



The following are a summary of current NFL Flag rules (with page number). Any question not specific herein should be directed to the current NFL Flag rulebook, or the league coordinator.

1. **Starting the game.** (3)
  - a. Game starts with a coin toss.
    - i. **AMENDMENT:** Teams can opt to just give the visiting team (listed second on the schedule) the option to go on offense or defense.
2. **Beginning the drive.** (3)
  - a. Offense starts its drive at its 5-yard line.
3. **Yard-to-gain markers.** (3)
  - a. Offense has four downs to cross midfield.
  - b. Once a team crosses midfield, it has three downs to score a touchdown.
  - c. On fourth down, offense must elect to “play” or “punt”.
    - i. Play means to go for it on fourth down. If the team does not get past midfield, the ball is turned over to the other team, at the spot the ball became dead.
    - ii. Punt means the ball will be turned over to the other team, and they must start at their own 5-yard line.
4. **Timing.** (8)
  - a. Games will be played with a 24-minute half, a 2-minute halftime, and another 24-minute half. Teams are also given one 60-second timeout each half (that doesn’t carry over).
    - i. **AMENDMENT:** Teams must be off the field with 5 minutes before the start of the next hour. This gives little flex time. The “5-minute before” rule takes precedence over timing.
5. **Overtime.** (8)
  - a. **AMENDMENT:** No overtime will be played in this league, due to time constraints.
6. **Point After Touchdown (PAT).** (9)
  - a. Offense
    - i. 1 point (5-yard line) – pass only
    - ii. 2 points (10-yard line) – run or pass
  - b. Defense
    - i. 2 points -- interceptions returned for TD, during PAT
7. **Mercy Rule.** (9)
  - a. The game will end if the score reaches a 35-point (or more) deficit.
8. **No Quarterback Runs.** (11)
  - a. The player who receives the snap cannot run past the line of scrimmage.
9. **No Blocking.** (11)
  - i. **AMENDMENT:** Players may set stationary screens for each other, but not initiate contact.
10. **Jerseys Tucked.** (11)
  - a. Due to the obstruction that jerseys create when pulling a player’s flag, jerseys must be tucked in.
11. **Pass Clock.** (12)
  - a. The quarterback has seven seconds to pass the ball. Once the ball is handed off, the rule is no longer in effect.
12. **No Rushing.** (13)



- a. Defensive players may only rush if the ball is handed off.
- 13. **No Stripping the Ball.** (14)
- 14. **Flags Falling Off.** (14)
  - a. If a player's flag inadvertently falls off during a play while that player has possession, the player is down immediately and the play ends.
  - b. If a player who has one or no flags in their belt takes possession of the ball, the play is dead at that spot.
  - c. A flag can only be pulled once a player has possession of the ball.
- 15. **Age-Based Clarifications.** (17)
  - a. 1<sup>st</sup> & 2<sup>nd</sup> Grade
    - i. Coach permitted on field during down.
    - ii. Do-over on snap (once per down).
    - iii. Defense must line up 5 yards off the line of scrimmage.
  - b. 3<sup>rd</sup> & 4<sup>th</sup> Grade
    - i. Coach permitted on field before snap.
  - c. Both Leagues
    - i. "No Run" zones are eliminated. Teams may run anywhere on the field (except on PAT tries for 1).
    - ii. Defenders may not rush unless there's a legal handoff.