

# DEPARTMENT OF PARKS AND RECREATION

Athletics & Facilities Services Division, 300 N Park Dr  
Office: (703) 228-4747 / Inclement Weather: (703) 228-4715

## 2024 NFL Youth Flag Football League Rule Modifications

League games will be played under the [NFL Flag Rules](#) with select modifications amended by the League rules presented herein or declared by the League Commissioner. This rule modification sheet supersedes NFL Flag Grade Based Guidelines (Rule 18)

### I. 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. Players wearing shorts or pants with pockets will not be permitted to play unless the pockets are taped over. Games will not be delayed for a player to tape their pockets.

### II. Timing and Overtime

- The clock will only stop for team timeouts in the first 46 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.

### III. Coaches

- Coaches are allowed on the field to direct players according to need and division.
- **Grades 1-3** – Offense may have up to one (1) offensive coach on the field. Defense is allowed one (1) defensive coach on the field. Coach must be behind the deepest defender at the time of the snap.
- **Grades 4-12** – Coaches are permitted to coach only from the sideline.

### IV. 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.
- Clear Path Penalty – If the ball carrier has a clear path to the endzone and is purposefully tackled (Not incidental contact) by the defender, the referee will award a touchdown to the offensive team.

## Rookie Rules

### V. No Pass Rush (1<sup>st</sup> & 2<sup>nd</sup> Grade Only)

- Defenders may NOT rush the passer unless there is a legal handoff executed in the backfield.

### VI. No Run Zones Eliminated (1<sup>st</sup> Grade Only)

- Team may execute running plays anywhere on the field.

### VII. Snap Exchange Do Over (1<sup>st</sup> Grade Only)

- If the ball falls to, or touches the ground during the initial center to quarterback exchange, the play is ruled a 'Do Over' with no loss of down, once per down. On a second consecutive occurrence, the down is consumed.

### VIII. Gameday Practices (1<sup>st</sup> Grade Only)

- Teams have option to practice for first half of game.