

# **FLEX FOOTBALL**

## **RULES OVERVIEW**



- Intro
- Welcome to the season
- Please hold questions until the end

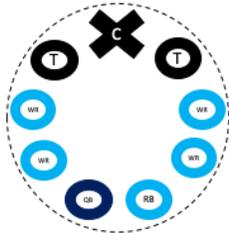
## **COACHES RESPONSIBILITIES**

- **ABIDE BY THE NFX'S COACHES CODE OF CONDUCT**
- **OPENLY COMMUNICATE VIA TEXT &/OR EMAIL TO PARENTS ABOUT TIMES, PRACTICES AND CHANGES**
- **HAVE ON HAND AT EACH GAME A ROSTER AND PROOF OF THE PLAYERS SCHOOL GRADE. FOR EXAMPLE, A REPORT CARD OR OFFICIAL SCHOOL DOCUMENT SHOWING PROOF OF SCHOOL GRADE. THIS IS TO BE MADE AVAILABLE TO SHOW A REFEREE AND/OR A NFX STAFF MEMBER.**
- **ENSURE ALL PLAYERS ARE IN APPROVED ROCKSOLID EQUIPMENT**
- **LEARN THE RULE BOOK**



- Note the new addition about having roster on hand
- Rocksolid equipment only due to insurance policy

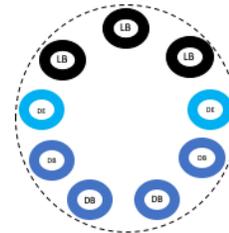
## FLEX FOOTBALL PERSONNEL



**THE OFFENSIVE HUDDLE:**  
1 QB  
3 OFFENSIVE LINEMEN  
5 ELIGIBLE RECEIVERS

ELIGIBLE RECEIVERS: LIGHT BLUE

**9v9**



**THE DEFENSIVE HUDDLE:**  
3 LBS  
2 DE  
4 DBS

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- Give example of 11 on 11 football minus the 2 guards for offense and 2 defensive interior linemen.
- Or 7v7 + DEs

## A FEW KEY RULES

- 1<sup>ST</sup> AND 10 LIKE NORMAL FOOTBALL (STICKS MOVE)
- 3 DOWNS SERIES OUTSIDE THE RED ZONE
- TOUCH THE RED ZONE (20) AND YOU GET 4 DOWNS

- OL CAN NOT RUN OR CATCH THE BALL
- EVERYONE IN A 2 POINT STANCE
- LIMITED CONTACT WITH THE HANDS ONLY WHILE BLOCKING AND DEFEATING BLOCKS

- FUMBLES ARE DEAD
- QB HAS ONE CHANCE TO SCOOP A BAD SNAP IF PLAYER SAFETY ALLOWS
- INTs CAN BE RETURNED FOR A TD TO THE 40 YARD LINE

