

NORTHERN PIEDMONT SPORTS CLUB

NFL FLAG FOOTBALL RULE BOOK



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I. Terminology

<i>Boundary Lines</i>	The outer perimeter of the field; marked by lines or boundary walls.
<i>Line of Scrimmage</i>	(LOS), an imaginary line running through the football which indicates where each offensive play will start.
<i>Line-to-gain</i>	The line/marker the offense must get beyond in order to pick up a first down or a touchdown
<i>Rush Line/Marker</i>	An imaginary line running across the field 7 yards downfield from the LOS. Marks the points all pass rushers may blitz from.
<i>Offense</i>	The team in possession of the football and attempting to score.
<i>Defense</i>	The team on the field who is working to prevent the offense from scoring.
<i>Passer</i>	The offensive player who throws the football from behind the LOS. May or may not be the quarterback (QB).
<i>Rusher</i>	The defensive player blitzing the quarterback in an attempt to prevent him from completing a pass, usually by pulling the QB's flags.
<i>Downs (1st, 2nd, 3rd)</i>	The specific play (or try) that the offense is on. Offenses have three plays to pick up a first down or score a Touchdown.
<i>Live Ball</i>	Refers to the time when a play is in action. Generally used in regards to penalties to determine if a penalty is during the play.
<i>Dead Ball</i>	Refers to the time immediately before or after a play.
<i>Whistle</i>	Sound made by an official to indicate the end of a play, start of a half, etc.
<i>Touchdown (TD)</i>	When the ball carrier enters his designated endzone with his flags still on.
<i>Charging</i>	The movement of the ball carrier directly at a defensive player who has an established position. This includes lowering the head, driving through with the shoulder, forearm, or chest. Results in a penalty against the ball carrier.
<i>Flag Guarding</i>	An act by the ball carrier to prevent a defender from pulling the ball carrier's flags by stiff arm, lowering the elbow, or by blocking access to the runner's flag with a hand or arm. Results in a penalty against the ball carrier.
<i>Shovel Pass</i>	A legal pass attempted beyond the LOS by throwing the ball underhand or pushing it towards a receiving in a shot put type manner.
<i>Lateral</i>	An illegal toss by the ball carrier to a teammate that travels backwards or sideways.
<i>Unsportsmanlike Conduct</i>	A rude, confrontational, or offensive behavior or language committed by a player, a coach, or a fan.

II. Eligibility

- A player's age must fall within the specified age-range as of January 1st of the current year in which the season is being played. Age will be verified by a valid birth certificate, walker ID, passport or military ID.
- All players must complete a registration form that is signed by a legal guardian or parent. An online registration satisfies this requirement.
- All players must have the NFL Flag player waiver agreement completed by a parent. This can be done at <http://www.nflflag.com>.
- Age waiver forms are available to players whose birthdays are between January 2nd and March 31st for the Spring Season, or between June 2nd and October 31st for the Fall Season and wish to move to an older division. The player wishing to waiver up to the next division must be the older player in his/her current division (Spring- 5, 7, 9, 11, 13 years old/Fall- 4, 7, 10 years old). This is valid for all divisions.
- 3 year olds whose birthdays are between January 2nd and March 31st may submit a waiver form to play in the instructional division in the Spring.
- All age waivers require approval by the NPSC Board of Directors.
- Playing age is the player's age as of January 1st of the current calendar year for Spring and June 1st for Fall. NPSC spring divisions are as follows:

<u>DIVISION</u>	<u>PLAYING AGE</u>
Instructional	4-5
Rookie	6-7
Peewee	8-9
Junior	10-11
Senior	12-13
Super senior	14-16

- NPSC fall divisions are as follows:

<u>DIVISION</u>	<u>PLAYING AGE</u>
Rookie	5-7
Junior	8-10
Senior	11-13

- Exceptions to the above ages can be made at the Board's discretion.

III. Equipment

- The League provides each team with flag belts for each player and two footballs.
- Players must wear tennis shoes or cleats. Cleats are allowed, however cleats with exposed metal are not allowed and must be removed unless they are a style approved by the Virginia High School Rulebook.
- Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed.

