

NFL Flag 2018 Rule

At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.

The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.

The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown. If the offense fails to gain a 1st down after 3 tries they may then punt the ball by kicking or throwing or go for the 1st down. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from that very same spot.

All possession changes, except interceptions, and turnovers start on the offense's 5-yard line. Teams change sides after the first half. Possession changes to the team that started the game on defense.

The field dimensions are 30 yards by 70 yards with two 10-yard end zones, and a midfield line-to-gain. No-run zones precede each line-to gain by 5 yards. However, some tournaments may use smaller fields because of field space available or to complete tournament scheduling on time.

No-run zones: are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff. Stepping on the boundary line is considered out of bounds. Each offensive team approaches only TWO no-run zones in each drive (one zone 5 yards from midfield to gain the first down, and one zone 5 yards from the goal line to score a TD

Touchdown: 6 points 2. PAT (point after touchdown) 1 point (5-yard line) or 2 points (10-yard line) a. Note: 1 point PAT is pass only; 2 point PAT can be run or pass. b. A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.

Safety: 2 points a. A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.

After one team is winning by 28 points or more, the game is over. Once a 28 or more point advantage is gained, no PAT will be attempted. The game will continue in scrimmage mode for remainder of the game. Forfeits are scored 28-0 for the winning team.

The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap.

Running

Any player who receives a handoff can throw the ball from behind the line of scrimmage.

Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.

Passing

All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage (only for 3/4th and 5/6th not 1st/2nd)

- a. All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes.
- b. The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage. Shovel passes are allowed but must be received beyond the line of scrimmage. The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, the 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 is no longer in effect.
- c. 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).
- d. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- e. 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 toward the line of scrimmage.
- f. A player must have at least one foot inbounds when making a reception.
- g. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

Interceptions

Interceptions change the possession of the ball at the point of interception.

Interceptions and turnovers are the only changes of possession that do not start on the 5-yard line.

Interceptions and 2 point conversions are returnable for touchdowns.

Overtime = each team gets the ball from midfield with 4 downs to score both teams must go for 2

Formations: Offenses 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 behind and parallel to the line of scrimmage.

Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty

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 can defend on the line of scrimmage.
2. Once the ball is handed off, or lowered for example if you were doing a play action the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage. (Make sure your quarterback keeps the ball high
3. A special marker, or the 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.

A. legal rush is:

- i. Any rush from a point 7 yards from the defensive line of scrimmage.
- ii. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
- iii. If a rusher leaves the rush line early (breaks the 7 yard area), they may return to the rush line, reset and then legally rush the quarterback.
- iv. If a rusher leaves the rush line early and the ball is handed off before he/she crosses the line of scrimmage, he/she may legally rush the quarterback.

B. A penalty may be called if:

- i. The rusher leaves the rush line before the snap crosses the line of scrimmage before a handoff or pass – illegal rush (5 yards from the line of scrimmage and first down).
- ii. Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (5 yards from line of scrimmage and first down).
- iii. Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – illegal rush (5 yards from the line of scrimmage and first down).

C. Special circumstances:

- i. Teams are not required to rush the quarterback with the seven second clock in effect.
 - ii. Teams are not required to identify their rusher before the play.
Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty.
4. The offense can impede the rusher by legally blocking them.
 5. A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball is placed where the quarterback's feet are when flag is pulled.

a. A safety is awarded if the sack takes place in the offensive team's end zone.

Blocking/jamming receivers: players are able to block and jam within 5 yards from the line of scrimmage **NO BLOCKING DOWN FIELD.**

Snapping: $\frac{1}{2}$ $\frac{3}{4}$ grades may snap the ball anyway 5/6 must snap the ball between their legs.