

NEFL

**Noblesville Elementary
Football League**

Rules (Revised 7/10/25)



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Introduction

1. Noblesville Elementary Football (NEFL) is a non-profit organization that sponsors youth football in Noblesville Indiana. If participation levels meet expectations, there will be flag football and tackle football in this program.
2. The flag football program will consist of two divisions: Kindergarten through 1st Grade, and 2nd grade.
3. The tackle football program will consist of two recreational divisions and the NEFL Travel Team (Grinders): 3rd/4th and 5th/6th grade.
4. 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 persons participating or seeking to participate in the NEFL activities shall comply with these rules.
5. 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 Statement

The mission of the NEFL is to provide a safe, healthy and positive environment for youth to learn and grow as athletes, cheerleaders, students and people. We will teach teamwork, discipline and respect through the sport of football, while encouraging healthy competition and a life-long love of the game.

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 and Values

- Sportsmanship and Respect
- Sound fundamental instruction
- Self Control through personal example and team training
- 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 Teams

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. Flag Football
 - b. 3rd/4th grade tackle
 - c. 5th/6th grade tackle
 - d. Grinders (5th and 6th grade travel team)
 - e. Cheerleading (kindergarten through 6th grade)
 - f. 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. 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. 3rd/4th grade tackle shall not have reached his/her 11th birthday before November 1st of the current year.
 - c. 5th/6th grade tackle and Grinders shall not have reached his/her 13th birthday before November 1st of the current year.
 - d. Cheerleading (kindergarten through 6th grade) will be separated by grade.
 - e. Grinder Cheerleading (Travel team) shall not have reached his/her 13th birthday before November 1st of the current year.
 - f. No Player or Cheerleader may be registered if they will be entering the 7th grade for the current school year.
3. As a general rule, 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. All 3rd-6th grade football players must attend the mandatory minicamp to begin the season. The Grinders staff will run this camp and will create a Grinders "call back" list after this camp. It is the league's goal to ensure the best players in our league play on the Grinders team. Any efforts to discourage players from playing for the Grinders that the Grinders coaches have identified as potential Grinders will be brought to the board for action. The league holds the right to disqualify "dominant" players from the in-house league if they choose not to play for the Grinders. Scholarships are available to any child if cost is a problem to play for the Grinders.
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 the evaluations/minicamps which is approximately 3 weeks before opening day. Players may weigh-in with or without pads. Once this weight is recorded, it is their official weight for the season. In the event a player exceeds a weight restriction during evaluations, a player may re-weigh 1 (one) time at the Jamboree. No additional re-weigh opportunities will be allowed. Any challenge to a player's weight will be addressed to the League Commissioner, and the Executive Board will have sole discretion as to how to handle the complaint.
 - a. 3rd/4th grade:
 - i. Ball carriers are any player under or equal to 100lbs.
 - ii. A player weighing between 100.1 - 110 lbs is an orange striper and is eligible to play tight end.
 - iii. Any Player over 110lbs is considered a black striper and cannot be in a ball carrying position (ie QB, RB, WR, TE)
 - iv. Double Striper is any player over 155lbs.
 - b. 5th/6th grade:
 - i. Ball carriers are any player under or equal to 115lbs.
 - ii. A player weighing between 115.1 and 125 lbs is an orange striper and is eligible to play tight end.
 - iii. Any Player over 125lbs is considered a black striper and cannot be in a ball carrying position (ie QB, RB WR TE)