- All casts, splints, and hard braces must be covered with padded material to ensure safety to all players and opponents. These must be inspected by a board member prior to player participating in a game.
- Players must remove all watches, earrings, necklaces, and any other jewelry that the officials deem hazardous. One warning prior to penalty.
- Brimmed hats will not be permitted during games or practices.
- Official NFL Flag jerseys must be worn during games. Exception may be granted with Board approval.
- Players' jerseys must be tucked into the pants if they hang below the belt line.
- Black pants or shorts are required for games. Colored or white pants or shorts or pants or shorts with belt loops, pockets, or stripes are not allowed. Players with belt loops, pockets, stripes, colored or white shorts will be deemed ineligible to play.
- Mouth Pieces are mandatory at all NPSC practices and games and must be colored. No clear mouthpieces are allowed.
- Flags must be turned outward, away from the waist.
- Officials must make attire/equipment inspections prior to start of game.
- All games will be played with the NPSC game ball which will be supplied by the referee prior to the start of each game.

IV. Field

- NPSC playing fields for the peewee, junior, senior, and super senior divisions are 30 yards (sideline to sideline) by 70 yards (end line to end line) with 10 yard end zones and a midfield line-to-gain (the 25 yard line). No-Run zones precede each line to gain by 5 yards.
- NPSC playing fields for the instructional and rookie divisions are 25 yards (sideline to sideline) by 50 yards (end line to end line) with 5 yard end zones and a midfield line to gain (the 20 yard line).
- No-Run zones are in place to prevent teams from conducting power run plays. While in the No-Run zones (the 5 yard area before midfield and before the end zone), teams cannot run the ball. All plays beginning in a No-Run zone, including handoffs, must be advanced beyond the line of scrimmage by completing a forward pass.
- Stepping on the boundary line is considered out of bounds.
- Each offensive squad approaches only TWO No Run Zones on each drive (one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD).
- Teams scheduled away and in the 1st timeslot of the day will be required to set up the game field on which they are scheduled (this means placing the pylons on the sidelines at the back of each end zone, goal line, and midfield and placing the round cones at each No-Run zone).
- Teams scheduled away and in the last timeslot of the day will be required to break down the field on which they are scheduled (This is taking all of the pylons and round cones from the field and putting them in the purple tub at the back of the end zone).

V. The Game

● ROSTER REQUIREMENTS

- Teams will consist of a maximum of 10 players (5 on field at one time) Super Senior teams will consist of a maximum of 14 players (7 on field at one time)
- Each player must play a minimum of 20 minutes with exceptions explained in special needs section.
- Each player must have a starting position for each game (exceptions: A player who is on disciplinary action and coach has submitted the form to Board by 9 pm on the Friday prior to game and must have board approval prior to game OR a player arriving to the game after it has started. Players arriving late must wait until a quarter break or a sub timeout to enter the game.).
- Teams must start ALL games with a coach present
- Teams can start and play with 4 players but no less, opponent still plays with 5 players. A five minute grace period will be allowed by the officials for an extra player to arrive before the forfeit is called. Any team with less than 4 players at the start of a game will lose the game by forfeit. All forfeits are recorded as a 0-6 loss.
- Any game started that is unable to be completed due to the inability to maintain field minimum of 4 players (injury or illness during the game) will be rescheduled. Game will resume at the point at which it was stopped with only the players on the original lineup card eligible to finish the game.

● PLAYING TIME RULES: The following rules are in place to ensure players have equal playing time throughout the game:

- At the beginning of each quarter the coaches must submit a line-up card to the referee. The line-up card (supplied by NPSC) will consist of offensive and defensive designated players. Each player on a team must be designated as a starter on either offense or defense.
- Prior to the beginning of each subsequent quarter (2nd, 3rd, and 4th), coaches have the ability to submit a new line-up card to the referee. Once the line-up card is submitted, no changes or player substitutions will be permitted unless a timeout has been called. Once again, each player on a team must have a designated position on either offense or defense and play the entire quarter in that capacity (offense or defense).
- During each half player substitutions will be as follows: A coach can use one timeout to change his lineup card for the duration of that particular quarter. Every player must still have a starting position on either offense or defense.
- Substitutions will only be permitted for a coach who calls the timeout. The opposing coach must stay with his/her original lineup for the quarter unless he/she informs the referee that he/she would also like to use a timeout (simultaneous to the other timeout) to change the quarter's lineup card team. Only one timeout is allowed per half for player substitutions; each substituting team will be charged for a timeout (even if the actual timeout occur at the same time).
- Referee's will collect the line-up cards at the beginning of each quarter and conduct player line-up verifications.

