



North Texas Football League

GAME RULES: K1st & 2nd GRADE DIVISION

July 18, 2024 (amended August 11, 2024)



GAME RULES K1st and 2nd GRADE DIVISIONS

GENERAL GAME RULES

- 1) General Game Guidelines
 - a. All games shall be played according to the current rules of USA Football Flag unless otherwise stated in these rules.
 - b. Immediately prior to the start of a game, all referees, both head coaches, and field officials will meet at midfield for introductions and coordination of game rules.
 - c. K-1st Division and 2nd Grade are six (6) players on the field for each team (6v6). Except for K-1st Coach QB.
- 2) Game Duration
 - a. Four 10-minute quarters with running clock. Clock will stop only for time-outs, injuries or referee discretion.
 - b. The clock will be kept to a regulation clock during the last two (2) minutes of a half.
 - c. Play clock is thirty (30) seconds.
 - d. Offense must throw or hand off the ball within six (6) seconds.
 - e. Two (2) time-outs per half.
 - f. Five (5) minutes between halves.
 - g. Games or half cannot end on a defensive penalty.
 - h. No overtime for flag division games. If the score is tied at the end of regulation, the game will end in a tie.
 - i. Running clock when a team has a twenty-four (24) point lead. Regulation clock will not apply in last two (2) minutes of a half.
 - j. Time and score are held by the on-field referees.
- 3) Official Game Football
 - a. All game balls must be a good grade of Authentic Leather or Composite Wilson Football, Nike Vapor, Nike All-field, or Nike Tournament, as approved by the NTFL Board, and be brown in color.
 - b. Football Size
 - i. Wilson K-2
 - ii. Nike Pee-Wee
- 4) Players
 - a. A game must be played between two teams consisting of a minimum of six (6) players present and available to participate for each team. If less than six (6) players are present and available at the start of the game, then the game will result in a forfeit loss for the team with too few of players. This does not include in game injuries that result in too fewer than the minimum requirement. Only players appearing on the official NTFL team rosters are allowed to play.
 - b. The offensive team must have three (3) players on the Line of Scrimmage stationary before the ball is snapped. One on each side of the center at any length from the center.
 - c. One coach from each team shall be on the field at all times for the purpose of lining up their team. No coaching is allowed after the play starts at the snap.
 - d. The defensive players must be one (1) yard or more off the line of scrimmage.
 - e. K-1st Division will be coach quarterback and played with 5 additional kid players on the field during offense.

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- 5) Scoring
 - a. Touchdowns are 6 points.
 - b. Extra points from the 3-yard line are 1 point and from the 5-yard line are 2 points.
 - i. Interceptions and fumbles result in failed try. No return on extra point try.
 - c. Safety is 2 points (2nd Grade only). There are no safeties in K1st Division.
- 6) Moving the ball
 - a. A ten-yard chain and down maker will be used
 - b. The offensive team will have four downs to achieve a first-down
 - c. The home team is responsible for providing the chain crew. The visiting team has first right of refusal if the chain crew is on their sideline, and they would like to provide their own crew members.
- 7) Playing fields
 - a. Games shall be played on a normal football field from the 40-yard line into the end zone. Two games can be played on the same field at the same time.
 - i. This field measures fifty (50) yards in length with one end zone of ten (10) yards. The field width is marked with cones and inside the numbers.
 - ii. Goal posts are unnecessary as points after conversions are made only by passing or running and there are no field goals kicked.
- 8) Equipment
 - a. The flags must be the approved NTFL approved “pop” fastener (i.e. pop socket style) that is attached to a well-fitted flag belt and will be worn around the waist.
 - b. Flags will be a minimum 10 inches long and minimum 2 inches wide. Flags will be brightly colored or neon as decided by the NTFL Board. All flags must include the NTFL logo or NTFL Wordmark. Flags are not to be modified.
 - c. The securing of flags to the body or waist with anything other than the belt is illegal.
 - d. Jerseys cannot be worn over flags.
 - e. Jerseys must be tucked in at all times.
 - f. If a player’s flag is inadvertently lost or it is covered, the player is down once touched by a defensive player.
 - g. Mouth pieces are mandatory for all participants.
- 9) Game uniform
 - a. All team members must wear the same color jersey.
 - b. All jerseys must be numbered. Numbers must range from 0 to 99.
 - c. Each jersey must have the player’s last name on the back that matches Zorts registration. Any exception for jersey name must be approved by the NTFL Board.
 - d. Players may wear shorts (with no pockets), football pants or baseball style pants
 - e. Jerseys will be tucked in at all times.
 - f. Molded rubber cleats (no metal spikes).
 - g. Soft shell helmets are allowed but not required.
 - h. Mouthpiece required
- 10) Prohibited equipment
 - a. All hard surface padding such as shoulder pads, hip pads, and hard helmets are prohibited.

