



Football is America's game. FNA (Football 'N' America) is a non-contact youth flag football co-ed sport for kids in grades K-8. Our leagues provide a safe, positive, and family-friendly environment to learn the game the right way and have fun doing it! FNA is a 6 vs 6 flag football league that is modified from traditional tackle football while retaining the same basics and skills. Each game is filled with fast-paced play and a ton of fun!

### **GAME PLAY**

A coin toss at midfield determines first possession and direction.
The ball must be snapped <u>between the legs</u> to start every play.
Starting at its own 5-yard line, the offense takes possession and has 3 downs to cross midfield for a 1 <sup>st</sup> down. No Kickoffs!
Once a team crosses midfield, it has 3 downs to score a touchdown.
If the offensive team fails to cross midfield or score, possession of the ball changes and the opposition starts its drive from its own 5-yard line.
All possession changes, except interceptions, start on the offense's 5-yard line.
Interceptions may be returned for touchdowns or receive the distance returned when changing possession.
Teams change sides after halftime. Possession changes to the team that did not start with the ball in the first half.

### **ROSTERS**

Most teams consist of 8 players – 6 on the field, with 2 substitutes. Teams consisting of more than 8 players must receive approval from the Commissioner who will also determine that team's substitution strategy. Teams must field a minimum of 5 players to play a recorded game. ONLY registered players are allowed to play for their own team. Players may not "fill-in" or "substitute" for a non-roster player...even if registered in the league. Any team using a fill-in player will forfeit the game in which they were used, Automatic post-season disqualification if used in the playoffs.

### **SUBSTITUTIONS**

All players must play 3 out of the 4 quarters. Everyone sits out a quarter and substitutions are only allowed at the quarter breaks unless there is an injury.

### COACHES

Divisions K, 1 <sup>st</sup> /2 <sup>nd</sup> and 3 <sup>rd</sup> /4 <sup>th</sup> Grade	One coach is allowed on field per team
Divisions 5 <sup>th</sup> /6 <sup>th</sup> and 7 <sup>th</sup> /8 <sup>th</sup> Grade	Coaches must remain on sidelines

### TIMING

Games are a total of 40 minutes, played with four 10-minute running quarters. There is a 1-minute break between quarters for water and substitutions and a 5-minute break for halftime. Each team receives two 60-second timeouts per half which do not carry over to the 2<sup>nd</sup> half if unused. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams may receive one warning before a delay of game penalty is enforced. **If a game is within 8 points in the final 2 minutes of play, the clock will stop for incompletions; when a ball carrier steps out of bounds; and for a change of possession.**

### SCORING

Touchdown	6 Points
Extra Point (5 yard line – pass ONLY)	1 Point
Extra Point (12 yard line)	2 Points

### OVERTIME

#### **5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> DIVISIONS ONLY**

If the score is tied at the end of 40 minutes, teams move directly into overtime. The following tie-breaker system will be used for all overtime games:

A coin toss determines possession
Ball is placed at midfield
After 3 plays, the referee will mark where the ball ended up (cone, flag, etc.)
Opposing team will now take over at midfield and run their 3 plays going in the same direction.
Whichever team gains the most yards on 3 plays wins the game.
If both teams are tied after 3 plays, the above scenario is repeated until there is a winner.
Negative net yards on offense will count against that team. Other team must still run their 3 plays.
If ball is intercepted and returned for a touchdown, game is over.

## RUSHING

The quarterback cannot run with the ball

### **NO CENTER SNEAKS!**

Hand-offs, laterals and pitches are allowed as per NFL rules.

The player who takes the hand-off, lateral or pitch can throw the ball from behind the line of scrimmage.

If a player receives a hand-off, lateral, or pitch in the Pass ONLY zone, that player must then throw the ball forward for the play to be deemed legal.

In the Pass ONLY zone, a play is still deemed legal if a receiver catches a pass behind the line of scrimmage provided the referee determines it to have been a forward pass.

Once the ball has been handed off, lateraled or pitched, all defensive players are eligible to rush and cross the line of scrimmage.

Both spinning and jumping are permitted moves for a ball carrier. **NO DIVING.**

The ball is spotted **where the ball is at the time the ball carrier's flag is pulled or they step out of bounds.**

A ball-carrier must make an effort to avoid running through, or initiating contact with, a defensive player. It is the Referee's sole discretion to determine if an infraction was intentional and whether just a warning on up to an Unsportsmanlike Conduct is to be assessed.

## RECEIVING

All players are eligible to receive a pass (including the QB, provided the ball was handed off, lateraled or pitched behind the line of scrimmage as per NFL Rules). As in the NFL, only one player is allowed in motion at a time. A player must have at least **one foot inbounds** when making a reception and can have no body part touching out of bounds prior to completing the reception.

## PASSING

The QB has a 7-second "pass clock" (it is the Referee's sole discretion to count out loud or to him/herself). If the QB does not get rid of the ball within the 7 seconds, the play ends with the next snap taking place at the same line of scrimmage as previous play unless possession changes hands through downs. As soon as the ball leaves the QB's hands, the 7-second rule is no longer in effect.

An underhand forward toss – "shovel pass" - is considered a forward pass!

