



NFL FLAG – Local Rule Adjustments

These rules modify and clarify the standard NFL FLAG rulebook for play at Allison Sports Town.

I. Game Format

Halves

- Games consist of **two 20-minute halves**.
- Halftime will be **2 minutes**.

Timeouts

- Each team receives **1 timeout per half (60 seconds)**.
- Teams receive **1 timeout in overtime**.

Downs

- Each team receives **4 downs per drive**.
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II. Punt Rule

- Teams must declare **“Punt” or “Play”** on 4th down.
 - If a team declares **punt**, the opposing team will start with the ball at the **5-yard line**.
 - Once a team declares **punt, they must punt**. The decision cannot be changed.
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III. Equipment

Officials must ensure all players have proper equipment before the game begins.

Requirements:

- **NFL FLAG belts and flags**
- **Mouthguards**
- **Jerseys must be tucked in**

4th Grade and Older

- If a player repeatedly fails to tuck their jersey after being reminded, officials may call **Illegal Procedure (5-yard penalty)**.
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IV. Play Clock / Delay of Game

4th Grade and Older

- A **40-second play clock** will be enforced.

K–3rd Grade

- No official timer will be used, but teams should not delay excessively.
 - Officials should encourage teams to keep the game moving.
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V. Two-Minute Warning

When the game clock reaches **2 minutes remaining in the half**:

1. Officials will call a **Two-Minute Warning**.
 2. Teams will be given **60 seconds for water and quick coaching**.
 3. Officials will inform both teams:
 - There will be **4 more plays remaining**.
 - **Timeouts cannot be used**, except for **rule challenges**.
 4. **Extra point attempts do NOT count as one of the four plays.**
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VI. Running and Handoff Rule

- If the offense executes a **handoff**, the player receiving the handoff **may throw a forward pass**.
- Once a handoff occurs, **the defense may rush immediately**.

This rule **does NOT apply inside No-Run Zones**.

VII. Passing Rules

- All forward passes **must cross the line of scrimmage**.
- If a **screen pass** is thrown, the receiver must be **behind the quarterback at the time of the pass**.
- **Shovel passes must cross the line of scrimmage**.

Quarterback Rule

- If the quarterback is rushed, they **cannot run the ball**.
 - The quarterback **may throw the ball away**, but the pass **must cross the line of scrimmage**.
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VIII. Motion

- Only **one offensive player may be in motion at a time**.
 - Motion must be **lateral or backward**.
 - A player **may NOT move toward the line of scrimmage** at the snap.
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IX. Rushing the Quarterback (4th Grade and Up)

- Defensive players may rush the quarterback from **7 yards behind the line of scrimmage**.
- Rushers **do not need to announce themselves**.
- Rushers **must check distance with the referee** before rushing.

If a rusher:

- Rushes from **inside 7 yards** → **Penalty (Illegal Rush)**.
- Rushes from **7+ yards but did not check with the ref** → **Warning to the coach**.
- Continues without checking → **Penalty will be called**.

Rushes **cannot be delayed**.

X. Ball Carrier Rules

Ball carriers:

- **May NOT dive or hurdle** to advance the ball.
- May perform normal evasive moves **as long as they are not flag guarding**.

Ball carriers **must attempt to avoid defenders** and **cannot run directly through defenders**.

Teams will receive **one warning** for players **lowering their shoulder** before penalties are enforced.

XI. Offensive Restrictions

- **Blocking is not allowed**.
 - Offensive players must **attempt to move out of the way once the ball crosses the line of scrimmage**.
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XII. Celebrations

Celebrations are allowed if they:

- Do **not taunt the opposing team**
- Occur **after the play**
- The ball is **given to the referee**

Unsportsmanlike Conduct will be called if celebrations violate these rules.

If the penalty occurs on a touchdown:

- The opposing team may choose to enforce the penalty:
 - **On the extra point attempt, OR**
 - **On the next offensive drive**

Officials should inform coaches of this option before the game.

XIII. Player Conduct

Players will receive:

1. **First offense** – Warning
 2. **Second offense** – Unsportsmanlike Conduct (player must sit out the next play)
 3. **Third offense** – Player ejected from the game
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XIV. Coach Conduct

Coaches will receive:

1. **First offense** – Warning
2. **Second offense** – Ejection

If a coach is ejected:

- Another coach must take over.

If the team does not have another coach:

- A **parent must step in.**

If no one is available:

- The team **forfeits the game.**

Forfeit Score: 21–0

XV. Mercy Rule

A team may only win by **35 points**.

If a team leads by **35 points**:

- They **may not blitz**
- They **may not attempt a 2-point conversion**

If a team leads by **35 points at the Two-Minute Warning**, the game will end at that point.

XVI. Coach Positioning

4th Grade and Older

- Coaches **may not remain on the field during plays.**
- Coaches may:
 - Step on the field briefly to call a play
 - Have the team huddle on the sideline

K–3rd Grade and Girls League

- Coaches **may remain on the field to assist players.**
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XVII. Overtime Rules

If a game is tied at the end of regulation:

Overtime 1

- Officials will conduct a **coin toss.**
- First team chooses **1-point or 2-point attempt.**
- Second team may choose their attempt after seeing the result.

Overtime 2

- Teams **must attempt a 2-point conversion.**
- The team that went second in OT1 **goes first in OT2.**

Overtime 3

- Each team runs **one play from the 5-yard line.**
- The team that gains **more yards wins.**

Overtime 4

- **Regular Season:** Coin toss determines winner.
 - **Playoffs:** Repeat the **3rd overtime format.**
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XVIII. Officials

Pay

- Officials will receive **\$25 per game**.

Referee Assignments

- **K–3rd Grade games:** 1 referee
- Older divisions may have multiple referees.

Game Equipment

- Referees are responsible for **league footballs**.
 - If footballs are not returned, referees may be **held responsible**.
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XIX. Referee Check-In

Upon arrival:

1. Report to the **league office**.
2. Pick up:
 - **Referee shirt**
 - **Penalty flag**
3. Proceed to your **assigned field**.