



Southport Developmental Football, Inc. NFL Flag Rule Amendments & SDF, Inc. Specific Rules



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- I. Rules
 1. No Amendments
 - i. (3) – Offensive Team has 3 plays to cross midfield to gain a 1st Down. The Offensive Team will be given a 4th Down Option before midfield. OPTIONS – Punt (Defensive Team gets ball back at 5 yard line (Two Way Field)/40 yard line (One Way Field) OR Go For It (If 1st Down is not gained, Defensive Team takes over possession at the spot as result of the play.) Once midfield is crossed, the Offensive Team has 3 plays to score.
- II. Terminology
 1. No Amendments
- III. Eligibility
 1. No Amendments
- IV. Equipment
 1. No Amendments
- V. Field
 1. Amendment
 - i. Two Way Field Amendment – The field dimensions are 25 yards by 54 yards with two 7-yard end zones, and a midfield line-to-gain.
 - ii. One Way Field Amendment – The field dimensions are 25 yards by 40 yards with one 7-yard end zone, and a midfield line-to-gain.
 1. No Run Zones are only enforced in the “VETERAN” Division and above. No Run Zones are used in both Field formats.
- VI. Rosters
 1. No Amendments
 2. No Amendments
 3. Amendment – Games may be played in a 3 versus 3 format or 4 versus 4 format using the QB Tee.
- VII. Timing & Overtime
 1. Amendment – Games are played on a 48 minute continuous clock with four 12 minute quarters unless one team gains a 28 point advantage, at which point, the team down by 28 points has one possession to score. If the team does NOT score on that possession the game ends (teams will continue the game, but the scoring is not kept once a 28 point advantage is held by a team and the clock will run and NO timeouts may be taken.) Clock stops only for timeouts or injuries.
 2. Amendment – After each quarter there will be a ONE MINUTE break.
 3. No Amendments
 4. No Amendments
 5. No Amendments
 6. No Amendments



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7. All Overtime Rules from NFL Flag are adopted.

- VIII. Scoring
 - 1. No Amendments
- IX. Coaches
 - 1. No Amendments
- X. Live Ball/Dead Ball
 - 1. No Amendments
- XI. Running
 - 1. Amendment – Rule #5: No Run Zones are only enforced in the “Veteran” Division and above only.
- XII. Passing
 - 1. No Amendments
- XIII. Receiving
 - 1. No Amendments
- XIV. Rushing The Passer
 - 1. All Rules for Rushing The Passer are only applicable to the “VETERAN” Division and above.
 - i. Amendment - “ROOKIE” & “PRO” Divisions are NOT allowed to cross the line of scrimmage until a handoff has been made. All defensive players must start at least 2 yards off of the Line of Scrimmage. Once the ball has been handed off, defensive players may cross the line of scrimmage to pull a ball carriers flag.
- XV. Flag Pulling
 - 1. No Amendments
- XVI. Formations
 - 1. No Amendments
- XVII. Unsportsmanlike Conduct
 - 1. No Amendments
- XVIII. Penalties
 - 1. No Amendments



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Southport Developmental Football, Inc.
NFL Flag League Specific Rules

I. Rosters

a. 3 versus 3 Format

- i. All plays will start with a QB Tee, instead of a center snapping the ball. QB Tee may be positioned 1 yard behind the line of scrimmage.
- ii. A Defensive Player must RUSH from 7 yards away from the line of scrimmage.
 1. No Run Zones still apply to the “VETERAN” Division only.
 2. Quarterbacks cannot run the ball.
- iii. 7 second pass clock is still implemented at all levels.

b. 4 versus 4 Format

- i. Teams may choose to use a QB Tee or use a center.
- ii. Normal NFL Flag Rules & Amended Rules apply.

c. Playing Time

- i. Every player must play at least two FULL quarters per game.

II. Divisions

a. ROOKIE

- i. Pre-Kindergarten and Kindergarten

b. PRO

- i. 1st Grade and 2nd Grade

c. VETERAN

- i. 3rd Grade and 4th Grade

d. HALL OF FAME

- i. 5th Grade and 6th Grade

e. LEGEND

- i. 7th Grade and 8th Grade

*Divisions are based on the current grade of the participant during the current season for our NFL Flag program.



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HALL OF FAME Division Amendments

- I. Rules
 - a. (V – Field Amendment)
 - i. Two Way Field Set Up for 7 on 7 Format
 - 1. 40 yards in length and 44 yards in width (sideline to top of numbers on opposite side)
 - b. (VI – Rosters Amendment)
 - i. 7 on 7 Format
 - c. (i. (3) Amendment)
 - i. Offensive team starts possession on their own goal line and head towards their end zone. Offensive team has 3 plays to gain a First Down with a Fourth Down Option in the first 20 yards to gain. Only three downs after a First Down is gained.
 - d. (VIII – Scoring)
 - i. No Safeties awarded; if yardage is lost in the offensive teams own end zone, the ball is spotted back at the goal line and the next down is played.
 - ii. All other scoring rules apply.

All other SDF, Inc. Specific Rules and Amendments apply as well as NFL Flag Rules.