



## New York Flag Football League Condensed Rule Book

### **RULE 1: THE GAME, PLAYERS, AND EQUIPMENT**

#### **Section 1 General**

- 1.1.1. Football is played between two teams of seven players on a rectangular field. Each team must begin with either 5 to 7 players but may continue with fewer players if no substitutes are available after the scheduled playing time. Each team may play with up to 7 players regardless of the number of opposing players.

#### **Section 2 Field and Markings**

- 1.2.1. When possible, the field will be rectangular with the preferred dimensions of 60 yards by 30 yards (plus two end zones of 10 yards deep), although facility limitations may cause the field dimensions to be modified.

#### **Section 3 Game Equipment**

Teams will provide their own NFL footballs. Either team may use their opponent's ball at any time. The Referee will decide whether the the ball is appropriate.

- 1.3.1. If the field is wet, teams may have a towel with the center or quarterback to dry the ball between plays.

#### **Section 4 Players and Their Equipment**

- 1.4.1. Each team will designate up to two players as Field Captains.
- 1.4.2. A team having only four players at game time may borrow one player, if necessary, to prevent a forfeit. The borrowed player **MUST** be from the opposing team and **ONLY** with the approval of the opposing team's captain. The borrowed player may return to their original team at any point during the game should enough players from the borrowing team arrive during the game. The purpose of this rule is an attempt to prevent a forfeit and have a legal game played. The implementation of this rule is dependent solely upon the request and permission of the captains.
- 1.4.3. Players on each team must wear team jerseys. Jerseys must have numbers.
- 1.4.4. All players must wear league-approved shorts. The shorts must be black. Vertical stripes on a player's pants are not allowed. Shorts **MAY NOT** have belt loops or pockets.
- 1.4.7. Players are highly encouraged to wear an intraoral mouth and tooth protector.

## **RULE 2 DEFINITION OF PLAYING TERMS**

### **Section 8 Zones**

- 2.8.1. The offense starts a down behind the line-of-scrimmage and the defense starts a down beyond the line-of-scrimmage.

## **RULE 3 PERIODS, TIME FACTORS AND SUBSTITUTIONS**

### **Section 1 Length of Periods (Halves)**

- 3.1.1. The game shall be played in two periods (from now on called "half") of 22 minutes. The clock will run continuously.
- 3.1.2. A game shall last only as long as the time it has been allotted. A team who does not have at least four players present to play within at the scheduled start of the game shall forfeit the game. The score of a forfeit game shall be 21-0. Ten (10) minutes before the end of the allotted time, both Teams will be warned.
- 3.1.3. During the last two minutes of each half, the clock will run continuously with the following exceptions: the clock will stop for player's time-outs, official's time-outs, penalties, first downs, scoring play, a change of possession, incomplete pass and a player deflagged out of bounds.
- 3.1.4. A half may be shortened by agreement of opposing coaches and the Head Referee.
- 3.1.5. Games interrupted because of events beyond the control of the officials shall be continued from the point of interruption unless the teams agree to do otherwise. When weather conditions are construed to be hazardous, the officials are authorized to delay or suspend the game.
- 3.1.6. There may be up to a 5-minute intermission between the halves when time allows.

### **Section 3 Starting and Stopping the Clock**

- 3.3.1. At the beginning of both halves, the clock shall start when the ball is hiked on the first play.
- 3.3.2. Each team is permitted two timeouts per half. Unused timeouts from the first half may not be used in the second half
- 3.3.3. Time-outs will last 30 seconds; the ready-for-play signal will be given immediately after the time-out expires.
- 3.3.4. Clock starts at the ready to play whistle for the following: OFFICIALS TIMEOUT, PENALTY CONFERENCE
- 3.3.5. Clock starts of the snap for the following: TEAM TIMEOUT, INCOMPLETE PASS (UNDER 2 MINUTES IN EACH HALF), OUT OF BOUNDS DEFLAGGING (UNDER 2 MINUTES IN EACH HALF), TWO MINUTE WARNING, TOUCHDOWN and all change of possessions (UNDER 2 MINUTES IN EACH HALF).

### **Section 4 Ball Ready-for-Play and Delay**

- 3.4.2. Action or inaction that delays putting the ball in play is a delay of game and will result in a 5 yard penalty. This includes:
  - a. Failing to snap the ball within 25 seconds after the ready-for-play signal.

## **Section 5 Substitutions**

- 3.5.1. No substitutes shall enter during a down. Between downs, any number of eligible substitutes may replace players provided the substitution is completed by having the replaced players off the field before the ball becomes live.

