

### Montgomery NFL FLAG Rules and Diagrams

NFL FLAG Football is a popular five-on-five **Non-Contact** game filled with fun and action. In this game, the offensive team plays for a first down at midfield and a touchdown in the end zone. Running and passing plays are allowed, although there are “no-running zones” at midfield and near each goal line. The defensive team covers receivers, rushes the passer, and grabs flags to make “tackles.”

#### The Basics

- A coin toss determines first possession.
- There are no kickoffs.
- The ball must be snapped between the legs, not off to one side, to start play.
- The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown.
- If the offense fails to score, after crossing midfield the ball changes possession and the new offensive team takes over on its 5-yard line.
- If the offensive team fails to cross midfield on 3 downs, and elects to “punt” on 4<sup>th</sup> down possession of the ball changes and the opposition starts its drive from its 5-yard line. If the offensive team goes for it on 4<sup>th</sup> down and does not cross mid-field, the opposing team will start its position from the spot.
- All possession changes, except interceptions and missed 4<sup>th</sup> down attempts, start on the offense’s 5-yard line.
- Interceptions may be returned.
- Teams change sides after the first half. Possession changes to the team that started the game on defense.

#### Equipment

- All players must wear official NFL FLAG belts and mouth guards at all times while on the playing fields
- Players must wear shoes. Cleats are allowed. However, cleats with exposed metal are never allowed and must be removed.
- Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
- Players must remove all jewelry
- Players’ jerseys must be tucked in to the pants if they hang below the belt line.
- Fall Season – Players will wear the ordered pants as part of the uniform
- Spring Season - We recommend players wear shorts that do not have pockets

#### Sportsmanship/Roughing

If the field monitors or referees witnesses any acts of tackling, elbowing, cheap shots, pushing, diving, sliding, blocking, ball stripping, rude, confrontational or offensive language or any unsportsmanlike act, the game will be stopped, the **player and coach** will be warned. If it continues, the **player** will be ejected from the game.

**FOUL PLAY WILL NOT BE TOLERATED.**

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### Draft Procedure: Blind Cooperative Draft

- Blind Cooperative Draft. Only head coaches should be present at Draft Night. Assistant coaches will be selected at the conclusion of the draft from the team drafted. We want to avoid two coaches forming an alliance.
- Player rankings from the Recreation Evaluation day will be available to each coach at the draft. This will be the main tool used to equally distribute the wealth of talent.
- In a Blind Cooperative Draft, all players will be distributed through a cooperative effort by all the coaches involved in their respective draft(s). No one coach is drafting for his/her team because no one knows whom his/her team will be until the draft is over. Unlike a traditional draft where each coach picks a player and then the next coach picks a player etc, we will have all the coaches pick all the teams.
- The draft will begin as follows:  
The grade League Director (LD) will conduct the draft. The LD will list each player on a large (White board) draft board based on the rankings from the evaluations and from comments from the current coaches. The draft board will list the number of teams (i.e. #'s 1-6 for a 6 team league). As the player(s) are chosen, the LD will fill in the player's names as they are placed on a team. First, separate the top 6 players (for a 6 team league) and place them all on separate teams. Then, place the next highest ranked 6 players (#'s 7-12) in reverse order (the 7th ranked player is placed with the 6th ranked player etc). Draft one grade before another grade is drafted. Make sure each team has at least one player with speed, can throw and catch.
- In leagues that involve multiple grades, draft players from the higher grades first and then move to the next grade. We want to avoid teams that are heavy with one particular grade.
- When all the teams are completed, ask each coach if he/she would be happy coaching each of the drafted teams. If yes – proceed. If no – find out what the coach(s) don't like about the teams (i.e. Team 1 needs a quarterback etc.)
- Once all the coaches have agreed on the distribution of players, put the numbers (i.e. 1-6 for a six (6) team league) in a hat. Have each coach draw a number. The number that they choose corresponds to a number on the draft board. Each coach is assigned that team.
- The last order of business is to have each coach trade to get his/her, son/daughter back on their team. The trade must be for a player of similar ranking to the coach's son or daughter. No other trades should be allowed unless specific assistant coaches are requested.
- **Exception:** In order to promote a greater participation of female players, if a coach is willing to have all or most of the girls in the division on one team this is acceptable. The coach is thereby willing to accept a potential discrepancy in the skills and ability for his/her team within the league.