- iv. **Double Striper is any player over 170lbs.**
 - v. **Grinder league (Travel team for 5th and 6th Grade) Shall be established by the IEFA rules.**
2. **Double Striper**
- a. **All double stripe players that meet weight limits for the league in which they are playing are restricted to playing only:**
 - i. **Offensive Center, Guard or Tackle.**
 - ii. **Special Teams:**
 - b. **May only play special teams on kickoff receive on the front line but may not advance the ball. If a double stripe player recovers an onside kick, the ball is dead at the spot of recovery.**
 - c. **May kick punts, kickoffs, field goals, and extra points but may not advance the ball. Also, may not engage as a tackler or blocker after a kickoff or punt.**
 - d. **Double Stripe players will be evaluated by the 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.**
 - e. **Double Stripe players may only play offensive line. A maximum of 2 double strip players may play at one time and cannot be beside one another on the offensive line.**
3. **Orange Striper**
- a. **An Orange Striper is only eligible to play offensive line and tight end on the offensive side of the ball.**
 - b. **An Orange Striper must line up tight to the tackle and cannot split out or line up in the backfield.**
 - c. **An Orange Striper may catch a pass, but it must be beyond the line of scrimmage and then can advance the ball until tackled.**
 - d. **An Orange Striper may not receive a handoff, a pitch, or catch the ball behind the line of scrimmage.**
 - e. **An Orange Striper may play any defensive position but may not advance the ball in case of a fumble or interception. In such cases, the ball is whistled dead, and possession belongs to the defensive team.**

Coach Requirements

It is the goal of the Board of Directors to find and select coaches that best represent the values and objectives for 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 Board will select the head coaches and assistant coach for each league. The head coach selects 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 to submit to a background check**. Result of not responding to background check or negative findings of background check may result in removal from the coaching position.

All coaches serve at the discretion, and with the approval, of the Board of Directors. The Board of Directors' decision to allow or disallow an individual to coach shall be final.

1. **Each person who wishes to participate as a coach shall complete the online Coach / Volunteer Registration and shall permit a background check to be conducted. Coaches must complete any required football and/or safety training as deemed necessary by the Board of Directors. 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 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 teamwork 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, head and assistant, will be required to abide by the NEFL Coach's Code of Conduct. This document will be provided to the coaches during the pre-season activities, and each coach must sign their acknowledgement of their expectations. Failure to agree to the Coach's Code of Conduct will result in the immediate removal of the coach from the organization.**
5. **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.**
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 NEFL Staff in the distribution, maintenance and collection of all equipment.**
9. **Each team, except for cheerleaders, shall have no more than three official coaches and a team parent. One of these coaches shall be designated as the head coach and the others shall be designated as the assistant coaches.**
10. **All coaches must run the NEFL standardized offensive and defensive formations that are determined by the Competition Committee and provided by the League Commissioners. Failure to run a league approved formation or alignment will be considered an unsportsmanlike penalty. Continuous**

infractions may result in the coach being removed from his or her coaching position by the NEFL board.

Team Selection

1. **In House**
 - a. The commissioners of each league will be responsible for assigning players or holding a draft to assign players to a team based on weight and evaluations.
 - 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.
 - d. Final selections of sponsorships and coaches shall be by the Competition Committee.
2. **Grinders (Travel Team)**
 - a. 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**
 - a. Each Grade is encouraged to build an All-Star Team for post-season and inter-league competition. Selection of the All-Star Coaches will be the responsibility of each League Commissioner, with Board approval.
 - b. Player selection will be the responsibility of the approved All-Star Coaches and will be based on a tryout process.

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 pads are to be returned immediately following the last game of the season. The jersey is the players to keep.
 - b. Coaches may choose, at no expense to the NEFL, to apply LAST NAMES ONLY to the back of the provided jersey. Lettering should be complementary to the jersey colors, and of a reasonable size. If a coach chooses to apply last names, ALL PLAYERS OF THE TEAM MUST MATCH - ALL OR NONE. UNDER NO CIRCUMSTANCE WITH ANYTHING OTHER THAN THE PLAYERS LAST NAME BE APPLIED TO THE JERSEYS. NO OTHER MODIFICATIONS TO THE JERSEYS ARE ALLOWED.
 - c. Only the league-provided helmet stickers may be applied. This will include a team logo for each side, and a jersey number for the back. NO ADDITIONAL STICKERS WILL BE APPLIED.

