

# **2025 TN/GA Football Rule Amendments**

Our League goes by the NFL Official Rule book on the NFL Flag website but if you see an Amendment, the Amendment supersedes the NFL Flag Rule Book. The rules are not intended to be confusing, but only to better our league and make it more fun for the players and more coach/official friendly. Please refer to your League President for rule interpretation or questions.

## **I. Game**

- 1.) The Home Team is determined by one player from each team playing a game of rock-paper-scissors (Best of 3). The winning team chooses Offense, Defense or Defer to 2nd Half. If deferred, the opposite team chooses Offense or Defense.
- 2.) Four downs to get a 1st down (midfield), then four downs to get a TD after crossing midfield.
  - A.) A failed 4th down conversion on your own side, the ball is given to the opponent at the spot of the 4th down conversion.
  - B.) A failed 4th down conversion on the opponent side, the ball is given to the opponent at the spot of the 4th down conversion.
- 3.) Pickup rule: You can only pick up from your park and only enough to play a game. Example: 3 roster players show up, then you can pick up 2 players from your park. No more than 5 players. You must notify the other coach before the game.

Punting:

On 4th down, the offensive team can elect to go for it OR “punt.” Here are the options for “punting”:

- A.) Punt allowed in K/1st, 2nd/3rd, 4th/5th Division.
- B.) If you elect to punt on your own side, the ball will go to the opponent 45-yard line.
- C.) If you elect to punt on your opponent side, the ball goes to the 5-yard line on your opponent side.

## **IV. Field**

- 1.) NO RUN ZONES: The offensive team only sees the NRZ twice, at the 45-yard line going toward the 50 and at the opponent 5-yard line going into the endzone.
  - A.) K/1st – No NRZ
  - B.) 2nd/3rd – Only NRZ at the 5-yard lines **\*Note: The offensive team only sees the NRZ once and that is at the opponent 5-yard line going into the endzone**

C.) 4th/5th, 6th/8th – Two NRZ at the 5's, Two at the 45's **\*Note: The offensive team sees the NRZ twice and that is at the 45-yard line going toward midfield and then at the opponent 5- yard line going into endzone**

**\*\*\*When the offensive team is in the No Run Zone, the offensive team must make a forward pass for it to be legal. The ball does not have to travel across the LOS, only a forward pass is necessary.**

#### V. Timing

1.) Two 20-minute Halves, running clocks for all ages – The clock will STOP inside 1 during the 2nd half ONLY if the play is incomplete or the player gets out of bounds. 25-second play clock, play clock starts once the ball is set by the Referee.

2.) Each team has two 30-second Timeouts each half, Timeouts do not carry over.

3.) After one team is winning by 35 points or more, the game is over. TEAMS may elect to continue but no additional points scored will be added to either team. The clock will run continuously only stopping for timeouts, injuries or official timeouts..

4.) Overtime – All ages will follow the same OT rules: Each team gets one play on the opponent's 5- yard line for ONE point OR the 10-yard line for TWO points. Up to two possessions, on the third possession, both teams will have the ball on the 5-yard line moving towards the full length of the field; the team who gains the most yards on one play is the winner.

Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10- yard line for the win. If both teams are still tied after two OT's, each team gets one play from their own 5-yard line and whichever team gets the most yards wins the game. Keep doing this until the winner is decided.

#### **VII. Coaches**

ALL AGE GROUPS – One coach allowed on the field for offense and defense (GET YOUR PLAYERS IN PLACE AND THEN GET 5 YARDS BACK FROM THE DEEPEST PLAYER ON YOUR TEAM) IX.

#### **Live Ball / Dead Ball**

1.) Substitutions can be made by the Offense at any time. If the Offense makes a change, so can the Defense and Referee will give the ability to make the change. Defenses can also make substitutions at any time but will risk having too many players on the field at once. Defenses should strategize when making substitutions. Some offenses play fast and some play slow. Substitute at your own risk.

2.) K/1, 2nd/3rd, 4th/5th, 6th/8th : If the ball hits the ground during the C to QB snap, pick it up in a timely manner (2 seconds) and the play continues. If the ball is not picked up in a “timely manner” (2 seconds), the referee can and will blow the whistle for a dead ball. If the play is recognized as dead, the ball goes back to where it hit the ground and loss of down.

**NOTE: The C to QB is not a fumble, pick it up run the play!**

**MS: All balls that hit the ground are dead. Loss of down. The ball can NEVER hit the ground in MS.**

**NOTE: ALL FUMBLES ARE DEAD. THE BALL IS PLACED WHERE THE BALL HITS THE GROUND.**

### **X. Running**

- 1.) The ball is spotted where the flag is pulled, NOT where the ball is located.
- 2.) Behind the LOS, pitches and tosses are allowed. Once you pass the LOS, the ball carrier can not lateral or give up the ball.

### **XI. Passing**

- 1.) A pass is a pass. We're playing as real football as we can. Passes can be behind the LOS or across the LOS. Any forward pass, that player must keep the ball until the play is over OR whistle is blown.

ADVICE: Do not leave it to the Referee to decide. More than likely, you will not like the outcome on close plays. Example: If you do a WR screen pass where the WR is on the same line as the QB and then the WR does something that the Referee thinks is illegal, you'll get a flag. Make sure your plays are crystal clear to the Referees.

- 2.) ALL AGES: QB will have 10 seconds to get rid of the football.

### **XII. Receiving**

- 1.) For all ages, all interceptions are allowed for a return by the defense. (All plays and all conversions)

Note: You can have more than one person go in motion but there can only be one player in motion at the snap. ONLY ONE PERSON IN MOTION AT THE TIME OF THE SNAP

### **XV. Formations**

- 1.) 5v5
- 2.) All ages can snap the ball sideways or between the legs.

## **XVII. Penalties**

- Flag Guarding- Spot of foul, 5-yard penalty and loss of down. If it's 4th down and you get the first, it's replayed the down.
- Offsides- 5 yards
- Offense Pass interference- 5 yard from line of scrimmage, loss of down.
- Defense Pass interference- Spot of foul, automatic first down.
- Illegal Rusher- 5 yards
- Any other penalty will fall under the NFL Flag Rules