

NMYAFL



NFL FLAG LEAGUE & PLAYING RULES

AMENDED JULY 2023

[Click Here to View & Download the](#) [NFL Flag Playing Rules](#)

NMYAFL NFL Flag League Rules

1. General Rules

- 1.1. The game should be played between 2 teams of 5 players each. Five players are required to avoid a forfeit.
- 1.2. The game shall be played under the supervision of 1 to 2 officials.
- 1.3. One Coach from Each team will be allowed on the field during play for 6U, 8U and 10U age groups.
- 1.4. A speaking captain must be selected to make all decisions and shall be the only one who addresses the officials.
- 1.5. Team representatives, including players, substitutes, replaced players, coaches, trainers, and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of officials assigned to the game.

2. Game and Player Equipment (Legal)

2.1. Legal Equipment

- 2.1.1. Jerseys - Players of opposing teams must wear contrasting colored jerseys, and/or pinnies.
- 2.1.2. Pants / Shorts - Each player must wear pants or shorts without any belt(s), belt loop(s), or exposed drawstrings. The pants or shorts must be a different color than the flags (No Green or Yellow). Shorts must be a solid color with no stripes down the sides.
- 2.1.3. Flag belt - Each player must wear a one-piece belt at the waistline with two flags permanently attached, one flag on each side. Players are responsible for making sure flags are on the side prior to snap. Could result in replacement of player per new NFHS improperly equipped rule.
- 2.1.4. Mouthpiece - Each player must wear a mouthpiece the entire time the ball is in play. Could result in replacement of player per new NFHS improperly equipped rule.
- 2.1.5. Gloves - Players may wear gloves which must consist of a soft, pliable and nonabrasive material
- 2.1.6. Headwear – Players are not permitted to wear bandanas. Players may wear knit stocking caps, or elastic headbands. Hats may not have a bill.
- 2.1.7. Shoes – Shoes with cleats must be made of soft pliable plastic or rubber. No exposed metal cleats are permitted. (See illegal player equipment)

2.2. Illegal Equipment

- 2.2.1. A player wearing illegal equipment shall not be permitted to play. This applies to any equipment, which, in the opinion of the Referee, is dangerous or confusing. Types of equipment or substances which shall always be declared illegal include:
- 2.2.2. Headgear containing any hard, unyielding, or stiff material, including billed hats.
- 2.2.3. Jewelry is not allowed to be worn during game play.
- 2.2.4. Pads or braces worn above the waist.
- 2.2.5. Shoes with metal and ceramic cleats. Any team found wearing illegal equipment will be penalized 15 yards, and the second warning results in a forfeit.
- 2.2.6. Shirts or jerseys, which do not remain, tucked in. Any hood on a coat, sweatshirt, or shirt, which does not remain tucked in.
- 2.2.7. Pants or shorts with any belt(s), belt loop(s), pocket(s) or exposed drawstring(s).
- 2.2.8. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped, and any other hard substance is covered with at least 1/2 inch of closed cell slow recovery rubber or other material of similar thickness and physical properties.

2.3. An official time out shall be declared to permit prompt repair of equipment, which becomes illegal or defective through use (except for illegal shoes).

3. Practice Times and Restrictions

3.1. The first week practice restrictions are as follows:

3.1.1. (8) Hours of practice are allowed the first week.

3.1.2. Each practice of the first week must be no longer than 2 hours in length

3.2. The second week practice through the championships restrictions are as follows:

3.2.1. (4) hours of practice each week are allowed.

3.2.2. Each practice must be no longer than 2 hours in length

3.2.3. (3) days of practice max.

