

NARBERTH FLAG FOOTBALL RULES

(For the 2011 season)

A. EQUIPMENT

1. Official NFL Flag Jerseys must be worn during play. Home team wears dark side of the jersey face out.
2. Teammates must wear jerseys of the same color, worn so they do not interfere with the opponent's opportunity to pull the flag. (Tucked into pants or shorts)
3. The flags must be of contrasting color to the player's pants. They must be worn as designed (sockets facing outward, one on each hip) and may not be altered in any fashion
4. Football and soccer cleats are allowed, not required.
5. No metal cleats.
6. Mouth guards should be worn.

B. FIELD

1. Dimension approx. 70 yards by 30 yards.
2. Field must be lined with designated and visible boundaries, goal lines and midfield line.

C. BASIC GAME RULES:

1. NO Deliberate contact allowed.
2. NO Player may initiate contact with another player.
3. NO Blocking - No Screening, the offense may not attempt to engage or otherwise obstruct the defense.
4. Each team fields 5 players.
5. Teams must field a minimum of four players at all times.
6. Substitutions may be made on any dead ball.
7. A coin toss determines first possession.
8. The offensive team takes possession of the ball at its 5-yard line and has a series (3 downs to cross midfield).
9. Once a team crosses midfield, it has 3 downs to score a touchdown.
10. If the offense fails to gain a first down or score a touchdown, the opponent gains possession at the point designated by the result of the previous play.
11. PLAYERS SHOULD RECEIVE EQUITABLE PLAYING TIME.
12. You cannot advance an interception. The intercepting team places the ball in play at the point of interception.

D. SCORING

1. Touchdown: 6 points
2. Extra Point: 1 point (played from the 5-yard line)
3. Safety: 2 points

E. TIMING

1. Games are played with two halves, continual running clock.
2. The clock will stop when a team scores, and does not start until the ball is spotted for the other team to start its offensive series (extra point is a free play).
3. There will be a 2 - minute warning at the end of each half, at which time the offense will be able to stop the clock by running out of bounds or by throwing an incomplete pass.
4. Each time the ball is spotted, a team has 30 seconds to snap the ball.
5. Teams will receive one warning before a delay of game penalty is enforced.
6. Each team has three 30 - second time outs per half.
7. Officials can stop the game at their discretion, including a break at half time.
8. Teams change sides after the first 20 minutes.
9. If the score is tied at the end of 40 minutes, teams move directly into overtime. (See section "O" for overtime rules)

F. POSSESSION

1. Point of possession (line of scrimmage) is determined by a.) control of the ball and b.) the possession of the ball and both flags prior to a dead ball.
2. Officials shall mark point of possession.

G. DEAD BALL

1. Possessed ball touching the ground.
2. Ball carrier's knee touches the ground.
3. Ball carrier steps out of bounds.
4. Ball carrier's flag removed or falls off. If a flag falls off in the open field, the defender must touch the ball carrier with one hand.
5. Interception returns are not allowed.
6. A bad snap resulting in a muff (a fumble) can be put into play (it is not considered a run).

H. FORMATIONS

1. Ball must be snapped between the center's legs.
2. Defense may use any formation.
3. Immediate rush for all defensive players if the ball is handed off, pitched or passed.

I. RUNNING

1. A "No Run Zone" exists 5 yards before midfield, and 5 yards before the goal line, in each direction where the offense may not run the ball across the line of scrimmage, they must pass.
2. The quarterback may not cross the line of scrimmage with the ball, unless he receives a handoff, pitch or pass from another player or is rushed by the defense after 5 seconds.
3. Unlimited handoffs and pitches are permitted behind the line of scrimmage.
4. Offensive players who take a handoff pitch or pass may run across the line or scrimmage with the ball.
5. Ball carrier may not lower his shoulder, deliberately run into a defender, straight- arm, shield or otherwise protect (guard) the flag.
6. Spinning is allowed, but players cannot leave their feet to avoid a defensive player (NO DIVING).

J. PASSING

1. Offensive players may hand off the ball if positioned behind the line of scrimmage.
2. Dump passes are permitted behind the line of scrimmage.
3. The quarterback has seven seconds to throw the ball (unless the ball is handed off). If the ball isn't thrown the defense can rush after 5 seconds.

K. RECEIVING

1. All players are eligible to receive passes.
2. A player must have control of the ball with at least one-foot inbounds for a legal reception.

