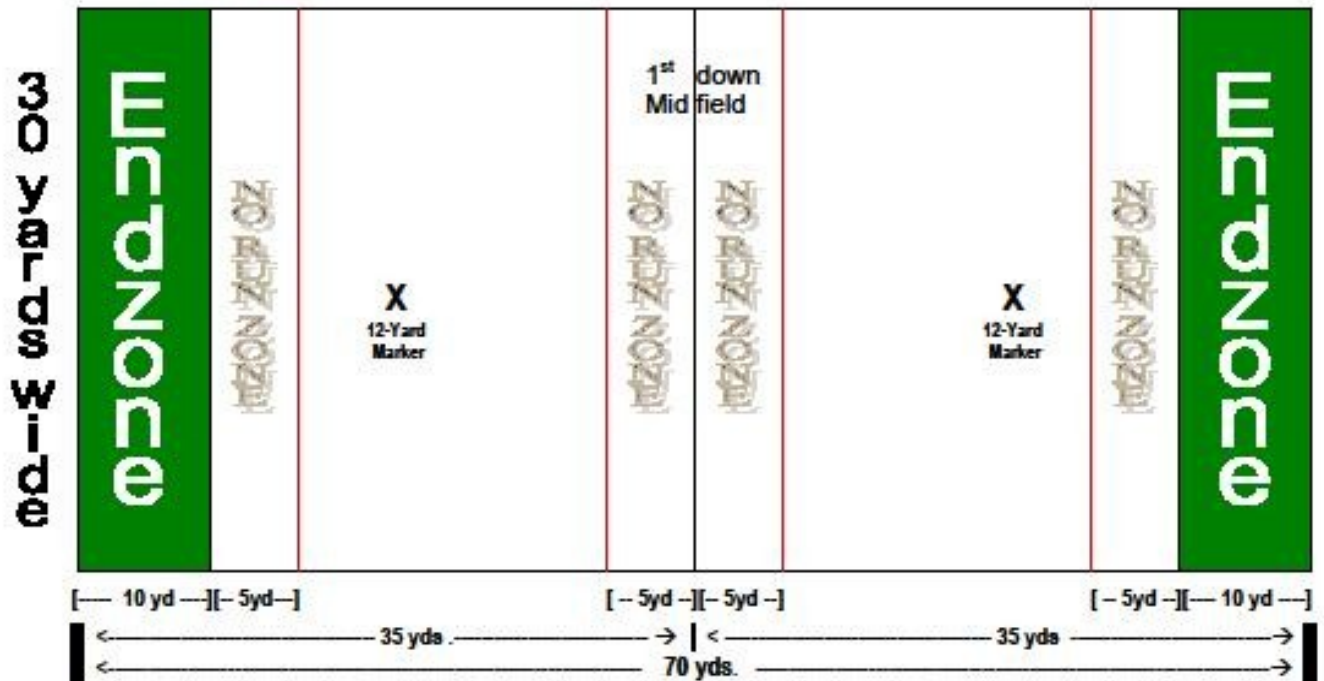




NFL FLAG FOOTBALL RULES / FIELD DIMENSIONS



PEP CENTRAL COMMUNICATIONS: 646-613- 1200
 (Call this # to remove Non-Permit Holders from Prospect Park fields)

IF IT'S RAINING or RAINED THE DAY BEFORE:
FOR GAME STATUS CALL THE SFX RAINOUT HOTLINE: 888- SFX- 1047 (PRESS #4)



Official SFX Flag Football Rules September 2011

I. Game

- 1) 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.
- 2) The winner of the coin toss gets first offense possession. The loser of the coin toss chooses the end zone it would prefer to defend. Teams may choose to defer to second half choice.
- 3) The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, it has three (3) plays to score a touchdown.
- 4) If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- 5) If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- 6) All possession changes, **except interceptions**, start on the offense's 5-yard line.
- 7) Teams change sides after the first half. Possession changes to the loser of the coin toss unless winner of coin toss defers.

II. Terminology

- **Boundary lines** – the outer perimeter lines around the field. They include the sidelines, and the rear end zone lines.
- **Line Of Scrimmage** – an imaginary line running through the point of the football and across the width of the field.
- **Line-To-Gain** – the line the offense must pass to get a first down or score.
- **Rush Line** – an imaginary line running across the width of the field 7 yards (into the defensive side) from the Line of Scrimmage.
- **Offense** – the squad with possession of the ball
- **Defense** – the squad opposing the offense to prevent them from advancing the ball.
- **Passer** – the offensive player that throws the ball and may or may not be the Quarterback.

