



NWTFYFA FLAG FOOTBALL RULES

GENERAL RULES

1. Team rosters must have a minimum of eight players and a maximum of sixteen players.
2. Games are played with eight players maximum and a minimum of five players on the field.
3. Each child must play a minimum of four plays per half of each game. An injured player may return to the game as soon as they have recovered.
4. Teams are allowed 3 hours max of practice per week.
5. Plays begin with the snap passing between the legs from center that may line up offside. A handoff, lateral, or forward pass between the offensive team members is required or the quarterback may run the ball on a sweep play that is clearly around the end. All players but the center are eligible receivers and ball carriers
6. Behind the line of scrimmage, the ball may be handed to another eligible player in any direction and beyond the line of scrimmage it must be lateral or backwards.
7. The ball carrier is down when one of the player's flags is removed or falls off at the point where the flag first came off. The ball becomes dead whenever it comes into possession of a player without two flags.
8. Each offensive player is to be in a set position with hands on their knees upon snapping the ball except, the center, the quarterback, and up to one player in motion. The motion player does not have to come to a stop prior to the snap. Defense can move anytime.
9. If the runner's knee touches the ground the ball is dead at that spot.
10. A centered ball that touches the ground or a fumbled ball is dead at the spot it touches the ground with possession going to the team in control of the ball prior to the fumble.
11. Two coaches may remain on the field to assist their team during the entire game. Coaches may give verbal assistance only until the snap of the ball.
12. If a team is up by 30 points or more at the starting of the 2nd half of the game, the losing coach can approve the score frozen and final score will be recorded. If the losing coach does not agree to stop the score at the 3rd quarter, and the winning team is still up by 30 points, it is automatically frozen and recorded at the beginning of the 4th quarter.

FLAG DIVISION EQUIPMENT

1. Canvas or leather top athletic shoes. If cleats they must be molded type- no screw in cleats.
2. Colored mouth guards are required by all players to participate.
3. Flag belts will be ordered by the league and reimbursed by the towns. Flags must be purchased from Dennis at GO Team Sports. They must have the NWTFYFA logo on them. More than one set can be ordered per team. Flags must be sonic popper flags. They cannot be the same color as the uniform shorts the player is wearing.
4. Football is a Wilson K-2 or equivalent.
5. Player must wear shirts tucked in and shirts may not hinder player in removing flag.
6. Mandatory helmets for all flag players

PENALTIES

1. Regular 5 and 10 yard penalties apply
2. Intentional body contact with a player who is on the ground or who is passing or attempting to catch the ball (10 yard)
3. Players that intentionally leave their feet (Roll blocking, diving tackles) in an attempt to block or obtain a flat (10 yards)
4. Players that hold or grasp opponent or use arms to circle opponent (10 yards)
5. Ball carrier may not deliberately drive or run into a defensive player or use a stiff arm to ward off the defense (10 yard)
6. Ball carrier protecting flag (10 yards from spot of foul)
7. Loose ends of flag belt must be tucked into pants or tied to not hinder removal of flag (5 yard)
8. After official sets ball- play clock is 45 seconds to snap (loss of downs) – if final down Turnover on Downs- Referee warn when 10 seconds left
9. No defensive lineman may line up directly in front of the center. They may line up in the gap. Linebackers in front of the center must be at least one yard from the line of scrimmage (5 yard)
10. Offensive pass interference is 10 yards from the line of scrimmage and loss of down. Defensive pass interference is an automatic first down at the spot of the foul.
11. Verbal assistance by the on-field coaches after the snap of the ball (Play blown dead at the spot of foul and 10 yard)

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12. Unnecessary roughness will be strictly enforced (15 yard)
13. Repeat flagrant fouls will be a 15-yard penalty and ejection from the game.

5U FLAG SPECIFIC RULES

1. Games will have a continuous game clock with four ten (10) minute quarters and a 5-minute half time. Teams will have two 1-minute time outs per half and clock will stop during time outs. During playoffs, the last two minutes of the 2nd and 4th quarters, clock will be stopped at all penalties.
2. Field shall be from the 45-yard line working in towards the goal line and regulation width. This will allow for multiple games to be played at the same time.
3. If two games are being played, the referees oversee their own game clock and keeping score of each game.
4. No yards to gain markers are needed, only line of scrimmage marker.
5. Teams are allowed 3 downs to reach the 30-yard line, 3 downs to reach the 15-yard line, and 4 downs once inside the 15-yard line.
6. There is no safety. A play made past the 45-yard line puts the ball in play from the 45-yard line with the down just played being lost.
7. Interception is a dead ball. Team who takes possession gets ball on the 45 yard line.

GAME SCORING

1. Upon scoring teams will be awarded 6 points. Point after attempts will be one down from the 5 yard line for 2 points

5U flag OVERTIME RULES – EACH TEAM GETS THE OPPORUNITY TO SCORE IN EACH OVERTIME

1. At the end of the 4th quarter if teams are tied, team captains and Head Coaches will meet with Referees in in the middle of the field at the 50 yards line to briefly go over the Over Rules and understandings.
 - a. There will be up to three (3) over times in a regular season game.
2. Regular season: First 3 overtimes start at the 15 yard line from the flag goal line and each team has a chance to go for 2 points. You will be given 4 downs to score. If still tied after 3 overtimes, the game is considered a DRAW.
3. Playoffs: First 3 overtimes start at the 15 yard line from the flag goal line and each team has a chance to go for 2 points. You will be given 4 downs to score. After the 3 overtimes, the ball is places at the 30 yard line and play in with 3 downs to make it to the 15 and 4 downs to make it to the endzone. Overtimes will repeat in the manner until a winner is determined.

