Football 'N' America (FNA) is a 6-vs-6, non-contact, youth flag football league for boys and girls from grades K-12. FNA is modified from traditional American Football, providing a safe, positive, and family-friendly environment. Each game is filled with fun, fast-paced play while teaching the basic skills of America's game.

## GAME PLAY

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| A coin toss at midfield determines first possession and direction. |
| The ball may be snapped between the legs or at the side of the player to start play. |
| Starting at their own 5-yard line, the offense takes possession and has 3 downs to cross midfield for a 1st down. To the extent you do not secure a first down you have two options:<br>1) Punt: Possession changes with the other team starting drive on their own 5 yard line; or<br>2) A team can opt to go for it on a fourth down. However, if they do not make a first down (or score), the other team will take possession at the spot where the fourth down play ended. |
| Once a team crosses midfield, it has 3 downs to score a touchdown. |
| Interceptions may be returned for touchdowns or receive the distance returned when changing possession. Interceptions may not be returned for points on a P.A.T. |
| Teams change sides after halftime. Possession changes to the team who did not start with the ball in the first half. |

## ROSTERS

Most teams consist of 8-10 players with 6 on the field. Teams must field a minimum of 4 players to play a recorded game. ONLY registered players are allowed to play for their own team. Any coach using a fill-in player not from the team roster will forfeit the game in which they were used. If occurring during the playoffs, the team is immediately disqualified from post-season play.

## COACHES

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| Divisions K, 1st/2nd and 3rd/4th Grade | One coach is allowed on field per team |
| Divisions 5th/6th, 7th/8th and H.S. | Coaches must remain on sidelines |

## TIMING

Games are a total of 40 minutes, played with four 10-minute running quarters. There is a 1-minute break between quarters for water and substitution and a 5-minute break for halftime. Each team receives 2 timeouts per half which do not carry over to the 2nd half if unused. Each time the ball is spotted, an offense has 30 seconds to snap the ball. Teams may receive one warning before a delay of game penalty is enforced. If the score is within 8 points difference, the clock is stopped in the final 2 minutes of the 4th quarter. During this time the clock will stop for all incomplete passes; when a ball carrier steps out of bounds; during change of possession and penalties (unless declined).

## SUBSTITUTIONS

Please reference the substitutions examples detailing the rotations available to you for the first 3 quarters of each game for 8, 9 and 10 player teams. You are free to substitute at your discretion in the 4th quarter (and overtime) with most rotations.

### 8 PLAYERS OPTION #1

- ★All player sit out 1 quarter
- ★No free substitutions in the 4th quarter



FOOTBALL 'N' AMERICA LINE-UP CARD

DATE: 3/11 FIELD: #4 TIME: 4:50

TEAM: ARMY DIVISION: 5/6

| PLAYERS | # | Q1 | Q2 | Q3 | Q4 |
|---|---|---|---|---|---|
| 1. MIKE | 1 | X | | | |
| 2. BILL | 2 | X | | | |
| 3. BOB | 3 | | X | | |
| 4. DAN | 4 | | X | | |
| 5. SEAN | 5 | | | X | |
| 6. GREG | 6 | | | X | |
| 7. NICK | 7 | | | | X |
| 8. JOSH | 8 | | | | X |
| 9. | | | | | |
| 10. | | | | | |
| 11. | | | | | |
| 12. | | | | | |

TIME OUTS: 1 2 | 1 2

### 8 PLAYERS OPTION #2

- ★2 Offense, 2 Defense, 4 Offense/Defense for first 3 quarters
- ★Open 4th quarter
- ★All kids must play at least 1 snap in the 4th quarter



