



Rule 6 Penalty Amendment

The NAIA has released an updated version of the 2026 Flag Football rules. This version includes previously missing penalty statements for rule 6.2.4a and rule 6.5.2, and also corrects a previously incorrect penalty statement for rule 6.4.1.

Rule 6.2.4a now reads:

After receiving the snap, the kicker is permitted to move forward in the process of kicking the ball and must punt the ball in a continuous motion within four seconds.

PENALTY – Dead-ball delay of game foul if not kicked within four seconds. Five yards from the succeeding spot.

Rule 6.5.2 now reads:

No Team B player shall intentionally advance or carry a caught or recovered ball in any direction after any Team B player gives a valid or invalid fair catch signal.

PENALTY – Dead-ball for delay of game. Five yards from the succeeding spot.

Rule 6.4.1 now reads:

- a. If an inbounds player of the receiving team is located where they could catch a punt that has crossed the neutral zone, and if the player is attempting to do so, they must be given an unimpeded opportunity to catch the kick.*

- b. *It is an interference foul if, before the receiver touches the ball, a Team A player enters the area defined by the width of the receiver's shoulders and extends one yard in front of them. When in question it is a foul.*
- c. *This protection ends when the kick touches the ground or when any player of Team B muffs or touches a punt beyond the neutral zone.*
- d. *If interference with a potential receiver is the result of a player being contacted by an opponent, it is not a foul.*

PENALTY – Live-ball. Ten yards from the spot of the foul.

Please be sure that you are utilizing the most recent NAIA rulebook. That includes these new penalty statements.

Sincerely,

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CFFO