- Referees have the ability to stop the game at any time to conduct a “Line-up” check if they believe an illegal substitution has been made.
- If an opposing coach believes an illegal substitution was made, he/she may use a timeout (if they still have any timeouts in their possession) and request for the referee to conduct a line-up check. If a coach is out of timeouts then he/she will not be able to request a “line-up” check.
- If the coach calling a timeout check is correct, then he/she will be awarded their timeout back.
- Illegal substitutions will be enforced as an “unsportsmanlike” conduct penalty.
- Two unsportsmanlike conduct penalties per game, including those from a coach misusing the playing time rule, will result in the ejection of the teams head coach.
- At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the coin toss.
- Teams change sides after the first half. Possession changes to the loser of the coin toss.
- The winner of the coin toss will have the option to be on offense first, defense first, or defer the choice of possession to the loser of the coin toss. After possession of the ball has been determined, the team that did not choose possession will choose which end zone to defend.
- The Instructional and Rookie divisions NO-RUN zones have been eliminated. All divisions have 3 plays to cross midfield and 3 thereafter to score a touchdown. (Exception: Instructional division. This division has 6 plays to score.)
- The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, it has three (3) plays to score a touchdown.
- If the offense fails to score, the ball changes possession and the new offensive team takes over on the closest 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from the closest 5-yard line.
- All possession changes, except interceptions, start on the offense’s 5-yard line.
- There are no kickoffs or punts.
- No blocking, tackling, or intentional contact is allowed.
- **PLAYOFF TIE BREAKERS :**
 - 1st- Overall record
 - 2ND Head to head winner
 - 3RD Points Differential - To determine the best combined ranking among team's in points scored and points allowed, add a team's position in the two categories, and the lowest score wins. For example, if Team A is first in points scored and second in points allowed, its combined ranking is "3." If Team B is third in points scored and first in points allowed, its combined ranking is "4." Team A then wins the tiebreaker. If two teams are tied for a position, both teams are awarded the ranking as if they held it solely. For example, if Team A and Team B are tied for first in points scored, each team is assigned a ranking of "1" in that category, and if Team C is third, its ranking will still be "3."
 - 4TH Coin toss

VI. Timing and Overtime

- **REGULATION:**

- Games are played on a 40 minute continuous clock, based on 4 ten minute quarters. The clock stops for time outs, and all penalties until the ball is spotted for play by the referee. During the last two minutes of the game the clock will restart on the snap of the ball after each penalty.
- Game clock will stop after touchdowns and will not run during extra point attempts. Clock will restart once the ball is spotted and referee signals play to begin. Clock will not stop on safeties.
- Halftime is 10 minutes long. One minute break between quarters.
- Each time the ball is spotted, a team has 30 seconds to snap the ball. This 30 second play clock is started as soon as the ball is spotted by the official.
- Each team has two 60 second time outs per half.
- Officials can stop the clock at their discretion.
- In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.
- If the score is tied at the end of 40 minutes, teams move directly into overtime.

- **OVERTIME:**

- Overtime periods will be 10 minutes in length. In any overtime period each team will be guaranteed at least one possession and awarded one 60 second timeout. If the game is tied after each team has had one possession then the remainder of the overtime period will be Sudden Death and the first team to score will win the game.
- The first overtime possession is determined by coin toss.
- During the regular season only one overtime period will be played. If the game is tied at the end of the overtime period, it will remain a tie and the game will be finalized and scored as a tie.
- In playoff and championship games overtime will continue until a winner has been determined. If the game is tied after each team has had its first possession, the game will move into Sudden Death and the first team to score will win.

VII. Scoring

- The PAT (Point after Touchdown) can be attempted for 1 point (from the 5-yard line) or 2 points (from the 12-yard Line).
 - 1 point PAT is passing only.
 - 2 point PAT can be a run or pass.
- Safety: 2 points
 - A safety occurs when the ball carrier is declared down in his/her end zone. A ball carrier is declared down when their flags are pulled by a defensive player, their flag falls out, they step out of bounds or they hit the ground with their knee or arm, or ball is dropped in the end zone. In order to be considered down in the end zone BOTH flags must be behind the goal line at the time the ball carrier is deemed down by the official.