** 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 to play in any scrimmage, practice or game unless he/she has a mouthpiece.

2. The helmet and shoulder pads are expected to be returned in 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.
3. **DO NOT COVER OR REMOVE** the size, number or warning statement(s) 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 Representatives 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 designated location 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 Representatives to arrange the return.
4. No piece of issued equipment may be modified in any way without prior permission from a league representative. This includes replacing, affixing, attaching or removing any piece or part. The only exceptions as as follows:
 - a. Players may replace chin straps on Schutt and Riddell helmets. **CHIN STRAPS MAY NOT BE REPLACED ON THE XENITH HELMETS.** The original chin strap must be on the helmet when equipment is returned at the end of the season.
 - b. Clear visors can be added as long as installation does **NOT** require removal of the face mask. **NO TINTED, MIRRORRED, OR COLORED VISORS ARE ALLOWED.**
5. 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 players show up to each game and practice with plenty of clean, cool water or "sports" drinks 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 each game and practice. Having their own container is needed for health reasons.

Equipment - Flag

1. Team Jersey, soft helmets, and Flags will be provided by the league.
 2. Team Jerseys 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 guards **.
 5. Mouth guards ** will be worn during the game and practice.
- ** 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 to 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

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.

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. 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:

- 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,
- 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,
- Pick up such player/cheerleader at the completion of any practice and/or game
- Maintain all equipment and advise the Head Coach if any of such equipment should be or becomes defective,
- Require the player/cheerleader to wear all protective equipment provided or required by the NEFL at all scrimmages, practices and games,
- Obtain approval from the Board of Directors for all personal equipment
- Return all equipment which was provided by the NEFL and to be financially responsible for any lost or improperly damaged equipment,
- 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, parents 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 doctor's 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:
 - 3rd/4th grade: Regulation Fields.
 - 5th/6th grade: Regulation Fields.

Game Clock

The game clock shall be as follows:

1. 3rd/4th and 5th/6th Grade - Game clock shall have ten (10) minutes per quarter. It will be a running clock, except for the last 2 minutes of each half which will have standard IHSAA rules on clock stoppages.
2. Back to back penalties by the offensive team will result in clock stoppage.
3. Each team shall have two 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.
2. If a play is not started in 30 seconds a five-yard penalty may be called. The referee/Official is the sole keeper of the play clock.
3. Play clock penalty shall be enforced as live ball foul.
4. Play clock is at the discretion of the officials.

Scoring

The scoring shall be as follows:

1. Tackle
 - 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 a PAT (5th/6th grade only), the kick will be attempted from the 10 yard line. Both teams will line up with the 3 yard line as the line of scrimmage. The kicking team should be in double tight, double wing, with a holder and a kicker. On the referee's whistle, the holder will place the ball on the kicking block and the kicker will attempt the PAT kick. There will be no rush, but the defense will be in a standard 4/4 alignment and can jump in place but not cross the line of scrimmage. All PAT kicks are worth 2 points.
 - c. A field goal is worth three (3) points. On a field goal attempt, the ball must be placed 5 yards behind the Line of Scrimmage and the same kicking rules will apply as a PAT.
2. A safety is worth two (2) points. After a safety, the kicking team must kick from the 20 yard line using a kicking tee. (5th/6th grade only)

Teams

1. Teams must be ready to take the field at the scheduled time or a penalty may be assessed.
2. Teams must have 10 players to start a game.
3. Teams must have the same number of players on the field (i.e- if a team started with 11 players and one gets hurt both teams will play with 10 players)
4. Teams with 9 or less players shall forfeit the game. Teams may 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.

Coaches on the Field

All Leagues

- 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.

- When a time out is called only one coach is allowed on the field.

