



## 2024-25 NFL Flag Book Addendum

The following rules supersede the NFL Rule Book.  
Any rule not listed in the addendum will revert to the NFL Rulebook.  
The League has the right to interpret any rule NOT found.

### FAIR PLAY:

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

Each team will have three downs to cross midfield and three downs to score a TD.

6U Play clock increased to 45 seconds. All other age groups will have a 30-second play clock.



### III. EQUIPMENT

**Rule Four:** Only league-supplied balls will be legal. In age groups 5 & 6, the red ball will be used. The black ball will be used in age groups 7 & 8, and in age groups 9 to 14, the white ball will be used. In the High School Division (15-17), any football larger than the white ball and verified by the league before the season will be legal. **PENALTY:** The ball will be removed from the game, and ALL scores will be deleted for that game only.

**Rule Five:** Molded football cleats ¼ inch, turf shoes, and sneakers are approved footwear. **PENALTY:** Remove cleats and replace them 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 the flagging distance. If a defensive player pulls the jersey out, the play will continue.

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

**Miscellaneous:** Only league-supplied flag belts are legal. **PENALTY:** Remove the flag belt and penalty for unsportsmanlike conduct.

#### IV. FIELD

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

#### VI. TIMING & OVERTIME

**Rule One (mercy rule):** The game will continue despite the score. Exception: At the two-minute warning in the 17U and 14U divisions, the game will end if one team leads by 28 points or more.

**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.

**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 or losing the least yardage wins. An interception is a gain of yardage provided the defender makes forward progress. If, during any 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 the teams don't score.

During overtime, interceptions on XP's can be returned for 2-points.

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

**Miscellaneous:** The home team must supply a clock operator. A one-minute warning will be given in each half. In the first half, the clock will stop for a 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 a change of possession, scores, extra points, time-outs, penalties, and injuries. Time-Outs will be honored by 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 at the coin toss.

**PENALTY:** Failure to supply a clock operator will result in a loss of possession for the start of each half, and time-outs for the entire game.

**Addendum:** During the last five minutes of the game, a pre-snap offensive penalty will result in a loss of down.

## VII. SCORING

**Rule One-Five:** You may run or pass on all extra points. The No-Run rule has been eliminated.



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

## 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. 3. Prior to the snap on the field, Coache(s) (one per team) 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-yard loss of down LOS. Defense, 5-yards first down LOS. If the offensive Coach affectsthe play(10-yards LOS, loss of down), and if the defensive Coach affects the play (10-yards, first down from the LOS).

ALL coaches must be 18 years of age or older.

Addendum: In the 6U division, two coaches may be on the field during a play.

## X. RUNNING

**Rule One:** The spot of the ball will be at the place where the flag is pulled. If a player possesses the ball and loses it, a defender may catch it before it hits the ground and advance the ball. Offensive players other than the original ball carrier may not advance a lost ball.

**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:** Illegal run and 5yards from the LOS and loss of down.

Jumping sideways 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 foul and potential ejection.

For age groups 5 to 8, five different players must run the ball each half. **The penalty** is unsportsmanlike conduct.

The Coach is responsible for ensuring that the flags begin on each player's hip 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.

Play will continue if the defender turns the flag or pulls the jersey out.



**Miscellaneous:** Play will continue if the quarterback drops the ball during a direct snap (age group 5/6) and immediately picks it up.

## 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).

Addendum: The player directly behind the center is considered the QB and must receive the ball and gain possession before another player can take possession.



## XIII. RECEIVING

**Note:** The player must have one foot or another body part, except the hand on the field, to complete a catch in-bounds. A first down or TD will be awarded if the flag is pulled on or beyond the line to gain.

## XIII. RUSHING THE PASSER

**Rule One:** Age groups 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 pass rule is still in effect.

**Miscellaneous:** If, during a play-action pass in age groups 5-8, the quarterback 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.

**POE:** If the rusher enters the 7-yard neutral zone before the snap, he or she cannot re-set and rush the QB. However, the player will NOT be called for offsides if that player does not cross the LOS before a hand-off, pitch, or pass.

Note: Pre-snap the player may re-set and blitz the QB

### **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
- Illegal Rush

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 penalties are now 5-yards except for Unnecessary Roughness and Unsportsmanlike Conduct (10-yards)

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

League tiebreakers 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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