

PYFCO NFL Flag Football Exceptions for 2015

NFL Flag Rule Book Exceptions

V. Field

V.1 The field dimensions are 30 yards by 70 yards with two 10-yard end zones, and a midfield line-to-gain. No-Run Zones precede each line-to-gain by 5 yards. However, field size may vary based on field availability for each league.

Exception: For PYFCO, the field size will be 60 yards, from midfield through the endzone on a 100-yard field, or from the opposing 30-yard line through the endzone on an 80-yard field.

V.2 No-Run Zones are in place to prevent teams from conducting power run plays. While in the No-Run Zones (a 5 yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.

Exception: For PYFCO, there will not be a no-run zone.

V.4 Each offensive squad approaches only TWO No-Run Zones in each drive (one zone 5 yards from midfield to gain the first down, and one zone 5 yards from the goal line to score a TD).

Exception: For PYFCO, there will not be a no-run zone.

VII. Timing and Overtime

1. Games are played on a 40 minute continuous clock with two twenty minute halves. The clock stops only for timeouts.

Exception: For PYFCO, games will be played with two 15 minutes halves.

2. Halftime is one minute long.

Exception: For PYFCO, halftime is three minutes long.

XI. Running

5. "No-Run Zones," located 5 yards before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive squad approaches only TWO No-Run Zones in each drive – one 5 yards from midfield to gain the first down, and one 5

yards from the goal line to score a TD).

Exception: For PYFCO, there will not be a no-run zone.

General Guidelines:

1. The Home team will keep time on their sideline.
2. Since PYFCO is not providing officials for this game, each team will provide an official. The official will be situated behind the players on each side of the field. The official for each team will be located behind his team. As an exception, if a team cannot provide an official, then the other team can provide both officials if both teams agree.

PYFCO By-Law Exceptions:

III.F.2 – Official Team Rosters – Flag players will not have jersey numbers on the roster.

III.F.5 – PYFCO Official Number Change Form – These forms will not be needed on game day since there will be no jersey numbers.

III.F.6 – Permanent Number Change – this by-law does not apply.

III.F.7 - Player Using Number Not Listed on the Official Roster – this by-law does not apply.

III.I – Team Colors – this by-law does not apply.

IV.A.1 – Game Field Size – this by-law does not apply.

IV.A.3 – Game Officials – this by-law does not apply.

IV.A.4 – Jersey Numbers – this by-law does not apply.

IV.A.6 – Length of periods – this by-law does not apply.

IV.A.8 – Coaches on the field – For Flag football, only one coach will be allowed on the field for each team and must be 3 yards behind the official when the play starts.

IV.A.10 – Game Starting Times – Flag games will start at 8:45 AM instead of 9:00.

IV.A.11 – Down Marker Chains – Only the down marker will be used. No chains.

IV.A.14 – Mandatory Playing Rule – The only part of this by-law that applies is d. All players shall play.

IV.A.18 – Kick-offs – There are no kick-offs for flag football.

IV.A.20 – Overtime – There is no overtime for flag football.