

NEOYFA FLAG FOOTBALL RULES

FLAG FOOTBALL WILL BE PLAYED BY HIGH SCHOOL FOOTBALL RULES WITH THE FOLLOWING EXCEPTIONS:

KICKOFF:

KICK OFF WILL BE FROM THE **50-YARD LINE**.
NO ONSIDE KICKS.

BLOCKING:

ONLY THE FRONT LINE CAN BLOCK.
BREAK DOWN BLOCKING ONLY.
NO RUNNING OR PUSHING BLOCKS.
NO BLOCKING AFTER THE RUNNER HAS LEFT THE LINE OF SCRIMMAGE.
NO BLOCKING DOWN FIELD.
NO BLOCKING BELOW THE WAIST.
NO BLOCKING ABOVE THE CHEST.

TACKLING:

NONE ALLOWED.
NO TACKLING OF THE RUNNER. (15-YARD PENALTY & AUTOMATIC FIRST DOWN).

RUNNERS:

NO FLAG GUARDING. (10-YARD PENALTY)
NO STIFF ARMING. (10-YARD PENALTY)

TURNOVERS:

ONLY TURNOVERS IS AN INTERCEPTION.
FUMBLE DOES NOT TURN THE BALL OVER.
SHOTGUN SNAPS THAT ARE FUMBLED IS A DEAD BALL AT THE POINT OF CONTACT WITH THE GROUND.
HANDOFFS THAT ARE FUMBLED ARE A DEAD BALL AT POINT OF CONTACT WITH THE GROUND.

PUNTING:

THE CENTER AND PUNTER ARE PROTECTED. NO RUSHING.
THE PUNTER MAY PICK UP A MISSED SNAP AND PUNT IT.

UNIFORMS:

FOOTBALL PANTS OR SHORTS ARE ALLOWED.
SHIRTS MUST HAVE NUMBERS ON FRONT AND BACK AND BE TUCKED IN.

EQUIPMENT:

EACH PLAYER MUST WEAR MOUTHPIECES (AND COVER ALL TEETH).
FLAGS (SONIC FLAG-A-TAG).
EACH TEAM MUST HAVE TWO DIFFERENT COLORS OF FLAGS.

COACHES:

ONE COACH CAN BE ON FIELD AT ALL TIMES FOR OFFENSE AND DEFENSE.

QUARTERS:

FOUR SIX-MINUTE QUARTERS

SCORING:

6 POINTS FOR TOUCHDOWNS.
3 POINTS FOR FIELDGOALS.

CONVERSIONS:

1 POINT FROM THE THREE-YARD LINE.
2 POINTS FROM THE TEN-YARD LINE.

ANY RULE NOT COVERED WILL FOLLOW UNDER HIGH SCHOOL FOOTBALL RULES.