- A safety also occurs when there is an offensive penalty in the end zone.
- The team that scores a safety will also receive offensive possession of the football at the nearest 5 yard line.
- A team that scores a touchdown must declare whether it wishes to attempt a 1-pt conversion (from the 5 yard line) or a 2-pt conversion (from the 12-yard line). Any change, once a decision is made to try for the extra point, requires a charged time out. If the team is out of timeouts, the decision will not be changed. Decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.
- Mercy Rule: After one team is winning by twenty eight points or more at halftime or later, the losing team has the option to continue playing or go into scrimmage mode.
- Scrimmage Mode: The losing team gets the ball for the first possession with a running clock until the game is completed

VIII. Live Ball/Dead Ball

- The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regards to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back beyond the line.
- Any official can whistle the play dead.
 - Play is ruled “dead” when:
 - The ball hits the ground
 - The ball carrier’s flag is pulled
 - The ball carrier steps out of bounds
 - A touchdown, PAT or safety is scored.
 - The ball carrier’s knee hits the ground.
 - The ball carrier’s flag falls out
 - The receiver catches the ball while in possession of one flag
 - The 7 second pass clock expires. (Clock is off once the ball is handed off.)
 - An inadvertent whistle is performed (at the spot where the ball was whistled dead). In the case of an inadvertent whistle, the offense has two options:
 - Take the ball where the whistle blew.
 - Replay the down from the original line of scrimmage
- Any ball dropped behind the line of scrimmage is considered a fumble. The ball is then spotted at the point where the ball hits the ground and is a dead ball. If the ball is fumbled beyond the line of scrimmage it will be spotted where the ball carriers furthestmost flag are when the fumble occurs and will be a dead ball. All fumbles are considered a dead ball.

IX. Starting the Play

- An offensive team must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage at the start of the play.
- The quarterback must be off the line of scrimmage at the start of the play.

- One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
- No motion is allowed towards the line of scrimmage.
- Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the one player in motion.
- Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
- The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hand. Push backs from QB are not allowed.

X. Running

- The ball is spotted where the runner's furthestmost flag is at the point of the flag pull regardless of where the ball is at the time of the flag pull. If any one of the ball carriers flags breaks the plane of the end zone before the flags are pulled, it will be a touchdown.
- The quarterback cannot directly run with the ball past the line of scrimmage.
- No-Run zones, located 5 yards before each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations. Teams are not allowed to run in these zones. (Reminder: Each offensive squad approaches only TWO No Run Zones in each drive – one 5 yards from midfield to gain the first down, one 5 yards from the goal line to score a TD).
- The player who takes the handoff can throw the ball from behind the line of scrimmage. Multiple handoffs, tosses, or throws behind the line of scrimmage are permissible.
- All defensive players are eligible to rush once the ball has left the quarterback's hand, either by handoff, toss, or pass.
- Runners who leave their feet while advancing the ball may be subject to a player control foul. Spinning and incidental leaving of the feet while avoiding a collision are allowed. No hurdling is allowed.
- No blocking or screening is allowed at any time. Running blocks are not allowed and any player intentionally impeding access to the ball carrier will be penalized. Players running pass routes may continue with their routes as long as they are not impeding access to the ball carrier.
- Handoffs and Laterals are only legal behind the line of scrimmage

XI. Passing

- Only a pass thrown from behind the line of scrimmage and received beyond the line of scrimmage is legal when trying to advance the ball from a No-Run zone.
- Shovel passes are allowed. If a shovel pass is completed behind the line of scrimmage in a No-Run zone another legal forward pass must still be completed in order to advance the ball beyond the line of scrimmage.
- The quarterback has a seven second pass clock. If the ball has not left the quarterback's hand, either by handoff, toss, or pass, within the seven seconds the play is dead, the down is consumed, and the ball is returned to the line of scrimmage. Once the ball has left the quarterback's hand the seven second rule no longer is in effect.

- Only 1 forward pass per down is allowed. However, every “pass” behind the line of scrimmage is considered a lateral, even if thrown forward – as long as it is received behind the line of scrimmage.

XII. Receiving

- All players are eligible to receive passes, including the quarterback if the ball has been handed off, tossed, or thrown behind the line of scrimmage. No passer shall be able to receive his/her own throw unless the ball is first deflected by a defensive player.
- Only one player is allowed in motion at snap of ball. All motion must be parallel to or away from the line of scrimmage. No motion is permitted towards the line of scrimmage prior to the snap.
- A player only needs to have one foot down in bounds to be a legal reception, but if two feet are down, both must be in bounds (a player cannot have one foot inbounds and another out of bounds to make a legal catch). A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play before any other part of the player’s body lands out of bounds.
- All five players must line up in-bounds. Any receiver stepping out of bounds can only touch the ball AFTER it has been touched or tipped by another receiver or defender.

