

**Southtowns Family YMCA
2009
NFL Flag Football League
Rule Book**

Rules:

1. NFL Flag Football is played five-on-five.
2. A coin toss determines first possession.
3. 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.
4. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
5. All possession changes, except interceptions, start on the offense's 5-yard line.
6. Interceptions may be returned.
7. Teams change sides after the first 20 minutes. Possession changes to loser of the coin toss unless deferred.
8. A 5 minute half time will follow the completion of the first half.
9. Teams consist of 5 players on the field at a time with a max of ten players on each team.

Clock:

1. Games are played to 40 minutes running time. If the score is tied at the end of 40 minutes, teams move directly into overtime. The first team to score wins.
2. Each time the ball is spotted the team has 30 seconds to snap the ball. Teams will receive one warning before a delay of game penalty is enforced.
3. Each team has one 60 second and one 30 second time out per half.
4. Officials can stop the clock at their discretion.

Scoring:

1. Touchdown:
6 points
2. Extra point
1 point (played from the 5-yard-line)
2 points (played from the 12 yard line)
3. Safety
2 points

Running:

1. The quarterback can not run with the ball
2. Only direct handoffs behind the line of scrimmage are permitted.

3. Offense may use multiple handoffs.
4. “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.
5. Once the ball has been handed off, all defensive players are eligible to rush.
6. Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
7. The play is spotted where the ball carriers feet are when the flag is pulled, not where the ball is.
8. Absolutely No laterals or pitches of any kind are allowed.

Receiving:

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
2. As in the NFL, only one player is allowed in motion at a time.
3. A player must have at least one foot inbounds when making a reception.

Passing:

1. Shovel passes are allowed.
2. The quarterback has a seven-second “pass clock”.
3. If a pass is not thrown within the seven-seconds, play is dead, loss of down.
4. Once the ball is handed off, the seven-second rule is no longer in effect.
5. Interceptions may be returned.

Dead Balls:

1. The ball must be snapped between the legs, not off to one side, to start the play.
2. Substitutions may be made on any dead ball.
3. Play is ruled “dead” when
 - a. Ball carrier’s flag is pulled.
 - b. Ball carrier steps out of bounds.
 - c. Touchdown or safety is scored.
 - d. Ball carrier’s knee hits the ground.
 - e. Ball carrier’s flag falls out.
4. Note: There are no fumbles. The ball is spotted where the ball hits the ground.

Rushing the Quarterback:

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

4. 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.
5. A special marker, or the referee, will designate seven yards from the line of scrimmage.
6. Remember, no blocking or tackling is allowed.

Sportsmanship:

1. If the 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.
2. Foul play will not be tolerated.

Penalties:

1. All penalties will be called by the referee.
 - a. Defense.
 - i. Offsides: 5-yard penalty and automatic first down.
 - ii. Interference: 10-yard penalty and automatic first down.
 - iii. Illegal contact (holding, blocking): 10 yards and automatic first down.
 - iv. Illegal flag pull (before receiver has ball): 10-yards and automatic first down.
 - v. Illegal rushing (starting rush from inside 7-yard marker): 10 yards and automatic first down.
 - b. Offense:
 - i. Illegal motion (more than one person moving, false start, etc): 5-yards and loss of down.
 - ii. Illegal forward pass (pass thrown beyond the line of scrimmage): 5-yards and loss of down.
 - iii. Offensive pass interference (illegal pick play, pushing off/away defender) 10-yards and loss of down.
 - iv. Flag guarding: 10-yards (from the line of scrimmage) and loss of down.
 - v. Delay of game: Clock stops, 10-yards and loss of down.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage.
4. Players can not question judgment of calls.
5. Games can not end on a defensive penalty, unless the offense declines it.

Attire:

1. Cleats are allowed, except metal spikes.
2. Inspections must be made.
3. All players must wear protective mouthpiece, there are no exceptions.
4. Official NFL Flag jerseys must be worn during play.