



SOUTHPORT NFL FLAG LEAGUE QUICK RULES LIST



Defensive Spot Fouls	
Defensive Pass Interference	Automatic First Down
Holding	Automatic First Down
Stripping	10 yds + & Automatic 1st
Offensive Spot Fouls	
Screening, Blocking, QB Run	10 yds - & Loss of Down
Charging	10 yds - & Loss of Down
Flag Guarding	10 yds - & Loss of Down
Defensive Penalties	
Defensive Unnecessary Roughness	10 yds + & Automatic 1st
Defensive Unsportsmanlike Conduct	10 yds + & Automatic 1st
Offside	5 yds + & Automatic 1st
Illegal Rush	5 yds + & Automatic 1st
Illegal Flag Pull	5 yds + & Automatic 1st
Roughing the Passer	5 yds + & Automatic 1st
Taunting	5 yds + & Automatic 1st
Offensive Penalties	
Offensive Unnecessary Roughness	10 yds - & loss of down
Offensive Unsportsmanlike Conduct	10 yds - & loss of down
Offside/False Start	5 yds - from LOS & loss of down
Illegal Forward Pass	5 yds - from LOS & loss of down
Offensive Pass Interference	5 yds - from LOS & loss of down
Illegal Motion	5 yds - from LOS & loss of down
Delay of Game	5 yds - from LOS & loss of down
Impeding the Rusher	5 yds - from LOS & loss of down
Illegal Procedure	5 yds - from LOS & loss of down

30 Second Play Clock & 7 Second Pass Clock (Clock only stops for TO or Injuries)

BLITZ – “blitzer” must come from 7yds away from Line Of Scrimmage at the time of the snap

Each team has 1 Time Out per Half; 2 Total Time Outs (4 -12 minute quarters / running clock)

*Charging – If a player commits 2 called “Charging” penalties in one game, that player is ejected from the game. (If flagrant, the player maybe suspended additional games.)

Review the NFL Flag Rules & SDF, Inc. Amendments for a complete list of game rules and regulations.