

NEFFA
Official Adult Flag Football Rule Book

Northeast Flag Football Association

6v6 Tournament Format

2026

Version: 1.3

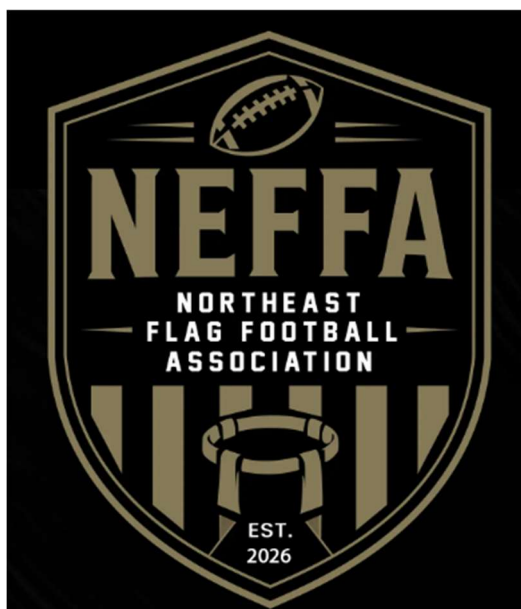


Table of Contents

Contents

Table of Contents	2
Tournament Circuit Overview	5
League Structure	5
Definitions	5
Catch.....	5
Dead Ball.....	5
Line of Scrimmage	5
Eligibility Requirements.....	6
Code of Conduct.....	6
Player Discipline	6
Team Requirements	7
Roster Limits.....	7
Equipment & Player Safety.....	7
Flag Belts.....	7
Shorts and Pants.....	7
Jerseys	8
Footwear	8
Jewelry, Watches and Accessories	8
Braces and Protective Equipment	8
Blood and Open Wounds	8
Injuries.....	8
Medical Authority.....	9
Suspected Head Injury.....	9
Illegal Equipment.....	9
Captain Responsibilities.....	9
Pre-Game Duties	9
Sideline Control	10
Communication with Officials	10

Financial & Administrative Responsibility	10
Field Dimensions & Equipment	10
Field Layout	10
Required Equipment.....	11
Game Format.....	12
Start Of Game/Game Play:	12
Number of Players.....	12
Clock Rules.....	13
Game Length	13
Timeouts.....	13
Dead Ball.....	13
Running Clock	13
Stop Clock Situations.....	13
Halftime	14
Scoring.....	14
Touchdowns	14
Extra Points.....	15
Safeties	15
Offensive Rules.....	15
Player Movement Rules	15
Flag Guarding.....	15
Line of Scrimmage	16
Motion.....	16
Illegal Shift	16
First-Downs.....	16
Touchbacks.....	16
Blocking – This is a No Blocking League	16
Laterals	17
Quarterbacks	17
Rushing	17
Pass Receptions.....	17
Fumbles	18

Co-ed	18
Defensive Rules	18
Rushing the Quarterback.....	18
Rusher's Path.....	18
Protection of the Quarterback	19
Illegal Rush.....	19
Tackling.....	19
Penalties & Enforcement.....	20
Acceptance or Declination of Penalties.....	20
Live-Ball Fouls	20
Dead-Ball Fouls	20
Multiple Fouls by the Same Team	20
Offsetting Fouls	20
Enforcement Spots	21
Loss of Down	21
Automatic First Down.....	21
Half-the-Distance Enforcement.....	21
Fouls in the End Zone	21
Fouls During Scoring Plays.....	21
Fouls After a Change of Possession.....	22
Final Timed Down.....	22
Unsportsmanlike and Dangerous Conduct.....	22
Referee Authority	22
OFFENSE	23
DEFENSE	23
Overtime Rules	24
Overtime Format	24
Possession Rules.....	24
Tournament Rules	24
Pool Play	24
Tie Breakers (for Bracket Play seeding).....	24
Seeding Procedures.....	24

Penalty Reference Chart.....	25
------------------------------	----

Tournament Circuit Overview

League Structure

The Northeast Flag Football Association (NEFFA) is committed to providing a competitive, organized, and sportsmanlike adult flag football experience for players of all skill levels throughout the Greater Boston and New England region. NEFFA promotes fair play, teamwork, community engagement, and respect for the game through professionally managed tournaments.

