



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 game that is modified from traditional American Football intended to keep the basics and skills the same. Each game is filled with fast pace 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 play.
Starting at their 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 who 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. 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 4 10-minute running quarters. There 1-minute break between quarters for water and substitution and a 5-minute break for halftime. Each team receives 2 timeouts per half and they do not carry over to 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. **The clock is stopped in the final 2 minutes of any game within 8 points! During this time the clock will stop for all incomplete passes and when a ball carrier steps out of bounds.**

### SCORING

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

### OVERTIME

If the score is tied at the end of 40 minutes, teams move directly into overtime (**5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> ONLY**). 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, we do it again until there is a winner.
Negative net yards on offense will count against you. 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
Hand-offs, laterals and pitches are allowed as per NFL rules.
<b>NO CENTER SNEAKS!!</b>
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, the player must throw the ball forward for it to obey the Pass ONLY rule.
Players could receive a forward pass in the backfield and then cross the line of scrimmage.
Once the ball has been handed off, lateraled or pitched, all defensive players are eligible to rush.
Spinning is allowed. Jumping is allowed.
No DIVING.
The ball is spotted <b>where the ball is at the time the ball carrier's flag is pulled.</b>
Player running with the ball must make an effort to avoid running through or initiating contact on the defensive player. Penalty, if called, may be unsportsmanlike conduct.

## RECEIVING

All players are eligible to receive passes (including the QB, if the ball has been 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.

## PASSING

The QB has a seven-second "pass clock". If the QB does not get rid of the ball 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.
Shovel passes are allowed. <b>An underhand forward toss is considered a forward pass!</b>
Interceptions may be returned.

**Pass ONLY zones** are set 5 yards from each end zone and 5 yards on either side of midfield. These zones are intended to keep teams from running the football with potential blockers and avoiding any contact/injury. The Pass ONLY zone is in effect when the offensive team is trying for a touchdown or first down within five yards of the line.

### 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 hits the ground
Ball carrier's flag falls out
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 ten 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 only until the ball leaves QB hands.

Once the ball is handed off, the ten-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 ten yards from the line of scrimmage. **Remember, 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 referees have 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 judgment calls. Games cannot end on a defensive penalty, unless the offense declines it. Coaches may decline any and all penalties.

<b>DEFENSIVE PENALTIES:</b>	
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<b>Offsides</b>	5 yards, repeat down
<b>Pass Interference</b>	5 yards, repeat down
<b>Illegal Contact</b> (blocking, running into the QB, etc...)	5 yards, repeat down
<b>Illegal Flag Pull</b> (pull flag before receiver has ball)	5 yards, repeat down
<b>Illegal Rushing</b> (leaving early from 10-yard rush mark)	5 yards, repeat down
<b>Unsportsmanlike Conduct</b>	10 yards from spot of foul/automatic 1 <sup>st</sup> down/possible ejection
<b>OFFENSIVE PENALTIES:</b>	
<b>Illegal Motion:</b> (false start, more than one player in motion)	5 yards, repeat down
<b>Illegal Forward Pass:</b> (pass thrown beyond line of scrimmage)	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>	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 shots, blocking or **ANY** unsportsmanlike act, the game will be stopped and the player/coach or fan may be ejected from the game.

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

Officials have the right to determine offensive language. Offensive language towards officials, opposing players, teams or spectators is not acceptable in this league. If this occurs, the referee **may** give one warning and if it continues, the player(s), coach(es) and/or fan(s) will be subject to ejection from the field and premises. The game will not continue until the ejected party has left the premises. If they do not leave, the referee will forfeit the game immediately and award the Win to the opposing team.

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.