



2022-23 NFL Flag Book Addendum

The following rules supersede the NFL Rule Book.
Any rule not listed in the addendum will revert back to the NFL Rulebook.

FAIR PLAY:

All players are required to play an equal number of plays per game.

III. EQUIPMENT

Rule Four: Only league supplied balls will be legal. In age group 5& 6 the red ball will be used. In age group 7 & 8 the blue ball will be used and in age group 9 to 14 the brown or white ball will be used. The white/blue football purchased from the league will be legal if verified prior to the season. In the High School Division any football larger than the brown ball and verified by the league prior to the season will be legal. **PENALTY:** The ball will be removed from the game and ALL scores deleted for that game only.

Rule Five: Molded football cleats ¼ inch, turf shoes, and sneakers are approved footwear. **PENALTY:** Remove cleats and replace with legal footwear.

Rule Eight: Players may fully untuck or tuck their jersey into their pants, but the entire flag belt must be visible before the play. **PENALTY:** If the player has possession of the ball, the referee will blow the whistle and the play will be over, provided a defender is within de-flagging distance.

Rule Nine (A): Flag-belts cannot be the same color as shorts or pants

Miscellaneous: Only league supplied flag-belts are legal. **PENALTY:** Removal of the flag-belt and Unsportsmanlike conduct penalty.

IV. FIELD

Rule Two & Four: The NO-RUN rule will not be used.

VI. TIMING & OVERTIME

Rule One: The game will continue despite score. (mercy rule deleted)

Rule Four: Each team has two 30-second timeouts per game. Time-outs after a TD at the one-minute warning or less during each half will stop the clock. After the XP attempt the ball will be spotted (5-yard line) and the clock will start on the snap.



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Rule Seven: Overtime games will be decided by each team starting at the same five-yard line and each team attempting three offensive plays. If neither team scores, the team gaining the most yardage or losing the least yardage wins. An interception is considered zero yardage gained or lost, unless during the first series the defense intercepts the ball and returns for a TD (game-over). If the teams tie again, repeat the process, but each team attempts only one play per series

and teams will alternate offense and defense each round until a winner is declared. Add two points to the final score, if teams don't score.

During overtime games a coin toss determines choice of offense or defense.

Miscellaneous: The home team must supply a clock keeper. A one-minute warning will be given in each half. In the first half the clock will stop for change of possession, scores, extra-points, time-outs, penalties, and injuries regardless of the score. In the second half if the score is 8-points or less the clock will stop for

change of possession, scores, extra-points, time-outs, penalties, and injuries. Time-Outs will be honored from the on-field Coach only. If a player is the coach of the offense, he/she will be the QB. On defense, the player will be designated prior to the game.

PENALTY: Failure to supply a clock keeper will result in loss of possession and time-outs for the entire game.

Addendum: During the last 5-minutes of the game a pre-snap offensive penalty will be a loss of down.

VII. SCORING

Rule One-Five: You may run or pass on all extra-points and the "No-Run Rule" does NOT apply.

Rule Four: Extra points returned by the defense equals 2-points.

VIII. COACHES

Rule One & Two: 1. Coaches must wear the league supplied lanyards and only three Coaches per team. 2. Coaches may not talk to the players after the snap when on the field of play. 3. Prior to the snap on field Coaches must be five yards from the sideline or end line. **PENALTY1:** The Coach will be removed from the field until he/she puts on a lanyard. **PENALTY2:** The first verbal offense will be a warning and then an unsportsmanlike conduct penalty. **PENALTY3:** No contact offense, 5-yards loss of down LOS. Defense, 5-yards first down LOS. If the offensive Coach effects the play (15-yards LOS, loss of down) and if the defensive Coach effects the play (15-yards, first down from the LOS).



Addendum: In the 6U division two coaches maybe on the field during a given play.

X. RUNNING

Rule One: The spot of the ball will be at the most forward foot when the flag is pulled. If the ball hits a player and bounces forward or backwards the ball is spotted where it first hit the players body.

Rule Eleven: Screen blocking will be allowed. The offensive player must set a screen from a stationary position and hands within shoulders. Running toward a defender and then setting a screen is illegal. **PENALTY:** Blocking.

Miscellaneous: No player may run the ball back to back plays. **PENALTY:** Unsportsmanlike conduct if the player gained yardage.

Jumping side-ways to avoid a defender is LEGAL.

Flag-shielding is only called if contact with the hand, body or ball occurs.

Pushing a runner out of bounds. **PENALTY:** Unsportsmanlike and potential ejection.

Age groups 5 to 8 five different players must run the ball each half. **PENALTY:** Unsportsmanlike conduct.

The Coach is responsible for making sure the flags begin on each hip of each player before the snap. The play will be whistled dead if a defender is present and the flags are turned in an unfair advantage, including inverted and the tongue hanging below the belt.

Miscellaneous: If the QB drops the ball during a direct snap (age group 5/6) and immediately picks the ball up play will continue.



XI. PASSING

Note: If the player throwing the ball touches the LOS with his/her front foot it's considered an illegal forward pass. The QB has 7-seconds to throw the ball (incomplete).

XIII. RECEIVING

Note: If the receiver catches the ball while in the air and lands in the EZ despite his/her feet outside the End Zone a TD will be awarded. The following rule will not be used for first downs (mid-field) or any other plays.

XIII. RUSHING THE PASSER

Rule One: Age group 5 & 6 will NOT be allowed to rush or cross the line of scrimmage until the ball is handed off. **PENALTY:** Offsides. The 7-second rule is still in effect.

Miscellaneous: If during a play-action pass in age groups 5-8 the QB touches his/her teammate with the ball or body defensive offsides will not be called.

Only one rusher will be protected from impeding by the offensive players. The rusher must line-up one yard from the puck on either side. If a second player lines up on the other side of the puck neither player will be protected.

XVIII. PENALTIES

The following offensive penalties will not be a loss of down **until** 5-minutes remain in the second half:

Offsides / False Start	Replay
Illegal Motion	Replay
Delay of Game	Replay

The following defensive penalties will result in a first down:

Offsides	Free Play -or- Replay
Illegal Rush	Free Play -or- Replay

During running time if two or more pre-snap penalties occur, the team will be charged with an Unsportsmanlike penalty/loss of down, until 5-minutes remain in regulation time.

All-American sports uses the session I current year date of November 1st for age classifications. The rule allows players to remain with their team for all three sessions.

League tie-breakers for playoff seedings:

1. Wins/Losses
2. Head to head provided each team has one common opponent.
3. Overall Points Against
4. Overall Point Differential (18-point Maximum per game)
5. Coin Toss

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