



CITY OF NEW SMYRNA BEACH

LEAGUE RULES AND REGULATIONS

NFL Flag Football

**PLAY LIKE
A PRO**

www.ExtremeTeamSports.com

NFL FLAG

MIAMI Dolphins

The graphic is a promotional poster for NFL Flag Football. It features a central image of a young boy in a teal Miami Dolphins jersey, cheering with his arms raised as if breaking through a hole in a white surface. To the left, another boy in a black Raiders jersey is shown in a dynamic pose. To the right, a boy in a teal jersey is running with a football. The text "NFL Flag Football" is at the top in blue. Below it, "PLAY LIKE A PRO" is written in large, bold, red letters. A blue banner with the website "www.ExtremeTeamSports.com" is positioned below the red text. At the bottom left, the "NFL FLAG" logo is repeated. The Miami Dolphins logo and name are on the boy's jersey.

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I. League Mission

Our league is structured in a recreational environment and is strictly for the enjoyment of the children. It is designed to teach the fundamentals of football and enable them to showcase their talents.

The Head Coach and/or their Assistant(s) are responsible for controlling his or her players and fans.

All coaches, fans, and players are expected to show good sportsmanship at all times. The League Administration has the right to suspend or dismiss any coach, player, and/or fan for any unsportsmanlike conduct.

Please note that this is a recreational league for the children. Let them have fun!!!!

II. League Rules

1. The game should be played between 2 teams of 5 players each. 4 players are required to avoid a forfeit.
2. (***Please note:** Amount of players per division/team may be subject to change due to the amount of participants registered for that particular age division at the discretion of the league administration.)
3. The game shall be played under the supervision of at least 1 official, 2 when at all possible.
4. The head coach shall be the only one who addresses the official(s).
5. Team representatives, including players, substitutes, replaced players, coaches, trainers, and other persons affiliated with the team are subject to the rules of the game, and shall be governed by the decisions of officials assigned to the game.
6. **Mandatory Play Rule:** All Players must play a minimum of twenty minutes per game. It is the coach's responsibility to see that everyone plays at least ten minutes in each half of each game. Each player must touch the football once in each half. To define a touch of the ball; it is a direct handoff or a completed pass to the player. Examples of not a touch: the center hiking the ball, the quarterback handing it off, or an incomplete pass. Any player who does not meet the minimum play in a game must start the next game and complete his or her minimum play missed and then complete the minimum for that game before being removed. Failure to meet the minimum play of the last game of the season will result in a forfeit.
 - a. **Exceptions:**
 - i. Players who arrive late after the start of the game are not subject to the minimum play requirements for the first half. If the player arrives after the first play of the second half, they will not be subject to the minimum play requirements for the second half as well.
 - ii. Players with a note from the parent to the league stating that the player was not feeling well enough to play will be exempt from this rule.
 - b. **Punishment:**
 - i. Warning will be issued upon first complaint
 - ii. Suspension may occur once league administrators confirm the requirements are not being met
7. All coaches must complete the City's background checks and code conduct forms.

