**DEPARTMENT OF PARKS AND RECREATION**

**Athletics & Facilities Services Division, 3700 South Four Mile Drive, Arlington, Virginia 22206**

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**2020 NFL Youth Flag Football League**

**Rule Modifications**

League games will be played under the [NFL Flag Rules](https://nfl-static.s3.amazonaws.com/attachments/ckfoj6l3915ki0iqmppq87rbr-nfl-flag-2020-regularseason-rulebook-prd-4-1.pdf) with select modifications amended by the League rules presented herein or declared by the League Commissioner.

1. **Game**
   * **For grades 1-4 -** The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, they have four (4) plays to score a touchdown.
   * **For grades 5-12** – The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, they have three (3) plays to score a touchdown.
   * **We are not adopting the new “punt rule”**
2. **Equipment**
   * Mouth guards will be required. A mandatory pregame check, performed by the referees, will be conducted to ensure all eligible players have a mouth guard. Players will not be allowed to play without a mouth guard.
   * Shorts and pants with pockets are prohibited.
3. **Rosters**
   * Team rosters will consist of 12 players. Exceptions can be made increasing the maximum number of players if approval is granted prior to the season beginning.
4. **Timing and Overtime**
   * Games are played on a 40-minute continuous clock with two 20-minute halves.
   * Near midpoint of each half. A sanitation stoppage will be announced by the official.
   * The clock will only stop for team timeouts in the first 40 minutes of regulation. During the final two minutes of regulation, the clock will stop on all incomplete passes, plays that end out of bounds, on a first down, and on a score. The clock will re-start with the following snap (exception- following a score, the clock will not run on a try for point and will restart on the following possession).
   * Each time the ball is spotted, a team has 45 seconds to snap the ball. Teams will receive one warning per game before a delay-of-game penalty is enforced.
5. **Coaches**
   * Coaches are allowed on the field to direct players according to need and division.
   * **Grades 1-4** – Offense may have up to two (2) offensive coaches on the field. Defense is allowed one (1) defensive coach on the field.
   * **Grades 5-12** – Offense may only have one (1) offensive coach on the field. Defense is not permitted to have a defensive coach on the field.
   * Only Adults allowed on the field are the Coach, Assistant Coach, and acting Covid-Coach. All must be registered Arlington County Volunteers.
6. **Penalties**
   * Referees determine incidental contact that may result from normal run of play.
   * At the Referees discretion, a player may be given a warning or forced to sit out the remainder of the drive for rough play. Rough play is characterized by a player violently losing control of their body while performing football actions in which the chance for injury is drastically increased.
7. **COVID CHANGES**
   * Any rule changes laid out in the [COVID-GUIDELINES](https://bsbproduction.s3.amazonaws.com/portals/50766/docs/2020%20youth%20flag%20football%20covid%20guidelines.pdf) superseded all NFL Flag rules. (example: fans minimum distance)