FOOTBALL 'N' AMERICA LINE-UP CARD

DATE: 3/11 FIELD: #4 TIME: 4:50

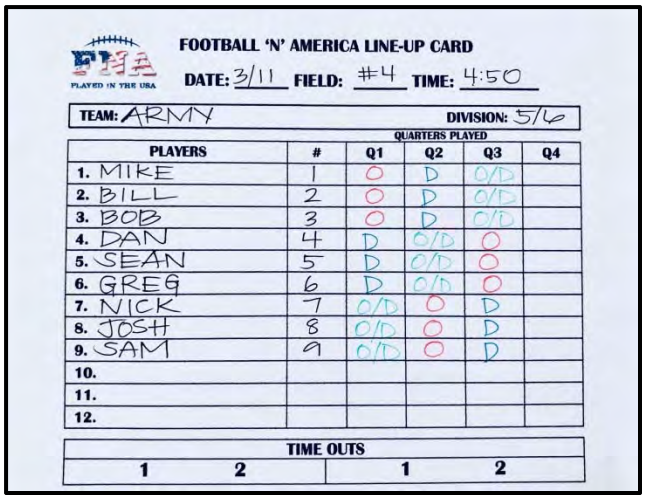
TEAM: ARMY DIVISION: 5/6

| PLAYERS | # | Q1 | Q2 | Q3 | Q4 |
|---|---|---|---|---|---|
| 1. MIKE | 1 | O/D | D | O | |
| 2. BILL | 2 | O/D | D | O | |
| 3. BOB | 3 | O/D | O | O/D | |
| 4. DAN | 4 | O/D | O | O/D | |
| 5. SEAN | 5 | D | O/D | O/D | |
| 6. GREG | 6 | D | O/D | O/D | |
| 7. NICK | 7 | O | O/D | D | |
| 8. JOSH | 8 | O | O/D | D | |
| 9. | | | | | |
| 10. | | | | | |
| 11. | | | | | |
| 12. | | | | | |

TIME OUTS: 1 2 | 1 2

### 9 PLAYERS

- ★3 Offense, 3 Defense, 3 Offense/Defense for first 3 quarters
- ★Open 4th quarter
- ★All kids must play at least 1 snap in the 4th quarter



FOOTBALL 'N' AMERICA LINE-UP CARD

DATE: 3/11 FIELD: #4 TIME: 4:50

TEAM: ARMY DIVISION: 5/6

| PLAYERS | # | Q1 | Q2 | Q3 | Q4 |
|---|---|---|---|---|---|
| 1. MIKE | 1 | O | D | O/D | |
| 2. BILL | 2 | O | D | O/D | |
| 3. BOB | 3 | O | D | O/D | |
| 4. DAN | 4 | D | O/D | O | |
| 5. SEAN | 5 | D | O/D | O | |
| 6. GREG | 6 | D | O/D | O | |
| 7. NICK | 7 | O/D | O | D | |
| 8. JOSH | 8 | O/D | O | D | |
| 9. SAM | 9 | O/D | O | D | |
| 10. | | | | | |
| 11. | | | | | |
| 12. | | | | | |

TIME OUTS: 1 2 | 1 2

### 10 PLAYERS

- ★4 Offense, 4 Defense, 2 Offense/Defense for first 3 quarters
- ★Open 4th quarter
- ★All kids must play at least 1 snap in the 4th quarter



FOOTBALL 'N' AMERICA LINE-UP CARD

DATE: 3/11 FIELD: #4 TIME: 4:50

TEAM: ARMY DIVISION:

| PLAYERS | # | Q1 | Q2 | Q3 | Q4 |
|---|---|---|---|---|---|
| 1. MIKE | 1 | O/D | D | O | |
| 2. BILL | 2 | O/D | D | O | |
| 3. BOB | 3 | O | D | O | |
| 4. DAN | 4 | O | D | O | |
| 5. SEAN | 5 | O | O/D | D | |
| 6. GREG | 6 | O | O/D | D | |
| 7. NICK | 7 | D | O | D | |
| 8. JOSH | 8 | D | O | D | |
| 9. SAM | 9 | D | O | O/D | |
| 10. JOEL | 10 | D | O | O/D | |
| 11. | | | | | |
| 12. | | | | | |

TIME OUTS: 1 2 | 1 2

## SCORING

| | |
|---|---|
| Touchdown | 6 Points |
| Extra Point (5-yard line – pass ONLY) | 1 Point |
| 2-Point Conversion (10-yard line) | 2 Points |

## OVERTIME

If the score is tied at the end of 40 minutes, there will be NO overtime in regular season games. During the playoffs, overtime will be handled as follows:

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| A coin toss determines possession. First possession will alternate with each subsequent round that is needed. |
| Both offenses go in same direction throughout OT. |
| Each offense has 3 downs starting at the opponent's 10-yard line, with each offense going in the same direction during its possession. One complete overtime period is defined as each offense having had one opportunity to convert. |
| To the extent an offense converts their opportunity into a touchdown, they will then attempt an extra point. They may choose to go for either 1 or 2 points. Exception: If the first team does not score and the second team does, the game ends and there will be no extra point attempt. |
| Whichever team is leading (including any extra points) after each team's offense has had its opportunity, is the winner. |
| If both teams are tied after the first OT, each offense is given 3 downs starting at the 50-yard line, with both offenses again going in the same direction. If neither team is able to score, the team that gained the most yardage during their possession is the winner. The first team's yardage will be marked on the field by the referee. |
| If after two complete OTs the game remains tied, the process from the previous round repeats but with each team's possession starting from its own 10-yard line. This scenario repeats until a winner is determined. |
| If at any time during OT the ball is intercepted and returned for a touchdown, the game ends and there will be no extra point attempt. |

## PASSING

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|---|
| Pre-Snap Alignment: No more than one player on the offense may line up within 3 yards of the center. |
| The QB has a seven-second "pass clock". If the QB does not get rid of the ball within the seven seconds, the play is dead with a loss of down. Once the ball is handed off, the seven-second rule no longer is in effect. |
| Interceptions may be returned. Exception: During extra point attempts, play is ruled dead and attempt is unsuccessful. |
| Pass ONLY zones are set 5 yards out from the goal line and the 5 yards before midfield. This zone is in effect when the offense is trying for a "short yardage" touchdown or first down within five yards of the line. The purpose of these zones is to lower the chance of contact/injury by preventing teams from running the football with potential blockers. |
| In an effort to prevent potential contact, shovel passes and underhand forward tosses are both considered forward passes only if the ball crosses the line of scrimmage. Therefore, a screen pass where the ball fails to travel beyond the line of scrimmage in the air, even if it is technically a "forward" pass, is not permitted within the Pass ONLY zones. |

## RECEIVING

All players are eligible to receive passes (including the QB, if the ball has been handed off, lateraled or pitched behind the line of scrimmage as per NFL Rules). As in the NFL, only one player is allowed in motion at a time. A player must have at least one foot inbounds when making a reception. This one foot must be touching the ground in bounds prior to another part of the body touching the ground out of bounds.

## OFFENSIVE RUSHING

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|---|
| The quarterback cannot run with the ball |
| Hand-offs, laterals and pitches are allowed as per NFL rules. |
| "Center sneaks" are not permitted. |
| The player who takes the hand-off, lateral or pitch can throw the ball from behind the line of scrimmage. |
| If a player receives a hand-off, lateral, or pitch in the Pass ONLY zone, the player must throw the ball forward for it to follow the Pass ONLY rule. |
| A forward lateral or pass in the backfield is considered a running play. The ball must cross the line of scrimmage in the air to be considered a forward pass. |
| Once the ball has been handed off, lateraled or pitched, all defensive players are eligible to rush. |
| Spinning is allowed. Jumping is allowed. |
| No DIVING. 5-yard penalty from the spot of the dive. |
| The ball is spotted where the ball is when the flag is pulled. |
| Player running with the ball must make an effort to avoid running through or initiating contact on the defensive player. Depending on the severity of the offense, an unsportsmanlike conduct penalty may be assessed. |

## DEAD BALLS

The play is ruled dead when…

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| Ball carrier's flag is pulled |
| Ball carrier steps out of bounds |
| Ball carrier's knee hits the ground |
| Touchdown or safety is scored |
| If the ball carrier's flag falls out without a defensive attempt, the play remains live until the point when a when the next defender is close enough to make a flag pull. Play is called dead at official's discretion. |
| Ball carrier's flags are NOT positioned at the hips (slide to the back making it difficult to pull). The referee shall determine when a defender is close enough to make a flag pull and spot the ball there. |

## DEAD BALLS (CONT.)

The ball hits the ground as a result of a "fumble." However, if the ball hits the ground during the center/quarterback exchange (or snap), it is not ruled dead unless the quarterback is having difficulty picking up the ball as a defender approaches. On a fumbled snap, only the quarterback is eligible to pick up the ball.

