORE MORE THAN 3 TIMES IN A GAME WITHIN A REGULATION PERIOD. AFTER THE 3RD SCORE HE CAN NO LONGER ADVANCE THE BALL BEYOND THE LINE OF SCRIMMAGE. IN OVERTIME THIS RULE WILL NO LONGER APPLY. THIS MEANS TOUCHDOWNS AND OR EXTRA POINTS ARE COUNTED AS A SCORE. DEFENSIVE SAFETY'S AND DEFENSIVE TOUCHDOWNS DO NOT COUNT AGAINST A PLAYER. *****PENALTY: SHOULD A PLAYER WITH 3 SCORES ADVANCE THE BALL, THE BALL WILL BE TURNED OVER TO THE OPPOSING TEAM STARTING FROM THE OPPOSING 5 YARD LINE JUST LIKE A NEW POSSESSION.**

RUNNING

The quarterback cannot run with the ball.

Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.

“No-running zones” located five yards from each end zone and five yards on either side of midfield are designed to avoid short-yardage, power-running situations.

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).

The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.

Absolutely NO laterals or pitches of any kind are allowed.

Any play involving the Center/QB exchange in which the QB hands the ball back to center after the exchange is not valid and a loss of down.

RECEIVING

All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).

As in the NFL, 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 seven-second “pass clock.” If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule no longer is in effect.

Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.

DEAD BALLS

The ball must be snapped between the legs, not off to one side, to start play.

Substitutions may be made on any dead ball.

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 (interception returns are not allowed)

****INTERCEPTIONS ARE LIVE AND CAN BE RETURNED IN THE 12-14 YR OLD DIVISION ONLY.**

- Ball carrier’s knee hits the ground
- Ball carrier’s flag falls out

Note: There are no fumbles. The ball is spotted where the ball hits the ground.

RUSHING THE QUARTERBACK

All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.

Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage. Remember, no blocking or tackling is allowed.

SPORTSMANSHIP AND ROUGHING

If the field monitor or referee witnesses any acts 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. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

PENALTIES

All penalties will be called by the referee.

Defense:

Offsides

Five yards and automatic first down

Interference

10 yards and automatic first down

Illegal contact

(holding, blocking, etc.)

10 yards and automatic first down

Illegal FLAG pull

(before receiver has ball)

10 yards and automatic first down

Illegal rushing

(starting rush from inside 7-yard marker)

10 yards and automatic first down

Offense:

**if penalty occurs on 3rd down ball is turned over on downs

Illegal motion

** (more than one person moving, false start, etc.)

Five yards and loss of current down

**Illegal forward pass

(pass thrown beyond line of scrimmage)

Five yards and loss of current down

**Offensive pass interference

(illegal pick play, pushing off/away defender)

10 yards and loss of down

**FLAG guarding

10 yards (from line of scrimmage) and loss of down

**Delay of game

Clock stops, 10 yards and loss of down

DECLINATION OF DEFENSIVE PENALTY (TYAA SPECIFIC): THE OFFENSE CAN DECLINE ANY DEFENSIVE PENALTY AT ANY TIME AND THE BALL WILL BE PLAYED AT THE PLACE OF PROGRESSION. **EXAMPLE: IF OFFENSE SCORES OR GETS A FIRST DOWN BUT DEFENSE COMMITS PENALTY, OFFENSE CAN DECLINE AND TOUCHDOWN/FIRST DOWN WILL COUNT.**

ATTIRE

Cleats are allowed, except for metal spikes. Inspections must be made. All players must wear a protective mouthpiece; there are no exceptions.

Official NFL FLAG jerseys must be worn during play.

Note: There are no kickoffs, and no blocking is allowed.

DIAGRAM