NEFFA may organize competition in the following formats:

- **Weekend tournaments**
- **Invitational events**
- **Coed divisions**
- **Competitive and recreational divisions**

Tournament formats, schedules, and playoff structures may vary by event and will be communicated prior to the start of competition.

Definitions

Catch

A catch is completed when a player secures possession of the football with at least one foot in bounds.

Dead Ball

A dead ball occurs when the whistle is blown, a flag is pulled, a player steps out of bounds, or the ball contacts the ground.

Line of Scrimmage

The imaginary line extending across the width of the field where the ball is spotted before the snap.

Eligibility Requirements

To participate in NEFFA events, players must:

- Be at least 18 years of age unless otherwise approved by league administration
- Complete registration requirements
- Sign all required waivers
- Be listed on an approved team roster

NEFFA reserves the right to deny participation to any player, team, or spectator for conduct deemed detrimental to the league.

Code of Conduct

NEFFA officials and league administrators maintain final authority over:

- Rule interpretations
- Eligibility decisions
- Disciplinary actions
- Schedule changes
- Tournament operations

League management reserves the right to amend rules, policies, or procedures as necessary to maintain fair competition and league operations.

Player Discipline

NEFFA operates under a zero-tolerance policy regarding:

- Fighting
- Threatening behavior
- Harassment
- Intentional dangerous play

Violations may result in penalties, ejections, suspensions, or permanent removal from tournament activities.

Team Requirements

Roster Limits

Maximum roster limit is 10 for both Adult Men's and Adult Co-ed divisions.

Co-ed teams need a minimum of two females on the roster.

All teams participating in NEFFA leagues or tournaments must complete the official registration process prior to the published registration deadline. Teams are not considered eligible for participation until all registration requirements, fees, waivers, and roster submissions have been completed and approved by league administration.

Equipment & Player Safety

All players are responsible for wearing equipment and clothing that permit safe participation and provide defenders with unobstructed access to the player's flags.

Game officials and NEFFA Tournament Directors have final authority to determine whether any clothing, equipment, accessory, or other item creates an unreasonable safety risk or competitive disadvantage.

A player may be required to remove or correct an item before entering or returning to the game.

Flag Belts

All players must wear a NEFFA-approved flag belt unless otherwise authorized by tournament administration.

Flags must:

- Be securely attached at the beginning of each play;
- Remain clearly visible and accessible to defenders;
- Be positioned at or near each hip;
- Hang freely without being tucked, wrapped, tied, shortened, altered, or otherwise secured; and
- Contrast sufficiently with the player's shorts or pants to remain visible.

Players may not intentionally manipulate their clothing or equipment to obstruct access to a flag.

If a player's flag inadvertently falls off during a live play, the player will be considered down when touched with one hand by a defensive player.

Shorts and Pants

Pocketless athletic shorts or pants are strongly recommended.

Shorts or pants may not contain exposed zippers, clips, belt loops, hard objects, or other features that create an unreasonable safety risk or materially interfere with a defender's ability to pull a flag.

If pockets are present, officials may require them to be securely taped or otherwise closed before participation.

Jerseys

Teams must wear jerseys or shirts of a consistent team color with clearly visible numbers on the back.

Jerseys must be worn in a manner that does not cover or obstruct the player's flags.

If a jersey repeatedly interferes with access to the flags, an official may require the player to tuck, secure, or otherwise adjust the jersey before continuing to participate.

Footwear

Athletic footwear and cleats are permitted and recommended.

Metal cleats are prohibited.

Officials may prohibit footwear that they determine creates an unreasonable safety risk.

Jewelry, Watches and Accessories

Jewelry, watches, fitness trackers, sunglasses, headbands, arm sleeves, wristbands, hand warmers, towels and similar accessories may be worn unless an official determines that the item presents a safety risk or interferes with play.

Officials may require any item to be removed, covered, taped, or otherwise secured before the player participates.

NEFFA reserves the right to prohibit any accessory at any time when necessary for player safety.

A towel worn from the waist will be treated as an additional flag. If a defender legally pulls the towel from the player's waist while that player possesses the football, the player will be declared down.

No accessory may obstruct or restrict access to either required flag.