Flag and 3rd/4th Grade

- During the game one coach shall be permitted to be on the field and behind the teams to ensure proper formation and give general instruction. Coaches should be 5 yard deeper than the deepest player.
- Once the **offensive team has broken** the huddle, Coaches are not allowed to change the play or offer specific play instruction – **ONLY CORRECTIONS**

Unsportsmanlike Penalty

All Leagues

- 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.*
- Purposefully not following game and league rules will result in a 15 yard unsportsmanlike penalty
- Any Coach who receives an Unsportsmanlike Conduct penalty may be subject to suspension based on the League Commissioner and Board of Directors decision.
- Any Coach who receives two (2) Unsportsmanlike Conduct penalties in a single game will be immediately disqualified from that game, and will be suspended indefinitely pending review by the Board of Directors.

Mercy Rule

All Leagues

- When a team is down by 20 or more points, they are awarded the ball on the 50 yard line after any score. For example, if a team is down by 26 points, and they score a TD, they are still down by 20 and will begin possession at the 50 yard line. If the deficit is reduced below 20 points, normal ball placement will resume. ***This rule does not apply in the playoffs.***
- When a team is down by 25 or more points, the leading team will be required to replace their offensive backfield (RB/HB). If the deficit is reduced below 25 points, the leading team may return to their starting lineup.
- When there is a point deficit of 25 points at ANY point in the game, there will be a running clock. IN the event the deficit is reduced below 25 points, the clock will return to normal timing rules.
- Beginning in the second half of any football game, when the point differential is greater than or equal to 30 points, there will be a running clock. Once this rule is enacted, normal timing rules will NOT return, regardless of point differential.

Overtime

- There shall be no regular season overtime. Tackle league games ending in a tie shall be recorded as a tie.
- All Tackle - 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

- All Leagues
 - It will be the responsibility of the visiting team to provide three (3) parents to handle the chains and yard marker.
 - It will be the responsibility of the home team to provide a clock operator.

Offensive and Defensive Formations and Alignments

3rd/4th Grade

Offensive

- There are no required offensive formations, however all formations must be balanced (same number of players on each side of the center).**
- The QB can be under Center or be in shotgun, and at least one (1) RB will always be in the backfield, directly behind the QB (if under center), 3-5 yards deep or offset to a side when the QB is in shotgun.
- If only one (1) RB is in the backfield, RB may NOT go in motion. The remaining 4 eligible receivers (WRs, TEs and RBs) must start in (and be in at the snap) a balanced set (2x2). Pre-snap motion is allowed per IHSAA rules, except that on any Jet Sweep motion towards the center of the formation, the ball MUST be snapped prior to the TE/RB crossing the center.

Defensive

- Defensive Tackles must be “heads up” or “outside shade” to the Offensive Guard, or in a 2 or 3 technique. DTs will always be in a 3-point stance. **NEVER INSIDE SHADE OR 1 TECHNIQUE**
- Defensive Ends must be “heads up” to “outside shade” of the end man on the line. At least one foot of the DE must be inside the “frame” of the end man on the line, no further out. DE may be in a 2-point or 3-point stance.
- Inside/Middle Linebackers will be no closer than 5 yards off the ball, and will have at least one foot inside the “frame” Defensive Tackle. MLB must be stationary at the snap (can NOT creep toward the line of scrimmage).
- Outside Linebackers will be no closer than 5 yards off the ball, and will have at least one foot inside the “frame” of the end man on the line of the closed side. Open side OLB can be anywhere between the “frame” of the end man on the line to “frame” of the detached eligible.
- Corner is allowed to play heads up “press coverage” if lined up over a receiver. If no receiver is present, the corner will line up at least 5 yards off the line of scrimmage and a minimum of 3 yards

outside the end man on the line in a 3-back or wing set. Open side CB can be anywhere inside shade to outside shade of the detached eligible receiver.