- **Rusher** – the defensive player assigned to rush the Quarterback to prevent him/her from passing by pulling his/her flags or blocking the pass.
- **Downs (1-2-3)** – the offensive squad has three attempts or “Downs” to advance the ball. They must cross the Line to Gain to get another set of downs or to score.
- **Live Ball** – the period of time that the play is in action. Generally used in regards to penalties, Live Ball Penalties are considered part of the play and must be enforced before the down is considered complete.
- **Dead Ball** – the period of time immediately before or after a play.
- **Whistle** – the sound made by an official using a whistle that signifies the end of the play or a stop in the action for timeout, half time or the end of the game.
- **Inadvertent Whistle** – an official’s whistle that is performed in error.
- **Charging** – the movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, or making contact with the defender with a shoulder, chest or forearm.
- **Flag Guarding** – an act by the ball carrier to prevent a defender from pulling the ball carrier’s flags by stiff arm, lowering elbow or head or by blocking access to the runner’s flags with a hand or arm.
- **Shovel Pass** – a legal pass attempted behind the line of scrimmage by throwing the ball underhand or pushing it towards a receiver in a shot put type manner.
- **Lateral** – a backwards or sideways toss of the ball by the ball carrier.
- **Unsportsmanlike Conduct** – rude, confrontational or offensive behavior or language.

II. Eligibility

1) A player’s age must fall within the specified age-range as of September 1st of the current year. Age will be verified by a valid birth certificate.

IV. Equipment

1) The SFX Flag Football League provides each player with flag belts and each team with two footballs in the 9-11 NFC and 12-14 AFC and 12-14 Liberty Division

2) FOR THE 15-17 NFL DIVISION ONLY:

Each team will be supplied with flag belts.

Each team can supply their own game day football, It must be an official NCAA regulation football with NCAA clearly visible on the football.

The footballs will be inspected by the refs before the start of each game. If a football does not meet the requirements stated in these rules by any team or if any team does not have their own football, the league will provide the same type football used last season.

A team will not be permitted to use their opponents football.

3) **NO CLEATS ARE ALLOWED.** Players must wear sneakers or turf shoes only. **THIS IS A PARKS DEPARTMENT RULE.**

Players will not be allowed to play wearing cleats!

4) Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and Knee pads. **Braces with exposed metals are not allowed.**

5) Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.

6) 9-11 (NFC) and 12-14 (AFC, Liberty) year old divisions must wear the official NFL FLAG jersey.during play.

15-17 (NFL) division must wear their official League jerseys during play.

7) Player jerseys must be tucked into the pants if they hang below the belt line.

8) Pants or shorts with belt loops or pockets **must be taped.**

9) Baseball caps are permitted to be worn but **may only be worn backwards.**

10) **MOUTHPIECES ARE MANDATORY!**

Players with no mouthpieces will not be permitted to play.

V. Field

1) The recommended field size is 30 yards by 70 yards with two 10-yard end zones and a midfield line-to-gain. **No-Run Zones** (a 5-yard imaginary zone before midfield and before the end zones) precede each line-to-gain by 5 yards.

2) No-Run Zones are in place to prevent teams from conducting power run plays. While in the No-Run Zones, teams may not run the ball in any fashion. All plays, including those that begin with a handoff, **must be pass plays.** The quarterback can be rushed as normal.

- 3) Stepping on the boundary line is considered out of bounds.
- 4) Each offensive squad approaches only TWO No Run Zones in each drive (one zone 5 yards from midfield to gain the first down, one zone 5 yards from the goal line to score a TD).
- 5) All spectators must stay apart from the coaches and players on the sidelines. **Coaches will be held responsible for keeping their sidelines in order.**

VI. Rosters

- 1) **Home teams wear dark jerseys**, visiting teams wear light jerseys.
- 2) Teams must field a **minimum** of **five (5)** players at all times. Any team that cannot field at least 5 players will be forced to forfeit the game.

