

**NEWTON YMCA
NFFL League Rules**



FIELD

60 X 30 yard field with 10 yard end zones

UNIFORM

1. Special protective devices such as shoulder pads are prohibited.
2. Soft rubber spikes and tennis shoes will be permitted. No metal spikes allowed.
3. A belt with two flags must be worn, furnished by the YMCA. Flags may not be wrapped around any garment or article of clothing.
4. Shirts and excess beltage **must be** tucked in, so that no part of the flag is covered or interfered when pulled.
5. Players will not be allowed to wear red or yellow sweat pants.
6. Captains please inform players to adjust flags so they are along the legs.

PLAYERS

1. This is a 5 v 5 League. Must have a center and quarterback to start play. Remaining 3 players may line up as they choose. (See Defense)
2. Unlimited substitution is permitted whenever the ball is not in play.
3. Every player must play half of every game.

SCORING

1. Touchdown: 6 points
2. PAT from 5 yds out = 1 point. 10 yds out = 2 points, 20 yds out = 3 points.
3. Safety: 2 points
4. Defense intercepting a point after conversion and housing it is worth two points. Regardless of where the attempt was tried from

START/LENGTH
OF GAMES

1. A coin is tossed, winner gets choice of goal or to kick off/receive. Loser gets same choice at start of second half.
2. A game will consist two twenty minute halves.
There will be a 3 minute half time.
3. The clock will run straight through play except for time-outs. During the last minute of each half when the clock will be stopped on dead balls which will include: incomplete passes, out of bounds, change of possession, timeouts, first downs, and enforcing of penalties. (See penalties # 2 for clock run off)
4. Each team has 2 one minute time-outs per half. There will be no carry over time-outs to the second half.

ADVANCING
THE BALL

1. Teams shall have 30 seconds between downs to put the ball into play.
2. The ball is put in play by a center snap between the centers legs.
3. Offensive position starts at the 10 yard line. Offence has 4 plays to cross mid-field for a first down. Then four plays to score. Offense may run the ball once per first down.
4. Offensive player must make an attempt to go around defender, no running over the defensive player.

5. A player may not dive for a first down or touchdown.
6. The center is ineligible to run the ball on offense. The center is eligible to catch passes and laterals.

DOWNING BALL CARRIER

1. Pulling one or both flags from the ball carriers hips.
2. A ball carrier may not continue to advance the ball if he has slipped and fallen even though both of his flags are still secure to his belt. The ball is downed where his first knee touched.
3. If a player catches or intercepts a pass or in any legal manner received the ball and the said player does not have both flags showing he shall be considered down at the spot he received the ball.
4. Any player who loses his flag while advancing with the ball shall be downed at the point at which he loses his flag. This would include the allowance of a Td, for example receiving a pass in the end zone without one or no flags on.
5. Players must try to go for the flag. Anything other than this will result in a penalty.

BLOCKING

No Blocking allowed. The center may shadow block the rusher. The defender must go around the center. Not through them. The center may not use their body to bang into the rusher. No downfield shadow blocking allowed.

DEFENSIVE

1. All defensive players must start play 5 yards behind the line of scrimmage.
2. A defensive player may not tackle or push a ball carrier in any manner to down him/her A deliberate tackle of a ball carrier (that would have scored) to save a Td, the official will award a Td.
3. Intentionally pulling a player's flag that does not have the ball is ruled illegal contact. (Dback beat downfield and pulls flag before the ball gets to the receiver)

FORWARD PASS

1. Only one forward pass may be thrown on each down, but any number of laterals or backward passes are allowed.
2. All players are eligible to receive a pass.
3. A forward pass may be thrown from any point behind the line of scrimmage.

FUMBLES

1. Any player may run with a fumbled ball provided he catches it before it hits the ground.
2. A fumbled ball touching the ground is immediately ruled dead and placed where it touched the ground unless it was fumbled forward, which then the ball is down where fumble occurred.
3. A hike from center which touches the ground is a dead ball and is placed where the ball touched the ground and counts as a down. (if it falls in the end zone = safety.)

MISC.

1. Forcibly pulling or stripping the ball out of the ball carriers hands is not allowed. It will be treated as an unsportsmanlike conduct personal foul.

2. A defender may not make any contact with the quarterbacks arm. A pass may be blocked and knocked down but no contact can be made to the qb.
3. No diving is allowed at any point on the field. Result will be a 5 yard spot foul from the point of the dive.
4. If game ends in a tie NFL overtime rules apply. Overtime is played for 10 minutes. Clock stops last minute. Team that wins toss scores and converts a two point conversion (10 yds out) wins. Each team has one time out.
5. Huddles are mandatory during every down except the last minute of the half or game.
6. There will be no navy hikes (touching the QB's hands and the center running the ball)
7. NFL teams this fall. On pass receptions both feet must be inbounds.
8. Teams may bring their own "official size" (high school, college, NFL) football. There is no psi regulation.
9. If a team chooses to punt, the ball is automatically moved 20 yards up field.

PENALTIES

1. Any time a penalty would take the team more than half way to the goal, we penalize half the distance to the goal.
2. A 10 second run off rule will apply at the end of the half and game. (Intentionally committing a penalty to stop the clock is the intent of this rule)
3. If the penalty is against the offensive team, the choice goes to the defense and vice versa.

ROSTERS

Only registered and paid players are allowed to participate. Any roster additions after the first game must be approved by the sports director. Please do not bring players that are not registered to our program.

VIOLATIONS	PENALTY	DOWN	ENFORCED FROM
Encroachment/Offside	5 yards	same	line of scrimmage
Delay of game	5 yards	same	line of scrimmage
Flag Guarding	10 yards	loss of down	point of foul
Offensive holding	10 yards	same	line of scrimmage
Defensive holding (or d-line making excessive contact w/ o-line)	5 yards	automatic first	point of foul
Defensive pass interference	10yards	automatic first	line of scrimmage
Offensive pass interference	10 yards	loss of down	line of scrimmage
Downfield Block	10 yards	same	line of scrimmage
Unnecessary roughness (tackling)	10 yards	automatic first	point of foul
Unsportsmanlike conduct	10 yards	automatic first	line of scrimmage
Stiff arm/Shield the flag	10 yards	loss of down	point of foul
Running over defender	10 yards	loss of down	point of foul

*Defensive pass interference in the end zone results in an automatic first on the one yard line.

*Officials will call unsportsmanlike conduct any time they feel a team is playing with poor sportsmanship or if a players is uses any foul language.