

2009 NSCAL Flag Football Rules

NSCAL Flag Football Commissioner	Roger Castro	260-3119
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NSCAL Athletic Director	Jim Graham	378-8599

Zone Commissioners

St. Mary Magdalen	Rick Rodriguez	210-391-0419
Faith Outreach	Mike Martinez	210-214-3056
St. Matthews	Gary Glick	210-861-1907
St. Gregory	Daniel Sustaita	210-736-5324
Zone 1	Pat Hargrove	210-557-8422
St. Elizabeth Ann Seton	Stephen Hall	210-454-8597
St. Brigids	Abel Carrasco	210-410-3098
Our Lady of Guadalupe	Armando Cardenas	210-695-8709
Zone 4	Cruz Mendoza	
Prince of Peace	Wayne Wilkinson	

1. NSCAL flag football rules are based on the Texas Flag Football Association (TFFA) rules which can be found on the NSCAL website. Zone rules override TFFA rules where applicable.
2. The game will be played on a field that is broken into four 15 yard zones with a 10 yard end-zone at each end of the field.
3. Flag Football will be played using 8-person teams on the field. A minimum of 7 players is required to start the game. Player participation rules will not be tracked in Zone 6 play. In the event of a forfeit, a scrimmage will be played utilizing 2 fifteen minute halves.
4. The game will be played using four 10 minute quarters. At the 2 minute mark for the first half and end of game, the referees will call for the seven play period. After the seventh play the half and the game will expire.
5. Six points will be scored on touchdowns, when the ball breaks the plane of the goal line. 2 points will be scored on the point after touchdown conversion on a run conversion. 1 point will be scored on the point after touchdown on a forward pass conversion.
6. To minimize formation penalties, there are no rules on offensive formations. Teams can line as many players on the line of scrimmage as they want. All offensive players are eligible receivers. Only one forward pass is allowed in any offensive play.
7. To minimize motion penalties, there are no rules on offensive motion prior to the snap. Offensive players may move prior to the snap, but they can't break the plane of the line of scrimmage.
8. Flag football is non-contact. Blocking is allowed by an offensive player when he sets a screen to impede progress. This is only allowed behind the offensive line of scrimmage. Downfield screening will result in a penalty. Every effort must be made by the offensive and defensive player to avoid contact. A penalty will be assessed on the initiator.
9. Defensive rushers must line up 3 yards off the line of scrimmage. Defensive rushing can occur between offensive guards and do not have to match up to offensive lineman.

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10. First downs are awarded when entry is made into a new first down zone.
11. The football is dead when it hits the ground. Fumble situations only exist when the ball is loose and recovered in the air.
12. Interceptions can be returned. Blocking is not allowed on the return.
13. Punts and kickoffs are allowed for Mites and up. For younger age groups, possession is taken at the first zone after a score and to start each half.
14. Flag guarding is not allowed. Spinning, hopping and diving are not allowed. End of forward progress will be called at the spot of the infraction.
15. A player that leaves the field of play on their own becomes ineligible for that play.
16. A catch is made if the receiver maintains control of the ball and has a foot on the field.
17. Players cannot be de-flagged without possession of the ball. If this occurs, the defense can only stop progress when they pull the remaining flag.
18. Ball sizes follow City rules – Tiny & PW LF6-S, Mites – CF-7 (or junior), Cub – CF-9 (or official).
19. NSCAL requires suction type flags, may be single colored as long as it offsets the shorts color. Flags must be worn at the hips and must be the only objects hanging from the belt.
20. CYO Patches for players and certification badges for coaches must be worn beginning September 21, 2008.
21. An offensive and defensive coach can remain on the field to line players up. After the snap, the coach will remain silent, must not interfere with play on the field and must remain 20 yards beyond the line of scrimmage.
22. Mouthpieces are mandatory (knee pads are optional.)
23. No bands of any kind, shorts with no pockets. Glare strips or paint are allowed.
24. Three (1) minute timeouts will be allowed for the whole game. Game clock will stop for incomplete passes and if player runs out of bounds.