

# Spokane Youth Sports Association

## NFL Flag Football Passing League Rules (Middle School-High School)

SYSA NFL Flag Football Passing League is designed for those who want to play football and are not playing for their school team. Our primary goal is for everyone to have fun, but to do that, there are rules that must be followed.

### I: General Rules:

- a. All Players must be on the roster. Players not on the roster will not be allowed to play.
- b. All players must be wearing a league issued NFL Flag jersey. Players without uniforms will not be allowed to play.
- c. SYSA has a ZERO TOLERANCE stance on fighting. Any punches or kicks will be an AUTOMATIC ejection from the game and termination from league.
- d. A maximum of 12 players shall be placed on team rosters – five players will constitute a team.

### II: Game Play

- a. We will use rock-paper-scissors to determine which team starts on offense.
- b. **The game will consist of two 17-minute halves, running clock except for one time out per team per half. If necessary, referees may stop the clock to allow a mass substitution or time to explain a penalty. There will be a 4 minute half time. Games must be completed in 45 minutes.**
- c. If a play begins before the clock hits zero, the resulting play will stand.
- d. A ball carrier is down with his flag is pulled.
  - o If a flag falls off during the play unintentionally (referee's discretion), then the play will continue by one-hand touch. There will be a 10-yard penalty for deliberately pulling a flag if the player you pull it from does not have the ball. (Unsportsmanlike conduct).
- e. Defensive players may not leave their feet (dive) to make a tackle. A defender leaving his feet will get one warning, after that it is an automatic first down at spot of foul.
- f. **Offense is not permitted to block.** First offense is a warning, after that the ball will go back to original play line of scrimmage and offending team will be given a loss of down.
- g. Each possession will start on the 40 yard line.
- h. 3 downs to get to the 25
- i. 3 downs to get from the 25 to the 10
- j. 3 downs to get into the end zone from the 10
- k. The QB will have 4 seconds to throw.
- l. If the QB does not release the ball before the timer goes off, it is an automatic loss of down.
- m. All passes MUST be completed beyond the line-of-scrimmage. This means no screens.
- n. Each team is allowed one blitz per game.
- o. Blitzer must start outside the tackle box, or five yards from the line of scrimmage. If this rule is violated, the offense may accept the result of the play or replay the down.
- p. When the defense blitzes, the 4 second throw clock is eliminated.
- q. There is no limit of the number of defensive players allowed to blitz during their team's one allowed blitz.
- r. When the defense blitzes, the QB becomes live, and may cross the line of scrimmage as a run.
- s. If the QB's flag is pulled by a defensive blitz, the ball will be placed at the spot of the pulled flag. If flag is pulled behind the 40, ball is placed on the 40.

- t. Any offensive penalty on third down that results in a loss of down, will be considered a turnover on downs.
- u. Any penalty by the offense is a loss of five yards and we will replay the down. If the original line of scrimmage was the 40 yard line, the offense receives a loss of down.
- v. **Each team will have 30 seconds from the end of a play to get the next snap off. Delay of game is an automatic loss of down.**
- w. Defensive holding or pass interference is an automatic first down at the spot of the foul.
- x. If the foul occurs in the end zone, the ball will be placed on the one yard line, and the offense will be given a first down.
- y. If a defensive foul occurs on the final play of regulation, the offense will receive one untimed down from the spot of the foul. If the offense scores on the untimed down, they will receive one untimed conversion.

### **III: Scoring**

- a. A touchdown is worth 6 points.
- b. There will be no extra points after touchdowns
- c. An INT is worth 3 points to the defense.
- d. There are no returning INT's for touchdowns.
- e. After an INT, the team forcing the INT will start on offense at the 40 yard line

### **IV: Tie-breaking Procedures**

- a. There will be no tie breaking procedures during regular season games.
- b. In playoffs, the tie breaking procedures are as follows.
  - o We will use Rock-Paper-Scissors to determine which team will go first.
  - o Each team will receive one offensive play from the 40 yard line.
  - o The offense that gains the most yards on their play will be declared the winner.
- c. If there is still a tie, the same rules will be used until a winner is declared.
- d. There is no game clock in OT. The play clock and throw clock will remain in use.

### **V: Special Rules**

- e. The play will begin when the QB takes the "snap off the tee" at the line of scrimmage
- f. All jerseys must be tucked in. Referees will monitor to make sure jerseys are always tucked in.
- g. You may substitute freely. However, mass substitution should only be done at the end of each half or during a time out.
- h. Each player must play at least half of the game
- i. Every player must wear a mouthpiece at all times – NO EXCEPTIONS!
- j. Spinning is NOT allowed. Ball will be dead where spin occurred.
- k. Stiff arms by the ball carrier are illegal– 10 yard penalty.
- l. All fumbles are dead when the ball hits the ground.