8. Mercy Rule: If a team is 28 or more points ahead by the half, or any time after the half the losing team automatically gets possession from the opponent's 20-yard line. Normal regulations are in place, however, if the losing team turns the ball over either on downs or by interception, they will retain possession at the opponent's 20-yard line. An interception may be returned by the winning team but no PAT will be allowed. This will continue until the score difference is less than 28 points. **Once a team leads by 28 or more points the clock will run for the remainder of the game, unless a timeout is called or the lead is back to within 16 points.**
9. Player substitutions: All substitutions should be done in between plays or timeouts.
10. Coaches will be allowed on the field only in the 5/6 & 7/8-year-old divisions to give information in the huddle and assist players in lining up properly. Only one coach per team is allowed on the field for offense & Defense. **In the 9-10 year-old division, a coach may enter the field to call an offensive play, but must leave the field before the ball is snapped.** No coaches will be allowed on the field in the 11-12, and 13–14-year-old divisions.
11. Coach(s)/Team box: Coaches and players are required to stay within the perimeters of their team's designated box, **which extends from "no run-zone" to "no run-zone" on one half of the field. Coaches cannot cross the midfield line onto the other half of the field.** Players and coaches are required to stay within this box during the period of the game. No parents or spectators are allowed in the designated team box. Violation will result first in a warning, followed by an unsportsmanlike penalty.
12. Only two coaches per team are allowed on the sidelines, and they must wear a coaches shirt. Only a third coach/parent/child allowed if operating scoreboard only.
13. Spectators: The team is responsible for the behavior of its fans. The team manager and the team captains will constantly strive to keep the fans from being unruly, verbally and/or physically abusive towards any other individual and/or behaving in an unsportsmanlike manner. A referee may charge a team with an unsportsmanlike conduct penalty, a gross unsportsmanlike conduct penalty, or a forfeit based on any undesirable behavior of that team's fans. A referee may eject any fan(s) from the facility. The fan(s) must leave the facility within two minutes or a forfeit will be charged against that fan's team.
14. Every game the home team coach will have a designated person sit at the scoreboard and run it, it can be a parent or assistant coach but no other head coaches can operate the scoreboard.

III. 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 has the choice of offense or defense. The loser of the coin toss has the choice of direction. Teams may not choose to defer to the second half.
3. The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross the line(s)-to- gain. Then that team has four (4) downs 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 the line-to-gain (first down), the offensive team has the option to go for it on fourth down OR “punt” the down. If the team elects to go for it, failure to get the first down would result in the change of possession where the ball was downed on the play. If a “punt” is elected, 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 team that started the game on defense.

IV. Equipment

1. Football - The official game ball will be provided by the league. The 5/6, age division will use a Pee-Wee size red ball. The 7-8 age division will use the blue ball. The 9-10, 11-12, 13-14 age divisions will use a brown ball.
2. Jerseys - Official NFL FLAG jerseys must be worn during play. Players of opposing teams must wear contrasting-colored NFL FLAG jerseys. Jerseys must be tucked into pants/shorts. *Home team wears dark jerseys, visiting team wears light jerseys.
3. Pants / Shorts - Each player must wear dark-colored pants or shorts **without any belt(s), belt loop(s)**, exposed drawstrings, or pockets. The pants or shorts must be a different color than the flags.
4. Flag Belt
 - a. The league provides each player with flag belts. These belts must be worn during play.
 - b. This flag belt may never be altered or secured other than according to the manufacturer’s instructions. Any alterations to or improper securing of the flag belt will be considered deliberate.
 - i. Coaches who violate this rule are subject to further punishment (i.e. suspensions or expelled as a coach) as determined by the league directors
 - c. The flag belt must be worn only about the waist over the pants. Pants will be worn on the waistline and stay there during the activity. The flags must hang loosely below the waist on each side and down the back of the player.
 - d. The flags must sharply contrast with the color of the player’s shorts/pants. It is not required that opponents wear different colored flags.
 - e. The entire flag belt assembly must be completely visible at all times. No part of the flag belt may be obstructed, concealed, or covered by any part of the player’s uniform or equipment.
 - f. Penalty: Flag belt Violation, 5 yards from the previous spot, loss of down. If it is found to be a deliberate illegal flag or attachment player can be ejected by referees.
 - i. Coach ejected from game and suspended for the following game
 - ii. Refer to rule 4, b for additional punishments
5. Jewelry – No jewelry may be worn.
6. Mouthpieces- Each player must wear a mouthpiece.
7. Gloves - Players may wear gloves, which must consist of a soft, pliable and nonabrasive material

8. Headwear – Players may wear knit stocking caps, or elastic headbands. No hats that have a bill may be worn.
9. Shoes – Shoes with cleats must be made of soft pliable plastic or rubber. No exposed metal cleats are permitted.
10. Towels – Towels are permitted on a player. If a player is wearing a towel the towel then becomes a flag.
11. Speakers - Portable speakers, amplified music, and artificial noisemakers are strictly prohibited during all games.