VII. Timing and Overtime

1. Games are played on a 40 minute clock. The first 18 minutes of each half are played on a continuous clock. The clock is stopped at the 2 minute warning with an official 1 minute time out. **In the final 2 minutes of each half, the clock is stopped for incomplete passes and out of bound plays.**
2. Halftime is 5 minutes long.
3. 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.
4. Each team has two 60 second time outs per half.
5. Officials can stop the clock at their discretion.
6. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play. If the score is tied at the end of 40 minutes, the game goes into sudden death overtime. Possession is determined by a coin toss. The visiting team shall call the toss.
7. The overtime period will be 10 minutes on a continuous clock. Each team will have one 60 second time out. The first team that scores wins the game. If the score remains a tie at the end of the 10 minute overtime period, the game will end in a tie.

VIII. Scoring

- 1) Touchdown: **6 points**
- 2) PAT (Point After Touchdown) 1 point (5-yard line) or 2 points (12-yard line)
Note: 1 point PAT is pass only: 2 point PAT can be run or pass.

3) A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5-yard line) or a 2-pt. conversion (from the 12-yard line). Any change, once a decision is made to try for the extra point, requires a charged time out. Decision cannot be changed after a penalty. Interceptions on conversions can not be returned.

4) FOR THE 15-17 YEAR OLD DIVISION (NFL) ONLY:

The offensive team has the option to go for a “field goal” on any down past midfield. The play involves a QB, center and receiver for the offensive team and a blitzer and cornerback for the defensive team. The players used are chosen by their respective coaches. The QB has 7 seconds to throw the ball or the play is dead. One player on defense will be lined up on the blitz marker facing the QB. The center snaps the ball and is allowed to set a pick but cannot go out for a pass. The blitzer will blitz as normal. The receiver must be at least 7 yards from the line of scrimmage to become an eligible receiver. The field goal is good when the receiver catches the ball and crosses the goal line without his flag being pulled.

Field goal is 3 points

If the field goal is good the opposing team gets the ball on their own 5 yard line. If the field goal is not good, the opposing team gets the ball at the spot of the attempted field goal.

The offensive team can only try for a field goal once in a series regardless of the down.

Interceptions can be returned for touchdowns. Once the ball is intercepted, all 3 offensive players are allowed to pull the defender's flag and the blitzer is allowed to set a pick.

Any defensive penalty results in an automatic first down.

Any offensive penalty regardless of down results in a turnover.

5) Safety: **2 points**

- a. A Safety occurs when the ball carrier is declared down in his/her own end zone. They can be called down when their flags are pulled by a defensive player, their flag falls out, they step out of bounds or they hit the ground with their knee or arm. A Safety also occurs when there is an offensive penalty in the end zone.

IX. Coaches

1) Coaches are typically volunteer parents or family members helping the players learn and enjoy the game. **Parents are encouraged to support the coach at all time.**

2) Coaches are allowed on the field to direct players only in the 9-11 Division. Coaches must move to the sidelines before the snap of the ball.

3) Coaches are expected to adhere to NFL-FLAG philosophies, coaching guidelines and codes of conduct.

4) Coaches are also expected to adhere to the **SFX Youth Sports** code of conduct.

5) Only three coaches per team are allowed on the sidelines.

- 6) **Parents are not allowed to speak with the referees under any circumstances. A warning will be issued for the first infraction. Any parent who refuses to abide by this rule after a warning will be asked to leave the field. If the parent refuses to leave the field the team with whom he /she is affiliated with will forfeit the game.**

X. Live Ball/Dead Ball

- 1) The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- 2) The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regards to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back beyond the line.
- 3) A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.
- 4) The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out signals to start the play.
- 5) Substitutions may be made on any dead ball.
- 6) Any official can whistle the play dead.
- 7) Play is ruled “dead” when:
 - a. The ball hits the ground.
 - b. The ball carrier’s flag is pulled.
 - c. The ball carrier steps out of bounds.
 - d. A touchdown, PAT or safety is scored.
 - e. The ball carrier’s knee or arm hits the ground.
 - f. The ball carrier’s flag falls out.
 - g. The receiver catches the ball while in possession of one flag
 - h. The 7-second pass clock expires.
 - i. An inadvertent whistle is performed (at the spot where the ball was whistled dead
8. In the case of an inadvertent whistle, the offense has two options:
 - a. Take the ball where the whistle blew.
 - b. Replay the down from the original line of scrimmage.

