



*East Shelby Church
Recreation Association*

2017-18 FLAG – Points of Emphasis (POE)

Game Administration:

1. **COACHES/ADMIN Meeting at mid-field with players 5-minutes before game time**
2. **COIN TOSS**, Visiting Team calls toss
3. If Neutral Field, Officials determine one team heads and the other tails
4. **Winner** of toss chooses ball or direction to start game
5. Teams switch sides and possession to begin 2nd Half
6. Officials briefly cover **POE17** below
7. A short Devotional and Prayer concludes Coaches/Admin meeting
8. Head Coaches are responsible for all players, assistant coaches, and fans
9. Coaching Staffs are expected to adhere to NAYS officials philosophies and conduct
10. Head Coaches (**ONLY**) may ask questions, but may not comment/argue rules
11. Coaching Staff and team personnel must stay in the **Designated Bench Area...**
12. Coaches are allowed on the field for direction, but **MUST** move to sideline before snap
13. **50% Play Rule** for all uninjured and available players.
14. **SPORTSMANSHIP** is demanded

Rules Overview:

1. **GAME TIME** is Game Time! Arrive early for warm-up
2. **5 MINUTES** past game time – the game is declared a **FORFEIT**
3. A shortened scrimmage (2-15 minute quarter is **RECOMMENDED**, with officials)
4. **All Divisions** – 5 v 5 (**MUST** have 5 players to start a game)
5. Mouth Pieces are **MANDATORY**
6. Plastic Cleats **ONLY**
7. **ONLY Triple-Threat Flag Belts**, and must be a different color than shorts/pants
8. Jerseys **MUST** be tucked in, numbers **MUST** be visible on the front and back
9. **Game Ball Sizes: Under8-K2 Under10-TDJ U13-TDY**
10. **Two 20-Minute Halves -Continuous Running – except for Timeouts and Injuries**
11. **One 30-second timeout per half - Halftime is 5 minutes - NO OVERTIME**
12. **30-seconds Play clock with long whistle after ball is spotted to snap the ball**
13. **1-warning per team**
14. **15-Warning Whistle to notify Offense**
15. **Touchdown – 6 points**
16. **1-Point PAT – 5 yard line (pass only)**
17. **2-Point PAT – 10 yard line (pass or run)**
18. **Safety – 2 points**
19. A **Pass Only Zone** is used inside 5 yards of the 1st Down Line to Gain and of the Goal Line
20. All passes **MUST** be forward and received beyond the Line of Scrimmage (LOS)
21. The Quarterback **IS** the person who takes the snap from the Center, and **CANNOT** advance the ball
22. **Ball Spotted Where:** Flag pull, ball hits the ground, or player without belt receives ball
23. **No Diving, Spinning or Jumping** by ball-carrier to avoid a flag pull
24. **No Diving** by Defense to flag pull
25. **No Blocking, Screening, or Rough Play.** However, Incidental Contact may occur.
26. **Absolutely NO LATERALS of any kind by ball-carrier after crossing the line of scrimmage**
27. **No OVERHAND throws by QB or ball-carrier behind the line of scrimmage**
28. **OPTION PLAYS** by the QB are **NOT** allowed
29. **Center CANNOT** take the first handoff
30. **Fake Handoffs** are **ALLOWED** behind the line of scrimmage
31. **7-Second Pass Clock** – after QB controls the snap. Penalty: Loss of Down
32. **7 Yard Rush Line** – any Immediate Rushers **MUST** line up behind Side Judge 7-yards back
33. **Mercy Rule End Game, sportsmanship rule after a 28-Point Lead (NO PAT after 28 points)**