Interceptions may be returned. If not returned for a touchdown, the intercepting team will run their next play from the spot where that play ends.

**Pass ONLY zones** are in effect within the 5 yards before both the goal line and the 1<sup>st</sup> down line at midfield. These zones are intended to keep teams from running the football with potential blockers which increases the odds for contact/injury

## DEAD BALLS

The play is ruled dead when...

Ball carrier's flag is pulled
Ball carrier steps out of bounds
Touchdown or safety is scored
Ball carrier's knee touches the ground
Ball carrier's flag falls out <b>BUT</b> the play ends only when a defender is within pulling distance
Ball carrier's flags are NOT positioned at the hips (slide to the back making it difficult to pull)
The ball hits the ground on a "fumble"...no stripping of the ball allowed!

## RUSHING THE QUARTERBACK

All players who rush the QB must be a minimum of seven yards from the line of scrimmage (as marked by ref) when the ball is snapped. Any number of players can rush the QB. Players not rushing the QB may defend on the line of scrimmage but cannot cross over that line until the ball leaves the QB's hands.

Once the ball leaves the QB's hands, the seven-yard rule is no longer in effect and all defenders may go behind the line of scrimmage. The referee will designate seven yards from the line of scrimmage. **NO BLOCKING, TACKLING, OR STRIPPING OF THE BALL IS ALLOWED.**

## PENALTIES (ALL PENALTIES CAN BE DECLINED)

All penalties will be called by the referee. The referee has to make difficult judgement calls at times. Referees determine incidental contact that may result from normal run of play. Only the head coach may ask the referee questions about rule clarification and interpretations. Players cannot question any calls made by the officials. Games cannot end on a defensive penalty, unless the offense declines it. Coaches may decline any and all penalties.

### **DEFENSIVE PENALTIES:**

<b>Offsides</b>	5 yards, repeat down
<b>Pass Interference</b>	5 yards, repeat down
<b>Illegal Contact</b> (blocking, running into QB, etc.)	5 yards, repeat down
<b>Illegal Flag Pull</b> (pull flag before receiver has ball)	5 yards, repeat down (if no yardage gained) or 5 yards from the end of the play
<b>Illegal Rushing</b> (leaving early from 7-yard rush mark)	5 yards, repeat down
<b>Unsportsmanlike Conduct:</b> At sole discretion of the referee	10 yards from spot of foul/automatic 1 <sup>st</sup> down/possible ejection

## OFFENSIVE PENALTIES:

<b>Illegal Motion:</b> (false start, more than one player in motion)	5 yards, repeat down
<b>Illegal Forward Pass:</b> (passer beyond line of scrimmage when throwing forward pass)	5 yards, and loss of down
<b>Offensive Pass Interference:</b> (illegal pick play, pushing off/away defender)	5 yards and repeat down.
<b>Flag Guarding:</b>	5 yards from the spot of the foul
<b>Charging:</b> (not making an attempt to avoid the defender/making contact)	5 yards from the spot of the foul
<b>Delay of Game</b>	Clock stops, 5 yards and loss of down
<b>Unsportsmanlike Conduct:</b> At sole discretion of the referee	10 yards from line of scrimmage/loss of down/possible ejection
<b>Pass Clock: (QB not getting rid of ball in 7 seconds)</b>	Loss of down

## SPORTSMANSHIP

If the field Referee or Commissioner witnesses any acts of tackling, elbowing, cheap-shotting, blocking or **ANY** other conduct they determine to be an unsportsmanlike act, the game will be stopped and the offending player, coach and/or fan may be ejected from the game and, potentially, the field/premises.

**\*\*FOUL PLAY OR UNSPORTSMANLIKE CONDUCT BY ANYONE WILL NOT BE TOLERATED!!\*\***

Officials have the right to determine what constitutes offensive language, including taunting. Offensive language towards officials, opposing players, teams or spectators is not acceptable in this league. Appropriate celebration is permissible however spiking is not allowed. If any of these occur, it is within the referee's sole discretion to determine the level of penalty to be enforced: from a warning up to forfeiture and/or ejection from the field and premises.

Anyone ejected from a game (player, coach, fan), for any reason, will not be allowed on the premises for the next game. If they are ejected a 2<sup>nd</sup> time during the season, they will be banned from the remainder of the season and are subject to dismissal from the league with **NO REFUND**.

## STANDINGS

Official league standings and playoff seedings are determined based on the following:

- 1) Win/Loss Winning PCT (All games are included)
- 2) Head to Head
- 3) Average Points Allowed per game
- 4) Coin Toss

## ATTIRE

Cleats are allowed, except for metal spikes. Inspections will be made at midfield prior to each game. **For the safety of our players, all players must wear a protective mouthpiece...no exceptions!!**

Official league team jerseys and league flags must be worn during play. **Flags must be of a different color than the shorts.** Shorts must be of a solid color. **No stripes or pockets are allowed on the shorts.** FNA commissioners and/or referees will determine if there are any uniform violations. Any violation of the attire rule should be rectified ASAP. If violation continues, the Head Coach is subject to a one game suspension and game is subject to forfeit as determined by the FNA Commissioners.