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## Game Time and Overtime Rules

- Games are played to 40 minutes running time. 20 minutes each half with a maximum of 5-minute half time. **Clock stops only for timeouts, injuries and change of possession.**
- Each time the ball is spotted, a team has 30 or 45 (K-2) seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- Each team has **three 60-second time-outs per game.**
- Officials can stop the clock at their discretion.
- If the score is tied at the end of 40 minutes, teams move directly into overtime.

### Overtime Format

A. A coin flip will determine the team that chooses to be on offense or defense first

B. Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two 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 or not, 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. 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.

**C. Both teams must "go for two" from the 10-yard line starting with the third round of overtime.**

**D. 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.**

E. All regulation rules and penalties are in effect

F. There are no timeouts

G. Interceptions are returnable in OT and worth 2pts

**\* Both teams must have an offensive possession in OT (Example-if first possession results in interception that is returned, they must still take an Offensive Possession.)**

## Scoring Rules

- Touchdown: **6** points
- PAT (point after touchdown) **1 point** (5-yard line) or **2 points** (10-yard line)  
**NOTE:** 1-point PAT is pass only; 2-point PAT can be run or pass
- Safety: **2** points  
A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.
- **Extra points that are returned equals 2 points**
- After one team is winning by 28 points or more in the second half, the game is officially over.
- **Forfeits are scored 28-0 for the winning team**

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## Coaching Rules

- Teams must line up on same (far) side line during the game.
- Teams may have 3 coaches per game on the field/sideline.
- Teams may have a coach on the field per table below.

Division	Offense	Defense
K-2	2 coaches	2 coaches
3-4	1 coach	1 coach
5-6	1 coach	0 coaches
7-9	0 coaches	0 coaches

## Player Positions

### and Rotation Rules

**"A fair and equitable, not equal, distribution of positions and touches for all the players."**

- Teams must use the on-line rotation forms to facilitate equal playing time.
- Teams must field a minimum of five players at all times.
- Teams consist of a maximum of 10 players – five on the field, with five substitutes.

## Player Positions

Defense	covers	Offense
Blitzer	< --- >	Quarter Back
Line Backer	< --- >	Running Back
Left Corner Back	< --- >	Right Wide Receiver/Tight End
Right Corner Back	< --- >	Left Wide Receiver/Tight End
Nose Guard	< --- >	Center

## What is a Rotation?

- A rotation is when the same set of 5 players play 1 offensive series and 1 defensive series (in any order) before there is a substitution.
- If an interception occurs early in a series (1st or 2nd play), it is up to the coach's discretion to leave that group in for more playing time.
- **The second half should try to continue the rotation from the first half. But a onetime adjustment at half time is allowed.**

## Rotation Rule

- Each 5-player rotation consists of 1 offensive series and 1 defensive series.
- No free substitution.
- No player can sit more than 1 rotation in a row.
- No player can play more than 2 rotations in a row. (Unless 7 players or less show up)
- No player can play the entire game. (Unless 5 players show up)
- All offensive players should play QB, RB, WR/TE, and C during the course of the game/season. (those who want to and ask to)
- All defensive players should play BL, LB, CB, and NG during the course of the game/season. (those who want to and ask to)

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### Man to Man Defense Rules (Example)

Each defender must line up directly in front of the player, at the following depth, they are responsible (covering) for.

Blitzer (BL) - Quarterback (QB) - (Must be 7 yards back, on center)

