

Rules for NYO Flag Football Games

The Playing Field

Dimensions – The game will be played upon a rectangular field measuring approximately 60 yards with two 10 yard end zones. The width of the field will be approximately 35 yards.

Markers – Cones are used to establish the line of scrimmage and neutral zone. Defensive players rushing the QB may not line up closer than the 7 yard neutral zone. Referees will be responsible for moving the cones after each play.

Side line Area – Coaches will confine their players between the 20 yard lines when not participating during offensive or defensive plays.

Equipment to be provided by NYO

Footballs – One practice and one game ball will be provided by NYO to each team. The Pee Wee size ball issued by NYO must be used for all games. The offensive team will provide a ball for each offensive series.

Flag Belts – Each team will be provided M.F.F.A. sanctioned flag belts, which must be returned after each game. In the event flags are lost or stolen, a belt-restocking fee may be charged to the team. In the event a player is using a tied or illegal flag, the offending team will be assigned an unsportsmanlike penalty and assessed 10 yards and loss of down.

T-shirts – NYO will provide Mighty Might shirts that players are to wear during games.

Shorts – NYO will provide black shorts to be worn during games.

Equipment to be provided by Parents

Cleats – Only molded cleats will be allowed. No screw-ins or metal cleats allowed. Tennis shoes or sneakers will be permitted but not encouraged.

Mouth pieces – Moldable mouth pieces are to be worn at all times by players.

Socks – White socks

Other Attire – No hats or jewelry will be allowed on the field of play. In cool weather players can wear long sleeve t-shirts under their NYO provided t-shirts.

Players

Participation – 7 players constitute full offense and/or defense participation, no more than 7 players can be on the field at one time. A minimum of 5 players must be on the field. Any violation is an illegal substitution penalty and the offending team will be assessed a 5 yard penalty.

Minimum Play Rule – Without exception, all players MUST play a minimum of one full half. Five year old players MUST play either defense at all times, or be allowed to carry the football as an offensive player a minimum of 1 time per half. If a team is found to have violated this rule, the team may be forced to forfeit the game in question. All disputes must be made with the league commissioner.

Game Time Rules

Coin Toss – determines first possession

Length of Game – Games will consist of two halves with a continuous running clock. In the last two minutes of each half, the clock will stop for out of bounds, touchdowns, penalties, incomplete passes and change of possessions. For penalties, the clock will start after penalty has been assessed.

Halftime – will consist of 5 minutes, no exceptions.

Time Outs – Each team is allowed two time outs per half. Each time out will be 1 minute in length. Unused time outs cannot be carried over to second half.

Exceptions to Stoppage of Clock – The referee can stop the clock to allow time to attend to an injured player. Repairing illegal equipment will not constitute stoppage of the clock.

Time Between Plays – This is a developmental league, so knowing that coaches may need to design plays in the huddle, there will be a maximum of 30 seconds allowed between plays. The referee will spot the ball and then on the whistle will start the 30 second play clock. A delay of game will result in a 5 yard penalty.

Coaches on Field – Each team will be allowed one coach on the field at all times. The offensive or defensive coach will be allowed to huddle the players and call a play, but then the coach must retreat a minimum of 10 yards away from the line of scrimmage. Violation of the 10 yard rule will constitute a penalty for delay of game and team will be assessed a 5 yard penalty.

Change of Possessions – All changes of possession (Touchdowns, Half, Fumbles) will start at the opposing 10 yard line. Interceptions will be spotted at the spot where the defensive players' flag was pulled.

Offensive Rules

Line of Scrimmage – offense must have a minimum of 4 players on the line of scrimmage. Shadow blocking with hands behind the back will be allowed, but no blocking with hands or arms extended will be allowed. All offensive players will be considered eligible receivers. Violation of participation on line of scrimmage constitutes a 5 yard penalty. Blocking with arms extended will result in a 10 yard penalty.

Motion – Only one player may be in motion at any given time. Motion must be parallel or away from line of scrimmage. Illegal motion will result in a 5 yard penalty.

First Downs – The offensive team is provided with 4 downs to cross mid field. If the offense crosses mid field within 4 downs it is awarded a first down. The offensive team then has 4 downs to score a touchdown. Failure to cross midfield in four downs or subsequently score a touchdown within 4 downs will result in a change of possession.

Charging – No charging by an offensive player through a defensive player will be tolerated. Charging is defined as not trying to evade a defensive player and instead running at defensive player resulting in a collision. Violation will result in a 10 yard penalty.

Eligible Receivers – All 7 players are considered eligible including linemen. There is no rule on balanced sets, so unbalanced formations are acceptable.

Forward Passes – Only one forward pass per play is accepted.

Running Plays – The QB cannot run with the ball. Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.

Passing Plays – All offensive players are eligible to receive a pass. The QB or player who receives a hand off may elect to pass. The QB is eligible if he hands the ball off to another offensive player. Shovel passes are allowed.

Direct Snaps/Shotgun Snaps – The QB may walk up to the Center to receive the snap, once QB has taken possession the play will begin. Shotgun snaps will be permitted.

Flag Guarding – A ball carrier at no time can guard his flag to elude of a defensive player from making a tackle. Play will be dead at spot of foul and will result in a 5 yard penalty unless the ball carrier exceeds the first down marker by more than 5 yards.

Stiff Arming – Stiff arming is illegal and constitutes an unnecessary roughness penalty and will result in a 10 yard penalty at the spot of the foul.

Scoring

The Flag League is designed as a developmental league to acclimate young players to the game of football. There will be no official score kept during the regular season.

Defensive Rules

Rushing the Quarterback – All players who rush the QB must be a minimum of 5 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the QB. Players not rushing the QB may defend the line of scrimmage.

Hand Offs – Once the ball is handed off, the 5 yard rule is no longer in effect, and defenders may go behind the line of scrimmage.

Tackling – A legal tackle is defined as pulling OFF the ball carrier's flag belt, without impeding his forward movement. **Incidental contact does not constitute a penalty for illegal contact.** Tackling a ball carrier is illegal, as is aggressively shoving or pushing a ball carrier towards the ground or out of bounds, which will result in a 10 yard penalty plus automatic first down.

Stripping the ball – Players attempting to strip the ball and not pull a flag are subjected to a personal foul penalty: 10 yards from the spot of foul.

Field and Ball Spotting

Fumbles – There are no fumbles. When the ball is fumbled, the play is dead and the ball will be spotted at the point where it touches the ground.

Ball Carrier Inadvertently Falls to Ground – A ball carrier who falls to the ground is considered down and will not be allowed to get back up. Ball is spotted at the spot of the fall.

Ball Carrier is not wearing, or inadvertently loses his flag belt – In the event a ball carrier is not wearing or inadvertently loses their flag belt, single hand touching of the ball carrier will constitute a legal tackle.

Bad snaps from center – Any center snap that falls and touches the ground will be ruled dead at the spot of the ball hits the ground. Unless it lands behind the QB whereby it will be placed at the spot of the QB.

Ball Placement – Ball will be placed at the 10 yard line at the start of each half and after each touchdown. There will be NO KICKOFFS to start a play.

Additional Penalties

All penalties will be called by the referee.

Defensive

Offsides	= 5 yards
Interference	= 5 yards and automatic first down
Illegal contact (holding, blocking, etc.)	= 5 yards
Illegal rush	= 5 yards

Offensive

Illegal forward pass	= 5 yards and loss of down
Holding	= 10 yards

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