



NFL Flag Alhambra

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NFL Flag Alhambra Supplementary Rules

I. Introduction

Welcome to NFL Flag Alhambra. This document outlines the specific rules and modifications that our league follows in addition to the standard NFL Flag Rulebook. Please review these rules carefully as they include important amendments that affect gameplay.

II. Field Rules

- **IV. One Way Field** (pg. 6): This page can be disregarded. All our fields will be Two Way Fields.

III. Timing and Overtime

- **V. Timing and Overtime** (pg. 8):
 - a. **Rule 1:** Games are played on a 48-minute continuous clock. Each half is 24 minutes unless one team is up by 35 points. The clock only stops for halftime, injuries, and at the Officials' discretion. Each team has 1 timeout per half, which does not carry over. Special circumstances or events may cause game times to change.
 - b. **Rule 6 Addition:** The injured player causing the timeout must be removed from play for at least 1 play immediately following the injury play. If this removal causes the team to drop below the minimum of 4 players, the team will be charged with a delay of game penalty, and the game will continue.
 - c. **Tournament Play info on this page can be disregarded.**

IV. Scoring

- **VI. Scoring** (pg. 9):
 - a. **Rule 7:** Forfeits are scored 35-0 for the winning team.
 - b. **Rule 8:** Officials do not have to verify the score with both teams to be final. Teams must verify the score with the referees once the game has ended.
 - c. **Tournament Play info under the "Scoring" section can be disregarded.**

V. Coaches

- **VII. Coaches** (pg. 9):
 - a. **Rule 2, B Addition:** Teams are allowed a total of 4 people on the sidelines. Badges will be given to each team for a Head Coach, 2 Assistant Coaches, and a Stat Tracker. No more than these 4 members are allowed on the sidelines at any time. Only players on the team currently playing may be present on the sidelines. Special circumstances or events may require the sideline staff to be reduced.
 - b. **Tournament Play does not apply under this section and can be disregarded.**



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VI. Live Ball/Dead Ball

- **IX. Live Ball/Dead Ball** (pg. 10):
 - a. **Rule 9 Clarification:** There is only 1 challenge allowed in the entire game, excluding overtime. Coaches' challenges cannot include judgment calls, reverse penalties, or video reviews. Only rule interpretations can be challenged, which can indirectly reverse a penalty.

VII. Running

- **X. Running** (pg. 11):
 - a. **Rule 6 Clarification:** Teams are allowed to hand off the ball in the no-run zone but cannot advance the ball past the line of scrimmage by running. The ball can only be advanced beyond the line of scrimmage by passing.
 - b. **Rule 8:** Ball carriers are allowed to jump but cannot hurdle over a player or dive forward to advance the ball.
 - c. **Rule 11 Addition:** Dropping the elbow over the flag while turning a corner can lead to a flag guarding penalty.

VIII. Receiving

- **XII. Receiving** (pg. 12):
 - a. **Rule 2 Addition:** Players may motion away from the line of scrimmage but must move laterally.

IX. Rushing the Passer

- **XIII. Rushing the Passer:**
 - a. **Rule 1 Amendment:** 8U division and up can rush the passer.
 - b. **Rule 4 Clarification:** Rushers cannot block a pass while the ball is still in the quarterback's hand. Contact with the ball while it is in the quarterback's hand results in a stripping penalty. The ball must be completely out of the quarterback's hand to be blocked by the rusher, and no contact with the quarterback can occur after the blocked pass.
 - c. **Rule 5 Clarification:** The quarterback rolling out of the pocket does not eliminate the impeding the rusher penalty as long as the rusher remains on the original path. Handing off the ball does not eliminate the impeding the rusher penalty, and the offense can still be called for impeding the rusher if the rusher remains on the original path while being impeded by any offensive player after the handoff.
 - d. **Tournament rules will be followed in this instance. The 8U division is allowed to rush the passer.**



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X. Flag Pulling

- **XIV. Flag Pulling** (pg. 14):

a. **Rule 2:** A defender that dives to pull a flag and trips or causes the offensive player to fall and is unsuccessful at pulling the flag can be penalized for a tackle. The defender does not have to be ejected unless decided by the official. If the player is ejected, it is considered a judgment call and cannot be reviewed or overturned.

