

NEFL

**Noblesville
Elementary
Football
League
Rules**

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Noblesville Elementary Football League

Introduction

1. **Noblesville Elementary Football (NEFL) is a non-profit organization that sponsors youth football in Noblesville Indiana.**
2. **If participation levels meet expectations there will be a flag football and tackle football in this program.**
 - a. **The flag football program will consist of one (1) division; Minor Flag for kindergarten, first grade and second grade.**
 - b. **The tackle football program will consist of five divisions; first & second, third, fourth, fifth & sixth grades and Grinders (Indiana Elementary Football Association travel team).**
3. **In accordance with articles of the incorporation and by-laws, the NEFL Board of Directors (Board) adopts these rules. All parents, players, coaches, volunteers, spectators or other person participating or seeking to participate in the NEFL activities shall comply with these rules.**
4. **The Board will review these rules annually. The board reserves the right to amend these rules by the affirmative vote of the majority of the Directors present at any regular meeting of the board.**

Mission

The NEFL is a not-for-profit volunteer driven organization dedicated to providing the youth of Noblesville a fun and safe activity while teaching the values of teamwork, sportsmanship, and leadership through football and cheerleading.

Purpose

The Noblesville Elementary Football League is a service to the youth in the Noblesville Community. It is geared to provide an outlet of healthful activity and training under good leadership in the atmosphere of wholesome community participation. The program is dedicated to helping youth build a foundation for growth and development. We should try to establish for each youth the rudiments of hard work, teamwork and fair play.

Program Objectives & Values

- **Sportsmanship**
- **Sound fundamental instruction**
- **Basic and general knowledge of rules, positions and techniques**
- **Physical fitness through individual sacrifice**
- **The challenge to compete to the best of their ability**
- **Establishing personal and teams goals**
- **Providing guidance in achievement of said goals**
- **The values of team play**
- **Good citizenship**
- **Healthful and social associations with peers**

Sponsorship of NEFL Team

- 1. Any individual, organization, company, or corporation desiring to sponsor an NEFL team may do so, subject to acceptance by the Board of Directors.**
- 2. The sponsorship fee shall be established annually by the Board of Directors and may be changed by the Board of Directors in accordance with the estimated cost for the current year to equip a team with proper uniform, and other necessary equipment. All fees paid to the NEFL by participating sponsors shall be spent in any manner seen fit by the Board of Directors.**

Player Eligibility

- 1. Any boy or girl may participate in the NEFL and shall be divided in the following leagues:**
 - A. Minor Flag football (kindergarten through 2nd grade)**
 - B. 1st and 2nd grades tackle**
 - C. 3rd grade tackle**
 - D. 4th grade tackle**
 - E. 5th and 6th grades tackle**
 - F. Grinders (5th and 6th grade travel team)**
 - G. Cheerleading (kindergarten through 6th grade)**
 - H. Grinder Cheerleading (5th and 6th grade travel team)**
- 2. Any boy or girl who wishes to participate in any of the above leagues shall be the following ages:**
 - A. Minor Flag football shall have reached his/her 5th birthday by June 1st of the current year and shall not have reached his/her 9th birthday before November 1st of the current year.**
 - B. 1st and 2nd grade tackle shall have reached his/her 6th birthday by June 1st of the current year and shall not have reached his/her 9th birthday before November 1st of the current year.**
 - C. 3rd grade tackle shall not have reached his/her 10th birthday before November 1st of the current year.**
 - D. 4th grade tackle shall not have reached his/her 11th birthday before November 1st of the current year.**
 - E. 5th & 6th grade tackle and Grinders shall not have reached his/her 13th birthday before November 1st of the current year.**
 - F. Cheerleading (kindergarten through 6th grade) have reached his/her 5th Birthday by June 1st of the current year and shall not have reached his/her 13th birthday before November 1st of the current year.**
 - G. Grinder Cheerleading (Travel team) shall not have reached his/her 13th birthday before November 1st of the current year.**
 - H. No Player or Cheerleader may be registered if they will be entering the 7th grade for the current school year.**
- 3. Players are not allowed to move to a different league. Special circumstances will be reviewed by the League Commissioner with approval of the Competition Committee.**
- 4. Any player having the ability to play in the Grinder league (Travel team), in the judgment of the Grinders coaching staff shall be considered a “dominant player”. If a “dominant player” elects not to play in the Grinder league he/she will not be permitted to participate on any other NEFL teams except as may be permitted by the Board of Directors.**
- 5. To play tackle football you must fit in available equipment. No special size equipment will be provided.**

