



Smyrna NFL Flag Rules – Est 2023

Pregame -

Coin toss options, Coaches meeting and Equipment check:

- Bring both coaches and teams together. Ask if anyone has rule questions and agree on the playing rules. Check equipment and be aware of coin toss options. There is no deferring and teams switch sides at the half.

Flags-

- After the flag is pulled all players must hand the flag back to the runner. This promotes sportsmanship and saves time in the game.
- All 3rd flags should be tucked in sport shorts or may be removed when flags are handed out.

Keep Sidelines Clear-

- Only ONE offensive/defensive coach on the field to call plays. You must be off of the field once play is live (Headed towards sideline)

Once play is live, if the coach is still on the field a flag will be thrown for a 5yrd penalty-delay of game replay down).

All other coaches must be on the sideline. This applies to (Divisions-Junior, Senior, Superstar) Peewee coaches may remain on field at all times.

- Parents are to be 5-10 yards from the field. Endzone or sidelines. Coaches and players box stops at the 5 yard line. No parent or spectator should be in the players box.
- Legal NFL flags, Jerseys, and Mouth pieces (optional). No visible jewelry, or brimmed hats. Use sound judgment.

Field, Timing & Scoring:

- See diagram. Use disk cones for no run zone markers. Cones for midfield and pylons for end zones.

Play Clock

- Games are 44 mins running clock. There are 2 – 22-minute halves. 2 min halftime. Clock only stops at the discretion of the official (Team time outs, Injuries, or Extreme Situations, Summer league may get water breaks). **Each team gets 3 – 60 second timeouts per game (no carry over). Clock stops during the time out.**

- The play clock is 40 seconds (25 seconds after time outs/penalties); giving updates at 20 seconds and then chopping the final 5 seconds. NOTE: Teams will continue to play under mercy rule but the score is final at the point when the mercy rule is reached.
- **MERCY RULE *35pt lead (Must finish out remainder of time for all kids to get playing time)**

Game Rules:

Referee calls: All referee decisions are final!

***Video review or any review of a past play is not allowed.**

***Coaches or players may not stop game play to ask questions or concerns. All questions or concerns may be discussed after the game. Again, the game will not be stopped to dispute calls. I will take questions / concerns via email or in person after the game and will talk to the referee if needed prior to the next game.**

- TD = 6pts. PAT from the 5 = 1pt (pass only)(Interceptions on tries are worth 1 point). PAT from the 10 = 2pts (run or pass). (Interceptions on tries are worth 2 points). Period.

Safety – 2pt and new possession.

*PAT-Pewee Div can run or pass for 1or 2pts

- All players must participate in the first 5 games (equal play time).
- Confirm the number of players the team will use for the duration of the game at pregame. (5v5,6v6,7v7) is the official number. Be flexible.

- No intentional or violent contact (UNR/UNS). NO fumbles.
- Offensive penalties are 5 yards and loss of down.
- Defensive penalties are 5 yards and auto first down for the offense.
- UNS/UNR are 10 yard fouls. Loss of down or auto first down.
- Offensive Spot Fouls (5 yd loss from spot and loss of down) –Screening/Blocking/Holding, Charging, Flag Guarding.
- Defensive Spot fouls (5 yd loss from spot and auto first down) – PI (no additional yardage on PI), Stripping, Holding.
- QB Count is 7 seconds (sack and ball returns to LOS). Defenders must be 1 yard off LOS but blitzers must be at 7 yards. **QB can ONLY run when blitzed (even in no run zones)**. Handoffs kill 7 second count and any defender can now blitz/cross line of scrimmage. Illegal rushes- any player that blitz and did not start at 7yrd mark (prior to a handoff).

No Run Zones

Peewee- Can run or pass

Junior- Must pass (unless blitzed can run or pass)

Senior-Must pass (unless blitzed can run or pass)

Superstar-Must pass (unless blitzed can run or pass)

*Double handoff in no run zone(Offense player still must pass) (this also allows defense to freely rush)

*If a flag is thrown in no run zone then no run zone rules still apply.

Blitz- Each team gets 4 Blitz per game

If a player crosses line of scrimmage during play and wasnt set at 7yrd mark it counts as a penalty and 1 blitz.

- Pitches or laterals are acceptable prior to crossing line of scrimmage
- Center must be on LOS. Snap from the ground. 1 player allowed to motion.
- After the first down is completed, if the team does not score, the ball is placed on the 5yrd line going the opposite way for opponents.
- If the Offensive team chooses to not punt and does not get first down then the ball stays at its current spot.

•Snap must just come off ground in one motion

•Interceptions 6pts/ Interceptions on 2pt/1pt then will automatically be 2pts to the returning team.

•Qb can run if rushed

Interceptions are down upon the flag being pulled. Intercepting team can then score for 6pts.

Interception 2pt conversion- 2pts awarded to intercepting team

Interception 1pt conversion- 1pts awarded to intercepting team

Overtime Rules

*Coin toss: Winner can choose to get ball or defer (get ball second)

*Starting point: Each team will get one possession at the 10yrd line (if only one team scores then that team is winner)

*If both teams score/no score then each team will get one possession at the 5yrd line (if only one team scores then that team is winner)

*If both teams score/no score then each team will get one possession at the 35yrd line (midfield)

*the team with the longest play wins the game.(If both teams score, each team will get another one possession at the 35yrd line(midfield). This will continue until a team gets more yards or scores and the opposing team does not.