

Pre-Game Card – NFL FLAG

1. Introductions
2. 'Ready for Play' will be whistled in. (Demonstrate it)
3. Players and coaches are permitted to the 5-yard line of each end zone.
4. Our Officials work the sidelines. Coaches, we ask you help us with that access.
5. 25 Second Play Clock, verbal countdown at 10. Show who will have that clock. This is your 1 warning for 'Delay of Game', penalty will be enforced once game starts.
6. 3 Time Outs per team allowed
7. Rules ONLY are subject to review by an Official in Charge. JUDGEMENT calls are not. Head Coach must make that challenge to White Hat on field assigned
8. There is NO INTENTIONAL CONTACT – Rough Play will not be tolerated. Defenders must give free release off the LOS to offense. 1 warning will be issued, all additional fouls will be unnecessary roughness.
9. **Sportsmanship is the utmost important to us.**
 - Coaches code of conduct and sideline restrictions will be strictly enforced
 - You are responsible for your players, assistant coach and parents.
 - 2 unsportsmanlike conducts results in an ejection
10. Are there any questions at this time?
11. Coin Toss (Visitors call Light Jerseys)

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Rule Changes

- 3 Time Outs per game,
- Ball is spotted where the ball is when the flag is pulled JUDGEMENT CALL
- Returnable extra points worth 2 pts
- 4 downs to cross midfield, however if you do not cross midfield on 4th down the opposing team takes possession at the spot. Once across mid-field the offense gets 3 downs to score
- 25 second play clock from the ready
- Rusher “jumps the snap” and crosses the 7-yard mark, prior to the snap, that rusher is ineligible to re-set and rush on that play.
- 20-minute halves/ 5-minute halftime

Overtime

- 1 A coin flip will determine the team that chooses to be on offense or defense first. If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who gets to choose to be on offense or defense to start out during every round of overtime.
- 2 The referee will determine which end of the field the overtime will take place on. Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of their own.
- 3 Both teams must “go for two” from the 10-yard line starting with the second round of overtime.
- 4 Starting with the 3rd overtime, each team will get 1 play from the 5 yard line going out from the endzone. The team with the most yards will be the winner. The team with the most yards will be awarded 1 point added to their final score. All regulation period rules and penalties are in effect.
- 5 There are no timeouts.
- 6 Interceptions are returnable in OT, and worth 2 points.