Weight Limits

1. **Weights recorded at the time of the official weigh-in shall apply throughout the season. The official “weigh-in” shall be at equipment pick up or during preseason camp and always taken before a player may start their first season practice or game. Players may weigh-in with or without equipment. The following weight limits shall apply:**
 - A. **1st and 2nd grade:**
 1. **Players must weigh 45 pounds or more to play.**
 2. **Ball carriers are any player under or equal to 80 lbs**
 3. **Any Player over 80 lbs is considered a striper and cannot be in a ball carrying position (ie QB, RB WR TE)**
 4. **Double Stripe is any player over 135 lbs.**
 - B. **3rd grade:**
 1. **Ball carriers are any player under or equal to 90 lbs**
 2. **Any Player over 90 lbs is considered a striper and cannot be in a ball carrying position (ie QB, RB WR TE)**
 3. **Double Stripe is any player over 145 lbs.**
 - C. **4th grade:**
 1. **Ball carriers are any player under or equal to 100 lbs**
 2. **Any Player over 100 lbs is considered a striper and cannot be in a ball carrying position (ie QB, RB WR TE)**
 3. **Double Stripe is any player over 155 lbs.**
 - D. **5th & 6th grade:**
 1. **Ball carriers are any player under or equal to 115 lbs**
 2. **Any Player over 115 lbs is considered a striper and cannot be in a ball carrying position (ie QB, RB WR TE)**
 3. **Double Stripe is any player over 175 lbs.**
 - E. **Grinder league (Travel team for 5th and 6th Grade):**
 1. **Shall be established by the IEFA rules.**
2. **Double Stripe**
 - A. **All double stripe players that meet weight limits for the league, which they are playing in are restricted to playing only:**
 1. **Offensive Center, Guard or Tackle.**
 2. **Defensive Tackle.**
 3. **Special Teams:**
 - A. **May play front line of kickoff return, kickoff, punt return or punt.**
 - B. **May punt or kick off but may not advance the ball.**
 - C. **May kick field goals and extra points but may not advance the ball.**
 - B. **Double Stripe players will be evaluated by League Commissioner and may be required to move up one league. All moves based on recommendation of the League Commissioner shall be presented to the Competition Committee for approval.**
 - C. **No team shall have more than one double stripe player in play at anytime during a game.**

Coach Requirements

It is the goal of the Football Board of Directors to find and select coaches that best represent the values and objectives of our football program and community. Coaches have a significant impact on the players, parents and the football program. Therefore, the selection of the coaches should not be taken lightly. The Football Board will select the head coaches and assistant coach for each league. The head coach select 1) A team parent, with approval of the commissioner. 2) Two assisting parents, with approval of the commissioner. All coaches, including assistants will be required submit to a background check. Result of not responding to background check or negative findings of background check may result in removal from coaching position.

1. Each person who wishes to participate as a coach shall file with the Board of Directors an **APPLICATION FOR COACHES** and shall permit a background check to be conducted. Also complete the USA Football Coaches Certification. Any person who wishes to be a coach shall be approved by the Board of Directors. Once approved for coaching, a coach is automatically terminated at the close of each season. To coach the following year, the same Football Board approval is required.
2. All coaches shall concentrate at all times on promoting the purposes of the NEFL and the merits of good scholarship, citizenship, classroom conduct and team work at home as well as on the football field. All coaches shall encourage youth to confide in parents/coaches if and when they are having scholastic problems and are to be excused from practice, with no penalty attached, until such problems are remedied to parental satisfaction.
3. All coaches shall abide by the Bylaws, General Rules, Game Rules and Regulations, and Practice Rules and shall conduct themselves in a sportsmanlike manner and shall not use profanity, aggressive or violent behavior toward any official, game referee, player/cheerleader, parent, fan, opposing team player and/or coach.
4. All coaches must recognize that safety is of prime importance in the NEFL program and shall act accordingly in all situations. Players are to be excused from participation in practice and/or game in the event of illness or injury at the request of the parent or guardian. In the event of any serious injuries requiring doctor's examination, attention, admission to a hospital or examination in an emergency room, players shall not be allowed to participate in practice or games until a doctor's certificate of fitness is furnished to the head coach. Such head coach shall keep a copy of the certificate of fitness in the head coach's file, and shall give such certificate of fitness to the league commissioner to be attached to the written report of injury.
5. All coaches shall abide by all Rules and Regulations as specified herein or any other Rules or Regulations which may be approved by the Executive Committee and Board of Directors.
6. All coaches shall attend all meetings or training sessions that are required by the Executive Committee and Board of Directors.
7. A team's coaching staff is in complete charge of a team whenever it is together on the practice or playing field or together for any team function. The coaching staff is under the direction of the Head Coach; other coaches are called Assistant Coaches.
8. All coaches shall assist and cooperate with the Director of Equipment in the distribution, maintenance and collection of all equipment.
9. Each team, except for cheerleaders, shall have two official coaches and a team parent. One of these coaches shall be designated as the head coach and the other shall be designated as the assistant coaches.

Team Selection

1. **In House**
 - A. The commissioners of each league will be responsible for assigning players to teams based on weight and evaluation for tackle league and age and grade for flag league.
 - B. Players must be weighed by league officials to determine their weight class prior to the draft.
 - C. Head coaches', assistant coaches', and sponsors' kids/players will be placed in their appropriate weight class for their grade. Only two of the three can be placed on one team.

Example: head coach and sponsor, head coach and assistant coach. Not all three on one team.

