

Flag Division Game Rules	
Field dimension:	80 yd. X 40-50 yd.
Required Equipment:	Flags will be the type typically referred to as "Pop" flag belt, with 3 ribbons (1 rear & 2 side). Contrasting colors compared to uniforms. One color to be worn by each team. Game jerseys to be tucked into pants/shorts so as not to cover flags. Each player must wear protective mouthpiece.
On Field Personnel:	Maximum of 2 coaches for each team may be on the field to assist their respective team. Each team's head coach shall choose a qualified and knowledgeable volunteer (i.e., assistant coach) to assist in the duties as a referee. The on-field coach may ask the opposing coach to watch his players for similar infractions.
Time of Play:	<ul style="list-style-type: none"> <li>Game will be played for 1 hour, measured by a continuous play clock.</li> <li>1<sup>st</sup> halve of game (25 minutes) will be played as a normal game. 10 minute half-time</li> <li>2<sup>nd</sup> halve of game will be played as two 12-minute possessions similar to combine (12 minutes offense, 12 minutes defense)</li> <li>At the conclusion of the half time and end of game, the team that possesses the ball shall be allowed to continue their possession.</li> </ul>
Time Between Plays:	Recommended that teams practice their play calling techniques to optimize the time of play. It is recommended that not more than 30 seconds elapse between plays, however, delay of game penalties shall not be called.
First Possession:	Visiting team will get 1 <sup>st</sup> choice in deciding to take the ball. Home team will get its choice of goal to defend.
Offense:	<ul style="list-style-type: none"> <li>There must be 5 men on the line of scrimmage, 3 of which are interior linemen</li> <li>The interior three linemen are not eligible pass receivers.</li> <li><u>First downs are established by accruing 10 yards in any four-down possession.</u> Each team will get 4 attempts at reaching a first down (Downs 1-4)</li> <li>Take offensive possession at their own 20-yard line at the start of the game &amp; during change of possessions.</li> <li>Fumbled balls are considered dead at the point of the fumble.</li> <li>Fumbles behind the line of scrimmage will be returned to the line of scrimmage; however, the down will be lost.</li> <li>Fumble on the snap, QB/Center exchanged, will be called dead and brought back to the line of scrimmage with no loss of down ...(Exception) – Shotgun Snap fumbled exchange will be brought back to the line of scrimmage but there will be a loss of down.</li> <li>Tackles behind the line of scrimmage are also moved back out to the line of scrimmage with a loss of down.</li> </ul>
Offensive Line Play:	<ul style="list-style-type: none"> <li>Offensive linemen will be in a two-point stance.</li> <li>There will be no blocking below the jersey numbers or above the shoulders.</li> <li>Offensive linemen must not charge the defensive players to cause injury.</li> <li><b>Coaches should review the match ups on the O-D line to insure fairness to smaller players.</b> Defensive coach should make necessary arrangements to realign players if necessary.</li> <li>A buffer zone between the offensive and defensive lines of 1 to 2 yards shall be used.</li> </ul>
Running Backs:	<ul style="list-style-type: none"> <li>Running backs must not spin or cover flags or block to prevent de-flagging. Evasive moves should consist of proper cuts, running away from defenders, and use of speed.</li> <li>Running backs may be used in option situations to pass to other offensive players. If the flags should fall off the running back, the play would be whistled dead. If the runner should fall, the play would be whistled dead.</li> </ul>

## 2025 NYFL Game Day Rules - Flag

### Defense:

- Interception of passes can be advanced. Any interception downed before the 20, the ball will be brought back out to the 20-yard line. Ex. Interception at 5-yard line and returned to the 10-yard line, bring ball back out to the 20-yard line.
- Defensive linemen must make contact/engage prior to pursuing offensive player with the ball
- There will be no defensive linemen lined directly on the center.
- Defenses will consist of a 4-4 version or a 4-2 with safeties behind or equal to the linebackers.
- Defensive players may not grab or hold on to a runner to grab a flag.
- If a defense is dominant and prevents the offense from executing a play (broken up in the backfield or on the center/QB exchange) the offensive team coach can require the defense to move back greater than 2 yards, to a distance suitable for play execution.
- **Use of a 6-2 defense is prohibited since it diminishes the outside running game and mismatches the offensive line.**
- Defensive linemen will be in a two-point stance.
- No blitzing