XIII. Rushing the Passer

- All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
- Once the ball has left the quarterback’s hand the seven yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
- A special marker or the wing judge will designate rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
- A legal rush is:
 - Any rush from a point seven yards beyond the line of scrimmage.
 - A rush from anywhere on the field AFTER the ball has left the hand of the quarterback.
 - If a rusher leaves the rush line early, they may return to the rush line, reset and then legally rush the quarterback.
 - If a rusher leaves the rush line early and the ball leaves the quarterback’s hand before they cross the line of scrimmage, they may legally rush the quarterback.
- A penalty will be called if:
 - The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff, toss, or pass- (Illegal Rush).
 - Any defensive player crosses the line of scrimmage before the ball is snapped- (Offside).
 - Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is out of the quarterback’s hand- (Illegal Rush).
- Special Circumstances:
 - Teams are not required to rush the quarterback.
 - Teams are not required to identify their rusher before the play.

- If the rusher leaves the seven yard rush line before the snap, he/she may immediately drop back to act as a defender with no offside penalty enforced.
- Players rushing the Passer may attempt to block a pass.
- Attempting to block the pass and then striking the passer will result in a penalty. Contacting the ball while still in the passer's hand will result in a penalty.
- A sack occurs if the QB's flags are pulled behind the line of scrimmage with the QB still in possession of the ball. The ball is placed where the furthestmost flag is when the sack occurs.
- A Safety is awarded if the sack takes place in the offensive team's end zone.

XIV. Flag Pulling

- A legal flag pull can take place when the ball carrier touches the ball.
- Defenders can dive to pull flags, but cannot tackle, hold, or run through ball carrier when pulling flags.
- It is illegal to attempt to strip, punch, or pull the ball from the passer or runners possession at any time.
- If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
- A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.

XV. Possession/Turnovers

- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- Fumbles are considered a dead ball once they contact the ground. No stripping of the ball carrier is allowed, but any bobble retrieved by the defense before the ball hits the ground will be considered an interception.
- Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.
- Interceptions can be returned on all plays except extra points.

XVI. Penalties

- If the referee witnesses any acts of unsportsmanlike conduct as defined below, an unsportsmanlike conduct penalty will be enforced, the game will be stopped and the player will be warned or ejected from the game. The decision is made at the referee's discretion. No appeals! **FOUL PLAY WILL NOT BE TOLERATED.**
- Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee may give one warning. If it continues, the player, coach or spectator will be ejected from the game.
- Players, coaches and spectators may not physically or verbally abuse any opponent or official.
- Ball carriers **MUST** make an effort to avoid defenders with an established position.
- Defenders are not allowed to run through the ball carrier when pulling flags.

- Players who intentionally hurt or injure another player will be ejected from the game.
- Fans are required to keep field's safe and kid friendly.
- **ALL UNSPORTSMANLIKE CONDUCT PENALTIES RESULTING IN A PLAYER, COACH OR PARENT GAME EJECTION WILL BE REVIEWED BY THE NPSC BOARD.** Players, coaches or parents ejected from a game will serve a minimum of an additional one game suspension to be served at their next regularly scheduled game. Furthermore, the NPSC Board has the discretion to increase the suspension from one game to a season ending suspension. Individuals serving a season long suspension must come before the NPSC Board to petition reinstatement if so interested.
- Upon ejection, ejected coach, parent, or player will be asked to leave the NPSC facilities.
- All penalties (except unsportsmanlike conduct) will be enforced half the distance to the goal when the entire distance cannot be enforced.
- Flag Obstruction- All jerseys must be tucked in before each play begins unless the jersey is at or above the belt line. The flags must be on the player's hips (angled away from the body) and free from obstruction. A player whose jersey is untucked at the start of a play and hang below the belt line will be called for flag guarding at the point at which he/she gains possession of the ball. If the jersey comes untucked during the play the player will not be called for flag guarding.
- If the midfield line to gain is reached and then an offensive spot foul occurs beyond the line to gain the first down will be awarded prior to penalty enforcement. The penalty will be enforced from the spot and the current down that will be lost will be the first down that was gained. Therefore, in this unique situation, it would become second down and goal to go, even if the penalty moves the ball back behind the midfield line to gain. A down must be lost on an offensive penalty and a team cannot gain a first down twice in a single possession, except by a penalty that awards an automatic first down.
- In regards to penalties, CONTACT shall be defined as physical contact above and beyond what is expected within the framework of the game of flag football OR any contact caused by a player sacrificing control of his/her body in any way (ex. sliding, jumping, spinning, hurdling, etc.).
- A team is allowed to use a time out to question an official's rule interpretation. If the rule is interpreted incorrectly, the time out will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call. If the ruling is correct the team will be charged a time out.
- All coaches will be awarded one "coach's challenge" per game. This challenge will not be used on judgment calls. The challenge must be called prior to another play starting. A coach must show the referee his rulebook to challenge a call (coaches with no rule book can't show the referee the correct call and therefore will be ineligible to challenge the call). A coach will have one minute....if they can't find the rule or show that a different call should be made, the challenge is lost. If the coach is awarded the ruling, the referee will make the necessary corrections and the challenge is still lost (only one challenge per game).
- **COACHES HAVE THE RIGHT TO DECLINE PENALTIES.**
- **OFFENSIVE PENALTIES**
 - **FLAG GUARDING-** (1) Any attempt by the ball carrier to impede a defender's access to his/her flags using any part of their body or the football, including lowering the shoulder, head, or elbow. (2) Flag obstruction (defined above).
ENFORCEMENT: 10 yards from the spot of the foul and loss of the current down.
 - **CHARGING-** The act of a ball carrier running into or causing contact with a defender who has established his/her position in the field of play (including lowering the head