- D. Final selections of sponsorships and coaches shall be by the Competition Committee.**
- 2. Grinders (Travel Team)**
 - Players are selected through a tryout process conducted by the Grinders coaching staff.**
 - Tryouts are usually held late June to first of July each year.**
- 3. All Stars**
 - Players are selected through a tryout process conducted by the Competition Committee.**

Equipment Tackle

- 1. The NEFL makes available for use of the NEFL player for the season the following:**
 - A. Helmet, shoulder pad, a mouthpiece**and a game jersey. The helmet and shoulder pad are to be returned immediately following the last game of the season. The jersey is the players to keep.**
 - ** If a mouthpiece is lost during the season, it will be the responsibility of the player to purchase an additional mouthpiece from a representative of the NEFL or any athletic store. No player will be permitted play in any scrimmage, practice or game unless he/she has a mouthpiece and is wearing all protective equipment provided or required by the NEFL.**
 - B. The helmet and shoulder pad are expected to be returned in a good condition and clean. Any equipment damaged or not returned must be replaced and/or paid for by the parent or guardian of the player within 48 hours of the last scheduled activity. Wear and tear due to normal playing conditions are understood and expected. If equipment is not returned or returned damaged, the NEFL will pursue whatever legal means available to recover or replace their property.**
 - C. DO NOT cover the size, number or warning statement of the helmet or shoulder pads. DO NOT use permanent marker to write the players name on the helmet or shoulder pads. DO NOT REMOVE THE FACE MASK. If stripes are being put on the helmet, place the end of the stripe at the top end of the face mask. ONLY THE League Representative ARE TO REMOVE a FACE MASK. DO NOT pull the pads of the helmet up to tuck the end of the stripe inside the helmet. Cut it off at the edge. Bending the pads up could crack or break the pad. ALL equipment is to be returned to the Equipment Shed on the last day of games DO NOT RETURN EQUIPMENT TO THE COACH. If players are not going to be at the last game, contact one of the League Representative to arrange the return**
- 2. The player will be responsible for: Black Game Pants with pads, practice jersey (t-shirt), cleats and other personal equipment.**
 - A. Shoes –Any player/cheerleader shall wear only tennis shoes or acceptable cleats. No boots or street shoes shall be allowed. Any shoe with cleats molded into the sole of the shoe, football shoes with removable cleats, as long as the metal stud is attached to the cleat and not the sole of the shoe, and soccer cleats shall be allowed. No METAL TIPPED CLEATS WILL BE ALLOWED!**
 - B. Athletic Supporter – please consult with your doctor for the appropriate fitting and wearing of these items.**
 - C. Undergarments – please have players wear a shirt that covers their shoulders and upper arms under their shoulder pads. Equipment can spread infections and wearing clean garments that separate the skin from the equipment can assist in reducing the chance of infection.**
 - D. Mouthpiece – Mouthpieces must be attached to the helmet and of color. Clear mouthpieces are not permitted for safety reasons.**
 - E. Visors and glasses – Visors and glasses must be clear and approved for football contact for safety reasons.**
 - F. Water Bottles – Please have player show up to each game and practice with plenty of clean, cool water or “sports” drink to maintain hydration. Players lose a tremendous amount of fluid during games and practices (even on cooler days/evenings). It is important that they drink plenty of fluids before, during and after Coaches each game and practice. Having their own container is needed for health reasons.**

Equipment Flag

1. **Team Jersey and Flags will be provided by the league.**
 2. **Team Jersey's must be tucked in at all times.**
 3. **Shorts/pants will not be the same color as the flags provided.**
 4. **Each team will receive a football and mouth guard's **.**
 5. **Mouth guards ** will be worn during the game**
- ** If a mouthpiece is lost during the season, it will be the responsibility of the player to purchase an additional mouthpiece from a representative of the NEFL or any athletic store. No player will be permitted play in any scrimmage, practice or game unless he/she has a mouthpiece and is wearing all protective equipment provided or required by the NEFL.**

Player and Cheerleader Code of Conduct

1. **Any boy or girl wishing to participate in the NEFL shall abide by all of the Rules and Regulations of the NEFL as specified herein or any other Rules or Regulations which may be approved by the Executive Committee and Board of Directors.**
2. **Each player/cheerleader shall abide by the Bylaws, General and Game Rules and Regulations and shall conduct themselves in a sportsmanlike manner and shall not use profanity, aggressive or violent behavior toward any official, referee, player/cheerleader, parent, fan, opposing team player and/or coach.**
3. **It shall be the responsibility of the player/cheerleader to:**
 - A. **Advise his/her head coach of any injury which requires a doctor's examination or attention, admission to hospital, or examination in an emergency room.**
 - B. **Advise the head coach of any illness, injury, or physical condition that may make the player/cheerleader unfit to practice, play or cheer in any game.**
 - C. **Maintain his/her equipment, and advise the Head Coach if any such equipment becomes defective.**
 - D. **Wear all protective equipment provided or required by the NEFL at all scrimmages, practices and games.**
 - E. **Obtain approval from the Board of Directors for all personal equipment**
 - F. **Return all equipment which was provided by the NEFL.**
 - G. **Assist when needed or requested by his/her coaches, Board of Directors or Executive Committee.**

