



City of Redding Community Services
Recreation Division
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2010 NFL FLAG RULE MODIFICATIONS

- Mouth Guard Required!

TIMING/OVERTIME

- Two 25-Minute Halves
 - Five minute halftime
 - Each team has one 1-minute timeout per half.

RUNNING

- The quarterback (QB) cannot run with the ball, but after handing off the ball, the quarterback can receive a pass or be handed back the ball.
 - If the quarterback is handed back the ball, he/she can still throw a pass as long as the ball hasn't crossed the line of scrimmage.
- No laterals or pitches (in other words, no backwards "passing" of any kind). Snapped balls must be given from the quarterback to a teammate by either a pass or handoff.

HIKING

- Center snaps the ball to the QB or a running back (on a trick play) through legs, not off to one side, to start play.

DEFENSE

- No tackling
- No pushing
- No grabbing Jerseys intentionally

BLOCKING

- "Blocking" and "Screening" are not permitted
 - A screen or block is considered:
 - When players without the ball extend arms to keep opposing players from getting the ball handler's flags.
 - A block happens when a player extends arms. A player can stand in one place and not have a penalty called (if player appears to be in way of opposition making play on ball handler) as long as player's hands, arms, elbows are not extended from body.

BLOCKING (cont)

- Players can not run alongside teammate with ball....
 - Once balls in beyond line of scrimmage all offensive players besides ball handler must freeze. If interference by non-ball handler is assessed a blocking penalty will be called.
 - The simplest answer to this problem is to teach offensive players stay away from the ball-handler once down-field.
- It's not allowed. Period. If it looks like a block, it will be called a block. Even if it happens by accident. If an offensive runner obstructs a defender from an opportunity to grab the ball carrier's flags, then the offense will be penalized. (10 yard/loss of down). Don't give the players any ideas - teach them once the ball-carrier is down the field, to just get out of the way.

UNIFORMS

- Jerseys must be tucked in.
- Flags must be completely visible.
- Flags must be on hips.
- Jersey (nor any other part of the uniform) cannot cover flags.

WHISTLE BLOWS = PLAY IS DEAD (However, with three fields being used at once, whistles are being blown constantly. It's okay to teach the players to continue to play through a whistle. The referees on the field (along with coaches and spectators) will make sure the player knows play is dead.

LOOPHOLE/GRAY AREA RULES UPDATE

TACKLING

- It's not allowed. Period. If it looks like a tackle, it will be called a tackle. Even if it happens by "accident". Offense will receive an automatic first down and 10 yards. If a player is called for a tackle, he/she will be given a warning. If it happens twice, they will sit out the remainder of the half. If it happens three times (by one player), the player will sit out the remainder of the game, and cannot play in their team's next game.

SHOULDER DIPPING

- If a player is called for shoulder-dipping, offense will be penalized a loss of a down and 10 yards.
- This is Flag Football, not tackle. We don't want anyone getting hurt. Let's not encourage rough play.