4. Playing Time

4.1. The NMYAFL 10 play rule per game is in effect for all NFL Flag Leagues

5. Starting the Game

5.1. Each team will use its own ball during offensive possessions.

5.1.1.1. 6U and 8U Divisions will use the Mighty Mite ball

5.1.1.2. 9U Division will use the Pee Wee ball

5.1.1.3. 10U Division will use the Pee Wee ball

5.1.1.4. 12U Division will use the Junior ball

5.1.1.5. 14U Division will use the Youth ball

6. NFHS and Special Rules

6.1. For levels 9U and below, one coach is allowed on the field for the offensive team.

7. Team Financial Solicitations and Management

7.1. Solicitations

7.1.1. The League does not wish to cause hardship or embarrassment to any parent/guardian or player. The League also does not want to keep any individual from participating in the League as a result of unnecessary expenses such as colored helmets, game jerseys, wind breakers, socks, water bottles, helmet decals, special practice jerseys, etc. As such, except as provided herein—The MAXIMUM contribution a team is permitted to request is \$18.00 per flag participant and \$35.00 per cheer participant total value per child in any combination of cash, services and/or products for any Fall Season. Parents should contact NMYAFL if they are required to contribute in excess of this amount. A head coach and/or his or her staff may ask players and/or parents of players to volunteer to help raise additional funds for his or her team. Asking for additional funds above and beyond the maximum requested contribution is to be done strictly on a volunteer basis, and at no time shall it be a requirement to raise additional funds to be able to participate on any team.

7.1.2. Notwithstanding the above, the League authorizes individual pictures (in addition to the Mandatory League pictures), treats, banquet expenses, and trophies, but such contributions shall be considered voluntary. No child may be excluded from any gifts the team decides to purchase. Reason and care are to be used in determining size, cost, and extravagance of such awards.

7.1.3. Team fundraising is defined as solicitation of funds or engaging in profit making activities to obtain funding or benefits for all members of your team including coaches. Team fundraising may begin once the head coach is awarded/approved (by the BOD) a team and a roster of at least 16 athletes and or more. If an athlete is removed from the roster and participated in team fundraising activities, if she or he is placed on another team roster, it will be the responsibility of the head coach on the departing team to evenly disburse the correct amount of fundraising dollars collected by the team to the departing athlete who participated in such activities. Any head coach found in violation of said rule may be investigated by the CSC and disciplinary action will be taken. All fundraising activities must have strict adult supervision to provide for the safety of all players and cheerleaders. Helmet drives are strictly prohibited. Helmet drives are defined as having players, cheerleaders or parents use any helmet, container or like device to ask for donations in vehicular traffic, sidewalks, shopping center

parking lots, or any similar type area. No fundraising is allowed that would cast a poor image on NMYAFL. The League will determine if such fundraising is in poor taste and will be the final judge. Advertising for car washes or other fundraising activity in the median of any street is strictly prohibited. Fundraising which promotes alcohol, tobacco, gaming, firearms, political endorsements, controversial products or services will not be permitted. APS promotes similar language, and use of names and logos requires sensitivity to the issues.

- 7.1.4. Soliciting for team sponsorship is defined as a head coach soliciting local businesses, colleagues, friends, family, etc. for sponsorship money for his/her team. A head coach may begin soliciting sponsors after he/she has been awarded their team by the CSC. A head coach may utilize his/her staff (assistant coaches, team managers, team moms, team dads) in assisting him/her in soliciting for sponsorship. At no time shall any player/cheerleader participate or be present while the head coach or his/her staff is soliciting for sponsors. Including any player/cheerleader that is a child of the head coach or his/her staff. NMYAFL has no direct or indirect affiliation or involvement with its head coaches or his/her staff when it comes to soliciting for sponsors. NMYAFL does recommend to its coaches to use the utmost respect and honesty when it comes to matters of soliciting for sponsors so as not to cast a poor image on themselves, their team or NMYAFL.

Team Financial Management.

- 7.2.7 Each team shall have a separate checking account for the team with the team name on the account. The account shall be used for all team purchases for both football and cheerleading, but the Head Cheer coach has the option of opening a separate account. Two signatures shall be required on the checking account and one signature shall be the head coach and the other signature shall be a parent or guardian of a team member who shall not be related by marriage or family to the head coach.
- 7.2.8 All financial records shall be available for inspection at any time by any team parent upon request. Senior and/or Varsity teams must close their checking accounts and equally distribute all remaining funds to the team. In cases where the Senior/Varsity Head Coach intends to continue coaching, the account may remain open with the minimum amount required by the bank.
- 7.2.9 Bank statements and receipts must be made available within 48 hours upon request.
- 7.2.10 Financial statements must be made available to the parents of your team upon request. Financial statements will show all money raised and money paid out when and to whom. Due care will be exercised. Coaches, failure to voluntarily provide your financial statement is subject to immediate suspension by CSC.

[**Click Here to View & Download the
NFL Flag Playing Rules**](#)