Braces and Protective Equipment

Braces, supports, casts, or other protective equipment containing exposed hard or sharp materials must be sufficiently padded and approved by an official before the player may participate.

An official may prohibit any protective equipment that creates an unreasonable danger to the player or others.

Blood and Open Wounds

A player who is actively bleeding or has blood on their clothing or equipment must leave the field.

The player may return after:

- The bleeding has stopped;
- Any open wound has been appropriately covered; and
- Blood-contaminated clothing or equipment has been removed, cleaned, or sufficiently covered.

Injuries

A player who is injured or appears unable to safely continue may be removed from play by a game official, NEFFA Tournament Director, or on-site medical professional.

Player safety takes priority over continued participation.

Medical Authority

When an athletic trainer or other designated medical professional is present, that individual has authority regarding whether an injured player may safely return to competition.

A player removed from competition for medical reasons may not return until cleared by the appropriate medical professional.

Neither the player, captain, coach, teammate, nor opposing team may override a medical determination prohibiting the player's return.

Suspected Head Injury

Any player exhibiting signs or symptoms consistent with a concussion or other significant head injury must immediately leave the game for evaluation.

The player may not return to competition unless cleared by the on-site athletic trainer or other qualified medical professional.

Illegal Equipment

If illegal equipment is discovered before a play, the player must correct or remove the equipment before participating.

If a player knowingly uses altered equipment or intentionally positions clothing or equipment to prevent or materially interfere with a legal flag pull, the referee may assess an unsportsmanlike conduct penalty in addition to requiring correction of the equipment.

Repeated or intentional violations may result in removal from the game.

Captain Responsibilities

Each team must designate at least one captain who serves as the official representative between the team and NEFFA administration.

Captains are responsible for:

- Communicating tournament information to teammates
- Ensuring player eligibility compliance
- Maintaining sportsmanship standards
- Managing sideline conduct

Pre-Game Duties

Prior to each game, captains may be required to:

- Confirm roster availability
- Verify score sheets
- Participate in the coin toss
- Address uniform conflicts
- Review special game conditions with officials

Sideline Control

Captains are responsible for maintaining control of:

- Players
- Coaches
- Team personnel
- Sideline behavior

Failure to control team conduct may result in unsportsmanlike penalties or disciplinary action against the team.

Communication with Officials

Only designated captains may request rule clarifications or communicate formal concerns to game officials during competition.

Financial & Administrative Responsibility

Captains may also be responsible for:

- Team registration payments
- Waiver completion
- Schedule confirmations
- Tournament check-in procedures

Field Dimensions & Equipment

Field Layout

Standard dimensions of the field are 70 yards long by 40 yards wide with 10-yard endzones. **Field dimensions are subject to change based on the facility being used.**

NEFFA FLAG FOOTBALL FIELD DIMENSIONS

TOTAL LENGTH: **70 YARDS** | WIDTH: **40 YARDS** | END ZONES: **10 YARDS**



Required Equipment

PROPER FLAG FOOTBALL ATTIRE

Each player must wear one flag on each side and have their shirt tucked in.



Footballs meeting league specifications (refer to graphic below)

APPROVED FOOTBALLS FOR NEFFA FLAG FOOTBALL	
 ALLOWED ADULT / COLLEGE FOOTBALLS  ✓ OFFICIAL ADULT / COLLEGE SIZE ✓ LEATHER OR COMPOSITE MATERIAL ✓ MEETS LEAGUE STANDARDS	 NOT ALLOWED YOUTH FOOTBALLS  ✗ YOUTH OR JUNIOR SIZE ✗ EASIER TO GRIP AND THROW ✗ NOT PERMITTED IN NEFFA PLAY

Game Format

Start Of Game/Game Play:

- A coin toss will determine starting possession. The winner of the toss may elect to receive or defer possession to second half. The loser of the toss will choose the direction they will go in the first half.
- Possessions start at 5-yard line at the beginning of each half and following a touchdown
- The offensive team takes possession of the ball at its own 5-yard line and has four (4) plays to cross midfield for a first down. Offense will have another four (4) downs to score a touchdown.
- On 4th down the offensive team has the option to concede the possession to the defense which results in the other team gaining possession on the defenses 5-yard line.
- Defense takes over where turnover on downs occurred
- Interceptions are live and ball can be returned. Possession starts at wherever the player who intercepted the ball gets his/her flag pulled
- Fumbles are automatic dead ball with ball spotted where fumble occurred
- Teams change sides after the first half.

