

# 2018 NBCRC YOUTH FLAG FOOTBALL LEAGUE

## General Rules

- The League will be 7v7 with the three linemen ineligible. (center; left & right guards)
- Teams can only put 3 players on the line.
- Defensive line needs to be 3 yards off the ball.
- 4<sup>th</sup> down declared punt, no rushing. Penalty: ball will be reset and down played over.
- Spot fouls: Flag guarding, stiff arm, clipping, block in the back, lowering of shoulder – results in next down unless offense declines defensive penalty.
- Players running ball must have two flags. If the official notes that they only have one they will blow the play dead. Penalty: first a warning, return to line of scrimmage. Second time – move to next down.
- If a flag falls off a player, the ball is spotted where the flag drops.
- No jumping: a player make juke left or right but not jump forward to gain any type of advantage.
- Any player making a flagrant hit will be taken out of the game for a minimum of four downs. Being called for more than one flagrant hit may result in being removed from the game.
- If a defensive player holds and offensive players shirt they have 1 second to let go or a penalty is called.
- Each time the ball is spotted, a team has 30 seconds to break from the huddle.
- Players dropping the ball off of a snap will result in dead ball, back to line of scrimmage. If a player drops that ball off of a handoff or toss its considered a dead ball and will be spotted where the dead ball occurred.
- Game will have four 10 minute quarters running time. Half time will be five minutes. Clock will stop under 2 minutes in 2<sup>nd</sup> and 4<sup>th</sup> quarters for first downs, out of bounds, penalties, time outs, incomplete passes, extra points, and spiked balls.
- Each team will get 3 one minute timeouts per half.
- Games will be played Rain or shine. (Exception Heavy rain or cold rains decision will be made 1hr before game time. You can call the Rec or check on Facebook. )
- Play: Alternating possession & the use of 1st downs, loss of possessions & scoring will be the style of the game used in the NBCRC League. First down will be awarded when a team gains 10 yards or more in 4 plays or less. Change in possession will occur with punts, turnovers & scoring plays.
- No kick-offs: The ball will begin on the 10yd line with possession determined by a coin flip.
- Punts are allowed on 4th down & must be declared to the officials. There is no rushing allowed on punts. If the ball is caught its marked down where caught. If the ball is not caught it will be marked where ball stops rolling. Punts that roll back towards kicker are dead where ball initially hit. If a legit attempt to field the ball on punt is made and the ball is bobbled this will be a dead ball.
- Point after TD will be made by a running or passing play with the ball placed on the 5yd line for a 1 point conversion or 10yd line for a 2 point conversion. NO kicking PATs are allowed. Clock will stop for extra points.
- Jerseys/Shirts must remain tucked in at all times.
- The total length of the field will be 60yds (not including end zones- 10yds each)
- MOUTHGUARDS ARE NOT MANDATORY BUT ARE HIGHLY RECOMMENDED!!!\
- Cleats are allowed/recommended but not necessary. NO METAL SPIKES!
- 2 Coaches on the field of play: The Coach CANNOT interfere with the play or a 5yd penalty will be enforced.
- **Participation: Each player must play at least one half of the game on offense or defense.**
- Player rotation: Coaches are encouraged to make sure each player gets to play different positions on offense & defense to facilitate learning.

- **Officials have final say on the field. Any parent or coach interfering will be ejected and must leave the facilities immediately. All calls are judgment of the official and will be made with sportsmanship in mind. This is the lesson that we will try to instill in the youth in this league.**
- ALL PLAYERS MUST SIGN A WAIVER PRIOR TO YOUR CHILD PARTICIPATING IN THE LEAGUE.