- or making contact with the shoulder, chest, or forearm) OR the act of a ball carrier running into or causing contact with a defender caused by the ball carrier giving up control of his/her body in the act of making football move (jumps, dives, spins, etc.). ENFORCEMENT: 10 yards from the spot of the foul and loss of the current down.
- SCREENING (SCREEN BLOCKING) - Any attempt by an offensive player to impede a defender's access to the ball carrier by moving into the path of the defender. This will include but not be limited to running with the ball carrier downfield and/or impeding the path of the defensive rusher to the quarterback. ENFORCEMENT: 5 yards from the spot and loss of the current down.
 - BLOCKING- Contact by an offensive player against any defender in an attempt to aid the ball carrier. This will include any stationary offensive player extending any part of his/her body in an attempt to slow or impede a defender's progress to the ball carrier. ENFORCEMENT: 10 yards from the spot and loss of the current down.
 - ILLEGAL MOTION- (1) A movement of any offensive player toward the line of scrimmage prior to the snap (false start). (2) Motion by two or more offensive players within one second of the snap. ENFORCEMENT: 5 yards from the line of scrimmage and loss of the current down.
 - ILLEGAL FORWARD PASS- (1) Throwing a pass from beyond the line of scrimmage (a player is considered beyond the line of scrimmage when his/her furthestmost flag has gone beyond the line of scrimmage, even if they then return to a position behind the line of scrimmage). (2) A pass received behind the line of scrimmage and then advanced by the ball carrier beyond the line of scrimmage on a play that began in a No-Run Zone. (3) A pass thrown and then received by the same offensive player without first being touched by a defender. ENFORCEMENT: 5 yards from the line of scrimmage and loss of the current down.
 - ILLEGAL CONTACT- (1) The act of an offensive player using contact with a defender to create separation or establish position prior to the ball being thrown by the passer. (2) Any contact caused by an offensive player with a defender due to either the offensive player giving up control of his/her body in the act of making a football move (jumps, dives, spins, etc.) OR an angle taken by a receiver that carries him/her into a defender. ENFORCEMENT: 5 yards from the line of scrimmage and loss of the current down.
 - PASS INTERFERENCE- (1) Any moving screen or pick by an offensive player in an attempt to impede a defender's ability to cover a receiver, whether by play design or player decision. (2) The act of an offensive player using contact with a defender to create separation, establish position, or gain advantage after the ball has been thrown. ENFORCEMENT: 5 yards from the line of scrimmage and loss of the current down.
 - OFFSIDES- Any stationary offensive player with any part of his/her body beyond the line of scrimmage at the snap of the ball. ENFORCEMENT: 5 yards from the line of scrimmage and loss of the current down.
 - DELAY OF GAME- Failure of the offense to snap the ball before the play clock has expired. ENFORCEMENT: 5 yards from the line of scrimmage and loss of the current down.
 - UNSPORTSMANLIKE CONDUCT- (1) Unnecessary Roughness--An illegal play in which a player, in the judgment of the officials, uses tactics above and beyond what are necessary to perform his/her responsibilities during the play. (2) Rude, confrontational,

inappropriate language, offensive behavior, taunting, contact with the intent to injure or harm another player. (3) Any coach not controlling his sideline, including assistant coaches, players, and spectators. (4) Failure to start a player, failure to give a player his/her required playing time, illegal substitutions. ENFORCEMENT: 15 yards from the line of scrimmage (ball will be placed on the 1 yard line where 15 yards cannot be enforced) and loss of the current down.