Intentional or excessive contact is prohibited. Any attempt to block or shield an opponent is a penalty.

Number of Players

6 v 6 format (no more than six players per team on the field at anytime)

Teams must have at least five players on the field to not forfeit

Co-ed: Minimum of two females on the field at all times

Clock Rules

Game Length

Two 15-minute halves

Timeouts

Each team receives 2 timeouts per game

Teams have 30 seconds during a timeout before play resumes (clock restarts at snap of ball)

Dead Ball

Play is over once the player in possession of the ball has at least one of their flags pulled. Ball spotted where the ball was when the flag was pulled

Ball carrier steps out of bounds → player is down at the spot where they went out of bounds

Ball hits ground on a pass, handoff, lateral or snap → dead

Ball carrier's knee, elbow, hip, shin or body touching the ground → player is down at the spot

Running Clock

Running clock, 25-second play clock

25-second play clock begins when the offensive team places the line of scrimmage marker down on the line of scrimmage

The clock will be stopped for injuries and extended referee consultations. Clock will restart at snap of ball. This applies to the entirety of the game (regardless of inside 1 minute or not).

Clock stops at 1-minute mark each half

Pro-style clock under 1 minute

Stop Clock Situations

During the final 1 minutes of the game, the referee will stop the clock if:

- An incomplete pass is thrown.
- A player ends a play by going out of bounds.
- Either team scores (the clock remains stopped until the opposing team snaps the ball after the PAT attempt; the clock does not run during extra points).
- Change of possession, including a turnover on downs.
- A penalty which must be marked off occurs.
- A team calls a timeout.

If a team is up by more than 16 points, the clock runs continuously during the last minute of play (applies to both halves).

Halftime

Teams have two minutes during halftime. Referee can use discretion to extend halftime if necessary (i.e., on a hot day).

Scoring

Touchdowns

Only the ball must be over the goal line in order for it to count as a touchdown or extra point. No diving over the line will be allowed. Reaching is allowed.

Touchdown: 6 points

Extra Points

PAT (Point After Touchdown)

1 point try – the ball will be placed 5 yards from the goal line

2 point try – the ball will be placed 10 yards from the goal line.

The clock does not stop during a PAT, except within the final minute of a half when applicable. A PAT is allowed if the touchdown was scored as time ran out to end either half. One point and two point conversions that are intercepted may be run back by the defense for two points.

Safeties

Safety: (2 points) A safety occurs when the ball carrier is declared down in his/her own end zone. They can be called down when their flags are pulled by a defensive player, they step out of bounds, the ball is fumbled, or they hit the ground with their knee or arm. A safety also occurs when there is an offensive penalty in the end zone.

Offensive Rules

Player Movement Rules

NEFFA FLAG FOOTBALL – PLAYER MOVEMENT RULES				
NO STIFF ARMS   Stiff arming or using an extended arm to ward off a defender is NOT allowed.	NO JUMPING   Jumping to avoid a defender is NOT allowed.	YES – SPINNING   Spinning to elude a defender is allowed .	YES – DIPS   Dipping or changing levels to get around a defender is allowed .	NO DIVING   Diving of any kind is NOT allowed.

Flag Guarding

An offensive player may not avoid a tackle by guarding his/her flag. Flag guarding consists of the following:

- Pushing an opponent's hand away from the flag.

- Pushing an opponent or stiff-arming.
- Lowering an arm to shield the flag.

If a player is called for flag guarding, the play is dead at the point of the infraction. Penalty assessed from the point of infraction (5 yards, loss of down).

Jumping is illegal when it is used to evade a legitimate flag-pull attempt by materially raising the flags. Merely leaving the ground is not automatically a foul.

Spinning to avoid a tackle is legal, as long as none of the above-listed events occur simultaneously.

Dipping or lowering the body is legal provided the player is not using the movement to shield or obstruct access to the flags.

Line of Scrimmage

An eligible center will snap the ball to the Quarterback. The center can then leave the line of scrimmage as an eligible receiver. The center must be on or behind the line of scrimmage. Snaps may be between the legs or from the side (ball must always be snapped from the ground).