Parents and Fans Code of Conduct

1. **Any parent wishing to participate in the NEFL shall abide and shall have their player/cheerleader abide by all of the Rules and Regulations of the NEFL as specified herein or any other Rules or Regulations**
2. **Sportsmanship from Coaches and Players/Cheerleaders is of the highest priority for the Noblesville Elementary Football League. Equally as important is the sportsmanship of the parents and fans. The purpose of the NEFL is for the development of each player/cheerleader. Parents and fans are expected to lead by their example. One example which can be given is to control our emotions and to reflect the best image possible of the NEFL. Therefore, while the NEFL encourages highly enthusiastic and supportive parents and fans, the NEFL will not tolerate the violation of this Code of Conduct. Each parent shall abide by the Bylaws, General and Game Rule Regulations and shall conduct themselves in a sportsmanlike manner and shall not use profanity, aggressive or violent behavior towards the officials, referees, parents, player/cheerleader, opposing team, coaches or other fans, either on or off the field. No person shall be inside the designated team area during the game unless permitted by the Head Coach.**
3. **It shall be the responsibility of the player/cheerleader's parent, guardian or custodian (hereinafter referred to as "parent") to:**
 - a. **Advise his/her head coach of any injury which requires a doctor's examination or attention, admission to hospital, or examination in an emergency room,**
 - b. **Advise the head coach of any illness, injury, or physical condition that may make the player/cheerleader unfit to practice, play or cheer in any game,**

- c. **Pick up such player/cheerleader at the completion of any practice and/or game**
 - d. **Maintain all equipment and advise the Head Coach if any of such equipment should be or becomes defective,**
 - e. **Require the player/cheerleader to wear all protective equipment provided or required by the NEFL at all scrimmages, practices and games,**
 - f. **Obtain approval from the Board of Directors for all personal equipment**
 - g. **Return all equipment which was provided by the NEFL and to be financially responsible for any lost or improperly damaged equipment,**
 - h. **Participate at the concession stand, or as needed or requested by the coaches Board of Directors or Executive Committee.**
4. **Before being allowed to take part in any practice and/or being accepted by any NEFL team, parent must complete and submit an approved application and waiver to the NEFL. Further, the child's parent must give written permission for such child to participate in the NEFL program. Documentation concerning verification of the child's date of birth and picture of the child may be required of the parents prior to the child's weigh-in. All forms, documents, or pictures shall become the permanent records of the NEFL.**
5. **It is the Parents' responsibility to report non-football injuries that require medical attention to the Head Coach. The Player must have a doctors' release to return to practice or game.**

General Rules

1. **The NEFL recreation league will use IHSAA rules with the following exceptions listed in the Game Rule section.**
2. **The Grinders travel team rules will be defined by the IEFA (Indiana Elementary Football Association).**

Game Rules Tackle

Playing Field Dimensions

1. The playing field dimensions shall be as follows:
 - a. **1st/2nd Grade:** Shall be 60 yards long by 50 yards wide, including 10 yard End Zones.
 - b. **3rd Grade:** Shall be 80 yards long by 50 yards wide, including 10 yard End Zones.
 - c. **4th and 5th/6th Grade:** Shall be 100 yards long by 50 yards wide, including 10 yard End Zones

Game Clock

The game clock shall be as follows:

1. **1st/2nd Grade** - Game clock shall have ten (10) minutes per quarter. The game clock shall be a running clock. Such running clock shall only be stopped at the direction of the referee and after a touchdown. The game clock shall be started at the direction of the referee. The game clock may also be stopped by a time out called by either team.
2. **3rd, 4th and 5th/6th Grade** - Game clock shall have ten (10) minutes per quarter. The game clock shall be a running clock except in the last two minutes of each half. Such running clock shall only be stopped at the direction of the referee and after a touchdown. The game clock shall be started again when the ball is touched after the kickoff and at the direction of the referee. In the last two minutes the clock shall be stopped for out-of-bounds, play penalties, and incomplete passes. The game clock may also be stopped by a time out called by either team
3. Each team shall have three time outs per half.

Play Clock

The play clock shall be as follow:

1. After the referee has marked the ball ready for play, the offensive team shall have thirty (30) seconds to commence a play. **1st/2nd Grade** will have thirty five (35) seconds.
2. If a play is not started in 30 seconds a five-yard penalty may be called. **1st/2nd Grade** will have thirty five (35) seconds.
3. Play clock penalty shall be enforced as live ball foul.

Scoring

The scoring shall be as follows:

1. **1st/2nd Grade**
 - a. A team will be awarded six (6) points for a touchdown. The point after touchdown shall be a run or pass play from the three (3) yard line and will be worth one point.
 - b. A safety is worth two (2) points.
 - c. There shall be no kicked point after touchdown or field goal attempts.
2. **3rd, 4th and 5th/6th Grade**
 - a. A team will be awarded six (6) points for a touchdown.
 - b. Extra Point running plays: One extra point shall be awarded if the team starts from the three (3) yard line and two points if they start from the five (5) yard line. If a team wishes to kick, such attempt shall be kicked from no closer than the five yard line and worth (2) points. A kicked extra point shall consist of a hike from 3 yard line, a player will hold the ball, and the ball shall be placed on a kicking block no closer than the 5 yard line.
 - c. A field goal is worth three (3) points.
 - d. A safety is worth two (2) points.