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

9. A team is allowed to question an official’s rule interpretation by throwing a red challenge flag. If the referee’s ruling is interpreted incorrectly, the time out will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full

benefit of each call. If the ruling is correct the team will be charged a time out. The referee will inform the opposing coach what the challenge is. However, the opposing coach must stay on their sideline and not engage in conversation with the refs or questioning coach while the refs are making their decision. If the opposing coach does not adhere to this rule, an automatic unsportsmanlike conduct penalty will be called and the red challenge flag is giving back to the challenging coach without a timeout being charged..

- 10) A team is allowed to use 2 red challenge flags per game. If a team wins both their challenges, a 3rd and final red challenge flag will be awarded to them.
- 11) Any challenge or question of a call that is not accompanied by a red flag will be considered a delay of game. It will result in a delay of game penalty.

XI. Running

- 1) **The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. If one foot precedes the other, the forward foot marks the spot.**
- 2) The quarterback **cannot** directly run with the ball.
- 3) Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- 4) **Absolutely NO laterals or pitches of any kind.**
- 5) "No-Run Zones," located 5 yards before each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations. Teams are not allowed to run in these zones IF the subsequent line is LIVE. *(Reminder: Each offensive squad approaches only TWO No-Run Zones in each drive - one 5 yards from midfield to gain the first down, one 5 yards from the goal line to score a TD 5 yards).*
- 6) The player who takes the handoff can throw the ball from behind the line of scrimmage.
- 7) Once the ball has been handed off in front or behind the quarterback, all defensive players are eligible to rush.
- 8) **Diving is considered flag guarding.**
- 9) Spinning is allowed.
- 10) **No blocking or "screening" (running with the ball carrier) is allowed at any time.** Basketball style picks are allowed as long as the players are 1 yard apart. **Once the pick is set, the player must remain stationary until the defender passes him/her.** Once the defender passes him/her, the player is allowed to move.

1. Flag Obstruction – **All jerseys MUST BE tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.**

XII. Passing

- 1) All passes must be from behind the line of scrimmage and thrown forward.
 - 2) Shovel passes are allowed.
 - 3) **The quarterback has a seven-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 no longer is in effect.**
1. If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).

XIII. 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. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.
3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. 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.***

1. **Interceptions are returnable, but not on conversions after touchdowns**

XIV. Rushing the Passer

1. 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.
 - 2) 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.
1. A special marker, or the referee, will designate a Rush Line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.

a. **A legal rush is:**

- i. Any rush from a point 7-yards from the defensive line of scrimmage.
- ii. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
- iii. If a rusher leaves the rush line early, they may return to the rush line, reset and then legally rush the quarterback.
- iv. If a rusher leaves the rush line early and the ball is handed off before they cross the line of scrimmage, they may legally rush the quarterback.

b. **A penalty may be called if:**

- i. The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass – **Illegal Rush (5 yards LOS and first down)**.
- ii. Any defensive player crosses the line of scrimmage before the ball is snapped- **Offsides (5 yards LOS and first down)**.
- iii. Any defensive player, not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed- off **Illegal rush (5 yards LOS and first down)**

c. **Special circumstances:**

- i. Teams are not required to rush the quarterback, seven second clock in effect.
 - ii. Teams are not required to identify their rusher before the play.
 - iii. If rusher leaves the 7-yard line before the snap, he/she may immediately drop back to act as a defender with no offside penalty enforced.
- 4) Players rushing the Quarterback may attempt to block a pass. However, NO contact can be made with the quarterback in any way.
- 5) The center is allowed to set a pick to slow down the rusher. The center can then go into a pass pattern.
- 6) Blocking the pass and intentionally striking the passer will result in a 10-yard penalty.
- 7) A Sack occurs if the QB's flag is pulled behind the line of scrimmage. The ball is placed where the QB's feet are when the flag is pulled.
- a. A Safety is awarded if the sack takes place in the offensive team's end zone.

XV. Flag Pulling

- 1) A legal flag pull takes place when the ball carrier is in full possession of the ball.
- 2) Defenders can dive to pull flags, but cannot tackle, hold or run through ball carrier when pulling flags.
- 3) It is illegal to attempt to strip or pull the ball or pull from the ball carrier's possession at any time.
- 4) If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
- 5) A defensive player **may not** intentionally pull the flag off of a player who is not in possession of the ball.
- 6) Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff- arming, dropping of head, hand, arm or shoulder, or intentionally covering flags with the football or jersey.