## **RULE 4 BALL IN PLAY, DEAD BALL, OUT-OF-BOUNDS, & DEFLAGGING**

### **Section 4 Deflagging**

- 4.4.1. The runner is considered de-flagged when a player **clearly detaches** the runner's flags. The player should hold the flags over his head at the spot of the deflagging.
- 4.4.2. A defensive player may not hold, push, or knock the runner down to remove the flag.
- 4.4.3. The runner must keep flags on each side of his body at waist level and across the posterior. Flags not in proper position will cause a runner to be considered deflagged when touched. Allowances will be made for flag position shifts because of action that occurs during the down.
- 4.4.4. If a runner has less than three flags and is touched by an opponent between the shoulders and waist, the runner is deflagged. The ball becomes dead at the spot where the ball was when the runner is touched.
- 4.4.5. The dead ball spot is the spot under the foremost point of the ball when it becomes dead by rule.

## **RULE 8 SCORING PLAYS AND TOUCHBACKS**

### **Section 1 Value of Scores**

- 8.1.1. The game is won by the team that accumulates the most points.
- |                                                       |          |
|-------------------------------------------------------|----------|
| a. Touchdown                                          | 6 points |
| b. Safety (points awarded to opponent)                | 2 points |
| c. Successful Try-For-Point (from either run or pass) |          |
| i. From the 10-yard line                              | 2 points |
| ii. From the 5-yard line                              | 1 point  |
- 8.1.2. A game may be ended early if Mercy Rules become enacted. The Mercy Rules thresholds are:
- a. If a team is ahead by 25 points or more at the 5-minute mark of the second half, the score of the game is finalized. If both captains agree, the teams will continue playing until the 2-minute mark; otherwise the game is over.
- b. If a team is ahead by 17 points or more at the 2-minute mark of the second half, the game is over.

### **Section 5 Tie Games and Overtime Procedure**

- 8.5.1. If, at the end of a playoff game, both teams have identical scores, the tie will be resolved by one or more series of unlimited downs. All game rules apply except: Regular season games can and will end in a tie.
- a. Ball placed on the 10; first and goal

- b. No try will be made if the winner of the game has been determined;
- c. Only non-player, unsportsmanlike, dead ball fouls, or defensive fouls during a down which results in a successful touchdown or try-for-point are penalized from the succeeding spot.
- d. When the score is tied at the end of the game, the referee will instruct both teams to return to their respective team boxes. There will be a 3-minute intermission during which both teams may confer with their coaches. All officials and team captains will meet at midfield for the coin toss after the intermission. The winner of the toss will be given a choice of defense, offense or designating the end of the field to start the overtime. The loser of the toss will choose from the remaining options.
- e. Each team will be permitted one timeout, each team is guaranteed one possession.
- f. Each possession starts at the opponent's 10-yard-line. Series alternate until one team has scored more points than the other. If after two possessions each the score is still tied, teams must go for 2 points after scoring. The possessions alternate as follows: Series 1-3-5 etc.: Team A, followed by Team B; Series 2-4-6, etc.: Team B, followed by Team A. The team scoring the greater number of points in the overtime plus those accumulated in regulation play shall be declared the winner.
- g. Note: Overtime is considered a new series. Therefore, no more than one scrimmage running play may be used per overtime series.

## **RULE 9 CONDUCT OF PLAYERS AND OTHERS**

### **Section 9 Summary of Penalties**

- 9.9.1. Offensive Penalties
  - a. Delay of Game: 5 yards
  - b. False Start 5 yards (dead ball)
  - c. Offsides 5 yards
  - d. Snap Infraction 5 yards (dead ball)
  - e. Illegal Motion 5 yards
  - f. Illegal Forward Pass 5 yards
  - g. Pass interference 10 yards
  - h. Rusher Interference 5 yards
  - i. Illegal Pass-Play Contact 5 yards
  - j. Flag Guarding 5 yards
  - k. Personal Foul 10 yards
  - l. Unsportsmanlike 10 yards
  - m. Illegal Participation 5 yards (Player out of bounds and/or 8 players at snap)
- 9.9.2. Defensive Penalties
  - a. Holding the runner 5 yards (added to end of run)
  - b. Encroachment 5 yards
  - c. Offsides 5 yards
  - d. Pass interference Spot foul; first down
  - e. Illegal Pass-Play Contact 5 yards
  - f. Stripping the ball 5 yards (spot foul)
  - g. Personal Foul 10 yards (bull rush)
  - h. Unsportsmanlike 10 yards
  - i. Roughing the Passer 10 yards
  - j. Illegal de-flagging 5 yards