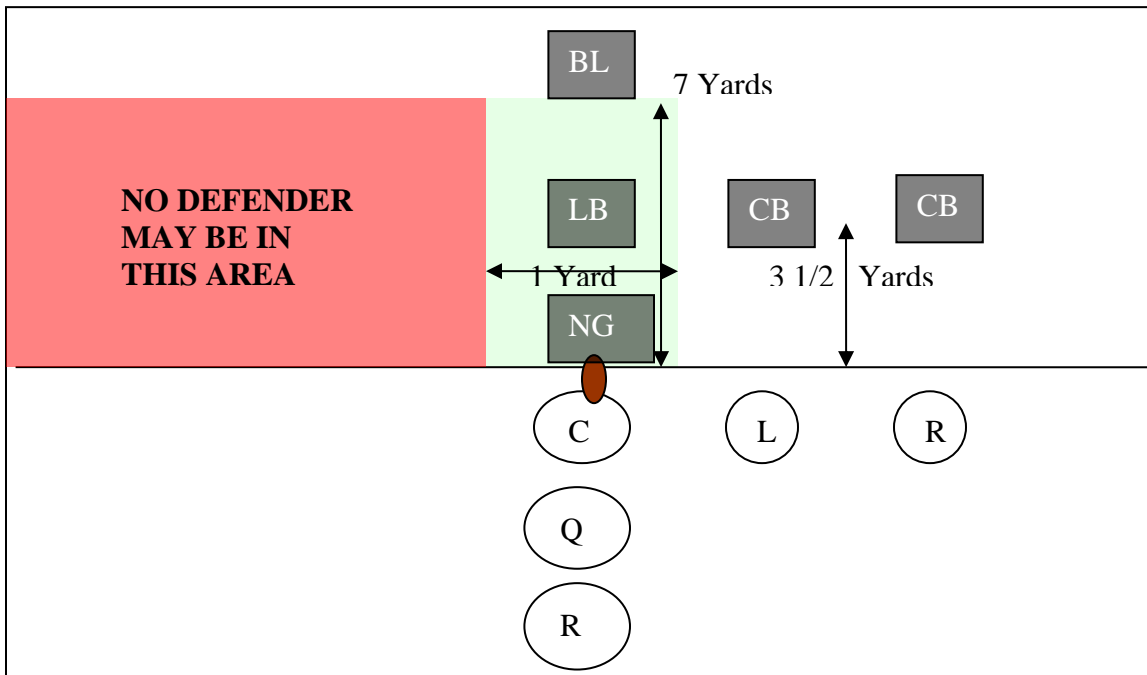
Cornerbacks (CB) - Wide Receivers/Tight Ends (L, R) – (No more than 3 ½ yards from LOS)

Nose Guard (NG) - Center (C) – (On the LOS)

Linebacker (LB) – Running Back (RB) (No more than 3 ½ yards from LOS)

If the RB is in the backfield, the LB MUST line up in the **Green Box**, within a 1 yard box (horizontal) and within a 3 1/2 yard box (vertical) from where the RB lines up in the backfield

If ANY defender is in the **Red Box**, it is considered a zone and illegal defense.



### Running

- No Trick Plays – if you see it on Youtube, don't run it.
- Only direct handoffs behind the line of scrimmage are permitted. **No** laterals or pitches.
- Offense may use multiple handoffs behind the line of scrimmage.
- The quarterback cannot run with the ball directly from the center snap.
- The center **cannot** run with the ball.
- "No-running zones" located five yards from each end zone and five yards on either side of midfield are designed to avoid short-yardage, power-running situations.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players **cannot** leave their feet to avoid a defensive player (no diving).
- **Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player.**
- Flag guarding. Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder or intentionally covering the flags with the football jersey (Flag obstruction).
- Flag obstruction – All jerseys **MUST** be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is located.
- Offensive players without the ball **MUST** stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.

## 2020 Montgomery NFL Flag Football

### Receiving

- All players are eligible to receive passes. (including the quarterback if the ball has been handed off behind the line of scrimmage)
- Only one player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception.
- In the case of simultaneous possession by both an offense and defensive player, possession is awarded to the offense
- Interceptions are returnable on conversions after touchdowns (2pts)

### Passing

- Shotgun is allowed. QB must be 3-5 yards behind center
- The ball must be snapped to a clearly defined QB awaiting the snap or another player who shifts into that position prior to the snap. **A player in motion can not take the snap.**
- Shovel passes are allowed. All Passes must be beyond the line of scrimmage.
- Pass must be thrown from behind the line of scrimmage.
- The quarterback has a seven-second "pass clock" to pass the ball.
  - a. If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage.
- If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule no longer is in effect.

### Rushing the Quarterback

Only **one** designated player (Blitzer – BL) can rush the passer and must be a minimum of **seven yards** from the line of scrimmage and on center when the ball is snapped. (**Montgomery NFL Flag Rule**)

Once the ball is handed off, the **seven-yard rule** no longer is in effect, and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage.

Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in **a roughing the passer penalty**.

### Dead Balls

Play is ruled "dead" when:

- Ball carrier's flag is pulled.
- Ball carrier steps out of bounds.
- Ball carrier hits the ground.
- Ball carrier's knee hits the ground.
- Ball carrier's flag falls out.
- Touchdown or safety is scored.

Note: There are no fumbles. The ball is spotted where the ball hits the ground.

### Official – Inadvertent whistle

When an inadvertent whistle is blown by an official, the ball is dead at the point when the whistle is blown.

The team against which the inadvertent whistle was blown dead has the option of:

- a. Take the ball where it was when the whistle blew and the down consumed
- b. Replay the down from the original line of scrimmage.

A team is allowed to use a timeout to question an official's interpretation. If the official's ruling is correct, the team will be charged a timeout. If the rule is interpreted incorrectly, the timeout will not be charged and the proper ruling will be enforced.

Officials should all agree upon any controversial call in order to give each team the full benefit of each call.

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### Non-Penalties (Warnings)

All warnings can be called by the referee or coach prior to the next play.

**Illegal attire** - After the first warning to player **and** coach, the next player with untucked shirt at the inception of play that touches the ball will be charged with "Flag guarding"  
(jersey not tucked in that falls below the flags and waistline; flags not at side.)

**Offside** – beyond the line of scrimmage at the snap.

**Illegal motion** – more than one player moving, is moving forward at the snap.

**Delay of game** - 30 or 45 (K-2) seconds to snap ball. 1 warning per team per half. Clock stops.

### Penalties

All penalties will be called by the referee **after** the play has ended. Throw the flag at time of infraction.

**Defense:** Games cannot end on a defensive penalty, unless the offense declines it.

**Illegal contact** – The defense shall not (intentionally or accidentally) hold, grasp or obstruct forward progress of a ball carrier when in the act of removing the flag belt. 10 yards and replay down from dead ball spot unless first down is achieved.  
(tackling, holding, blocking, pushing, interference etc.)

**Diving** – If a player attempts to remove a flag by diving and trips the ball carrier, there is a 10 yard penalty from the spot of the ball and an automatic first down unless a first down is achieved.  
**If the trip happens and in the opinion of the referee a touchdown was prevented the referee can award the touchdown.**

**Spinning out of control** – Called for Flag Guarding

**Illegal FLAG pull** - replay down from dead ball spot unless first down is achieved.  
(before receiver has ball, stripe or pull ball from carrier, grabbing uniform first etc.)

**Illegal rush** – replay down from dead ball spot unless first down is achieved.  
(starting rush from inside 7-yard marker, rusher not on center of ball, not rushing QB, crossing line before hand-off etc.)

**Illegal defense** – replay down from dead ball spot unless first down is achieved.

**Roughing the Passer** – **automatic first down and 10 yards added to the end of the play if positive yards made or 10 yards from the original spot. If the yardage added brings the team inside the no-run zone or end zone, the team can choose to place the ball outside the no run zone**  
(Blocking the pass or attempting to block the pass and then making contact with the passer intentionally or inadvertently)

**Flag Spiking** – After first incident player and coach are warned. Repeated incident will be flagged and replay down from dead ball spot, unless first down is achieved  
(Throwing the flags to ground after pulling them in unsportsmanlike manner)

#### Offense:

**Illegal contact** – dead ball at spot of foul - down counts.  
(tackling, holding, blocking (includes screening defenders), pushing, diving, interference etc.)

**FLAG guarding** – dead ball at spot of foul - down counts.  
(ball carrier preventing a defender from grabbing the flag or intentionally covering flags with jersey)

**QB delay/sack** – dead ball at spot of foul - down counts.  
(QB holding ball for more than 7 seconds behind line of scrimmage)

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**Delay of game** - 30 or 45 (K-2) seconds to snap ball - loss of down - clock stops.  
(in huddle more than 30 or 45 (K-2) seconds, warning first)

**Illegal forward pass** - previous spot - down counts.  
(pass thrown beyond line of scrimmage)

**Illegal backward pass** - previous spot – down counts.  
(lateral)