

NFL Flag Rules – Spokane

Page 3 - Game

#3: The offensive team will take possession at the 10-yard line.

#3a: The offensive team has 4 downs to score once they cross mid-field.

Page 8 – Timing and Overtime

#4: There are two 30 second timeouts per half.

#7: There is no overtime during regular season. Overtime only occurs during playoffs.

Page 11 - Running

#2: Quarterbacks that are 8 and above are able to run.

#5: You can pitch or lateral as long as it's behind the line of scrimmage.

#6: In order to be a legitimate pass, the ball must be passed on the line of scrimmage or a minimum of 7 yards on either side of the center. If you run in a no run zone, it is a loss of a down. No blitzing in a no run zone, 7 second clock will be in effect. **(This only applies to the 5-7 Age group)**

#9: In the 8 and above range, blocking with open hands and arms extended is allowed on the line of scrimmage only. No drive blocking, elbows, chicken wings, shoulders, or grabbing. **NO DOWN FIELD BLOCKING**

Page 12 - Passing

#1b: Disregard this rule as it's not enforced.

Page 12 – Receiving

#5: Interceptions are not returnable on conversions.

Page 13 – Rushing the Passer

#1: Only 1 player can blitz and must indicate by raising their hand.

#3c: Teams must identify their blitzer before the play.

Page 15 - Formations

#1: Offense must have a minimum of 3 players on the line of scrimmage.