



# NEFL



## **2009 GAME RULES AND REGULATIONS** **MINOR FLAG - KINDERGARTEN / 1<sup>ST</sup> GRADE**

### **PLAYING FIELD DIMENSIONS**

- A. The playing field will be 25 yards in depth and 40 yards in width. The field of play will be 15 yards in depth by 40 yards wide. The End Zone will be 10 yards in depth by 40 yards wide.

### **GAME CLOCK**

- A. Each game shall consist of four (4) twelve (12) minute quarters. There will not be a game clock. The playing time of a game will be One (1) HOUR in length. Start to finish of each game shall not exceed one (1) hour in length.
- B. Each team shall have six (6) minutes on offensive each quarter. This will allow for 24 plays for each team during a 1 hour game. Offensive possession shall be alternating possessions, not 24 straight plays.

### **PLAY CLOCK**

- A. After the Ball has been spotted, the offensive team will have 1 minute to call and commence the next play.
- B. League recommendation is to achieve one minute plays. Play is from spotting of ball (start of huddle) through play execution and return to huddle.

### **SCORING**

- A. Does not apply. This is an instructional league and focus should be on teaching skills and sportsmanship.

### **SPECIAL TEAMS**

- A. Does not apply.



## **FORMATIONS**

- A. All offensive plays will start at the fifteen yard line. After each play is blown dead the ball shall be spotted back at the fifteen yard line.
- B. There will be no change of possession for fumbles or interceptions. Play shall be called dead and the offensive team will keep possession of the ball until their allotted amount of time is finished.
- C. Play is stopped once the ball carrier's flag is pulled.
- D. There will be no TACKLING! Play shall be called dead immediately if a tackle occurs.
- E. There will be no blocking and/or body contact at the line of scrimmage or down field except incidental contact.
- F. The commissioner will give each coach a playbook with both offensive and defensive formations. All plays must be run from these set formations.
- G. **Defensive Alignment:**
  - a. The defense shall consist of eight (8) players. Two (2) linemen (defensive tackles), two (2) inside linebackers, two (2) outside linebackers (cornerbacks) and two (2) safeties. The linemen must always play head up on the offensive linemen. No players in the gap.
  - b. The defense is not allowed to cross the line scrimmage unless the ball carrier crosses over then returns back behind the original line of scrimmage or there is more than one handoff.
- H. **Offensive Alignment:**
  - a. The offense shall consist of eight (8) players. Three (3) linemen (one (1) center and two (2) tackles), one (1) quarterback, two (2) running backs, and two (2) receivers. A three man backfield is permitted (refer to play book). The receivers can be tight ends or wide outs.
  - b. There will be no unbalanced offensive formations (refer to play book).
  - c. All players must touch the ball on offense during the course of the game. This does not include the center position.
  - d. There will be no straight arming or flag guarding by the ball carrier.

## **HEAD COACH, ASSISTANT COACH, ASSISTING PARENTS AND TEAM PARENT**

- A. During the game the Head and Assistant coaches shall be permitted to be on the field and behind the teams to insure proper formation and general instruction.
- B. Coaches and players will be on the opposite side of the field from the parents.

- C. Parents will sit 5 yards away from the sideline.
- D. Parents will not interact with coaches during the game.
  - a. If problems arise during the game, parents should address it with their Head coach after the game.
- E. Coaches are responsible for their own conduct as well as their parents.
- F. Suspension of a coach, parent or player means that they are not allowed at Dillon Park on the game day specified. In the case of inclement weather, the suspension will be served at the next “played” game.

### **DRAFT STRUCTURE SCHEDULING AND PLAYOFFS**

- A. There will be no draft in Minor Flag Football League. Players shall be placed as even as possible. This will be done by the commissioner of that league with approval of the Board of Directors.
- B. There will be no play-off tournament for Minor Flag Football League.
- C. Each team will play eight (8) games, weather permitting

### **CHEERLEADING**

No Changes

### **MISCELLANEOUS**

- A. Teams will practice only one (1) night per week. The length of practices will not exceed 90 minutes and/or extend after dark.
- B. There will be no practice on Fridays unless it is approved by the commissioner.
- C. Games will be played on Saturdays. Exceptions for special circumstances shall be by commissioner with Board Approval.
- D. Equipment:
  - a. Team Jersey and Flags will be provided by the league.
  - b. Team Jersey’s must be tucked in at all times.
  - c. Shorts/pants will not be the same color as the flags provided.
  - d. Each team will receive a football and mouth guard’s.
  - e. Mouth guards will be worn during the game

### **AMENDMENTS**

- A. The commissioners with the approval of the Board of Directors have the right to make amendments to the rules at anytime to ensure fair and safe play.