Teams

1. **Teams must be ready to take the field at the scheduled time or a penalty may be assessed.**
 - a. **Teams must have 10 players to start a game.**
 - b. **Teams with 9 or less players shall forfeit the game. Teams will still play with reduced players for fun and experience.**

Playing Time

1. **All players will start and play the entire game on either offense or defense substitutions will be made only in the case of injury or players who are playing both ways. The goal is for everyone to play in all four (4) quarters on defense or offense.**
2. **The coach has the option to not start a player in the case of consistent absences or discipline problems. Coaches shall apply this option consistently without regard to talent. Coaches should inform the commissioner of any such Actions.**
3. **1st/2nd Grade - From the start of the season the coach must rotate the Quarterback, Fullback and Tailback positions every half and must adhere to the following:**
 - a. **No player can play the Quarterback, Fullback or Tailback positions for more than two quarters in any individual game.**
 - b. **Coach must use three players, in the first half and three DIFFERENT players in the second half, for the Quarterback, Fullback and Tailback positions for every game.**
4. **1st/2nd Grade - In overtime, you may play any of your players in any eligible position.**

General Rules – 1st & 2nd Grade

1. **A coin toss will determine who gets the ball first.**
2. **The offensive team takes possession of the ball on its own 20-yard line at the start of the game.**
3. **If the offensive team fails to gain a first down on four plays, possession of the ball changes and the opposing team starts its drive where the ball is dead, unless the offensive team announces, prior to fourth down, that they want to punt. If the offensive team declares a punt, the ball will be moved 25 yards up field, but no farther than the opposing team's 15 yard line. The opposing team will take over at the new location.**
4. **Teams change sides only after half-time.**
5. **There are no kick-offs or punts.**
6. **Fumbles behind the line of scrimmage can only be recovered and advanced by the offense. A fumble recovered by the defensive team behind the line of scrimmage is dead where it is recovered and the offense retains possession except on 4th down which results in a turnover of possession. A fumble past the line of scrimmage is dead where it is recovered and the recovering team (offense or defense) takes possession. Interceptions can be returned but not by players that have a black-stripe on their helmet. If a black-stripe player intercepts a pass, the ball is dead where he intercepts it.**
7. **After a safety, the ball is placed on the 15 yard line of the team scoring the safety, and it remains that team's possession.**
8. **Personal penalties will only be 10 yards max (normally 15 yards).**
9. **Holding penalties will only be 5 yards from spot of foul (normally 10 yards).**

Special Teams – 3rd, 4th and 5th/6th Grades

1. On kickoff unit, there must be 5 players on either side of the ball when the ball is kicked
2. Kicks must go 10 yards per high school rules for change of possession.
3. Following shall be the rules for special teams for each league.

3rd Grade:

1. There will be no rush on any extra point kick, field goal or punt.
2. There will be no movement beyond the line of scrimmage until after the ball has been kicked or punted.
3. There will be no fake punts, kicked extra points or field goals.
4. For punts the ball will be placed on ground next to punter. When official signals the punter shall pick up the ball and kick.
5. For point after touchdown (P.A.T.) the ball will be placed on ground next to the kicking block. When official signals the P.A.T. holder shall pick up the ball and place it on the kicking block.

4th Grade:

1. There will be no rush on any extra point kick, field goal or punt if the ball is placed next to the punter or kicking block. When official signals the punter shall pick up the ball and kick or the P.A.T. holder shall pick up the ball and place it on the kicking block.
2. If the ball is hiked the defense may rush. If the ball is hiked the punt, point-after touchdown (P.A.T.) or field goal may be faked.

5th/6th Grade:

1. There will be full rush on any extra point kick, field goal or punt.
2. Faked punts, kicked extra points or field goals are permitted if the ball is hiked.
3. If the ball is placed next to the punter or kicking block there shall be no fakes

All Leagues -If the ball is placed on the ground the offensive team may not run, pass or otherwise advance it unless the opposing team possesses it first and then fumbles it (or otherwise loses possession). For example – if the holder, kicker or punter mishandles picking a ball off the ground, it may not be advanced by the kicking team unless the opposing team first gains possession of the ball.