6. Safety will be 10 yards off the line of scrimmage and has no lateral restrictions.

7. **NO DEFENSIVE PLAYER MAY BE MOVING TOWARD THE LINE OF SCRIMMAGE AT THE SNAP.** After the snap, there are no restrictions on movement or rush.

8. Inside the 5 yard line (Goalline scenario) ILB, OLB and CB may be as close as 2 yards from the line of scrimmage. Safety may be as close as 5 yards.

9. The yardage limitations above are **MINIMUMS**. Players may play further off the ball (Prevent) as long as lateral restrictions are met.

10. After week 4 teams are able to incorporate a 5-3 defense with the addition of a nose tackle which will be lined "heads up" over the center.

5th/6th Grade

Offensive

1. **There are no required offensive formations, however all formations must be balanced (same number of players on each side of the center, except in the case for shotgun formations).** ine.

2. The QB can be under Center or be in shotgun, and at least one (1) RB will always be in the backfield, directly behind the QB (if under center), 3-5 yards deep or offset to a side when the QB is in shotgun.

3. If only one (1) RB is in the backfield, RB may NOT go in motion. The remaining 4 eligible receivers (WRs, TEs and RBs) must start in (and be in at the snap) a balanced set (2x2). Pre-snap motion is allowed per IHSAA rules, except that on any Jet Sweep motion towards the center of the formation, the ball MUST be snapped prior to the TE/RB crossing the center.

Defensive

1. Defensive Tackles must be "heads up" or "outside shade" to the Offensive Guard, or in a 2 or 3 technique. DTs will always be in a 3-point stance. **NEVER INSIDE SHADE OR 1 TECHNIQUE**

2. Defensive Ends must be "heads up" to "outside shade" of the end man on the line. At least one foot of the DE must be inside the "frame" of the end man on the line, no further out. DE may be in a 2-point or 3-point stance.

3. Inside/Middle Linebackers will be no closer than 5 yards off the ball, and will have at least one foot inside the "frame" of the DT.

4. Outside Linebackers will be no closer than 5 yards off the ball, and will have at least one foot inside the "frame" of the end man on the line of the closed side. Open side OLB can be anywhere between the "frame" of the end man on the line to "frame" of the detached eligible.

5. Corner is allowed to play heads up "press coverage" if lined up over a receiver. If no receiver is present, the corner will line up at least 5 yards off the line of scrimmage and a minimum of 3 yards outside the end man on the line in a 3-back or wing set. Open side CB can be anywhere inside shade to outside shade of the detached eligible receiver.

6. Safety will be 10 yards off the line of scrimmage and has no lateral restrictions.

7. **NO DEFENSIVE PLAYER MAY BE MOVING TOWARD THE LINE OF SCRIMMAGE ("SHOW BLITZ") BEFORE THE SNAP.** After the snap, there are no restrictions on movement or rush.

8. In response to Offensive pre-snap motion, any defensive player not on the line may shift **LATERALLY** but must maintain yards from LOS required/allowed by other rules. The four defensive linemen will not be allowed to move laterally.

9. Inside the 5 yard line (Goalline scenario) ILB, OLB and CB may be as close as 2 yards from the line of scrimmage. Safety may be as close as 5 yards.

10. The yardage limitations above are **MINIMUMS**. Players may play further off the ball (Prevent) as long as lateral restrictions are met.

11. After week 4 teams are able to incorporate a 5-3 defense with the addition of a nose tackle which will be lined "heads up" over the center.

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/4th Grade:

1. No kickoffs will occur. The offense will begin their possession on their own 30 yard line.

2. If a coach elects to "punt" the ball, the following rules will be observed:

a. The ball will be "walked-off" 30 yards

b. The ball will not be placed inside the 15 yard line on a punt

5th/6th Grade:

1. Kickoff will be mandatory. The ball will be placed on the kicking team's 40 yard line. Kicking team players (except the kicker) must be stationary at kickoff.

