



# NSYFL Flag Sideline Rules Sheet

updated 8/2025

	Comp	1st Grade / K
<b>Field Length</b>	60 yards Ball starts on 20 yard line each half of play and after scores	60 yards Ball starts on 20 yard line each half of play and after scores
<b>Clock Mgmt</b>	2 fifteen minute halves, normal high school play clock (5 minute halftime)	2 Twenty minute halves running clock. Clock stops for timeouts and injuries (5 minute halftime)
<b>Delay Of Game</b>	45 second play clock, failure to snap ball will result in a LOSS OF DOWN. If 4th down, will result in turnover	60 second play clock, failure to snap ball will result in a LOSS OF DOWN. If 4th down, will result in turnover
<b>A Gap (Offense)</b>	Can run thru A gap	Can only run thru the A gap if the ball has been handed off to a player that is lined up at least 5 yards off LOS at time of snap, or is outside tackles at time of snap. (No qb sneaks)
<b>A Gap (Defense)</b>	Cannot line up lineman over the center	Defensive Linemen may not line up on the LOS in the A Gap or over center. Must be 5 yards off the ball for a linebacker to be in A gap at time of snap.
<b>Turnovers</b>	Intercepted balls are considered live, no fumbles - once ball hits the ground the play is blown dead	Intercepted balls are considered dead ball turnovers and not advancable. No fumbles - once ball hits the ground the play is blown dead
<b>Line of Scrimmage</b>	Snaps must be between legs of center. Lines can be spread out and unbalanced, but must be 5 players on LOS. Only outside players on LOS are eligible. Center is not eligible	Snaps must be between legs of center. Lines can be spread out and unbalanced, but must be 5 players on LOS. Only outside players on LOS are eligible. Center is not eligible
<b>Extra Points</b>	1 point - Run 2 points - Pass (interceptions are blown dead and cannot be returned)	1 point - Run 2 points - Pass (interceptions are blown dead and cannot be returned)
<b>Coaching</b>	1 coach is allowed on the field for each team (Offense and Defense). On field coaches are not able to communicate with team once ball is snapped (5 yard penalty and potentially Loss of Down (if offensive coach talks)	2 coaches are allowed on the field (Offense and Defense)
<b>Scoring</b>	If there is a 24 point or greater lead clock will become running (minus timeout and injury)	SCORE IS NOT KEPT AT Kindergarten OR First Grade NO SCOREBOARD SHALL BE USED
<b>Overtime</b>	Team will have it 1st and Goal from 10 yard line If a score occurs, team will have XP attempt If score is tied after 2 Ots then result of game is Tie	No overtime
<b>Punts</b>	If a team opts to punt, the ball will be advanced 20 yards (not inside the opponents 20)	If a team opts to punt, the ball will be advanced 20 yards (not inside the opponents 20)

Game Day Contacts  
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