



## **CYSA AMENDMENTS to the NFL Flag Rules**

**(Amendments are numbered in sequence with the NFL Rules Handbook for easy reference)**

### **I. GAME**

1. When starting a game, it is important to check in all of the players. Make sure each player is wearing their NFL Flag jersey and that it is tucked in. Check that flags are on properly. Soccer-type cleats are OK until August 31 (after 9/1 any player wearing cleats must change their shoes!), but turf shoes are okay all season. Check all players for jewelry, watches, gum, etc. **NO JEWELRY IS ALLOWED.** And that means **NO EARRINGS.** If ears have just been pierced and the player is not willing to remove them for the game, they are not allowed to play.
2. NO CHANGE.
3. **KICKOFFS AND PUNTS ARE ALLOWED IN BOTH DIVISIONS!** Kickoffs will take place from the 20 yard line.

**IN THE AFC: The offensive team receives the ball after the kickoff and has 4 downs (chances) to enter the next 20 yard zone, midfield, or end zone.**

**IN THE NFC: The offensive team receives the ball and has 4 downs to cross the half-field line or end zone. THE 20 YARD LINES WILL NOT BE USED IN THE NFC except for kickoffs.**

4. If the offensive team fails to enter the next 20 yard zone or the end zone (or half-field line for the NFC) in 4 downs, possession of the ball goes to the other team at the line of scrimmage. A team will have the option to punt on 4<sup>th</sup> down and must announce the punt option. They may also use a fake-punt option.
5. If a team chooses not to punt and is unsuccessful in crossing the 20 yd line/midfield line or endzone on their 4<sup>th</sup> down, the ball will change possession at the line of scrimmage.
6. NOT APPLICABLE – Teams will kickoff from their 20 yard line to begin a half or after a score. Unsuccessful 4<sup>th</sup> down attempts will change possession at the line of scrimmage.
7. No change.

### **II. TERMINOLOGY**

No changes.

### **III. ELIGIBILITY**

1. All players must be registered with CYSA and NFLFlag.com. Coaches will confirm this.

### **IV. EQUIPMENT**

1. No change. Ensure that flag belts are adjusted correctly with a flag on each hip.
2. Turf shoes are encouraged but not mandatory. Soccer-type cleats will not be allowed after August 30<sup>th</sup>.
3. No change.
4. **NO JEWELRY.** If a player has new piercings, they must remove them or they will not be allowed to play. **PERIOD.**
5. & 6. & 7. No change.

## **V. FIELD**

1. No change.
2. See Section XI. #5...The AFC will NOT use the "no running zones."  
NFC teams must use a pass play within 5 yards of their side of the midfield line and within 5 yards of the opponent's end zone. (the end zone they are attacking)
3. STEPPING ON A SIDELINE/GOAL LINE/MIDFIELD LINE is considered "over the line."
4. This is not applicable to the AFC teams.

## **VI. ROSTERS**

1. No change.
2. All games will be 9 v 9.
3. No change. Coaches can also agree to "share" players in CYSA if a team is short players.

## **VII. TIMING AND OVERTIME**

1. No change.
2. Halftime will be 5 minutes.
3. - 6. No change.
7. Referees will keep score, but scores will not be advertised. A game may end in a tie. There will be no overtime in CYSA.
8. NOT APPLICABLE – WE WILL NOT HAVE OVERTIME.

## **VIII. SCORING**

1. - 3. NO CHANGE
4. & 5. Since we do not keep an official score, we will not use the Mercy Rule or Scrimmage Mode. However, in a lopsided scoring situation, we urge coaches to make player substitutions and adjustments to allow a losing opponent to challenge more effectively.

## **IX. COACHES**

1. & 3. NO CHANGE
2. Coaches will be allowed on the field between plays, however they must be off the field before the 30 second delay of game time is up.

## **X. LIVE BALL/DEAD BALL**

There are no changes to this section other than that there will be NO FUMBLES. The dead ball will be spotted where the ball carrier's feet were at the time of the fumble.

ALSO, read Rule #9 – Coaches can use a time-out to clarify a ruling. If the ruling is correct (BE SURE TO HAVE YOUR RULES HANDBOOK!) the team will be charged their timeout. If the ruling on the field was incorrect, the time out will not be charged and the correct ruling will be enforced. Referees should discuss the call amongst themselves and check the Rules Handbook.

## **XI. RUNNING**

1. - 3. No change.
4. UNLIMITED LATERALS AND PITCHES ARE ALLOWED.
5. See below:

**IN THE AFC: Teams will NOT follow the "NO RUNNING ZONES." They can run the ball at any time.**

**IN THE NFC: Teams will follow the "NO RUNNING ZONES" as described in the NFL Rules Handbook. They must pass the ball if their line of scrimmage is within 5 yards of their opponent's endzone or 5 yards from their side of the half-field line.**

6. - 10. No change.
- 11./12. SCREENING will not be allowed, however blocking is ALLOWED if done properly. An offensive player may "plant" himself/herself on the field in order to block for a runner as long as their arms are immobile and they do not move in the path of the defender. They can also run downfield with a runner as long as they do not impede the ability of the defender to grab the flags. If they block a defender with arms out away from their body or they are impeding the defender from grabbing flags, they can be called for screening, illegal blocking or flag guarding.

**Offensive players can only block while "planted" and must have their arms crossed at chest level. They can move in any direction with hands down but cannot block unless planted with arms crossed.**

13. No change.

## **XII. PASSING**

No change. Ref. Rule #3, the referees must count a 7 second "pass clock" starting when the quarterback receives the ball. The pass must be made within that 7 seconds or the ball is returned to the line of scrimmage and there is a loss of down.

## **XIII. RECEIVING**

1. ALL PLAYERS ARE ELIGIBLE TO RECEIVE PASSES, including the quarterback as long as the ball was handed off behind the line of scrimmage first.
2. - 6. No change.

## **XIII. RUSHING THE PASSER**

1. ANY NUMBER OF PLAYERS CAN RUSH THE QUARTERBACK HOWEVER, THEY MUST BE 7 YARDS BEHIND THE LINE OF SCRIMMAGE AT THE SNAP. Referees will verify that all players are behind the 7 yards prior to the snap.
2. No change.
3. Before each snap, confirm to any rushers where the 7 yard line is. PLEASE STUDY SECTION 3!
4. No change.
5. READ THIS!
6. No change.

## **XV. FLAG PULLING**

No change.

## **XVI. FORMATIONS**

1. - 3. No change
4. Side snaps are allowed.

## **XVII. UNSPORTSMANLIKE CONDUCT**

**No change**

## **XVIII. PENALTIES**

**KNOW THESE FOULS AND PENALTIES!!!** You may want to shrink this page and laminate it onto an index card to keep in your pocket for quick reference.

## **CYSA FLAG FOOTBALL SESSIONS**

6:30-7:30 practice

7:35-7:55 1<sup>st</sup> half – PLEASE ENSURE PROMPT START TIMES!

5 minute half time

8:00-8:20 2<sup>nd</sup> half