



## 2009 NSCAL Flag Football Rules

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10. First downs are awarded when entry is made into a new first down zone.
11. The football is dead when it hits the ground. Fumble situations only exist when the ball is loose and recovered in the air.
12. Interceptions can be returned. Blocking is not allowed on the return.
13. Punts and kickoffs are allowed for Mites and up. For younger age groups, possession is taken at the first zone after a score and to start each half.
14. Flag guarding is not allowed. Spinning, hopping and diving are not allowed. End of forward progress will be called at the spot of the infraction.
15. A player that leaves the field of play on their own becomes ineligible for that play.
16. A catch is made if the receiver maintains control of the ball and has a foot on the field.
17. Players cannot be de-flagged without possession of the ball. If this occurs, the defense can only stop progress when they pull the remaining flag.
18. Ball sizes follow City rules – Tiny & PW LF6-S, Mites – CF-7 (or junior), Cub – CF-9 (or official).
19. NSCAL requires suction type flags, may be single colored as long as it offsets the shorts color. Flags must be worn at the hips and must be the only objects hanging from the belt.
20. CYO Patches for players and certification badges for coaches must be worn beginning September 21, 2008.
21. An offensive and defensive coach can remain on the field to line players up. After the snap, the coach will remain silent, must not interfere with play on the field and must remain 20 yards beyond the line of scrimmage.
22. Mouthpieces are mandatory (knee pads are optional.)
23. No bands of any kind, shorts with no pockets. Glare strips or paint are allowed.
24. Three (1) minute timeouts will be allowed for the whole game. Game clock will stop for incomplete passes and if player runs out of bounds.