V. Officials

1. **Authority:** The referees have authority over any and all aspects of a game. A referee's authority begins 15 minutes before the start of a game and ends 15 minutes after the completion of the game.
2. **Jurisdiction:** A referee has jurisdiction in controlling player and spectator conduct and ensuring the good spirit of the game. Therefore, the referee may eject a player, a nonplaying coach or manager, or a spectator for constant or deliberate violations of the rules, indecent or abusive language, any unsportsmanlike behavior, or gross unsportsmanlike conduct which could include fighting on or off field.
 - a. Fighting at least 1 game suspension
 - b. Any ejected player may remain on the sidelines unless directed by the referee to leave the facility.
 - c. Any ejected non-playing coach or manager and/or any spectator must leave the facility. The ejected individual has two minutes to do as directed by the referee or a forfeit will be charged against that individual's team.
3. **Inspection of Field of Play:** A referee will inspect the playing field and sidelines for irregularities and possible safety hazards. The referee will inform the supervisor or director of the league or tournament of any such irregularities or safety hazards before the game begins.
4. **Accountability:** A referee is never obligated to discuss a rule interpretation or a specific game situation with anyone other than a team captain.
5. **Professionalism:** A certified referee is an official representative of the FFFL program and is expected to maintain a professional attitude and demeanor at all times during tournament play.

VI. Field

1. The field size is 35 yards by 70 yards with two 10-yard end zones and one line-to-gain. No-Running Zones precede each line-to-gain by 5 yards and end zone(s) by 5 yards.
2. No Run Zones are in place to prevent teams from conducting power run plays.
3. No Run Zones are eliminated for 5/6-year-old division.

4. While in the No Run Zones (a 5 yard imaginary zone before zone line to gain(s) and before the endzone(s), teams may not run the ball in any fashion.
5. The Player who receives the snap inside of the “No Run Zone” must pass the ball beyond the line of scrimmage.
6. Each offensive team approaches only TWO “No Run Zones” in each drive (one zone 5 yards from line to gain (20 yard line), and one zone 5 yards from the goal line to score a TD).
7. Stepping on the boundary line is considered out of bounds.
8. Point after touchdown conversion lines will be marked five (5) yards (1 point) and ten (10) yards (2 points) from the goal line and at equal distance from each sideline.

VII. Timing

1. Length of game - Playing Time shall be **48 minutes**, divided into two halves of 24 minutes each. The intermission between halves shall be 2 minutes.
2. Extended Periods - A half may be extended by an untimed down when, during the last timed down, one of the following occurred:
 - A. If there was a foul by either team or the penalty is accepted.
 - B. If there was a double foul.
 - C. If there was an inadvertent whistle and the down is to be replayed.
 - D. If a touchdown was scored, the try is attempted unless the touchdown is scored during the last down of the second half and the point(s) would not affect the outcome of the game.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball.
4. Continuous Clock - The clock will start when the ref blows the ready to play whistle. It will run continuously for the **first 22 minutes of each half** unless it is stopped by a timeout.
5. 2-Minute Warning - Approximately 2 minutes before the end of each half the Referee shall stop the clock and inform both captains of the playing time remaining in that half.
6. Stopped Clock - **During the final 2 minutes of each half** the clock will stop for a dead ball and resume on the snap of the next play unless otherwise noted.
7. Timing Errors - The Referee shall have the authority to correct obvious timing errors if discovery is prior to the second live ball following the error unless the period had officially ended.
8. Time-Outs – Each team is entitled to (1) timeout per half (60 seconds). Timeouts not used in the first half do not carry over until second half.

- A. The referee shall declare time-out when he/she suspends the play for any reason. Each time-out shall be charged either to the Referee or one of the teams.
- B. The referee may declare an official's time-out for any contingency not covered elsewhere by the Rules.
- C. Coach-Referee Conference_- When a team requests a charged time-out for a misapplication or misinterpretation of a rule, the Referee will confer with the Site Supervisor and team captain or coach. The request must be made prior to the time the ball becomes alive following the play to be reviewed unless the period has officially ended. At the end of the half the team has until the first snap of the second half to protest.
- D. An injured or apparently injured player, who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least one down unless the halftime or intermission occurs. A player who is bleeding, has an open wound, or has blood on the uniform shall be considered injured.
- E. A team is allowed to use a time out to question an official's rule interpretation. If the rule 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 not be charged a timeout.

