



Norwell Recreation/ NFL Flag Program Rules Summer 2021

GOAL STATEMENT

The goal of the Norwell Recreation NFL Flag Program is to provide a healthy flag football environment, with the objective of developing basic football skills while providing the opportunity for all players to participate equally in a team atmosphere. The program will promote an atmosphere of fun, teamwork, and good sportsmanship as the players learn basic skills and improve existing skills. The program stresses equal playing time, sportsmanship, fundamentals and fun. Good sportsmanship is expected from participants, staff, referees and spectators at all times.

GAME TIME/BASICS

AGE GROUP	GAME TIME	HALF TIME	TEAM SIZE	OVERTIME	TIMEOUT
Boys & Girls Gr 1-2	2 x 20 minute halves	2 minute	5 v 5 (10 max/team)	N/A	2x1 minute/half
Boys & Girls Gr 3-4	2 x 20 minute halves	2 minute	5 v 5 (10 max/team)	N/A	2x1 minute/half
Boys & Girls Gr 5-8	2 x 20 minute halves	2 minute	5 v 5 (10 max/team)	N/A	2x1 minute/half

- Away team receives first possession.
- Time clock is a running clock. Clock will stop on referee & team time outs.
- The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield. Once a team crosses midfield, it has four plays to score a touchdown. If the offense fails to score, possession changes and the new offensive team takes over on its 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Teams change sides after the first 20-minute half. Home team gets first possession of second half.
- Program is governed by NFL Flag rules unless otherwise noted.

PLAYER PLAYING TIME

- Depending on number of players present at game, all players will play at least half of the game. Substitutions can be made after any dead ball, prior to the next play.
- Every player plays unless prevented by illness or injury.
- Only registered participants are eligible to participate in any practice or game.
- Maximum of 2 coaches/program staff are allowed on the bench/sidelines. Parents and spectators are not allowed on the bench unless requested by program staff.
- Supervisor's discretion may be used to ensure equal playing time.

UNIFORM/EQUIPMENT

- Players should wear shorts/athletic pants & NFL Flag Jersey. Jersey should be tucked in.
- No jewelry should be worn.

- Flags must be worn on the hips, not on back or front of body. No flag obstructions or treatments allowed. **TIGHTENING STRAP MUST BE TUCKED IN!**
- Cleats are allowed, except for metal spikes. Inspections will be made.
- **All players must wear a protective mouthpiece; there are no exceptions.**

REFEREES/PENALTIES

- Keep in mind that the referee's decision is based on judgment. The referee's decision is final. Please respect the officials and demand that respect from your players towards the officials. Referees are expected to call a fair game but may let some minor infractions go to help allow for continuous play at the beginning of the season.

Defense:

- Offsides - Five yards and automatic first down
- Interference - Five yards and automatic first down
- Illegal contact (holding, blocking, etc.) - Five yards and automatic first down
- Illegal FLAG pull (before receiver has ball) - Five yards and automatic first down
- Illegal rushing (starting rush from inside 7-yard marker) - Five yards and automatic first down

Offense:

- Illegal motion (more than one person moving, false start, etc.) - Five yards and loss of down
- Illegal forward pass (pass thrown beyond line of scrimmage) - Five yards and loss of down
- Offensive pass interference (illegal pick play, pushing off/away defender) - Five yards and loss of down
- FLAG guarding - Five yards (from line of scrimmage) and loss of down
- Delay of game (30 second play clock) - Clock stops, Five yards and loss of down

CLIPPER COMMUNITY COMPLEX USAGE

- No food, gum, sunflower seeds, sports drinks, coffee, soda: **WATER ONLY!**
- No metal cleats, high heels, or sharp objects that may penetrate the field
- Always lift and carry (**DO NOT DRAG**) goals and equipment
- No motor vehicles, bicycles, strollers, skateboards, roller blades or chairs on field
- Players and Coaches **ONLY** allowed on turf field at all times, access via designated gates
- Fans must be seated in the bleachers or remain outside field fence
- No pets or animals of any kind (except service animals) allowed
- All group activity must be approved through Recreation Department.
- **HELP PROTECT OUR TURF FIELD** by disposing of trash in proper receptacles

PLAYER'S RESPONSIBILITIES

- **HAVE FUN AND GIVE IT YOUR BEST AT PRACTICE AND GAMES!**
- Be a good listener.
- Players must use good sportsmanship, to follow all rules of the game, and to display respect for all coaches, referees, teammates, spectators and opposing players.
- Attend practices and games on time and with a positive attitude and willingness to learn. Players will dress appropriately for practices and games. Breaks are for water and rest only! No texting/technology!