- **DEFENSIVE PENALTIES**

- **STRIPPING-** An intentional attempt by any defensive player to remove the football from the ball carrier's control. ENFORCEMENT: 10 yards from the spot and replay the down.
- **PASS INTERFERENCE-** The act of a defensive player using contact with a receiver to create separation, establish position, or gain advantage after the ball has been thrown. ENFORCEMENT: The ball is placed at the spot of the foul and the offense is awarded an automatic first down.
- **ILLEGAL CONTACT-** (1) The act of a defensive player using contact with an offensive to create separation or establish position prior to the ball being thrown by the passer. (2) Any contact caused by a defensive player with an offensive player due to either the defensive player giving up control of his/her body in the act of making a football move (jumps, dives, spins, etc.) OR an angle taken by a defender that carries him/her into a receiver. ENFORCEMENT: 5 yards from the spot and replay the down.
- **OFFSIDES-** Any defensive player with any part of his/her body beyond the line of scrimmage at the snap of the ball. ENFORCEMENT: 5 yards from the line of scrimmage and replay the down.
- **HOLDING-** (1) A defender attempting to slow the progress of the ball carrier by holding either the clothing of the ball carrier or any part of the ball carrier's body. (2) The act of a defender reaching across the body of the ball carrier to the far flag and slowing the ball carrier with his/her arm. ENFORCEMENT: 5 yards from the spot and replay the down.
- **ILLEGAL FLAG PULL-** A defender pulling the flag of an offensive player who does not possess the ball at the time of the flag pull (an illegal flag pull will not be called if, in the judgment of the officials, the pull was a result of deception by the offense and the defender was unable to determine possession). ENFORCEMENT: 5 yards from the spot and replay the down.
- **ILLEGAL RUSH-** A defender crossing the line of scrimmage while the quarterback is still in possession of the ball when any part of the defender was in front of the 7 yard blitz line at the snap and he/she has not reestablished position behind the 7 yard blitz line. ENFORCEMENT: 5 yards from the line of scrimmage and replay the down.
- **ROUGHING THE PASSER-** Contact by a defender with the passer during the act of the throw or contact with the ball while still in the hand of the passer during the act of the throw. ENFORCEMENT: 10 yards from the line of scrimmage and replay the down.
- **UNSPORTSMANLIKE CONDUCT-** (1) Unnecessary Roughness--An illegal play in which a player, in the judgment of the officials, uses tactics above and beyond what are necessary to perform his/her responsibilities during the play. (2) Rude, confrontational, inappropriate language, offensive behavior, taunting, contact with the intent to injure or harm another player. (3) Any coach not controlling his sideline, including assistant

coaches, players, and spectators. (4) Failure to start a player, failure to give a player his/her required playing time, illegal substitutions. (5) Mimicking the offensive cadence in an attempt to confuse the offense. ENFORCEMENT: 15 yards from the line of scrimmage (ball will be placed on the 1 yard line where 15 yards cannot be enforced) and loss of the current down.

XVII. Referees

- All calls made by the officiating staff are final. A coach may ask a member of the officiating staff to repeat a call. Under no circumstances are call made by officials to be argued by any coach, player, or representative of the team.
- The team captains or Head Coach may request a clarification on rules.
- All games will have a minimum of 2 officials unless approved by Board
- Referees may not officiate any game where a potential conflict of interest may occur, such as officiating a game that has a relative playing or coaching, unless Board approved and opposing coach notified.

