

YMCA-NFL Modified Flag Football Rules (82018)

i. General

1. The referee will call all penalties.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
4. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. A team time out will be counted. Players may not question calls.
5. Games may not end on a defensive penalty unless the offense declines it.
6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

ii. Defensive spot fouls

- *Defensive pass interference auto **first down**. Offense can take the gained yardage from the play
- *Holding Automatic **first down**
- *Stripping (+10) yards and **first down**. Offense can take the gained yardage resulting from the play.
- *Coach impeding play (+5) yards. Offense can take the gained yardage resulting from the play.

iii. Offensive spot fouls

- *Screening, blocking or running with the ball -10 yards and loss of down
- *Charging (-10) yards and loss of down
- *Flag guarding (-10) yards and loss of down

- *Coach impeding play (-5) yards, loss of down.

iv. Defensive penalties

- *Defensive unnecessary roughness +10 yards and automatic **first down**
- *Defensive Unsportsmanlike conduct +10 yards and automatic **first down**
- *Offside +5 yards from line of scrimmage. Repeat the down.
- *Illegal rush (Starting rush from inside 7-yard marker) +5 yards from line of scrimmage. Repeat the down.
- *Illegal flag pull (Before the receiver has the ball) +5 yards from LOS automatic **first down**
- *Roughing the passer +5 yards from line of scrimmage and automatic **first down**
- *Taunting +5 yards from line of scrimmage and automatic **first down**

v. Offensive penalties

- *Offensive unnecessary roughness (-10) yards and **loss of down**
- *Offensive unsportsmanlike conduct (-10) yards and **loss of down**
- *Offside / false start (-5) yards from line of scrimmage and **loss of down**
- *Offensive pass interference (-5) yards from line of scrimmage and **loss of down**
- *Illegal motion (More than one person moving (-5) yards from line of scrimmage. Repeat the down.
- *Delay of game (-5) yards from line of scrimmage. Repeat the down.
- *Impeding the rusher/Blocking (-5) yards from line of scrimmage. Repeat the down.
- *Illegal Procedure / Trick Play ie: (Hidden ball trick) (-5) yards from line of scrimmage and **loss of down**
- *Flag Guarding (-10yd) **loss of down**.
- *Screening (-10 yards, **loss of down**.

Note: Yards can be walked off and measured as adult strides.