It is illegal for the QB to line up under center (i.e., shotgun/pistol style snap required).

All players must be set at the snap of the ball (with the exception of a player in motion).

Motion

Motion can only be lateral on the line of scrimmage.

Illegal Shift

Two players cannot be in motion at the snap of the ball.

First-Downs

Each team may earn only one first down during each drive. A first down may be achieved by advancing the ball to or past the midfield first down line.

No diving over the line will be allowed.

A ball spotted on the line shall be considered a first down.

A first down may also be awarded due to a defensive foul (i.e. interference). A defensive foul is the only way that a team may be awarded more than one first-down.

Touchbacks

If a player intercepts a ball in the endzone and does not advance the ball out of the endzone before flag is pulled or goes to a knee in the endzone, the result of the play is a touchback and the intercepting team begins their possession at the 5-yard line.

Blocking – This is a No Blocking League

Blocking is considered the movement, whether deliberate or unintentional, that impedes a defensive player's pursuit of the ball carrier unless movement is to avoid personal injury (as interpreted by the

referee). This also includes the deliberate or unintentional movement of limbs by a stationary player. More leeway may be given to players moving at the time of a reception, but this is up to the referee's discretion.

A violation of this rule will result in the play being called dead and the ball is spotted at the point of the infraction, or the ball carrier's position at the time of the infraction, whichever is in favor of the defensive team. A 10-yard penalty will then be enforced from that spot (or half the distance if a team is on or within their own 10-yard line).

Laterals

A lateral is a pass or pitch that travels parallel to or backward from the player releasing the football. A handoff occurs when possession is transferred directly from one player to another without the ball being thrown. **Laterals and handoffs are permitted only at or behind the line of scrimmage.**

A dropped lateral is a fumble and the ball is spotted at the point of the fumble and the offense retains possession. If the lateral is picked off, the defensive team has the ability to advance the ball.

Unlimited laterals behind the line of scrimmage may occur on a play.

No laterals are allowed once the ball has been advanced past the line of scrimmage.

Quarterbacks

A Quarterback is not eligible to run the ball downfield.

A Quarterback can't throw a forward pass to himself. It has to be at least touched by a player on the offense or defense (with some intent of doing so).

A Quarterback may advance the ball if the pass is deflected by a defender and run with it as a completed pass (if the Quarterback catches the deflection of his original throw).

A Quarterback can lateral or hand off the ball and become an eligible receiver once he crosses the line of scrimmage.

The player receiving the snap may not advance the ball beyond the line of scrimmage unless the ball has first been handed off or lateraled to another offensive player.

QBs cannot line up under center. Shotgun/pistol style snap required.

Rushing

The offense may rush the ball an unlimited amount of times per possession. The quarterback may not rush the ball, they must hand the ball off or lateral to be considered an eligible rush attempt. Once the ball is handed off or lateraled any and all defensive players may cross the line of scrimmage in an attempt to "tackle" the ball carrier.

Running backs are permitted in the backfield. A running back can never take a direct snap from the center. The QB will be considered the one calling the cadence.

Pass Receptions

All players are eligible receivers once the ball is legally snapped

For a pass to be legal the receiver must have **one** foot in bounds at the time control is achieved. No part of the body may be touching an area out of bounds.

Fumbles

If a player fumbles the ball, the play is blown dead at the spot where the player lost possession. The offensive team remains in possession of the ball unless it is 4th down and they would have lost the ball on downs. If a player on either team takes possession of the ball, prior to the ball hitting the ground, possession goes to that team and that player may attempt to advance the ball towards his own end zone. There is no stripping of the ball.

Co-ed

Female must be involved (either pass or catch) at least one out of every three offensive plays.

Defensive Rules

Rushing the Quarterback

Any defensive player may rush the quarterback provided that player is positioned at least six (6) yards behind the line of scrimmage at the time the ball is snapped. The defense is not required to designate a rusher prior to the snap.

A defender who is positioned at least six (6) yards behind the line of scrimmage at the snap may begin rushing the quarterback immediately upon the snap.

There is no limit on the number of defenders who may rush, provided each rusher was positioned at least six yards behind the line of scrimmage at the snap.

