

NFL Flag Rules 2022

Teams

- The game will be played 5v5.
- You may play with 4.

Time

- 2 - 25-minute halves with a running clock.
- 3-minute halftime.
- 1 timeout per half - 60-second (timeout will stop the clock).
- Teams may take a maximum of 45-seconds between plays. Try to go quickly so the kids get more playing time!

Scoring

- A touchdown is worth 6 points.
- PAT 1-Point (5-yards, pass) 2-Points (10-yards, run or pass).
- Safety 2-Points.
- Extra Points returned are 2-points.

Field

- The drive will start at the teams own 5-yard line.
- They will have 4 plays to get to half field.
- After crossing midfield, the team will have 4 plays to score.

Live/Dead Ball

- Ball is live at the snap and is live until the referee blows the whistle.
- Dead ball is when:
 - a. The ball hits the ground (including a bad snap or fumble).
 - b. The ball carrier's flag is pulled.
 - c. The ball carrier steps out of bounds.
 - d. A touchdown is made.
 - e. The ball carrier's arm or knee touches the ground.
 - f. The ball carrier's flag falls off.
 - g. The receiver catches the ball and their flag falls off beforehand. They will be down when they catch the ball.
 - h. The 7-second pass clock expires.
 - i. Ball carrier cannot jump or spin.
 - j. When a player flag guards.
- There are no fumbles. Next play starts from where the ball hits the ground.

Running

- The quarterback cannot run the ball until the defense crosses the line of scrimmage.
- Only a direct handoff, no pitches or laterals.
- No running in the indicated No Run Zones (1st/2nd Grade see additional rules in yellow).
- If a player receives a handoff, they may run or throw, as long as the throw takes place behind the line of scrimmage.
- No blocking or screening (offensive players cannot physically get in the way of a defender trying to make a play on the ball). No contact at any point in the game.
- Shirts must be tucked in and flags must be over the shirt.

Rushing

- Rushers must be 7-yards off the line of scrimmage. QB's can run past the line of scrimmage if rushed unless in the 'No Run Zone'.
- Multiple players can rush at the same time.
- Once the ball is released by the QB, all players can pursue the ball.
- The rusher may block or intercept the throw, but cannot make unnecessary contact with the QB.
- The ball will be spotted where the sack took place. If sacked in their own endzone, it will result in a Safety (2-points). Defense then gets the ball at their own 5-yard line.
- **Those who are not rushing cannot cross the line of scrimmage until the ball has been released by the QB.**

Receiving

- All players are eligible to receive passes (including the center).
- Only one player can be in motion at a time. Must be parallel to the line of scrimmage.
- The receiver must have one foot or other body part down in bounds before going out of bounds to count as a catch.

Passing

- Pass must be thrown from behind the line of scrimmage.
- The QB has 7-seconds to throw the ball or cross the line of scrimmage if rushed. If not, the play will be called dead and the ball will go back to the line of scrimmage.
- If the QB hands the ball off, that player may run or throw the ball.
- All passes must go past the line of scrimmage.

Misc.

- The center must snap the ball between their legs, or side hike. The ball needs to be on the ground before being hiked. The ball needs to be fully transferred to the QB.
- Interceptions can be returned. Ball will be marked where the player's flag was pulled.
- "Punting": If you decide to "punt" the ball on 4th down, the opposing team will take the ball on their 5-yard line. You do not actually punt the ball.
- **Visiting team will start the game with the ball. Home will start with the ball for the second half.** They will start on their 5-yard line. Home/Away listed on schedule.

No Run Zone

- There will be 2 'No Run Zones' on the field, 5-yards before half field, and also 5-yards before the end zone.
- While in the 'No Run Zone', teams must THROW the ball. QB's cannot run if rushed in the 'No Run Zone'.
- Teams may hand the ball off, but the player who received the hand off, pitch or lateral still must throw the ball.
- **1st and 2nd grade only.** There will only be the one 'No Run Zone' right before the end zone. When a team enters the 'No Run Zone', their first play must be a pass. After that, they may run the ball. If your first play in the 'No Run Zone' is 4th down, you still must pass the ball.

Ball Size

- 1st/2nd grade- Mini
- 3rd/4th Grade- Pee Wee
- 5th/6th Grade- Junior Size
- 7th/8th Grade- Youth Size

Overtime - Only in the tournament. Regular season games can end in a tie.

- Each team will get to attempt 1 play to score from either the 1-point mark (5-yards) or the 2-point mark (10-yards). (Visiting team goes first. Home team goes second.)
- If there is a second overtime, both teams must go for 2-points (10-yards).
- If there is a third overtime, each team will get one play from *their own* 5-yard line, and whoever gains the most yards on one play will be the winner.

Penalties

The referee will call all penalties. They determine incidental contact that may result from normal run of play. Only the head coach may respectfully ask the referee questions about clarification and interpretations.

- **Defensive: Pass Interference, Holding, Unnecessary Roughness, Offside/Illegal Rush, Roughing the Passer, Unsportsmanlike Conduct= +5 yards from line of scrimmage and replay the down**
- **Defensive Holding on a Ball Carrier: +5 yards added to the end of the run.**
- **Offensive: Pass Interference, Holding/Illegal Blocking, Unnecessary Roughness, Flag Guarding, Illegal Forward Pass, Illegal Motion, Delay of Game, False Start, Running a Run Play in the “No Run Zone”, Unsportsmanlike Conduct= -5 yards from line of scrimmage and replay the down.**
- Unnecessary Roughness or Unsportsmanlike Conduct could result in ejection from the game.