

Parent Guide to Vestavia NFL Flag Saturdays

This guide will provide you with several pieces of information that will assist in your understanding of:

- League/Coaching Philosophies
- Rules that differ from high school, college and NFL football

League/Coaching Philosophies

- Coaches are encouraged to play each player at least half of the game during the regular season. This can be accomplished by playing half the plays, playing all offense, playing all defense or other inventive ways. A player's time may be slightly reduced for consistently missing practice, as a deterrent to inappropriate in-game behavior or by parental request.
- Coaches are encouraged to allow players to get limited experience over the course of the season at different positions on both offense and defense. This will happen most often in games that are not highly contested.

Rules

- Our game is played with 5 players on each team.
- Home teams wear the dark side of the jersey, visitors wear the white side.
- Each half lasts 20 minutes. The clock runs continuously except for the last minute of the 2nd half or if there is a timeout. During the last minute, the clock stops as it would in high school football (out of bounds, incomplete, change of possession stop the clock until the next snap, first downs and penalty administration stop the clock until the referee blows the whistle).
- Every possession begins on the 5 yard line unless a team intercepts the ball or if there was a penalty on the preceding touchdown or extra point try.
- Teams have 3 plays to get a first down at midfield and then 3 plays to score.
- Teams may not run if they snap the ball in the 5 yard zone just prior to midfield or the endzone.
- In the 3rd and 4th/5th leagues, the quarterback (person that catches the snap) may run the ball one time on each side of midfield, but not if the ball is snapped in the no-run zone.
- One foot, elbow, knee, hand, shoulder, etc. inbounds is required to complete a catch.
- Flag guarding (obstructing the defense's chance to pull the flag), even if it is within a player's natural running motion, is illegal. The runner also cannot jump to avoid a flag pull.
- The defense may rush the quarterback with any player that is behind the rush cone (placed 7 yards downfield) at the snap or during the play. Once the quarterback hands the ball off or passes it, all players may cross the line of scrimmage.
- Teams can go for 1 from the 5 yard line or 2 from the 12 yard line after they score a touchdown. Usually, this means they have to pass when they go for 1 and they can run or pass if they go for 2. If a penalty moves where the ball is snapped from, a team's run or pass option is based on whether they snap the ball from inside the no-run zone or not.
- If the game is tied when time expires, we will have overtime. During overtime, each team will have a chance to choose to go for 1 or 2 (like they just scored a touchdown). If the game is still tied, we repeat one more time during the regular season. If the teams are tied after both teams have 2 chances, the game is a tie. During playoffs, we keep going until someone wins.