Formations

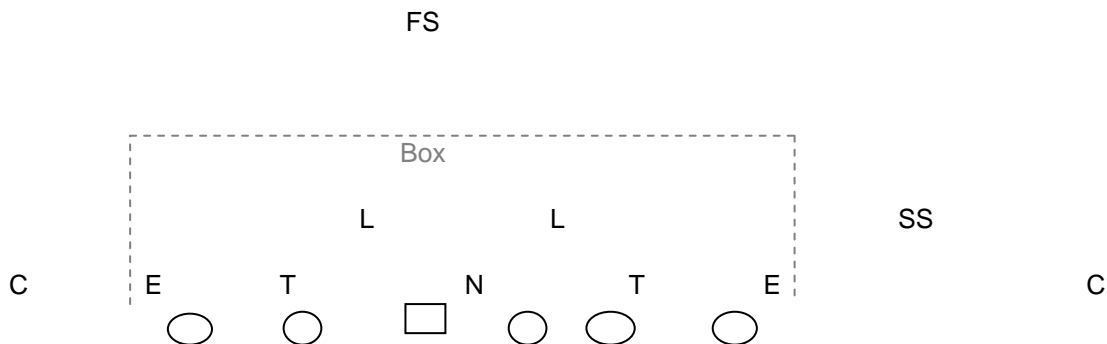
1st/2nd Grade

1. **Defensive Formation**
 - a. The basic defense shall be a four three (4-3), see diagram.
 - b. The defense can bring a safety or corner into the “box” to defend the extra tight end. This safety must adhere to the same rules as a linebacker.
 - c. Defensive tackles shall be head-up on offensive guards.
 - d. Defensive ends shall play head-up to the last offensive lineman, (tight end or tackle).
 - e. Linebackers shall play behind or between the defensive ends and start the play 3 yards off the line of scrimmage. Once the ball is snapped, the linebackers are free to go wherever the play leads them. Linebackers must be spread; they cannot be stacked. Linebackers may not be on the line of scrimmage except for goal line defense.
 - f. Cornerbacks must play four (4) yards outside the defensive end and must cover the widest receiver.
 - g. Safeties shall play ten (10) yards off the line of scrimmage. The safeties may line up anywhere in between the two widest offensive players

- d. There shall not be three (3) receivers outside of the tackle (Trips). Can not motion into trips.**
- e. No unbalanced line.**
- f. No tackle eligible plays (end must be sealed off with receiver or tight end).**
- g. No striped player may be in backfield or end position.**
- h. No striped player may advance the ball.**
- i. Interior linemen shall be spaced no more than fingertip-to-fingertip apart.**

- b. **Defensive ends shall not start farther out than the outside shoulder of the last offensive lineman, (tight end or tackle).**
- c. **Linebackers shall play behind or between the defensive ends and three (3) yards off the line of scrimmage. Linebackers may not be on the line of scrimmage except for goal line defense.**
- d. **One linebacker may blitz. Blitz is defined by walking up to hip of the lineman but not on the line of scrimmage before the QB starts cadence.**
- e. **Cornerbacks must play outside the defensive end and must cover the widest receiver.**
- f. **Strong Safety may not start the play within the box.**
- g. **Free Safety shall start play ten (10) yards off the line of scrimmage.**
- h. **Goal line defense shall be permitted only inside the five (5) yard line.**
- i. **Defensive ends and tackles must freeze once the QB starts cadence.**
- j. **Defensive ends, nose and tackles shall be in a 3-point stance.**
- k. **The defense shall have no more than seven (7) players in the box. The box is the area between defensive end to defensive end and five (5) yards off the line of scrimmage.**
- l. **Only when the Offense has five (5) receivers or trips to one side the Free Safety or Outside Linebacker may move out or up to cover.**
- m. **All offensive receivers must be covered straight up by a defensive player.**

Basic 5-2 Defense Formation – 4th Grade

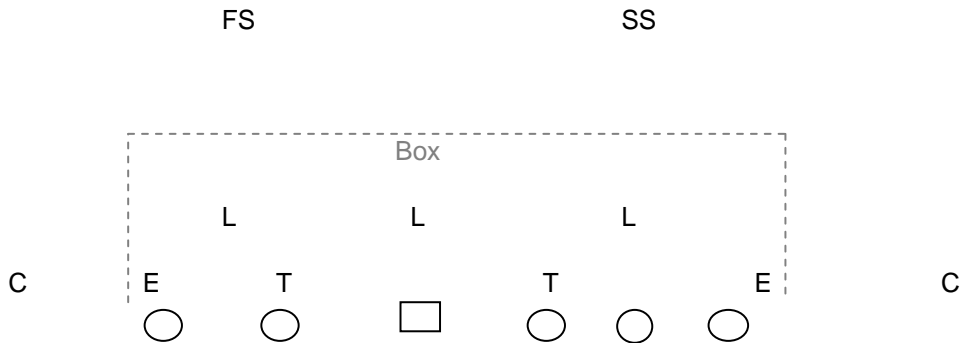


4. **4th Grade Offensive Formations - Offensive formations issued by the league commissioner are for reference. Other formations may be used if they meet these requirements.**
- a. **At least two backs in the backfield at all times, includes quarterback, (within the tackles).**
 - b. **Backs shall play three (3) yards from the line of scrimmage when between the tackles.**
 - c. **No tackle eligible plays (end must be sealed off with receiver or tight end).**
 - d. **No unbalanced line.**
 - e. **No striped player may be in backfield or end position.**
 - f. **No striped player may advance the ball.**
 - g. **Interior linemen shall be spaced no more than fingertip-to-fingertip apart.**

5th/6th Grade

1. **Defense: Any Defensive formation may be used if it meets the following requirements.**
 - a. **Defensive line must not play head up on the Center or double team the A Gaps (Center) Only exception is goal line defense.**
 - b. **Cornerbacks must play outside the defensive end and must cover the widest receiver.**
 - c. **Free Safety may not start the play within the box or on the line of scrimmage.**
 - d. **Goal line defense shall be permitted only inside the five (5) yard line.**
 - e. **The Defensive inside the box must freeze once the QB starts cadence.**
 - f. **Defensive ends and tackles shall be in a 3-point stance.**
 - g. **Only when the Offense has five (5) receivers or trips to one side, the Free Safety may move up to cover.**
 - h. **The defensive box is the area between defensive end to defensive end and five (5) yards off the line of scrimmage.**
 - i. **All offensive receivers must be covered straight up by a defensive player.**