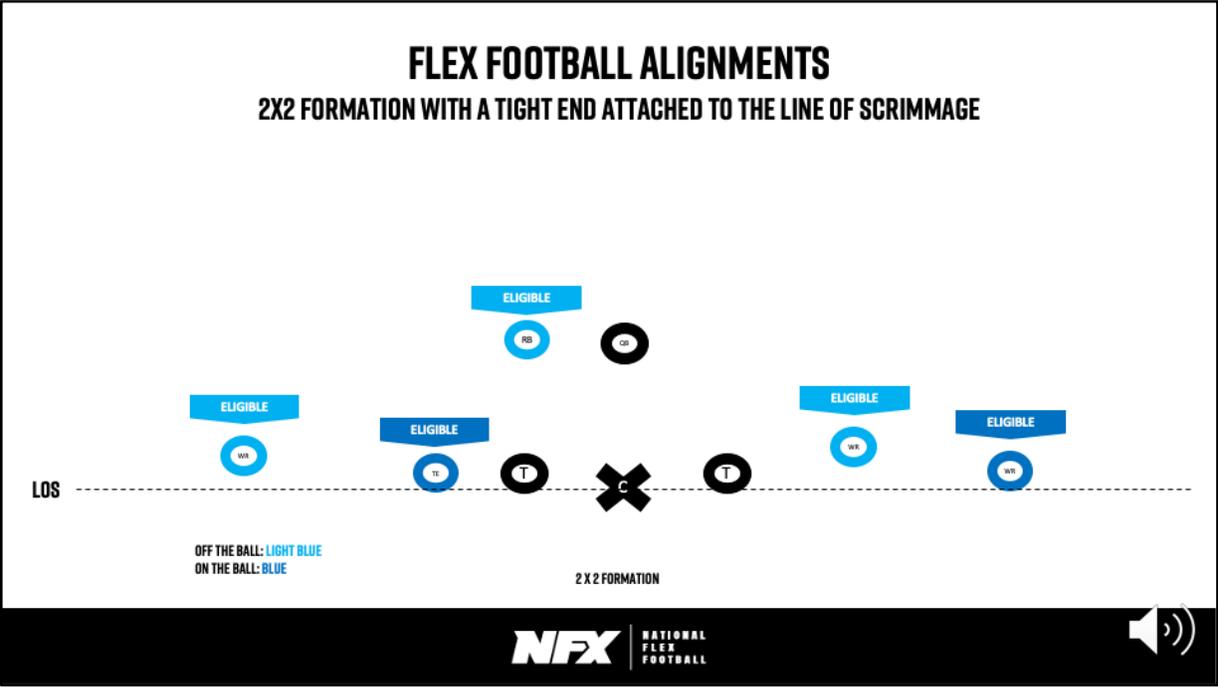
2 X 2 FORMATION

OFF THE BALL: LIGHT BLUE  
ON THE BALL: BLUE

LOS

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- Expand on when you touch the red zone and the fact that you get you use 4 downs even if you get backed up. Example, you are at the 20 – as a coach you need to know that you have all 4 downs (this may change your play calling style). If on 1<sup>st</sup> and 10, you take a sack and are now at the 25 yard line and spend the rest of your downs there – you STILL get to use all 4 downs because you touched the red zone.
- OL cant run or catch the ball if they are lined up as an OL. We encourage players to switch positions – if they want to play receiver, on the next play you an line them up as a receiver. We do not adhere to “eligible numbers” as commonly used in tackle football. Example, the tackle who wears 65 can line up as receiver on the next play and be eligible if he is in the proper position on the field.
- QB scoop rule – expand on that this is for PLAYER SAFETY and that we give the referees a wide open interpretation on this. If they blow the whistle early, please don’t argue with them about it. Ball gets placed back at the LOS



- This is a common Flex Football alignment - expand and say coaches can use their standard plays even madden formations. Point out that this looks like a standard football alignment, just omit the guards.

Point out that darker blue is on the line of scrimmage, light blue is off the line and note that they will be seeing it throughout these slides. We will expand on this later.

## VARIOUS "PERSONNEL" GROUPINGS

(COMBINATION OF ELIGIBLE BALL CARRIERS) CAN BE USED JUST LIKE NORMAL FOOTBALL

**10 PERSONNEL**

- 1 RUNNING BACK
- NO TIGHT END
- 4 RECEIVERS

2 X 2 FORMATION

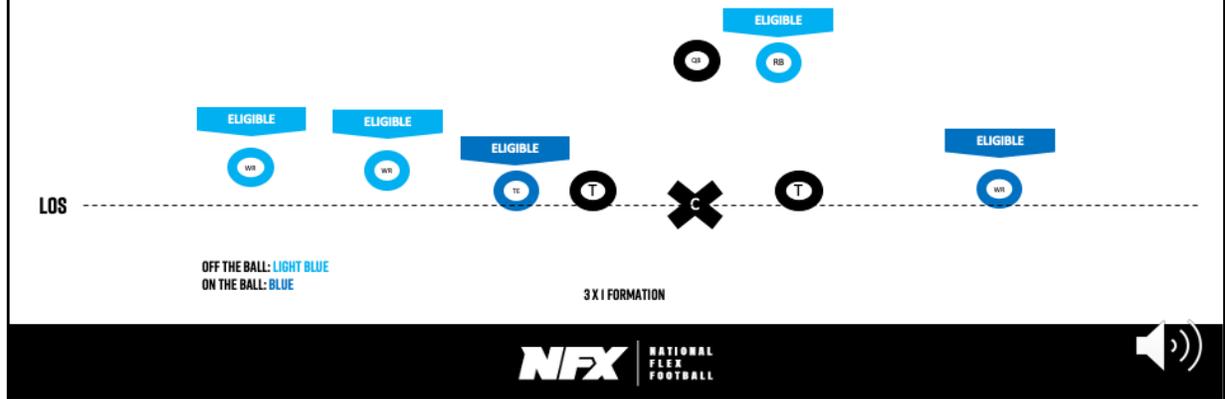
OFF THE BALL: LIGHT BLUE  
ON THE BALL: BLUE

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- Point out that as a coach, they can use various personnel groupings if it is part of their play calling. I.e 10 (one back 0 tight ends), 12 (one back 2 tight ends).
- No matter the personnel, it has to be a legal formation. Again note the dark blue on the line and lighter blue off the line but they are all still eligible ball carriers.