9. Officials can stop the clock at their discretion.

10. Delays

Delay of Game - The ball must be put in play promptly and legally and any action or inaction by either team, which tends to prevent this, is a delay of game. This includes: Failure to snap within 30 seconds after the ball is ready for play.

Penalty: Delay of Game, 5 yards from previous spot.

11. Substitutions - No substitute shall enter during a down. All substitutions must enter the game during a dead ball.

12. If the score is tied at the end of 4 minutes, the game will be determined a tie. There is NO overtime.

13. In tournament or playoff situations, an overtime (OT) Period will be used to determine a winner. OT format is as follows:

- A. Overtime – A coin toss determines possession. The captain of the team in possession of the ball at the end of regulation calls the coin toss. The winner has a choice of offense or defense or to defend a goal. Offense puts ball in play from the defense 20 yard line and has four downs to score. Touchdowns, PAT, and safeties count as usual. Change of possession occurs when the offense scores a TD and tries a PAT or turns the ball over on downs or if it throws an interception. **The defense may not advance an interception; the ball is dead.** After the offense ends its possession then the team on defense gets possession and puts the ball in play from the same 20 yard line. ALL penalties are enforced as usual including loss of down and automatic first down penalties. Each team has only ONE timeout during the OT period. Unused time-outs from the second half or previous OT period may not be carried over. There is no time limit in the OT procedure: however, the offense has the usual 40 seconds from the ready-to-play whistle to put the ball in play in order to avoid a 5-yard delay of game penalty. If the score is tied after the first OT, the loser of the first OT coin toss gets the choice of offense or defense or to defend a goal. The OT procedure continues in like fashion through as many periods that are needed to break the tie. Must go for 2 after 2nd OT.

VIII. Scoring

6 points – Touchdown

2 points – Safety

2 points – Extra Point (PAT) - a successful PAT from the 10 yard line

1 points – Extra Point (PAT) – a successful PAT from the 5 yard line

2 points – PAT attempt is intercepted and returned for a score by the defensive team.

IX. Coaches Conduct

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 expected to abide by the following statements:
 - a. I will place the emotional and physical well-being of my players ahead of my personal desire to win.
 - b. I will treat each player as an individual and expect age-appropriate skills from all my players.
 - c. I will do my best to provide a safe and positive playing environment.
 - d. I will lead by example by demonstrating good sportsmanship and fair play on and off the field.
 - e. I will respect the decisions of referees and fellow coaches.
 - f. I understand that youth sports are for children, not adults.
 - g. I will adhere to the Coaches Code of Conduct while participating in any NSB sports activity.
 - h. I will be knowledgeable in the rules of each sport I coach and will teach these rules to my players.
3. Only two coaches per team are allowed on the sidelines. The only coaches allowed on the sidelines are the coaches that completed the mandatory background check.
4. If a team protects an assistant coach, that assistant coach is the ONLY coach other than the head coach that can be on the sideline.
 - a. If an assistant coach does not attend 50% of the games as a coach, that head coach is subject to suspension for one year from the league.

X. Running

1. The ball is spotted where the ball is when the flag is pulled.
2. “No-Run Zones,” located five (5) yards before each end zone and line to gain. These no running zones are designed to avoid short yardage, power running situations. THE PLAYER WHO RECIEVES THE SNAP MUST PASS THE BALL. The pass must advance past the line of scrimmage no laterals or pitches in NO RUNNING ZONES. Shovels passes must be beyond the line of scrimmage in NO RUNNING ZONES. Play will be declared dead if these occur. This rule applies to 1 extra point try, not the 2 extra point try.

