

2007 NSCAL Flag Football Rules

1. 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.
2. 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 be relaxed in the first year. In the event of a forfeit, a scrimmage will be played utilizing 2 fifteen minute halves.
3. 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. There will be a 2 minute break between quarters and a 3 minute break at half-time. Teams have 35 seconds to snap the ball after the referee places the ball and whistles for start of play.
4. 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.
5. There will be a minimum of 3 offensive linemen. Defensive linemen will line up 1 yard off the line of scrimmage and must cover the offensive linemen. Center snap can be side-snapped. A rushing defender not covering an offensive player must be 5 yards off the line of scrimmage.
6. 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. While an offensive may move, they can not intentionally attempt to draw the defense offside. This is a judgment call for the officials.
7. 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. A 10 yard penalty will be assessed for illegal contact. Blatant contact can warrant a 15 yard unsportsmanlike conduct penalty.
8. First downs are awarded when entry is made into a new first down zone.
9. The football is dead when it hits the ground. Fumble situations only exist when the ball is loose and recovered in the air.
10. Interceptions can be returned. Blocking is not allowed on the return.
11. 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. Punts are optional for Tinys and PeeWees and this intent must be declared to the referees. If a team elects not to punt, the fourth down play is waived and the opposing team takes possession at their 15 yard line.
12. Flag guarding is not allowed. Hopping and diving are not allowed. End of forward progress will be called at the spot of the infraction. Spinning is allowed as long as the player does not leave their feet, is not excessive and maintains control and does not result in contact.
13. A player that leaves the field of play on their own becomes ineligible for that play.

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14. A catch is made if the receiver maintains control of the ball and has a foot on the field.
15. 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.
16. Ball sizes are as follows: Tiny – Youth (PeeWee) model, PeeWee – Junior model and Mite+ - Official size ball.
17. 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.
18. Mouthpieces are mandatory (knee pads are optional.)
19. No bands of any kind, shorts with no pockets. Glare strips or paint are allowed.
20. **Two** (1) minute timeouts will be allowed for the whole game. Game clock will stop for incomplete passes and if player runs out of bounds.