L. DEFENSE

1. Defender must make an obvious attempt to deflag the ball carrier.
2. Defender may not grasp or otherwise obstruct the ball carrier while in

- the process of removing the flag.
3. Defender may not push the ball carrier out of bounds.
 4. Defender may not attempt to strip the ball from the ball carrier.
 5. Defender may not make contact with the passer's throwing arm.
 6. Defender must attempt to deflag the passer or deflect the ball without contact to the passer's throwing arm.

M. SPORTSMANSHIP

1. FOUL PLAY WILL NOT BE TOLERATED!
2. If the official or referee witnesses any flagrant act of blocking, tackling, illegal contact, unnecessary roughness, or any unsportsmanlike act, the game will be stopped and the player may be ejected from the game.
3. Trash talk (talk that may be offensive to officials, opposing player, teams, and spectators.) is illegal. Officials or referees have the right to determine offensive language. If trash talking occurs, the referee will give one warning. If it continues the player or players may be ejected from the game.

4. SPECTATOR RULE: THIS IS A "ZERO TOLERANCE RULE"

This is a very important rule please read carefully! If any spectator is conducting himself/herself in an unsportsmanlike manner (i.e. using foul language, making threatening remarks, etc.) the referee will give the spectator and the coach of the spectator's team one warning. If the behavior continues, the spectator will be asked to leave the field. If the spectator refuses to leave, the team with the unsportsmanlike spectator will forfeit the game. If the spectator wishes to return to view any future games, they must receive clearance from the commissioners.

N. ENFORCEMENT: THE REFEREE WILL CALL ALL PENALTIES

1. Defense:
 - a) Offside - 5 yards and replay down.
 - b) Pass interference - ball placed at the spot of the foul and automatic first down.
 - c) Illegal contact (holding, blocking, etc.); 10 yards from line of scrimmage and replay down.
 - d) Obstruction of the ball carrier - 10 yards from spot of foul and automatic first down.
2. Offense:

- a) Penalty in own end zone -defense awarded safety.
- b) Illegal procedure (equipment, substitution, formation, motion, snap, run, pass) 5 yards and replay down.
- c) Offensive interference (blocking, pushing off) - 10 yards from line of scrimmage and replay down.
- d) Flag guarding - 10 yards from spot of foul and loss of down.
- e) Delay of game - 5 yards - clock stops, and loss of down
- f) Unsportsmanlike Conduct - 10 yards; **player ejected on second offense.**

O. OVERTIME - SHOOTOUT RULES

- 1. The ball is placed at midfield, in possession of the same team that held possession at the end of regulation.
- 2. Each team runs a new series (3 plays). Play starts at midfield.
- 3. A new series (first down) can be awarded as a result of a penalty.
- 4. If a team scores a touchdown, they go for an extra point conversion. Their series is then concluded, and the ball is placed at midfield, and the other team begins its series. This continues until one team outscores the other on their respective series.
- 5. If the defense intercepts, the play is whistled dead, and the ball is spotted at midfield. The intercepting team takes possession of the ball. Overtime will end if interception nullifies a needed score.

P. DRAFT

- 1. All registrants must participate in the N.F.F.L. league tryouts and draft.
- 2. Registrants and late registrants not available for the draft will be placed on a team as determined by the commissioners.

Q. DEFENSE RUSH

- 1. After a 5 second count by the referee the defense can rush. If the defense crosses the line of scrimmage the quarterback can run, except in the no-running zones.

R. COACHING

- 1. 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. If the ruling is correct the team will be charged a time out.

2. Any disputes on the field that the referees do not handle will be decided by the commissioners.
3. If a coach does not behave in a sportsmanlike manner he will be warned. If a coach receives a second warning he will receive a one game suspension. A third infraction will result in a suspension for the remainder of the season.
4. If a team does not have the minimum of 4 players the league commissioners will rule the game a forfeit and determine how the game should be played.

S. ENDING A PLAY

1. If there is no rush the quarterback must throw or handoff within 7 seconds or the play is dead.

T. PUNT

1. Teams can elect to "punt". A "punt" can only be used when a team is on their own half of the field. A punt can only be selected before the start of the third down. It will replace third down. When a team elects to "punt" the ball is placed on the 50 yard line. The team "receiving" the punt will have three plays to score a touchdown.

U. SIDELINE

1. Coaches and players on the sidelines must stay on their side of the midfield line.
2. A coach may legally leave the Coach Designated Area (from goal line to midfield) to aid an injured player, prevent a fight, to point out a scoring mistake, to request a timeout to ascertain where a correctable error needs to be rectified, or to seek information from the official during a timeout or an intermission.

V. PLAYOFF SEEDINGS

1. Playoff seedings will be determined in the following order:
 - a) Won-loss record
 - b) Head-to-head competition
 - c) Points against