3. The quarterback cannot directly run with the ball **unless he is blitzed**. The quarterback is the offensive player who receives the snap under center directly, or in shotgun formation.
4. **Direct handoffs, pitches, and laterals are permitted behind the line of scrimmage only**. If this takes place after the ball carrier crosses the line of scrimmage, the play is to be blown dead by the official. The ball shall be placed at the spot possession was lost for the succeeding play.
 - a. “Center sneak” play is NOT allowed. The QB may NOT handoff, pitch or lateral the ball first to the center.
 - b. Any player who receives a handoff, backward pass, pitch or lateral can throw the ball from behind the line of scrimmage.
 - c. Once the ball has been handed off, in front, behind or to the side of the quarterback, or a backward pass, pitch or lateral has occurred, the seven-second passing clock is eliminated and all defensive players are eligible to rush.
5. Runners are not permitted to jump, leap or hurdle, in the officials judgement, while advancing the ball. The play is to be blown dead and ball spotted where it was when they left the ground.
6. No blocking or “screening” is allowed at any time.
7. Offensive players in close proximity of the ball-carrier must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.
8. 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.

XI. Passing

1. Only 1 forward pass thrown from behind the line of scrimmage is permitted each offensive play. The ball must be out of hand prior to breaching the line of scrimmage.
 - a. Passes may be thrown forward or backwards behind the line of scrimmage.
 - b. There is no intentional grounding.
 - c. All passes, except backwards passes, that do not cross the line of scrimmage, whether received or not, are illegal forward passes, unless touched by a defender. Pass must go beyond the line of scrimmage.
 - d. The quarterback may throw the ball away to avoid a sack. The pass must go beyond the line of scrimmage.
2. Shovel passes are allowed but must be forward from behind the line of scrimmage, and received beyond the line of scrimmage.
3. The quarterback has a seven-second “pass clock.” If a pass is not thrown within seven seconds, 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.
 - a. 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).
 - b. If the quarterback throws the ball and then catches it, the play is dead and treated like an incomplete pass.

XII. Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off or a lateral pass has taken place behind the line)
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. All players must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both offensive and defensive player, possession is awarded to the offense.
5. Interceptions are the only changes of possession that do not start on the 5-yard line.
6. Interceptions are returnable. If returned for a score during regular game play, the score will be worth six points, two points if returned during conversions and/or overtime.

XIII. Rushing Passer (Blitzing)

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 need to line up 1 yard back from 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.
3. A special marker, or 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.
4. **For 5/6-year-old division, defenders may NOT rush the passer unless there is a legal handoff executed in the backfield.**
5. A legal rush is:
 - a. Any rush from a point 7 yards from the defensive line of scrimmage.
 - b. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
 - c. If a rusher leaves the rush line early, they may return to the rush line, reset and then legally rush the quarterback
 - d. 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.
6. A penalty may be called:
 - a. The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass- Illegal Rush (5 yards Replay the down)
 - b. Any defensive player crosses the line of scrimmage before the ball is snapped- Offsides(5 yards Replay the down)
 - c. Any defensive player, not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed-Illegal Rush (5 yards Replay the down)
7. Special Circumstances:
 - a. Teams are not required to rush the quarterback, seven second clock in effect.

- b. Teams are not required to identify their rusher before the play.
 - c. If a 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.
8. Players rushing the quarterback may attempt to block a pass. However, NO contact can be made with the quarterback in any way.
 9. Offense cannot impede the rusher in any way. The rusher has a CLEAR PATH to the QB and any interference that would impede his/her path to the QB will be considered screening. The defense may attempt to block a pass provided they do not strike the passer.
 10. Blocking the pass and then striking the passer will result in a 10-yard penalty.
 11. A sack occurs if the QB's flags are pulled behind the line of scrimmage. The ball is placed where the QB's hips are when the flag is pulled.
 - a. A Safety is awarded if the sack takes place in the offensive team's end zone.

XIV. Flag Pulling

1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
2. Defenders cannot dive to pull flags, (leave their feet), hold or run through the ball carrier when pulling flags.
3. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
4. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
5. 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, or arm, or shoulder, or intentionally covering flags with the football or jersey.
6. If a player's flag inadvertently falls off during a play while that player has possession, the play is down immediately and the play ends. The ball is placed where the flag lands.