## UNBALANCED RECEIVER FORMATIONS ARE ALLOWED

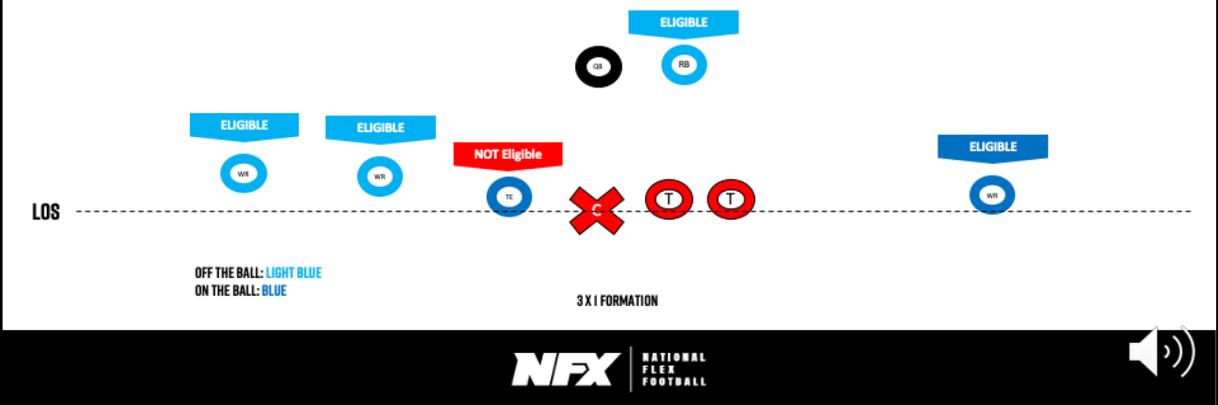
FOR EXAMPLE: 3 X 1 FORMATION BELOW



- Point out that this is an unbalanced receiver formation – 3 x 1.
- A 3 x 2 formation is allowed, even a 4 x 1 – they just have to be aligned LEGALLY.

## UNBALANCED INTERIOR LINEMEN FORMATIONS ARE NOT ALLOWED

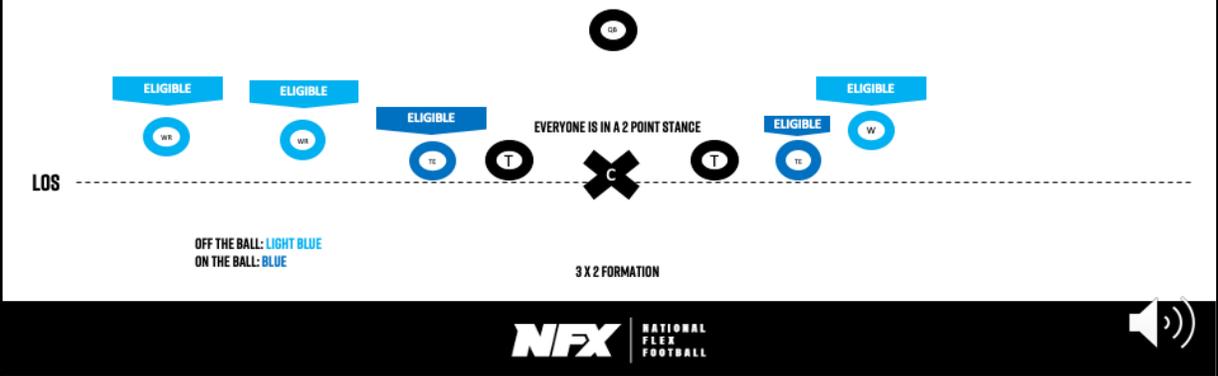
FOR EXAMPLE: 3 X I RECEIVER FORMATION BELOW WITH TACKLES OVER



Point on that this is a 3 x 1 receiver formation but it uses UNBALANCED interior linemen.