6U FLAG SPECIFIC RULES

8. Games will have a continuous game clock with four ten (10) minute quarters and a 5-minute half time. Teams will have two 1-minute time outs per half and clock will stop during time outs. During playoffs, the last two minutes of the 2nd and 4th quarters, clock will be stopped at all penalties.
9. Field shall be regulation size
10. A touchback or safety puts the ball in play from the 15-yard line.
11. No punting or kickoffs are allowed. The ball will be started on the 20-yard line of the receiving team on kickoffs. When a punt is declared the ball is advanced 15 yards from the line of scrimmage with no further penetration than the 10 yard line of the receiving team.
12. Interception is a live ball.

GAME SCORING

1. Touchdowns are 6 points. Conversions are 2 points and will start from the 5 yard line.

6U OVERTIME RULES

Regular season Overtime Rule:

1. At the end of the 4th quarter if teams are tied, team captains and Head Coaches will meet with Referees in in the middle of the field at the 50 yards line to briefly go over the Over Rules and understandings.
 - a. There will be up to three (3) over times in a regular season game.
 - i. The first overtime will start with a coin toss to determine which team will be on offense or defense and which end of the field will be used to begin the overtime. Whichever team is determined to be on offense first will be considered Team 1, and whichever team is on defense first will be considered Team 2
 2. The rotation of offense and defense for each overtime will be , Team 1 first on offense and Team 2

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first on defense, then Team 2 will rotate to offense and Team 1 will rotate to defense to complete the first overtime.

1. The first overtime will start with the ball on the 10 yard line where each team starting with Team 1, will have 4 downs (1 complete series) to score. Upon scoring, each team will have the opportunity to attempt an extra point just as in regular play. Ball is LIVE and RETURNABLE during extra point attempts.
2. If at any time during either teams offensive possession, the ball is turned over, that team's offensive possession is over.
3. If the score is still tied upon each team getting their offensive possession and chance to score, move to Second Overtime.
 - i. The second overtime will not start with a coin toss. Team 1 that was determined in the first overtime will have the first possession to start the second overtime on the same end of the field that was determined for overtime play in the first overtime.
 1. The second overtime will start with the ball on the 15 yard line. Each team will have up to 8 downs (2 complete series) to score. Upon scoring, each team will have the opportunity to attempt an extra point just as in regular play.
4. If at any time during either teams offensive possession, the ball is turned over, that team's offensive possession is over.
5. If the score is still tied upon each team getting their offensive possession and chance to score, move to Third Overtime.
 - i. The third and FINAL overtime will not start with a coin toss. Team 1 that was determined in the first overtime will have the first possession to start the second overtime on the same end of the field that was determined for overtime play in the first overtime.
 1. The third and FINAL overtime will start with the ball on the 20 yard line. Each team will have up to 8 downs (2 complete series) to score. Upon scoring, each team will have the opportunity to attempt an extra point just as in regular play. Ball is LIVE and RETURNABLE during extra point attempts.
6. If at any time during either teams offensive possession, the ball is turned over, that team's offensive possession is over.
7. If the score is still tied upon each team getting their offensive possession and chance to score, the game will END IN A DRAW/TIE.

6u Playoff/Superbowl Overtime Rule:

1. At the end of the 4th quarter if teams are tied, team captains and Head Coaches will meet with Referees in in the middle of the field at the 50 yards line to briefly go over the Over Rules and understandings.
 - a. There will be an infinite number of overtime attempts until a definitive winner is determined when the final score ends with one team out scoring another team.
 - i. The first overtime will start with a coin toss to determine which team will be on offense or defense and which end of the field will be used to begin the overtime. All subsequent overtimes will not have a coin toss or change of field. Whichever team is determined to be on offense first will be considered Team 1, and whichever team is on defense first will be considered Team 2. The rotation of offense and defense for each overtime will be , Team 1 first on offense and Team 2 first on defense, then Team 2 will rotate to offense and Team 1 will rotate to defense to complete the first overtime.
 1. ALL OVERTIME attempts during Playoffs and Superbowl will start with the ball on the 20 yard line where each team starting with Team 1, will have 8 downs (2 complete series) to score. Upon scoring, each team will have the opportunity to attempt an extra point just as in regular play. Ball is LIVE and RETURNABLE during extra point attempts.
 2. If at any time during either teams offensive possession, the ball is turned over, that team's offensive possession is over.
 3. If the score is still tied upon each team getting their offensive possession and chance to score, Team 1 will rotate back to offense and the next overtime will begin. Overtime will continue to be a rotation of each team getting an offensive possession, Team 1 and then Team2, until a definitive winner is determined when the final score ends with one team out scoring another team.