Any defensive player who is positioned fewer than six (6) yards from the line of scrimmage at the time of the snap may not cross the line of scrimmage to rush the quarterback unless the ball is first handed off or lateraled to another offensive player.

Once the ball is handed off or lateraled, all defensive players may cross the line of scrimmage immediately, regardless of their position at the time of the snap.

A fake handoff or fake lateral does not permit an otherwise ineligible defender to cross the line of scrimmage.

The six-yard rush line may be established by an official or field marker before each play.

Rusher's Path

An eligible rusher is entitled to a clear and unobstructed path toward the quarterback.

An offensive player beyond the line of scrimmage must make a reasonable effort to avoid obstructing an eligible rusher's established path to the quarterback. Incidental contact or incidental crossing of paths that does not materially impede the rusher will not constitute a foul.

The snapper/center is not required to move out of the rusher's path provided the center remains at or behind the line of scrimmage and does not release as a receiver. In this situation, the center is permitted to maintain their position and the rusher is responsible for avoiding contact with the center.

If the center releases beyond the line of scrimmage as a receiver, the center becomes subject to the same requirement as all other offensive players to avoid impeding the rusher's path.

Impeding the Rusher Penalty: 5 yards and loss of down.

Protection of the Quarterback

A rusher may attempt to pull the quarterback's flag but must avoid unnecessary contact with the quarterback.

A rusher may not make contact with the quarterback's throwing arm while the quarterback is in the process of throwing the football.

A defender may not attempt to strike, swat, grab, or otherwise play the football in a manner that results in contact with the quarterback's throwing arm during the throwing motion.

If a rusher goes for the football while the quarterback is in the process of throwing and makes contact with the quarterback's throwing arm, Roughing the Passer will be called.

A defender may attempt to block or deflect a pass after the football has been released, provided the defender does not make illegal contact with the quarterback.

Roughing the Passer Penalty: 5 yards and an automatic first down.

Illegal Rush

An illegal rush occurs when a defensive player who was positioned fewer than six (6) yards from the line of scrimmage at the time of the snap crosses the line of scrimmage before becoming legally permitted to rush.

An illegal rush also occurs when any defensive player crosses the line of scrimmage before the football is legally snapped.

When an illegal rush occurs, play will continue as a free play. The offense may elect to:

- Accept the result of the play; or
- Accept a 5-yard penalty and replay the down.

Illegal Rush Penalty: 5 yards and replay the down, or the result of the play if the offense declines the penalty.

Tackling

A player is "tackled" by pulling at least one flag from the ball carrier's belt.

A legal flag pull takes place when the ball carrier is in full possession of the ball.

If a flag is removed by a defensive player, prior to full possession (as determined by the referee), the offense is not considered tackled and play continues with no infraction charged.

It is illegal to attempt to strip or pull the ball or pull from the ball carrier's possession at any time.

If a player's flag inadvertently falls off during the play, the defense must touch the player with one hand and then he is considered down and the play will be whistled dead.

A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball. If this happens, and the offensive player who has their flag pulled intentionally early by a defender gains possession of the ball, the defense is required to pull the player's one remaining flag.

Flag guarding is not allowed

Penalties & Enforcement

Unless otherwise specifically stated in these rules, the following procedures apply to the administration and enforcement of penalties during NEFFA games.

Acceptance or Declination of Penalties

The captain of the offended team may accept or decline any penalty.

If a penalty is declined, the result of the play will stand.

When these rules specifically provide the offended team with a choice between the result of the play and enforcement of a penalty, the captain must make that choice promptly after being informed of the available options by the referee.

Live-Ball Fouls

A foul occurring while the ball is live will generally not cause the play to be immediately stopped unless otherwise specified in these rules or the referee determines that continuing the play would create an unnecessary safety risk.

Following completion of the play, the penalty will be administered from the applicable enforcement spot.

Dead-Ball Fouls

A foul occurring while the ball is dead will be enforced separately from the preceding play.

Dead-ball fouls do not change the result of the preceding play unless otherwise specifically stated.

Multiple Fouls by the Same Team

If one team commits multiple live-ball fouls during the same play, the opposing team may generally select which penalty it wishes to have enforced. Penalty yardage for multiple live-ball fouls by the same team will not be combined unless specifically permitted by these rules.