XVIII. Coaches

- Coaches are typically volunteer parents or family members helping the players learn and enjoy the game. Parents are encouraged to support the coach at all times.
- Only one coach is allowed on the field to direct players in the Instructional and Rookie divisions. The coach must move to the sideline away from all five players prior to the start of each play.
- Coaches are expected to adhere to NFL Flag and NPSC philosophies, coaching guidelines and Codes of Conduct.
- Only three coaches per team are allowed on the sideline.
- All coaches, including assistants, must review and sign a coach's application. All coaches will agree to background checks. Anyone who has not completed the online coach's application will be ineligible to coach or be in the coach's box on game days.
- All coaches, including assistants, must complete the NFL Flag waiver prior to the first practice. This can be done at <http://www.nflflag.com>.
- Head coach is responsible for the behavior of their coaching staff and their team's sideline.
- Head coaches must submit a starting line-up card to the referees prior to the start of each game.
- Head coach must be at least 18 years of age.
- Head coach can have 1 junior assistant. The minimum age of 14 years old is required. Junior assistants must complete online application and have the waiver signed.
- Head coach is responsible for establishing their assistant coaching staff (maximum 2 assistants).
 - One coach from each team in the instructional and rookie divisions can be on the field during game play as long as they:
 - Are away from all 5 "on-the-field" players after the snap of the ball.
 - Are at least 7 yards behind beyond line of scrimmage and near their sideline on offense or defense at snap of ball.
 - May participate in huddle.

- Pee wee, junior, senior, and super senior division coaches are not allowed to be on the field unless:
 - A time out is called by one of the teams.
 - There is an injury on the field.
 - During breaks between quarters and at halftime.
 - Summoned by a member of the officiating crew.

XIX. Board of Directors

- Board members cannot overrule an officials ruling or call.
- Board members should only be asked to monitor games in progress if there is a safety or sportsmanship issue present.
- Board members can stop games to ensure safety, sportsmanship, integrity, and rules are being followed.
- Board members have authority to eject players, coaches, or parents from game fields and parking areas.

XX. Field Monitors

- Purpose-To assist and help the Board ensure the safety and integrity of all that attend our games. FM's are another set of "eyes and ears" to accomplish this task. These are not elected positions but will be filled by The Board from volunteers on each game day.
- Duties include: Walking parking and playing field areas to ensure field rules are followed. FM's are not allowed to confront any player, parent, or coach, but will inform a Board member if any issues are identified. FM's may be asked to monitor games the Board has concerns with. FM's are not to have any interaction with referees.
- Will be identified as such with a shirt, vest, arm band etc.
- Must fill out a daily no conflict of interest policy concerning any game being monitored.
- Can inform Board member of coaches not playing players properly, but only the referee will address the coach and determine if warning will be needed.
- Can inform Board of sideline behavior and have Board member or referee issue warning to coach.

Determination of First Down When a Spot Foul Occurs - If a spot foul penalty is enforced against the offense and the resulting penalty yardage spots the new line of scrimmage behind the first down line then a first down was not achieved.

NPSC NFL Flag Penalty Sheet

Offensive Penalties	
Offside/False Start	-5 yards from L.o.S & Replay the Down
Delay of Game	-5 yards from L.o.S & Loss of Down
Illegal Contact	-5 yards from L.o.S & Loss of Down
Illegal Motion (more than one, or towards the L.o.S)	-5 yards from L.o.S. & Loss of Down
Illegal Forward Pass/Run (part of the QB was over/on the L.o.S)	-5 yards from L.o.S. & Loss of Down
Offensive Pass Interference	-5 yards from L.o.S. & Loss of Down
Blocking	-10 yards from L.o.S. & Loss of Down
Screening (Screen Blocking)	SPOT FOUL, -5 yards & Loss of Down
Charging/Trucking	SPOT FOUL, -10 yards & Loss of Down
Flag Guarding	SPOT FOUL, -10 yards & Loss of Down

Defensive Penalties	
Offside	+5 yards from L.o.S. & Replay the Down
Illegal Rush	+5 yards from L.o.S. & Replay the Down
Illegal Flag Pull (player did not have ball)	+5 yards from L.o.S. & Automatic First Down
Roughing the Passer	+10 yards from L.o.S. & Replay the Down
Illegal Contact	+5 yards from L.o.S. & Replay the Down
Defensive Pass Interference	SPOT FOUL & Automatic First Down
Holding	SPOT FOUL, +5 yards & Replay the Down
Stripping	SPOT FOUL, +10 yards & Replay the Down
Tackling	SPOT FOUL, +10 yards & Automatic First Down

Unsportsmanlike/ Miscellaneous Penalties	
Offensive Unnecessary Roughness	SPOT FOUL, -15 yards & Loss of Down
Defensive Unnecessary Roughness	SPOT FOUL, +15 yards & Automatic First Down
Too Many Players on the Field (Offense)	-5 yards from L.o.S. & Loss of Down
Too Many Players on the Field (Defense)	+5 yards from L.o.S & Replay the Down
Two Forward Passes in a Play	Loss of Down
7-Second Pass Clock Expired	Loss of Down