The Defensive Box for reference using a basic 4-3 – 5th/6th Grade



2. **5th / 6th Grade Offensive Formations - Offensive formations issued by the league commissioner are for reference. Other formations may be used if they meet these requirements.**
 - a. **No unbalanced line.**
 - b. **No striped player may be in backfield or end position.**
 - c. **No striped player may advance the ball.**
 - d. **Interior linemen shall be spaced no more than fingertip-to-fingertip apart.**

Coaches on the Field

1. All Leagues
 - a. All coaches, players and assisting parents must stay in the designated team box area (between the 40 yard markers). Only one coach may go down to the 20 yard line for play calling.
 - b. When a time out is called only one coach is allowed on the field.
2. 1st/2nd Grade, 3rd Grade & 4th Grade
 - a. During the game one coach shall be permitted to be on the field and behind the teams to insure proper formation and give general instruction. Coaches should be 5 yard deeper than the deepest player.
 - b. Once the offensive team has broken the huddle, Coaches are not allowed to change the play or offer specific play instruction - only corrections.
 - c. For 1st/2nd grade a second coach may be on the field to assist with lining up linemen but must move away from the line before the QB steps up to the center.

Unsportsmanlike Penalty

1. All Leagues
 - a. *When a player receives their second (2nd) unsportsmanlike penalty during a game they shall be ejected from the game and subject to suspension from the next league game pending review by the board.*
 - b. Purposefully not following game and league rules will result in a 15 yard unsportsmanlike penalty

Mercy Rule

1. All Leagues
 - a. When a team is 21 points ahead they must change their offensive backfield quarterback and running backs. No plays shall be run outside of the tackles. No pass plays. The Coach may ask permission of the Officials to keep only the starting quarterback in play for team continuity. If the QB remains in play he may only hand off the ball and may not advance the ball beyond the line of scrimmage.
 - b. If the final game score is over 28 points the winning coach must submit a written explanation to the League Commissioner.

Overtime

1. There shall be no regular season overtime. Tackle league games ending in a tie shall be recorded as a tie.
 - a. 1st/2nd Grade - For the end of season final game ending the regulation time in a tie there shall be an overtime period to determine the winner. The overtime period shall be:
 1. Overtime will start with a coin flip and each team will have four (4) plays from the five (5) yard line.
 2. If there is still a tie the ball will be moved to the three (3) yard line and each team will have (4) plays to try to score, until there is a winner.
 - b. 3rd, 4th and 5th/6th Grade - Playoff games tied at the end of regulation will start overtime with a coin flip and each team will have four (4) plays from the ten (10) yard line. If there is still a tie the ball will be moved to the five-(5) yard line and each team will have four downs to try to score, until there is a winner.

Team Responsibility

1. All Leagues
 - a. It will be the responsibility of the visiting team to provide parents to handle the chains and yard marker.
 - b. It will be the responsibility of the home team to provide a clock operator.
 - c. Each team must have one parent to work in the concession stand one hour prior to the game.

Minor Flag League Rules

Flag - Kindergarten / 1ST Grade / 2nd Grade

Playing Field Dimensions

1. The playing field will be 25 yards in depth and 50 yards in width. The field of play will be 15 yards in depth by 50 yards wide. The End Zone will be 10 yards in depth by 50 yards wide.

Game Clock

1. Each game will consist of 2 halves. Each half will involve 1 offensive and 1 defensive possession. Each possession will consist of 12 minute running clock.
2. There will be a 2 minute break between possessions and a 4 minute half time break.
2. Each team will get 4 plays to get a 1st down (10 yards) starting at the 15 yard line. If the team does not get a first down in the 4 plays, the ball goes back to the 15 yard line
3. On game day, all players must get a chance to carry the football

Play Clock

1. After the Ball has been spotted, the offensive team will have 1 minute to call and run their next play.
2. League recommendation is to achieve one minute plays. Play is from spotting of ball (start of huddle) through play execution and return to huddle.

Scoring

1. Does not apply. This is an instructional league and focus should be on teaching skills and sportsmanship.

Special Teams

1. Does not apply.

Formations

1. Offensive plays will start at the fifteen yard line. After each play is blown dead the ball shall be spotted at the down of the ball or where the ball carriers flag was pulled.
2. There will be no change of possession for fumbles or interceptions. Play shall be called dead and the offensive team will keep possession of the ball until their allotted amount of time is finished. If a fumble or interception occurs the ball will be placed at the 15 yard line and the offensive team will have 1st down.
3. Play is stopped once the ball carrier's flag is pulled.
4. There will be no TACKLING! Play shall be called dead immediately if a tackle occurs.
5. There will be no blocking and/or body contact at the line of scrimmage or down field except incidental contact. This includes grabbing, pushing or any other intentional contact. This is an instructional league with a wide range of ages and contact is not to be encouraged. This will be very closely monitored with no exceptions.
6. The commissioner will give each coach a playbook with both offensive and defensive formations. All plays must be run from these set formations.
7. Defensive Alignment:
 - a. The defense shall consist of nine (9) players. Two (2) linemen (two defensive tackles), one (1) inside linebackers, two (2) outside linebackers two (2) cornerbacks and two (2) safeties. The linemen must always play head up on the offensive linemen. No players in the gap. Linebackers and cornerbacks must play 3 yards off of line of scrimmage, safety will start 5 yards from line of scrimmage. On goal line plays (2 yard line and in) linebackers and cornerbacks are to be 1 yard off of line of scrimmage, safety 3 yards off)
 - b. The defense is not allowed to cross the line scrimmage unless the ball carrier crosses over then returns back behind the original line of scrimmage or there is more than one

handoff. Once the offense has made 2 handoffs (not counting the center snap) the defense is permitted to cross the line of scrimmage and pursue the ball carrier.