- Interior linemen are the Tackles and Center.
- Tackles and centers are not eligible to catch the ball. In the above example, a coach would illegally have the tight end (in the tackle position) release for a pass. This would be an ineligible player downfield penalty.

## TIGHT ENDS AND WINGS ARE ALLOWED

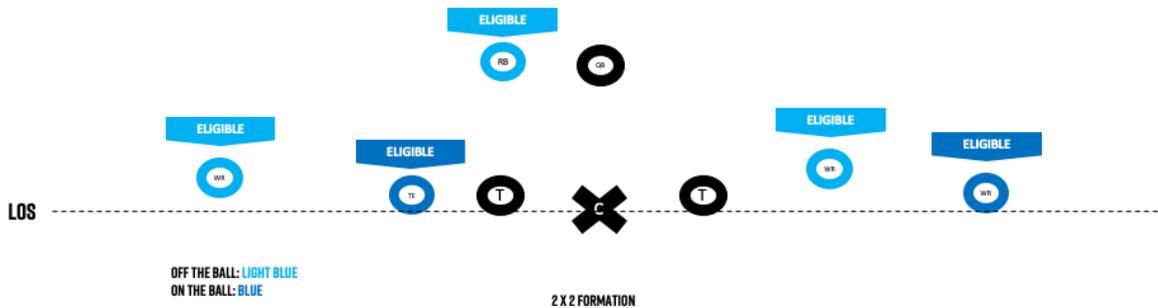


Tight ends and wings are allowed as long as you maintain a legal formation. Point out that the dark blue is on the line, that means that no one outside of him can be on the LOS.

## ON AND OFF THE BALL WHAT DOES THAT EVEN MEAN?

Here at NFX, we want our young participants to begin learning the standards of the game played at the higher levels. At the youngest of ages, our refs will be helpful in getting players lined up and will be lenient with enforcement. However, this still means that there needs to be a realistic attempt to line up to standard football formations. At the older ages, players will be expected to line up in legal formations that fit within the NFX rule book.

- A legal formation is comprised of:
  - 5 players on the LOS – of that, 2 must be eligible receivers. No more or no less than 5
  - One eligible receiver must align "on the ball" (on the line of scrimmage) to EACH respective side of the ball (L/R)
  - All other eligible receivers must align "off the ball" to the respective side.
- There is a total of 6 "eligible ball carriers" – one of those being the QB
- For example:



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This slide goes into detail on what on and off the ball means, there are also youtube videos explaining this but we are not going to go over it today in detail.

Please review this slide after this presentation if anyone has questions on legal formations.

## BLOCKING AND DEFEATING BLOCKS

- BLOCKER MUST COME TO BALANCE AND ENGAGE WITH **THE HANDS ONLY**
- NO LEADING WITH THE HEAD, SHOULDERS, ELBOWS OR FOREARMS
- NO PILING ON, "PANKAKING" OR PURPOSELY PUSHING PLAYER TO THE GROUND WITH INTENT
- NO OVER PHYSICAL BLOCKING, CUT BLOCKING, BLOCKING BELOW THE WAIST OR CLIPPING

THIS WILL BE PENALIZED AS "**CHARGING**"

- RUSHER MUST **USE HANDS AND FEET** TO DEFEAT THE BLOCK TO **EITHER SIDE OF THE BLOCKER**

- RUSHER CANNOT THROW OR PURPOSEFULLY PUSH BLOCKER INTO THE GROUND OR INTO THE BALL-CARRIER

- RUSHER IS NOT ALLOWED TO RUSH THROUGH THE CENTERLINE OF THE BLOCKER

THIS WILL BE PENALIZED AS "**BULL RUSHING**"



Blocking and defeating blocks.

Expand as needed for safety and that this will be a point of emphasis for the beginning of the season. More calls until the kids really understand what this means, then we usually see a decline in calls and everyone figures out the appropriate level of "limited contact".

## THE “TAGGING OFF” PROGRESSION

1. **BREAK DOWN**
2. **TRACK THE HIPS**
3. **BUZZ THE FEET AND CLOSE**
4. **“TAG OFF” ON THE HIPS**

“TAGGING OFF” IS THE TERM USED AT HIGHER LEVELS OF FOOTBALL TO EMPHASIZE GETTING INTO POSITION AND TAGGING OFF WITH A 2 HAND TOUCH.