2. There will be no rush on any extra point kick or field goal.

3. There will be no fake punts, PAT's, or FG's

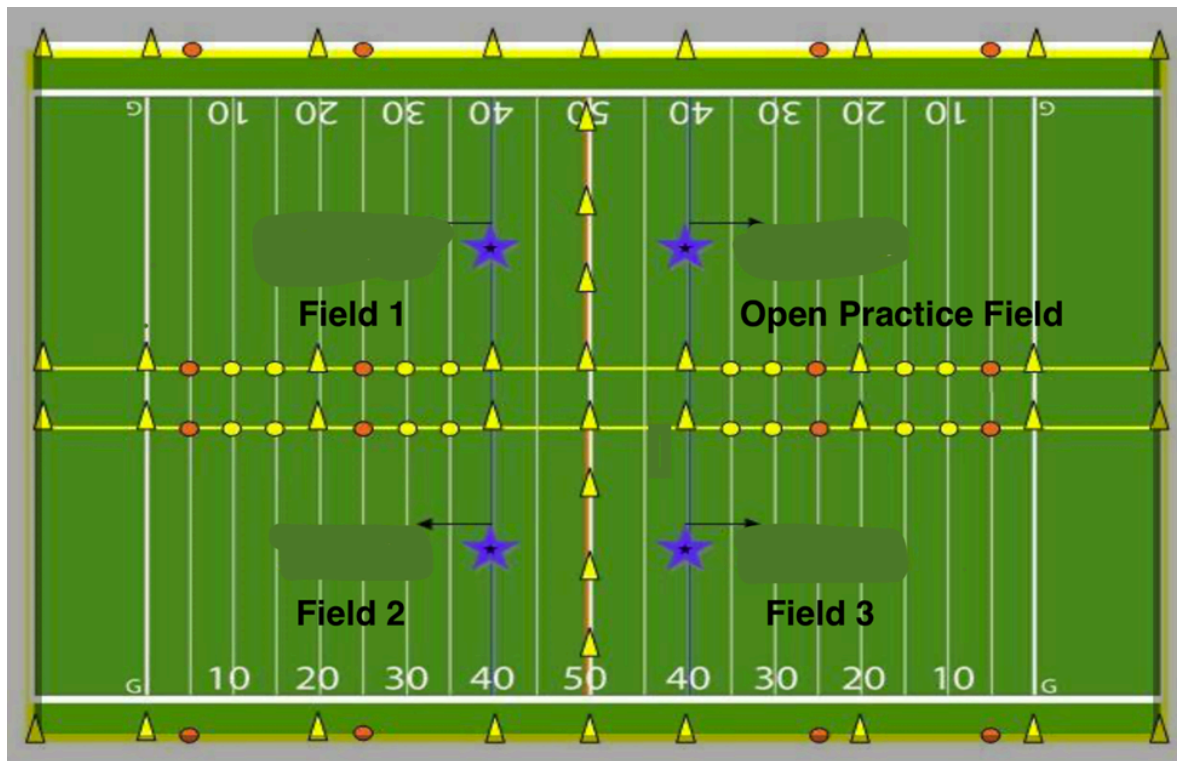
4. If a coach elects to “punt” the ball, the following rules will be observed:
 - The ball will be “walked-off” 30 yards
 - The ball will not be placed inside the 15 yard line on a punt
5. **Onside kicks are allowed only under the following circumstances:**
 - Only in the 4th Quarter
 - Kicking team must be down on the scoreboard
 - Standard IHSAA onside kick rules will be followed