## RUSHING THE QUARTERBACK

All players who rush the QB must be a minimum of ten yards from the line of scrimmage (as marked by the referee) when the ball is snapped. Any number of players can rush the QB. Players not rushing the QB cannot cross the line of scrimmage until after the ball has left the quarterback's hands (via pass, handoff, lateral, etc.)

Once the ball leaves the quarterback's hands, the ten-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. Prior to the snap of the ball, the referee will designate ten yards from the line of scrimmage.

## PENALTIES (ALL PENALTIES CAN BE DECLINED)

All penalties will be called by the referee. The referees have to make difficult judgement calls at times. Referees determine incidental contact that may result from normal run of play. Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls. Games cannot end on a defensive penalty, unless the offense declines it.

| **DEFENSIVE PENALTIES:** | |
|---|---|
| Offsides: | 5 yards, repeat down |
| Pass Interference: | 5 yards, repeat down |
| Illegal Contact: (blocking, running into the QB, etc.) | 5 yards, repeat down |
| Illegal Flag Pull: (pull flag before receiver has ball) | 5 yards, repeat down |
| Illegal Rushing: (leaving early from 10-yard rush mark) | 5 yards, repeat down |
| Unsportsmanlike Conduct: (includes any contact with the quarterback's throwing arm.) | 10 yards from spot of foul and automatic 1st down (possible ejection) |
| **OFFENSIVE PENALTIES:** | |
| Illegal Motion: (false start, more than one player in motion) | 5 yards, repeat down |
| Illegal Forward Pass: (pass thrown from beyond line of scrimmage) | 5 yards and loss of down |
| Offensive Pass Interference: (illegal pick play, pushing off from/away defender) | 5 yards and loss of down |
| Flag Guarding: | 5 yards from the spot of the foul and loss of down |
| Blocking/Shielding: (offensive player intentionally blocks or shields a defender) | 5 yards from the spot of the foul and loss of down |
| Charging: (not making an attempt to avoid the defender, thus causing contact) | 5 yards from the spot of the foul and loss of down |

| OFFENSIVE PENALTIES (CONT.): | |
|---|---|
| Delay of Game: | Clock stops, 5 yards and repeat down. If it happens two times in a row, it will result in an additional 5 yards and a loss of down |
| Unsportsmanlike Conduct: | 10 yards from line of scrimmage/loss of down/possible ejection |
| Pass Clock Violation: (QB not getting rid of ball in 7 seconds) | Loss of down |

## SPORTSMANSHIP

If the field Referee or Commissioner witnesses any acts of tackling, elbowing, cheap shots, blocking or ANY unsportsmanlike act, the game will be stopped, and the player/coach or fan may be ejected from the game.

****FOUL PLAY OR UNSPORTSMANLIKE CONDUCT BY ANYONE WILL NOT BE TOLERATED!!****

Officials have the right to determine what constitutes offensive language. Offensive language towards officials, opposing players, teams or spectators is not acceptable in this league. If this occurs, the referee may give one warning and if it continues, the player(s), coach(es) and/or fan(s) will be subject to ejection from the field and premises. The game will not continue until the ejected party has left the premises. If they do not leave, the referee will forfeit the game immediately and award the Win to the opposing team.

Anyone ejected from a game (player, coach, fan), for any reason, will not be allowed on the premises for the next game. If they are ejected a 2nd time during the season, they will be banned from the remainder of the season and are subject to dismissal from the league. In such a scenario, NO REFUND will be issued.

## STANDINGS

Official league standings and playoff seedings are determined based on the following:

1) Win/Loss Winning PCT (All games are included)
2) Head-to-Head
3) Average Points Allowed per game
4) Coin Toss

## UNIFORM CODE

Cleats are allowed, except for metal spikes. Inspections will be made at midfield prior to each game. **For the safety of our players, all players must wear a protective mouthpiece: no exceptions!! Players without mouthpieces are not permitted to participate in either games or practices.**

Official league team jerseys and league flags must be worn during play. **Flags must be of a different color than the shorts**. Shorts must be of a solid color. **No stripes or pockets are allowed on the shorts**. FNA commissioners and/or referees will determine if there are any uniform violations. Players deemed in violation of the uniform code are not permitted to play.