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- b. Hard metal or any other hard substance on a player's clothing or person.
- c. Anything that conceals the flags.
- d. Sticky substances such as grease or glue on a player's clothing, body, or equipment.
- e. Any equipment, in the opinion of the referee that will endanger or confuse players.

11) Officials

- a. There can be one (1) or two (2) referees per game.

12) Player Substitutions

- a. The free substitution rule is always in effect and a player may enter the game anytime the ball is dead.

13) Field Coaches

- a. Only one coach for each team will be permitted on the field to direct the Offense and/or Defense.
- b. Coaches to be ten (10) yards from the deepest player prior to the snap (Unless the coach is serving as the Coach QB.). Once the play has started, coaches are not to direct, motion, or talk to players until the play is whistled dead by the officials.
- c. Coach QB (K-1st Division only) will be replaced by a player if a team is up by eighteen (18) points. If the score drops below the eighteen (18) point lead, the coach can resume on the field as QB.
- d. The purpose of the Coach QB is there to facilitate the play. The Coach QB should not be an integral part of the play design. Obvious disregard for this rule will result in a 5-yard penalty and loss of down. The Coach QB cannot –
 - i. Hide the ball. Hold or disguise the ball so that it is out of plain view
 - ii. Turn back to the play to disguise a hand-off or fake hand-off. Effectively taking the ball out of plain view
 - iii. Pump fake a pass
 - iv. Move outside of a 5-yard box. No rollout passes or wide rollout hand-offs or fake hand-off
 - v. Direct or tell players where to move during play. No on-field coach can talk or direct once the ball is snapped
 - vi. Fake hand-offs and play action plays are legal plays for Coach QB
- e. Penalty for violations of Coach QB rules will be administered as follows:
 - i. First offense – warning
 - ii. Second offense - 5-yard illegal procedure penalty
 - iii. Third offense - new coach on field for the remainder of that game.

14) Penalties

- a. Offensive Penalties will follow USA Football Rules unless otherwise noted.
 - i. Offensive Pass Interference: 10-yard penalty and replay of down
 - ii. Illegal Motion (2 men in motion): 5-yard penalty and replay down
 - iii. Illegal Formation: 5-yard penalty and replay down
 - iv. False Start: 5-yard penalty, play blown dead
 - 1. Dead ball penalties like false start or delay of game at the thirty-five (35) yard line (starting point) will result in a loss of down and no yard loss.
 - v. Illegal Forward Pass: 5-yard penalty and loss of down
 - vi. Blocking: Ball dead at the spot

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- vii. Flag Guarding (including stiff arms): Ball is dead at spot
 - 1. Flag guarding is the placing or swinging of the hand or arm over the flag belt to prevent an opponent from removing the flag.
 - viii. Unsportsmanlike Conduct: 15-yard penalty (possible ejection)
 - ix. Delay of Game: Clock is stopped and a 5-yard penalty
 - x. No Intentional Grounding Penalty
 - b. Defensive Penalties will follow USA Football Rules unless otherwise noted.
 - i. Defensive Pass Interference: 10-yard penalty and down over unless it's an offensive catch – offense decides. 1st down can occur depending on the yardage.
 - ii. Illegal Contact (holding, jams, etc.): 5-yard penalty and down over unless it's an offensive catch – offense decides.
 - iii. Defensive Holding while pulling flag: 5-yard penalty added to the end of the play and down over.
 - iv. Illegal Flag Pull (before player has ball): 5-yard penalty and down over.
 - v. Off-Sides: 5-yard penalty and replay the down.
 - vi. Illegal Rush (before hand-off has occurred): 5-yard penalty and replay down – offense decides.
 - vii. Inadvertent Tackle: 5-yard penalty added to the result of the play. If from behind with a clear line to the end zone result will be automatic touchdown.
 - viii. Unsportsmanlike Conduct: 15-yard penalty and automatic 1st down (possible ejection).
- 15) Kick-off and Beginning of the Game Ball Placement
- a. There will be no kick-off.
 - b. Each half will start with the ball placed on the thirty-five (35) yard line.
 - c. The referee will call the team captains together for a toss of a coin to decide a choice of starting on offense or defense or deferring choice to second half.
 - d. There are no safeties in K-1st Division. A player down behind the forty (40) yard line will result in a dead ball with the next play starting at the forty (40) yard line.
 - e. For 2nd Grade only - In the event of a safety the team awarded the 2-points will start on offense with the ball placed on the twenty-five (25) yard line.
- 16) De-flagging and contact
- a. There shall be no tackling of the ball carrier or passer.
 - b. There shall be no blocking on offense. Stationary picks are allowed but the player cannot move.
 - c. The player carrying or having possession of the ball is down when their flag is removed from their waist (de-flagging) by another player. The defensive player shall hold the flag above their head and stand still.
 - d. The defensive player cannot hold or push the ball carrier to remove the player's flag. An accidental touch of the body or shoulder while reaching for the flag shall not be considered a violation; however, touching of the head or face shall be considered a violation.
 - e. If a flag falls off of a ball carrier or is missing, it then requires a one-handed touch by a defensive player for the player to be down.

