

2019 NBC Rec Center YOUTH FLAG FOOTBALL LEAGUE

General Rules

- The League is 7 v 7
- Games are four, 10-minute quarters running time. Half time is five minutes. Clock will stop under 2 minutes in 2nd and 4th quarters for first downs, out of bounds, penalties, time outs, incomplete passes, extra points, and spiked balls. Each team gets three, 1-minute timeouts per half.
- Games will be played Rain or shine. Exception is Heavy rain or cold rains decision will be made 1 hour before game time. You can call the Rec Center or check Facebook.
- Teams can only put three ineligible linemen (center, left & right guards) on the line.
- Defensive line needs to be 3 yards off the ball.
- 4th down declared punt with 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 return to line of scrimmage and loss of down unless defense declines offensive 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 - return to line of scrimmage and loss of down.
- If a flag falls off a player, the ball is spotted where the flag drops.
- No diving: a player may juke left or right but may not dive 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. Second flagrant hit will result in being removed from the game.
- If a defensive player grabs an offensive player's 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. Penalty-loss of down.
- Players dropping the ball off of a snap will result in dead ball, back to line of scrimmage.
- No fumbles. If a player drops the ball on a hand off, toss, or lateral it is a dead ball. The ball will be spotted where it hit the ground.
- Play: 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, interceptions & scoring plays.
- No kick-offs: The ball will begin on the 10yd line with first possession determined by a coin flip.
- Punts are allowed on 4th down & must be declared to the officials. The purpose of punting is to practice kicking and catching the ball. There is no rushing the kicker. If the ball is caught it is marked 5 yards forward from where it was caught. If the ball is dropped, it will be spotted where it was touched. If no attempt is made to catch the ball it is marked where the ball stops rolling.
- 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. Clock will stop for extra points.
- Jerseys/Shirts must remain tucked in at all times.
- The total length of the field is 60 yds (not including end zones- 10yds each)
- MOUTHGUARDS ARE RECOMMENDED BUT NOT MANDATORY!!!
- Cleats are allowed/recommended but not necessary. NO METAL SPIKES!
- 2 Coaches on the field of play: Coach CANNOT interfere with the play or a 5 yd penalty is 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 of this league.**
- ALL PLAYERS MUST SIGN A WAIVER PRIOR TO PARTICIPATING IN THE LEAGUE.