

2023 NFL FLAG YMCA of Greater Des Moines Rule Adaptions
[NFL FLAG Rulebook](#) will be emailed to you.

K-2nd will use the “Mini” red footballs
3rd-5th Grade will use the “Pee Wee” Blue Footballs
6th -8th Grade will use the “Junior” Brown Footballs

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- I. Game 1. The “visiting team” will be the team listed on top of the schedule on Y Gametime. The visiting team will wear white jersey’s. The home team will wear colored jersey’s.
- I. Game 3. Your team has four (4) downs to cross midfield. Once a team crosses midfield, it has **four (4) downs** to score a touchdown.
- Games will be played with five (5) offensive players and five (5) defensive players. All players should play at least half of the game and playing time should be equal when possible.

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- IV. Field 1. There are two field dimensions
 - o a. Kindergarten – 2nd Grade: 20 yards wide by 53 yards long with two 7-yard end zones.
 - o b. 3rd Grade – 8th Grade: 30 yards wide by 70 yards long with two 10-yard end zones.
- IV. Field 2. No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone), 3rd Grade – 8th Grade teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.
 - o **No-run zones will not be observed for the Kindergarten – 2nd Grade divisions.**
Teams will be allowed to execute run plays at any time.

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- Regular Season Games are played on a 40-minute continuous clock with four (4) 10-minute quarters. The clock stops for halftime, injuries and the official’s discretion.
3rd-8th Grade: The clock will stop on incompletions or out-of-bounds plays during the last minute of each half.
- **Play Clock (New Rule 2024)**
 - o K-2 will have a 40 second play clock.
 - o 3rd-8th will have a 30 second play clock
- V. Timing and Overtime 7h. There will be no rules challenges recognized or allowed.
- **Overtime Rules**
 - o If the score is tied at the end of regulation play, an overtime period will be used to determine a winner. Overtime format is as follows:

- o Home team calls the toss to determine the team that chooses to be on offense or defense first. If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who gets to choose to be on offense or defense to start out during every round of overtime.
- o The referee will determine which end of the field the overtime will take place on.
- o Each team will take turns getting one (1) play from the defense's 5-yard line for 1 point or the defense's 10-yard line for 2 points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of their own.
 - Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.
- o If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.
- o **Starting with the 2nd overtime**, both teams must "go for two" from the 10-yard line
- o **Starting with the 3rd overtime**, each team will get 1 play from the 5 yard line going out from the endzone. The team with the most yards will be the winner. The team with the most yards will be awarded 1 point added to their final score.
- o Final Score will be recorded to include all points scored for each team
- o All regulation period rules and penalties are in effect.
- o There are no timeouts.
- o Interceptions are returnable in OT, and worth 2 points
 - Interceptions returned for a score in the first or second overtime period .
 - Interceptions advanced from the possession point in the third overtime period

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- VI. Scoring 6. We will not recognize the 35 point differential rule. The game will continue until the 40-minutes have expired.
- VI. Scoring 8. Coaches are not required to sign the score sheet.
- VII. Coaches 1. Coaches are expected to adhere to NFL FLAG and YMCA of Greater Des Moines philosophies, coaching guidelines and code of conduct.
- VII. Coaches 2. Coaches are allowed on the field as follows:
 - o Kindergarten-2nd Grade: One (1) Coach on Offense, One (1) Coach on Defense
 - o 3rd-4th Grade: One (1) Coach on Offense, One (1) Coach on Defense
 - o 5th-6th Grade: One (1) Coach on Offense
 - o 7th-8th Grade: Coaches are permitted to Coach on the sideline

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- IX. Live Ball/Dead Ball 7a. If the ball hits the ground as a result of a bad snap:
 - K-2nd Grade: The play is ruled a ‘Do Over’ with no loss of down, once per down.
On a second consecutive occurrence, the down is consumed.
 - 3rd-8th Grade: Only the QB may pick up the ball and continue the play.
 - If anyone other than the QB picks up the ball, the play will be blown dead, the down will be consumed and the ball will be placed where last touched.
- IX. Live Ball/Dead Ball **There will be NO 7 second pass clock.**
- IX. Live Ball/Dead Ball 7 NOTE. If a fumble occurs on a pitch from the QB the play will be blown dead, the down will be consumed and the ball will be placed back at the original line of scrimmage. If the ball is fumbled forwards, then it will be spotted where the ball carrier lost possession.
- IX. Live Ball/Dead Ball 9 & 10. Teams will not be allowed to question an official’s rule interpretation. Officials may huddle to discuss a call and all should agree in order to change a call on the field.

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- X. Running 2.
 - K-2nd Grade: The quarterback cannot directly run with the ball.
 - 3rd-8th Grade: The quarterback are allowed one (1) rush per set of downs as long as they are not in the ‘No-Run Zone’ and regardless of the defenses choice of blitzing. **Quarterbacks are not allowed to run the ball on extra points.**
- X. Running 4. Pitches and laterals will be permitted behind the line of scrimmage. No pitches or laterals will be allowed beyond the line of scrimmage. This would result in a dead ball and down at the spot the pitch or lateral occurred.
- X. Running 5.
 - K-2nd Grade: ‘No-Run Zones’ are eliminated. Teams may run the ball anywhere on the field.
 - 3rd-8th Grade: NFL FLAG ‘No-Run Zones’ will be observed.
- X. Running 9. **Players are permitted to “screen” within 5 yards of the line of scrimmage as long as there is no contact made with the defender.** The Offense or Defense should not engage or use their hands to physically move a player from their path.

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- XI. Passing 1b. Passes that do not cross the line of scrimmage, whether received or not, are **NOT** illegal forward passes, unless there is no receiver in the area. See 1c. The passes must be forward passes. Backward passes will not be permitted. Only pitches or laterals are acceptable.
- XI Passing 3. We will not observe the seven-second “pass clock”.

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- XIII. Rushing the Passer 1. All players who rush the passer must be a minimum of **TEN** (10) yards from the line of scrimmage when the ball is snapped. **ONE** (1) player is permitted to rush the quarterback per play. Players not rushing the quarterback can defend the line of scrimmage.
- XIII Rushing the Passer 2 & 3. The yardage for these rules will be moved from seven (7) yards to ten (10) yards from the line of scrimmage. All other rules are observed.
- XIII Rushing the Passer 5. Players are permitted to “block” or “screen” within 5 yards of the *line of scrimmage* as long as there is no contact made with the defender. The Offense or Defense should not engage or use their hands to physically move a player from their path.

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- XV. Formations 3. The center is permitted to snap the ball to the side of the body or between his/her legs to a player in the backfield.

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- XVII. Penalties 4. Only head coaches may ask the referee questions about rules clarifications and interpretations. Players may not question the calls.

*If a NFL FLAG rule is not specifically mentioned in this document it is assumed that the NFL FLAG Rulebook rule will be observed.