



2019 NFL Flag Football Rules for SB YMCA



The Basics

1. 6 vs 6.
2. 50 yards long by 25 yards wide.
3. No run zones are 5 yards before and 5 yards after yard to gain (field will be marked)
4. A coin toss determines first possession.
5. The offensive team will start on the 5 yard line and has four plays to cross midfield and then 4 plays to score. If the offense fails to get a 1st down or score, the ball changes possession and the new offensive team takes over on its 5 yard line.
6. All possession changes start on the offense's 5 yard line, except for interceptions.
7. NO rushing.

Timing

1. Formations must consist of at least 3 players starting on the line of scrimmage.
2. 40 minute games with two 20 minute halves – continuous clock.
 1. 5 minute half time.
3. Each time the ball is spotted, a team has 35 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced. We want to keep the pace of the game moving.
4. Each team has one 60-second time-out per half.
5. Overtime:
 1. Each team gets 4 plays from 10 yard line.
 2. Can't advance a TO in OT.

Scoring

1. Touchdown: 6 points
2. Extra point:
 1. 1 point from 5 yard line.
 2. 2 points from 10 yard line.
3. Safety: 2 points.

Offense

1. Ball must be snapped between the legs.
2. Direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
3. Once the ball has been handed off, all defensive players are eligible to rush.
4. The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
5. Flag guarding is not allowed.
6. All players are eligible to receive a pass.
7. QB & Center are not eligible to run with the ball.
8. Only one player is allowed in motion at a time.
9. A player must have at least one foot inbounds when making a reception.

10. Interceptions are returnable and are the only turnover where a team does not start from its own 5 yard line.

11. No Blocking.

12. Play is ruled "dead" when:

1. Ball carrier's flag is pulled.
2. Ball carrier steps out of bounds.
3. Touchdown or safety is scored.
4. Ball carrier's knee hits the ground.
5. Ball carrier's flag falls out.
6. Ball hits the ground.
7. **Note: There are no fumbles. The ball is spotted where the ball hits the ground.**

Defense:

1. NO rushing is allowed.
 1. 5 seconds will be considered a sack and ball will be marked at previous yard mark.
2. Tackling - the ball carrier may not be pushed down, or ridden down even if the intent was to remove the flag. **No grabbing of shirts/jerseys!**

Sportsmanship/Roughing

1. If the referee witnesses any acts of tackling, elbowing, cheap shots or any unsportsmanlike act, the game will be stopped and a coaches meeting will be called. **FOUL PLAY WILL NOT BE TOLERATED.**
2. Coaches are absolutely not allowed to argue with the referee on a call during any point of the game, as this does not set a good example for our youth. There will be a half-time meeting with both head coaches and the referees to discuss any problems that have occurred. Please be adults and don't make us enforce this rule. **Penalties – All penalties will result in 5 yard penalties except 10 yard roughing passer, flag guarding, or unsportsmanlike conduct.**

Attire

1. Cleats are allowed, except for metal spikes. Inspections must be made.
2. Official NFL FLAG jerseys must be worn during play. These jerseys must be tucked in at all times to avoid interfering with de-flagging.
3. Flags must be worn on both sides of a player.