XVI. Formations

- 1) An offensive team must have a minimum of one player on the line of scrimmage (the Center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - a. One player at a time may go in motion 1-yard beyond and parallel to the line of scrimmage.
 - b. No motion is allowed towards the line of scrimmage.
2. Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the one player in motion.
3. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
4. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

XVII. Unsportsmanlike Conduct

1. **If the field monitor or referee witnesses** any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, **the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals!**
FOUL PLAY WILL NOT BE TOLERATED.
2. **Offensive or confrontational language is illegal.** Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
- 3) Players may not physically or verbally abuse any opponent or official.

- 4) Ball carriers **MUST** make an effort to avoid defenders with an established position.
- 5) Defenders are not allowed to run through the ball carrier when pulling flags.
- 6) Fans must also adhere to tenets of good sportsmanship:
 - a. You may cheer for your team, not to harass officials or other teams.
 - b. Keep comments clean and profanity free.
 - c. Compliment ALL players, not just one child or team.
- 7) Fans are required to keep fields safe and kids friendly:
 - a. Keep younger kids and equipment such as coolers, and chairs away from the sidelines.
 - b. Stay in the end zone area, not between fields.

XVIII. Penalties

i. General:

- The referee will call all penalties.
- Referees determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage, except as noted (spot fouls).
- Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- Games cannot end on a defensive penalty, unless the offense declines it
- Penalties are assessed Live Ball then Dead Ball. Live Ball penalties must be assessed before play is considered completed.
- Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

ii. 5 Yard Penalties

- Illegal Equipment
- Offside
- Illegal motion (more than one person moving, false start, etc.)

- Illegal forward pass (throwing a pass beyond the line of scrimmage)
- Offensive pass interference (illegal pick play, pushing off/away defender)
- Screening, Blocking or Running with the ball carrier
- Delay of game
- Defense Illegal contact (holding blocking etc.)
- Defense Illegal flag pull (before receiver has ball)
- Defense Illegal rushing (starting rush from inside 7-yard marker)

iii. 10 Yard Penalties

- Roughing the passer
- Taunting
- Unsportsmanlike conduct.

After scoring and touchdown is good, offense receives a 10 yard penalty from the yard line of PAT attempt after touchdown (one warning to the player and team before ejection)

iv. Spot Fouls

- Flag guarding.....10 yards and loss of down
- Charging..... 10 yards and loss of down
- Defensive Pass Interference.....first down
- Stripping.....10 yards and first down
- Offensive Unnecessary Roughness.....10 yards and loss of down
- Screening, Blocking or Running with the ball carrier.....5 yards and loss of down
- Defensive Unnecessary Roughness..... 10 yards and loss of down

v. Defense

- Offside.....5 yards from the LOS and automatic first down

- Illegal contact (Holding, blocking, etc.)..... 5 yards from the LOS and automatic first down.
- Illegal flag pull (Before receiver has ball)..... 5 yards from the LOS and automatic first down
- Illegal rushing (Starting rush from inside 7-yard marker)..... 5 yards from the LOS and automatic first down.
- Roughing the passer..... 10 yards from the LOS and first down
- Taunting.....10 yards from the LOS **and first down**
- Unnecessary Roughness..... Spot foul 10 yards & first down
- Stripping..... Spot foul 10 yards & first down
- Defensive Pass Interference.....Spot foul & first down

vi. Offense

- Illegal motion (More than one person moving, false start, etc.)..... 5 yards from the LOS & loss of down
- Illegal forward pass (Pass thrown beyond the line of scrimmage)
The quarterback’s entire body must be beyond the line of scrimmage.....5 yards from LOS & loss of down
- Offensive pass interference (Illegal pick play, pushing off/away defender)..... 5 yards from the LOS & loss of down
- Flag guarding..... Spot foul, 10 yards & loss of down
- Screening, Blocking or Running with the ball carrier..... spot foul, 5 yards and loss of down
- Charging..... Spot foul, 10 yards & loss of down
- Delay of game..... .5 yards from the LOS & loss of down
- Offensive Unnecessary Roughness..... Spot foul, 10 yards & loss of down.
- Offside..... 5 yards from the LOS & loss of down