XI. Formations

- **XV. Formations** (pg. 15):

a. **Rule 3 Change:** The center must snap the ball with a rapid and continuous motion starting from the ground to the quarterback. The center does not have to snap the ball between the legs. The center can snap on one knee or while standing, but the ball must remain on the floor until snapped. The center may not hold the ball in the air before the snap. The center is the only offensive player allowed to line up offsidelines.

XII. Unsportsmanlike Conduct

- **XVI. Unsportsmanlike Conduct** (pg. 15):

- a. **Rule 1 Addition: LAST MAN RULE** - If the ball carrier has only one player to beat on defense and the defender chooses to push the ball carrier out of bounds, tackle the ball carrier, or hold the ball carrier to stop progression to save a touchdown, the Last Man Rule will take effect. The offense will take possession of the ball 1st and goal on the defense's 1-yard line. If it's the last play of the half or the game, the offense will get 1 untimed down on the defense's 1-yard line. The official may eject the player for the remainder of the half or the game, and this cannot be challenged or overturned.
- b. **Rule 5 Addition:** Defenders must give at least 3 yards of space to receivers off the line. Defenders may not run through a receiver to intercept or knock down a pass.

XIII. 8U, 7U, & 6U & Grade Based Guidelines

- **XVIII. 8U, 7U, & 6U & Grade Based Guidelines** (pg. 17):

- a. **Rule A:** These rules may be disregarded.
- b. **Rule B Clarification:** All of these rules will be followed for the 6U division.
- c. **Rule iii Clarification:** The coach must remain a safe distance from the play to avoid interference. The coach cannot touch any player after the ball has been snapped on offense or defense and will be penalized for too many players on the field if this occurs.



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Additional Amendments

- **5v5:** All games will be 5v5 unless communicated to the coaches before the first game of the season. Some seasons may require the minimum player amount to drop to 4 but never less than 4. A team does not have to match another team that only has 4 players and can play 5v4 in these cases, even in seasons where coaches are informed that the minimum player count has dropped to 4.
 - In seasons where 4 players is not the minimum, a team can elect to win via forfeit if the opposing team only has 4 players. No live games will be played if one team has only 3 players or less, and the game must end in a forfeit with a scrimmage game. The team with more players will lend players to the team with 3 players or less to play a scrimmage game.
 - In seasons where a team only has 4 players total on the roster, the opponents **MUST** match with 4 players. This is typically a temporary ruling that is waived once all teams have been filled with at least 5 players on the roster but may last the full season if necessary. All participants will be made aware of this ruling before the first game of the season.
- **Girls Playing Down:** In seasons where the girls' league is not available, girls may play down beyond the age cutoff date. This is only possible when the girls' division is not an option and can only be approved on a case-by-case basis. All participants will be informed before the start of the season if this option is available. A high skill level will disqualify a girl from playing down in all circumstances.
- **Injury Rule:** If a team only has 5 players total and a player is injured in the game and cannot continue leaving them with only 4 players, that team is able to finish the game with only 4 players. The opposing team does not have to match the team with only 4 players and can finish the game 5v4.
- **7 Play Minimum:** Players are required to play a minimum of 7 plays in regular season games and a minimum of 3 plays in Playoffs and the Super Bowl. Coaches will be handed a play count card that must be filled out and returned to the league staff every game. Players can forfeit their minimum plays week to week by not participating in practices without informing the coach or coming to an understanding with the coach for make ups and play count is left to the coaches judgement that week. No call, no shows for practices are unacceptable.
- **Equipment Check:** Players will be checked before every game to check for mouth guards, shorts without pockets, jerseys tucked, flag belts tight with cups are facing out, extra belt tucked, flags pull easily, etc. Players that arrive late must wait until their equipment has been checked by an official on their next offensive possession. Game timeouts will be used for delayed teams followed by delay of game penalties