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- f. If a flag falls off a player inadvertently the player is considered down once a player of the opposing team touches the player.
- 17) Defense
- a. Defensive players cannot cross the line of scrimmage until a handoff, pass (once the ball is thrown) or lateral has occurred.
- 18) Quarterback
- a. Quarterbacks are prohibited from running the ball.
- 19) Ball Carrier
- a. The ball carrier cannot use their hands or arms to protect their flags. The defensive player must have the opportunity to remove the ball carrier's flags.
 - b. The ball carrier cannot lower their head to drive or run into a defensive player.
 - c. Stiff-arming by the ball carrier is illegal.
 - d. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
 - e. The player may run in any direction until the ball is declared dead.
- 20) Center
- a. The center must snap the ball between their legs and be touching the ground.
 - i. Fumble on the snap to QB will not be a dead ball.
 - b. The player must have both feet on the scrimmage line with no part of their body beyond the forward point of the ball.
 - c. The player may adjust the long part of the ball at right angles to the scrimmage line, one time only.
 - d. Center will be eligible as a receiver but cannot take a hand-off from the QB.
- 21) Passing
- a. Passing will be attempted from behind the line of scrimmage only.
 - b. A lateral pass is a pass thrown parallel to the line of scrimmage or back toward the passer's own goal line. A lateral pass is not considered a forward pass.
 - c. A forward pass can be thrown overhand or underhand.
- 22) Receiving
- a. All players are eligible to receive forward passes.
 - b. Two or more receivers may touch a ball in succession resulting in a completed pass.
 - c. If an offensive and defensive player catches a pass simultaneously, the passing team is awarded possession.
 - d. An offensive player cannot be out-of-bounds and return in-bounds to catch a pass. This will be ruled an incomplete pass.
- 23) Dead ball and Interceptions
- a. All balls touching the ground are immediately dead. (For example, the ball is declared dead at the following times):
 - i. When the ball carrier touches the ground with their body, other than hands or feet.
 - ii. When the ball carrier's flag has been pulled or fallen off and touched by a defensive player.
 - iii. When the ball carrier goes out-of-bounds for any reason.
 - iv. When the ball hits the ground as a result of a fumble or muffed ball. There are no fumble recoveries in NTFL Flag.

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- v. If a lateral pass touches the ground, ball is declared dead at that point. If a lateral pass goes out of bounds without touching the ground, the ball is ruled dead at the point it crosses the boundary line.
 - b. Interceptions cannot be returned.
 - i. If an interception occurs it will result in a change of possession and the intercepting team starts with the ball at the thirty-five (35) yard line.
- 24) Overtime (Playoffs Only)
- a. Overtime period will take place with each team receiving a possession.
 - b. Coin Flip determines choice of 1st or 2nd possession.
 - c. Possession begins 10 yards from the goal line **with the down being 1st and ten (10)**.
 - d. If a touchdown is scored, a team can elect to go for a 1 or 2 point conversion during the first overtime. In all subsequent overtime periods, a team must go for 2 points.
 - e. If the defense intercepts the ball it is a change of possession starting at the 10- yard line. A fumble will result in a dead ball at the spot of the fumble and does not result in a change of possession.
 - f. If the game is still tied, overtime will be repeated until there is a winner.
 - g. Teams alternate first possession each overtime period