



Rule Clarifications & Variations – NFL Flag

I. Rule Clarifications

a. General Rulebook Highlights

i. Variations on all Divisions

1. Line up 3 Yards Off Line of Scrimmage (Defense)
2. 20 Minute Halves (Rather than 24 Minutes)
3. Each Team gets 2 TOs per Half (Rather than 1)
4. Center may Snap the Ball from Between the Legs or from Side if down on one knee; Kindergarten/1st & 2nd Graders may stand, but must have ball on ground

ii. Home/Away Jerseys

1. Home Team should wear lighter colored jersey
2. Away Team should wear darker colored jersey

iii. 1st Down and Touchdowns

1. Each team has the opportunity for 4 downs to get to mid-field (1st down marker). After 3 downs, if the offensive team has not reached the first down marker, the coach has two options, Play or Punt. If the coach chooses to "Play", the offensive team will have a 4th down play that they must convert or the result is a turnover at the current spot where the ball is down. If the offensive coach chooses to "Put", the referee will place the ball on the 5 yard line of the opposite side of the field for the turnover.
2. If the offensive team gets a first down, advancing beyond mid-field, the offensive team will have 3 downs to get a touchdown. If the 3rd down play is not successful in getting a touchdown, the ball is placed at the 5 yard line for an automatic turnover to the other team.

iv. Rushing the Passer

1. Only 2 defensive players may rush at any one time. Each of these one or two players declaring to rush must line up behind the 7 yard cone marker on the field. Defense is not required to rush.
2. If the QB is rushed, he/she may run the ball if and only if the rusher has breached the line of scrimmage. This is the only scenario where a passer may run with the ball without the ball having previously been handed off.

- b. Kindergarten Division Rule Variations
 - i. Coach can act as Quarterback in Gameplay, but is not Required to do so
 - 1. 5 Players on Field
 - 2. One Step from Snapped Ball (No Running Around)
 - ii. No “No Run” Zones
 - iii. No Rushing the Passer at any time
 - iv. On Defense, Coach may be on the field but must be out of area of play (10 yards back when ball is snapped)
- c. 1st & 2nd Grade Division Rule Variations
 - i. No “No Run” Zones
 - ii. No Rushing the Passer at any time
 - iii. On Offense & Defense, Coach may be on the field but must be out of area of play (5 yards back when ball is snapped)
- d. Coach Position Clarifications on Other Divisions
 - 1. 3rd & 4th Grade Division
 - a. Offense – Coach May Be in Huddle, Back 5 Yards for Gameplay
 - b. Defense – Coach Must Remain on Sidelines
 - 2. 5th & 6th Grade Division
 - a. Offense – Coach May Enter Huddle to Call Play, Must be on Sideline for Snapped Ball
 - b. Defense – Coach Must Remain on Sidelines
 - 3. 7th & 8th Grade Division
 - a. Offense – Coach May Enter Huddle to Call Play, Must be on Sideline for Snapped Ball
 - b. Defense – Coach Must Remain on Sidelines