



DEER VALLEY
Unified School District



PEORIA
UNIFIED SCHOOL DISTRICT



NWVAC Flag Football Rules

The Northwest Valley Athletic Conference will use the **NFHS** rules book as the adopted publication for rules and interpretation with the following additional information:

PLAYING FIELD

- A. The football field should be at least 50 yards wide and 80 yards long with 10-yard end zones for a total of 100 yards. The field should be divided into 10-yard segments. Hash lines are one-third the width of the field from each sideline.
- B. The home team should provide a chain gang to measure down and distance markers.

EQUIPMENT

- A. Each team must provide their own game ball, provided it is the intermediate size.
- B. All players must wear a mouthguard.
- C. Up to 5 players, with a minimum of 3 (2 ends and 1 backfield) players, are eligible to wear flags. Interior lineman will not wear flags. Any number of defensive players may wear flags.
- D. Flag belts should contain 3 flags, contrasting in color from the shorts. Each belt should contain a flag on each side and one at the back. Flags are a minimum 2" by 14".
- E. Shirts must be tucked in.
- F. Cleats are permissible and recommended.
- G. Hats may not be worn; however, protective eyewear may be.
- H. No jewelry is allowed.

PLAYERS

- A. A team can have any number of members.
- B. Each team must start the game with no fewer than eight (8) players.
- C. 8 players play on the field at a time.

GAME

- A. All games (regular and playoff) will have the following conditions:
 - a. A minimum of two (2) officials for regular season games and three (3) officials for postseason games.
 - b. The ball starts at the 20-yard line to begin the game and after each score.
 - c. The offense has four (4) downs to go 10-yards.
 - d. A team has 30 seconds to put the ball in play once the official spots the ball.
 - e. Players and coaches must stay between the 20-yard line on both ends of the field.
 - f. Players and coaches must always stay 3 yards off the field of play.
 - g. There are no kickoffs. The ball begins at the 20-yard line.

- h. There are no punts. The offense will declare their intention to punt, and the ball will be advanced 30 yards downfield and change possession. If the offense declares their intent to pursue a first down, the result of the play will dictate possession.
- B. Regular season games will have the following conditions:
 - a. The game will consist of two halves of 25 minutes each.
 - b. Halftime will not exceed 5 minutes in length.
 - c. The last two minutes of each half will be played with normal game timing procedures.
 - d. Each team is permitted two time-outs per half.
 - e. Games tied at the end of regulation will have the following conditions:
 - i. Coin toss determines who will be on offense first.
 - ii. The ball is placed at the 20-yard line.
 - iii. Each team gets four (4) plays to score a touchdown.
 - iv. The game will end upon one team scoring more points than the opposing team during the overtime possession period.
 - v. Intercepted passes are a turnover, and the play is considered live.
 - vi. Each team will get a maximum of three (3) possessions. If the game is still tied after three (3) possessions, the game ends in a tie.
 - vii. After the first possession of overtime, teams must attempt a two point conversion after a touchdown.
- C. Tournament games will have the following conditions:
 - a. The game will consist of four (4) quarters of 10-minutes.
 - b. There is one (1) minute between quarters and time-outs.
 - c. Halftime will not exceed ten (10) minutes.
 - d. Each team is permitted two (2) time-outs per half.
 - e. Teams will change goals at the end of each quarter.
 - f. Time will stop after each score, incomplete pass, out of bounds, time-out, and official time-outs. In addition, time will stop on 1st downs and then start again on the ready for play mechanic. Use official time for tournament.
 - g. Games tied at the end of regulation will have the following conditions:
 - i. Coin toss determines who will be on offense first.
 - ii. The ball is placed at the 20-yard line.
 - iii. Each team gets four (4) plays to score a touchdown.
 - iv. The game will end upon one team scoring more points than the opposing team during the overtime possession period.
 - v. Intercepted passes are a turnover, and the play is considered live.
 - vi. Each team will exchange possessions until a winner is determined.
 - vii. After the first possession of overtime, teams must attempt a two-point conversion after a touchdown.

SCORES

- A. Touchdowns are worth 6 points.
- B. Conversion attempt



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- a. One (1) point if successful from the 2-yard line
- b. Two (2) points if successful from the 5-yard line
- c. The try for an extra point or points is made either by running or by passing the ball into the end zone. No kicks are allowed.

SPECIAL RULES AND PENALTIES ADOPTED:

- A. Official snap must occur at the line of scrimmage between the center's legs. A QB is allowed to start the play in either shotgun or under center.
- B. Motion is allowed.
- C. Spinning is allowed, provided that the ball carrier always has one foot in contact with the ground and is not jumping.
- D. Blocking is allowed by extending arms as part of a natural move in engaging a defender, however it will be an unnecessary roughness penalty if the official deems it is too violent or excessive in force.
- E. Receivers need one foot in bounds to be a successful catch.
- F. Fumbles/muffs are dead at the point of where the ball hits the ground, but not in advance to cause an advantage for the offense. Offense retains possession.
- G. The ball is dead when any player of the opposing team removes the flag of the ball carrier. In the case of a non-flag bearer becoming a ball carrier, i.e., interception, the ball is dead when they are touched by at least one hand of an opposing player anywhere on the body.
- H. If in the opinion of the official, a flag falls off during close line play, the ball is dead. If it happens in the open field, the one-hand touch situation is in effect.
- I. Straight-arming – 10-yard penalty.
- J. Flag guarding – 5-yard penalty and loss of down.
- K. Unnecessary Roughness (tackling, blocking, pushing) – 10-yard penalty.
- L. Head Contact (arm or hand above the shoulder) – 10-yard penalty.
- M. Hurdling/jumping/diving/illegal spinning – Dead ball at point of infraction.
- N. Clipping – 10-yard penalty.
- O. Tripping – 10-yard penalty.
- P. Pass interference - 10-yard penalty.

SPORTSMANSHIP

A student-athlete or coach, who is ejected from a game, will be suspended for one game. If that same student-athlete or coach is ejected from a game a second time during the same season, they will be suspended for the remainder of the season. If the ejection occurs during the last game of the season, the suspension will carry over to the next sports season.