



2024 Nibley City Recreation Flag Football Rules

The Home team listed on the schedule will meet the visiting team at the center of the field to inform them if they are starting on offense or defense and will indicate the direction they will be going.

1. **Playing Field:** shall be a NFL Flag sized field (30-yards wide & 70-yards long) with no run zones just prior to the end zone and mid line of the field. A modified field size may be used by the 1st & 2nd grade league.
2. **Player Equipment:** players are encouraged to wear a mouthguard, shorts or athletic pants with a drawstring and no pockets, and cleats. During cold or inclement weather players may wear clothing under their jersey. Steel cleats are not permitted.
3. **Team Equipment:** Jerseys, flags (home: blue & away: green) and footballs are issued to each team. (Mini sized balls 1st & 2nd grade, Pee-wee balls for 3rd & 4th grade, Jr. sized balls for 5th & 6th grade, Youth sized balls 7th-9th grade). Game field endzone pylons are available at game fields in the equipment box.
4. **# On field players:** Teams for ALL leagues are allowed up to 6 players on the field at a time. Free substitution on a dead ball.
5. **Games will consist of two 20-minute, running clock halves, with a 5-minute halftime.** Teams have 1-min from ball placement to begin the next play. After 1 warning to the offensive coach, the defensive coach may start a play clock with warnings at 30-sec, and 10-sec remaining. Failure to execute a play after a 1-min play clock count down will result in a 5-yard delay of game penalty.
6. The offense will begin 5-yards from the goal line. If the offensive team maintains possession, they will have 4 attempts to reach midfield for a first down, then 4 more to reach the end zone.
7. **Punt option:** when an offensive team fails to cross midfield after 3 plays, they may elect to “punt” on the 4th down. Instead of an actual kicked punt, possession of the ball changes and the opposition starts its drive from its own 5-yard line.
8. **No run zones.** A pass play must occur if the ball starts inside the “No Run Zone”. Ball on the line can be a run or pass play. In the “No Run Zone” a pitch pass or shovel pass is permitted behind the line of scrimmage from a shotgun formation (ball must leave the hands of the quarterback, have air time and be caught by a receiver), the quarterback may run only if they are rushed by the defense. Extra points may be a run or pass play.
9. A player in possession of the ball will be ruled down when their flag has been pulled, when the flag belt falls on its own to the ground or when a body part other than the foot or hand contacts the ground. The ball will be spotted where the player’s feet were at the time of the pull. A receiver may continue to play if their belt falls off, but will be marked down where the ball is caught.
10. There are **NO fumbles**, the ball is spotted where the ball carrier’s feet were at the time of the fumble (no change in possession). During a snap, or failed shovel pass, the dropped ball is spotted where the ball originally lands regardless if contact is made by any player.
11. **Quarterback: The defense is permitted to rush the quarterback after a 7-second count.** A player or coach on the defensive team must audibly speak this count (one-one thousand, two one thousand, etc.). The quarterback will be permitted to run only if they are rushed. The quarterback is the first player to receive the ball after a snap (snap can be between the legs or from the side). The ball **MUST** be exchanged from a center (player snapping the ball) to a quarterback to begin a play. (“fumblerooski” and “center sneak” plays are NOT permitted).
12. **Motion:** One offensive player may be motioned at a time to move parallel with the line of scrimmage. The player may still be in motion when the ball is snapped if the motion is from sideline to sideline. Movement going from endzone to endzone will result in a false start penalty.
13. For the 1st and 2nd Grade league, the coach may play the position of quarterback (as a 7th player) for the first 4 games of the season but cannot advance past the line of scrimmage if rushed. The QB coach must wear a flag belt
14. Offensive players (not possessing the ball) may ‘screen’ a defender but may not initiate contact or block.
15. A touchdown is worth 6 points. A safety (flag pulled in offensive players own endzone) is worth 2 points. Point after attempts: 1 point from the 5-yard line or 2 points from the 12-yard line.

16. Offensive Penalties: flag guarding, initiating contact on a block, false start, illegal forward pass, pass interference, holding, diving (while in possession of the ball) and hurdling are all prohibited activities, and will result in a 5-yard penalty from the line of scrimmage. Unsportsmanlike conduct will be a 5-yard penalty and may result in a loss of down on referee discretion. A spin move by a ball carrier is permitted. Diving for a catch is allowed.
17. Defensive Penalties: offside or an illegal blitz before the 7-second count will result in a 5-yard penalty from the line of scrimmage. Illegal contact will result in a 5-yard penalty from the end of the play. Pass Interference will result in the ball being placed at the spot of the foul (does not result in 1st down unless ball crosses midfield.) Defensive players may dive in an attempt to pull a flag.
18. Coaches will manage the scrimmage/game and will encourage fun and fair developmental play. An official will assist coaches for the 5th/6th and 7th-9th grade leagues.
19. This is a recreation league flag football program where players, coaches, and parents are expected to adhere to the **league motto of Play Smart, Play Safe, and HAVE FUN!**
20. Any scrimmage/game situation not addressed by the rules above may be clarified if applicable using the regular season rule book (available through <https://nflflag.com/resources>)