XV. 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 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. Center handoff must be handed off in the front or side of the center. **The ball may not be handed off back between the centers legs.** (except in the 5/6 & 7&8 divisions they can snap the ball sideways)
5. Silent counts ARE allowed.
6. **An offensive player may not run a pattern in front of to interfere in any way with the rusher's path to the ball.**
7. **Moving screens and any other types of blocking are not permitted.**

XVI. Unsportsmanlike Conduct

1. If the fields monitor(s) or referee(s) 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 on 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 good sportsmanship:
 - a. Yell to cheer on your players, 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, chairs, and tents away from the sidelines.

XVII. Penalties

1. General:

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

- g. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

2. 5 Yard Penalties

- Illegal Equipment
- Offside
- Illegal motion (more than one person moving, false start, etc.)
- Illegal forward pass (pass received behind line of scrimmage or 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)

3. 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)

4. Spot Fouls

- | | |
|--|-------------------------|
| • Flag guarding | 10 yards & loss of down |
| • Charging | 10 yards & loss of down |
| • Defensive Pass Interference/Shielding | Spot foul & first down |
| • Stripping | 10 yards & first down |
| • Offensive Unnecessary Roughness | 10 yards & loss of down |
| • Screening, Blocking or Running with the ball carrier | 5 yards & loss of down |
| • Defensive Unnecessary Roughness | 10 yards & first down |

5. Defense

- | | |
|---|---|
| • Offside | 5 yards from the LOS |
| • Illegal contact (Holding, blocking, etc.) | 5 yards from the LOS |
| • Illegal flag pull (Before receiver has ball) | 5 yards from the LOS & automatic 1st down |
| • Illegal rushing (Starting rush from inside 7-yard marker) | 5 yards from the LOS |
| • Roughing the passer | 10 yards from the LOS & first down |
| • Taunting | 10 yards from the LOS & first down |
| • Unnecessary Roughness | Spot foul, 10 yards & first down |
| • Stripping | Spot foul, 10 yards & first down |
| • Defensive Pass Interference | Spot foul & first down |

6. Offense

- | | |
|---|----------------------|
| • Illegal motion (More than one person moving, false start, etc.) | 5 yards from the LOS |
|---|----------------------|

- Illegal forward pass (Pass received behind line of scrimmage or throwing a pass beyond the line of scrimmage) 5 yards from the 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 & loss of down
- Charging Spot foul, 10 yards & loss of down
- Delay of game 5 yards from the LOS
- Offensive Unnecessary Roughness Spot foul, 10 yards & loss of down
- Offside 5 yards from the LOS

XVIII. Weather Policy

1. NSB Staff will notify all coaches with weather updates in regards to game cancellations.
2. The NSB Sports Complex has installed the Thor Guard Lightning Prediction & Warning System at the complex. This is to inform you of the updated inclement weather policy stemming from the Thor Guard installation.
3. The Thor Guard System constantly measures the millivolts of static electricity both in the air and on the ground in a 2 mile radius. When the system detects enough electricity in the area to predict a lightning strike within an 8-20 minute window, the warning system will sound.
4. The following is the procedure for all Recreational activities during inclement weather:
 - a. The first horn will sound for 15 seconds. This indicates that the Thor Guard System detects a lightning strike will occur in the 2 mile radius in less than 20 minutes.
 - b. When the horn sounds, ALL outdoor activities will cease immediately and will be cleared. All patrons are asked to seek safety in their cars, as we do not have the space to safely accommodate waiting patrons.
 - c. While there is still potential lightning within the 2 mile radius, a strobe light will continually flash.
 - d. When the Thor Guard System determines that it is safe to resume activities, the strobe light will turn off and you will hear 3 - 5 second horn blasts.
5. If after 20 minutes of weather delay, the game is called final if the game is at halftime or later.

***Players, parents, spectators, and coaches are to immediately seek shelter in their cars in case of danger of lightning.**