General Rules- Flag

1. A coin toss will determine who gets the ball first.
2. The Offense will start on the 40 yard line and will always be driving towards the endzone.
3. Offense will be awarded a First Down at the 20 yard line. If the First Down is not reached after 4 downs, the ball will be turned over to the defense and replaced at the 40 yard line.
4. Upon achieving a first down, the offensive team will have three downs to score a touchdown. Failure to score within those three downs will result in a turnover on downs, and the ball will be reset at the 40-yard line.
5. After a scoring play, the ball will be reset to the 40 yard line.
6. Play is stopped once the ball carrier’s flag is pulled.
7. There will be no TACKLING! Play shall be called dead immediately if a tackle occurs.
8. 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.
9. There are no kick-offs or punts.
10. Fumbles:
 - a. Behind the line of scrimmage will result in a dead ball with the ball returning to the line of scrimmage. If the ball is fumbled during the snap one retry may be attempted with no penalty.
 - b. Beyond the line of scrimmage will result in a dead ball at the spot where it was fumbled.
11. Personal foul penalties will only be 10 yards max (normally 15 yards).
12. Holding and block in the back penalties will only be 5 yards from the spot of foul (normally 10 yards).

Flag - Kindergarten / 1ST Grade / 2nd Grade Playing Field Dimensions

The playing field will be 25yds wide by 40yds long.



Game Clock

1. Each game will consist of 2 (Two) 20-minute halves with a running clock. Halftime (5-minutes).

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 the ball (start of huddle) through play execution and return to huddle.

Scoring

The Home Team coach shall designate a responsible Home Team parent to operate and maintain the portable scoreboards for the duration of the game.

Special Teams

1. ~~Does not apply.~~

Formations

Offensive Rules

1. Each team shall field 5 players, consisting of a Quarterback, a Center, and three additional players (Running backs & Receivers). A minimum of two offensive players, including the Center, must be positioned on the line of scrimmage at the time of the snap.
2. The Center must snap the ball between his legs to the QB to start the play. If the ball is dropped during the snap a retry can be attempted once with no penalty or loss of down
3. No QB sneaks.
4. 7 second throw timer for QB (Coach Count)
5. After TD, 1 point conversion on the 5-yard line
6. All players must carry or receive the ball once on offense during the course of each game.
7. 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.

Defensive Rules

1. 5 players
2. Defense starts 5 yards off ball, unless at goal line, 1-point conversion (Min. 3 yards off the ball)
3. No QB Rush
4. No crossing line of scrimmage until ball has been handed off
5. Interceptions allowed and will result in a dead ball turnover; offense will start back at the 40

Head Coach, Assistant Coach, Assisting 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.
2. There will be no referees and coaches shall be responsible for fairly reffing their own team.
3. Coaches are responsible for their own conduct as well as their players' parents.
4. 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 and Playoffs

1. There will be no draft in the Flag Football League. Players shall be placed as evenly as possible. This will be done by the commissioner of that league with approval of the Board of Directors.
2. There will be a one game elimination playoff at the end of the season against the top 4 teams. for each Flag League
3. Each team will play eight (8) games, weather permitting

Miscellaneous

1. Teams will practice as determined by the Flag Commissioner
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.

VIOLATION OF RULES AND REGULATIONS, ENFORCEMENT AND APPEALS

****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.****

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 Vice President of Operations.
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 Vice President of Operations of any complaint which may have been referred to them and the resolution of such complaint. It will be the responsibility of the Vice President of Operations to notify the Board of Directors of such a complaint and resolution at the next regular meeting.

3. If the Commissioner cannot resolve such a complaint or if the complaint was given to the Vice President of Operations, (hereinafter referred to as "Vice President"), then the Vice President shall call a special meeting to present such matter to the Board of Directors. The Vice 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 a complaint and the date and time of such a 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.

7. The Board or Directors has the authority to impose restrictions on fans and spectators to maintain an environment conducive to the Organization's Purpose, as defined in the NEFL By-Laws, and the Mission Statement and/or Program Objectives and Values defined above. These restrictions may include, but are not limited to: defining from where the person may or may not observe the game, limiting the degree of contact with player(s) during the game, or being banned from attendance.

Additional

1. Rules are subject to change and or be adjusted during the season at the discretion of the Board of Directors as needed for player safety and/or sportsmanship.