

Flag Football Rules

Under “NFL Flag Rules” –

- 1. No coin toss, Home and Visitor pre-determined on schedule
- 2. Change wording from “winner of coin toss” to Home team and Change “Loser of coin toss” to visitor
- 3. Instead of having (3) downs to score a touchdown after crossing the midfield line, make it (4) downs

Specific rules for K-3rd, that superseded NFL Flag Rules:

- All possessions will begin on the 40yd line, Exception: a failed 4th down conversion, the opposing team will take possession at that spot
- There are no safeties on a one-way field
- See above- In no circumstance will the field position begin further back than the 40yd line. If there is a sack or fumble, behind the 40yd line of scrimmage, the ball will be placed back on the 40yd line.
- All parents are required to watch from the stands or on the opposite side of the teams
- Teams WILL NOT change sides after the first half. Possession will change to the team that started the game on defense.
- There is no OT in grades K-3rd
- Each team on offense will have 4 downs to go from the 40-yard line to the opposite 20 yard line for a 1st down, and 4 downs to go from the 20 yard line to score.
- K-3rd division will have the option to turn and hand the ball to the QB or attempt to snap between the legs.
- No player can be added after September 12th, exception would be if a team drops below the minimum 5 players on a roster.
- K/1st grade only will have the option to use a smaller ball than the provided NFL flag football (IE: Wilson K2 , Wilson GST – Pee Wee – Size 6)
- An illegal flag pull on a receiver prior to a reception will be a spot foul, 5 yard penalty plus result of the play
- Coaches will be allowed on the field during the season- One offense coach and one defense coach may be on the field with their team during the game. Coaches must retreat behind deepest player prior to snap
- There will be “no run zones” on one-way fields as well in grades K-3rd. Five yards prior to endzone only