“TAGGING OFF” IS **NOT** A SHOVE OR PUSH

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Note that this is the same progression used in the NFL or higher levels of football.

It’s all about body positioning and repetitions. This is how we are staying sharp in the off season.

The tag off should be a touch and not a shove. Ideally it is a palms up, thumbs out tag off as the hands rise and on the hips of the ball carrier. This is very similar to the beginning stages of a “tackle” where the player “wraps up”. Note that we are not “wrapping up” in flex, but if you think of the arm movement as such, the tag off would end on the players hips without any physical contact beyond the hands.

Tag offs as a reach will count as a down but it is not the ideal technique to teach.

If a player is tagged from the back and stumbles forward, it is not a penalty because the players momentum took them forward. If it is an obvious shove with intention to put the player on the ground, then that has the potential to be called as a penalty.

## THE A GAP PROTECTED ZONE

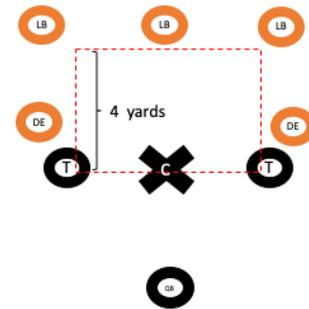
DEs **CAN** ALIGN HEAD UP TO OUTSIDE THE TACKLE  
- **CAN NOT** ALIGN IN THE A GAP OR INSIDE THE TACKLE

DEs **CAN** USE AND END UP IN THE A GAP

DEs **MUST** ALIGN WITHIN ARMS DISTANCE OF THE END MAN ON THE LOS  
- NO "WIDE 9" ALIGNMENTS

LBS CAN BLITZ THE A GAP FROM DEPTH (4 YARDS BACK)

LBS CAN ALIGN ON AND BLITZ FROM THE EDGE \*IF HE IS PRESSING  
(ALIGNING OVER/COVERING UP) AN ELIGIBLE RECEIVER  
I.E. TE OR SLOT RECEIVER NEAR THE TACKLE BOX



THE PROTECTED A GAP ZONE:  
MIDLINE OF THE TACKLES TO 4 YARDS BOX  
WHERE NO DEFENSIVE PLAYER CAN ALIGN



Read and expand as needed

**QB RUNS MUST GET OUTSIDE OF THE TACKLE BOX**

**ILLEGAL QB RUN**

**LEGAL QB RUN**

**RULE CHANGE: QB'S CAN RUN AT ANY POINT ON THE FIELD**

**\* AS THE PLAY PROGRESSES**

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The QB simply has to get lateral before going north and south.

Coach your QBs to just get outside of the tackle box before crossing the line of scrimmage.

## RULE CLARIFICATIONS

### Interceptions

- After an interception for a score, the scoring team gets to try an extra point on the field's standard end zone. After the extra point try, the original team who threw the interception then gets the ball at the 40 yard line with a new set of downs – remember, the team who was playing defense for the extra point try will be the new offense (this is just like standard football where normally a kick off would ensue after the scoring team's extra point.)

### Penalties or yardage lost at or near the 40 yardline

- Any penalty or yardage lost that would result in the ball being backed up past the 40, the ball will then be spotted at the 40 regardless with a loss of down.
  - Ball at the 38 and you get a 5 yard penalty? Then the furthest back the ball can be spotted is the 40 – with a loss of down.
  - If sacked or stopped behind the 40 yard line – the ball goes back to the 40 with a loss of down.
- If penalty occurs when the ball is AT THE 40 yard line, the line to gain/first down marker will be moved up to reflect the additional yardage.
  - 40 yard line – 5 yard penalty: ball stays at the 40 and the line to gain will be moved up 5 yards. The penalty is enforced as normal – i.e. a false start is normally a replay of down. It will be 1<sup>st</sup> and 15.



Read and expand or shorten as needed.

## COACHES CODE OF CONDUCT

- √ always be supportive and encouraging of my players.
- √ uphold and promote a positive, safe and respectful environment for my players to participate in this great sport.
- √ conduct myself in a professional manner in all aspects of the game from practice to in game situations.
- √ lead by the example of true sportsmanship towards all staff members, opposing teams, referees, parents and participants.
- √ foster an environment of participation and inclusion within my team.
- √ will take it upon myself to learn and participate by the rules of the game.



Don't need to go over in depth, just point out that this is our coaches code of conduct.