- 8. Offensive Alignment:**
 - a. The offense shall consist of nine (9) players. Three (3) linemen (one (1) center and two (2) tackles), one (1) quarterback, two (2) running backs, and two (2) receivers, and one tight end. The tight end is to be placed next to the tackle forming an unbalanced line.. A three man backfield is permitted (refer to play book). The receivers can be tight ends or wide outs.**
 - b. All players must carry or receive the ball once on offense during the course of the game. This does not include the center position.**
 - c. There will be no straight arming or flag guarding by the ball carrier.**
 - d. Offensive plays shall not involve more than 2 ball transfers (handoffs). After the 2nd handoff the defense will be allowed to cross the line of scrimmage.**

Head Coach, Assistant Coach, Assisting Parents and Team Parent

- 1. During the game the Head and Assistant coaches shall be permitted to be on the field and behind the teams to insure proper formation and general instruction.**
 - a. If problems arise during the game, parents should address it with their Head coach after the game.**
- 2. Coaches are responsible for their own conduct as well as their players' parents.**
- 3. Suspension of a coach, parent or player means that they are not allowed at Dillon Park on the game day specified. In the case of inclement weather, the suspension will be served at the next "played" game.**

Draft Structure, Scheduling and Playoffs

- 1. There will be no draft in Flag Football League. Players shall be placed as even as possible. This will be done by the commissioner of that league with approval of the Board of Directors.**
- 2. There will be no play-off tournament for Flag Football League.**
- 3. Each team will play eight (8) games, weather permitting**

Miscellaneous

- 1. Teams will practice 30 minutes before their game. The duration of practice and game will not exceed 90 minutes and/or extend after dark.**
- 2. There will be no extra practices and no practices held at locations other than Dillon Park unless it is approved by the commissioner.**
- 3. Games will be played on scheduled game day. Exceptions for special circumstances shall be by commissioner with Board Approval.**

****The commissioner with the approval of the Board of Directors has the right to make amendments to the rules at any time to ensure fair and safe play.****

VIOLATION OF RULES AND REGULATIONS, ENFORCEMENT AND APPEALS

- 1. It is the responsibility of any person, including game referees, who have a complaint, grievance or knowledge of any violation of the Rules and Regulations (hereinafter referred to as "complaint") to report, in writing, such complaint within 48 hours, to the Commissioner of the league for which he/she referees or the league which his/her child plays or cheers. If the complaining person does not have a child in the NEFL or such complaint is against the Commissioner of the league for which his/hers child plays or cheers then such person shall report such complaint, within 48 hours, to the President of the Board of Directors.**
- 2. The Commissioner of each league (hereinafter referred to as "Commissioner") shall attempt to resolve any complaint that may have been presented to such Commissioner. If the complaint can be resolved by the Commissioner, it is still the responsibility of the Commissioner to notify the President of the Board of Directors of any complaint which may have been referred to them and the resolution of such complaint. It will be the responsibility of the President of the Board of Directors to notify the Board of Directors of such complaint and resolution at the next regular meeting.**
- 3. If the Commissioner cannot resolve such complaint or if the complaint was given to the President of the Board of Directors, (hereinafter referred to as "President"), then the President shall call a special meeting to present such matter to the Board of Directors. The President shall notify the person complained against concerning the substance of such complaint. The complaining person and person complained against shall be given notice of such special meeting and shall be permitted to speak or to present any information that he/she may deem appropriate. The Board of Directors may further investigate and/or decide the matter. If the Board of Directors decides the matter they shall meet in Executive Session to decide, but shall announce their decision in an open meeting. If the President needs to call a special meeting as set forth in this section, it will be the responsibility of the President to notify the Chairman of the Executive Committee of such complaint and the date and time of such special meeting.**
- 4. If the complaining person or the person complained against is dissatisfied with the decision of the Board of Directors, he/she may, within 48 hours, appeal to the Executive Committee such decision of the Board of Directors. If any person fails to follow the procedure or time limits as set forth within these Rules and Regulations, such person will have deemed to waive his or her right to object or to complain concerning such matter.**
- 5. Game referees and/or officials of the Executive Committee or Board of Directors shall also have the option of ejecting players/cheerleaders, coaches, parents or fans from any practice, scrimmage or game.**
- 6. If any person fails to comply with any of the Rules and Regulations set forth as specified herein or any other Rules and Regulations which may be approved by the Executive Committee may subject such person to not being accepted into the NEFL, to being reprimanded, to being required to attend coaching, parent, and/anger management classes, to be suspended for a specific amount of time, and/or expelled from the NEFL or from any future Football games.**