Any dead-ball or unsportsmanlike conduct foul occurring in addition to a live-ball foul may be enforced separately.

Offsetting Fouls

If both teams commit live-ball fouls during the same play, the penalties will generally offset and the down will be replayed from the previous spot.

Any dead-ball foul or unsportsmanlike conduct penalty occurring after the play may still be enforced separately.

Enforcement Spots

Penalties will be enforced from one of the following locations, as specified by the applicable rule:

- **Previous Spot:** Where the ball was located at the beginning of the play.
- **Spot of the Foul:** Where the violation occurred.
- **End of the Run:** Where the ball carrier was declared down.
- **Dead-Ball Spot:** Where the ball would otherwise be placed following the play.

If a specific penalty provision identifies an enforcement spot, that provision controls.

Loss of Down

When a penalty includes a loss of down, the down on which the foul occurred counts and the offense proceeds to the next down after enforcement of the penalty.

If a loss-of-down penalty occurs on fourth down and the offense does not otherwise obtain a first down, possession will transfer to the opposing team following enforcement.

A loss-of-down penalty committed during a PAT attempt nullifies the try.

Automatic First Down

When a defensive penalty carries an automatic first down, the offense will receive a new set of downs following enforcement regardless of the down or distance existing before the foul.

Half-the-Distance Enforcement

If enforcement of the full penalty yardage would place the ball beyond the offending team's goal line, the penalty will be enforced **half the distance to the goal line**, unless another provision of these rules specifies a different result.

Fouls in the End Zone

An offensive foul committed in the offense's own end zone may result in a safety when specified by these rules.

Defensive pass interference occurring in the defense's end zone will result in **first and goal from the one-yard line**.

Fouls During Scoring Plays

A touchdown or PAT may be nullified when the scoring team commits an accepted foul during the play.

When the non-scoring team commits a foul during a scoring play, the score will stand unless the applicable rule provides another enforcement option.

Unsportsmanlike or other dead-ball fouls occurring after a score may be enforced separately.

Fouls After a Change of Possession

After an interception or other legal change of possession, the team gaining possession becomes the offense for purposes of penalty enforcement.

Fouls occurring after the change of possession will be enforced according to where and when the foul occurred.

Final Timed Down

A half or game may not end on an accepted live-ball defensive penalty.

If the defense commits an accepted live-ball foul during the final timed down, the offense will receive one additional untimed down unless the penalty itself results in a score or the offense declines the penalty.

An offensive foul does not automatically extend the half.

Dead-ball or unsportsmanlike conduct fouls occurring after time expires do not create an additional untimed down unless otherwise determined by rule.

Unsportsmanlike and Dangerous Conduct

Unsportsmanlike conduct and intentional dangerous play may result in both a yardage penalty and additional disciplinary action.

A referee or NEFFA Tournament Director may eject a player regardless of whether a separate yardage penalty is assessed.

Referee Authority

The Head Referee has final authority regarding penalty enforcement and rule interpretation during a game.

If an unusual situation occurs that is not specifically addressed by the NEFFA Rulebook, officials will apply the existing rules in a manner that best preserves player safety, competitive fairness, and the intent of the rules.

Judgment calls made by officials are final.

OFFENSE

False Start: 5 yards & replay the down.

Delay of Game: 5 yards & replay the down.

Offensive Illegal Block: 10 yards & replay of down.

Quarterback crossing the line of scrimmage prior to pass: 5 yards & loss of down.

Offensive pass interference: 15 yards & replay of the down.

Flag guarding: 5-yard penalty from the spot of infraction & loss of down. 1st down yardage prior to penalty results in 1st down. Flag guarding can be called even if the flag is pulled.

Unsportsmanlike conduct: 15 yards personal foul from the end of the play (the down counts).

Impeding the rusher: The offensive snapper and receivers must avoid the rushers beyond the line of scrimmage. Contact or not, getting in the pass rusher's way is impeding the rusher. The penalty is 5 yards and loss of down.

NOTE: Loss of down penalties on a PAT attempt nullifies the try (whether successful or not).

DEFENSE

Holding ball carrier / Illegal flag pull: 5-yards added to the end of the run.

Stripping: 5-yards from the spot of the foul.

Roughing the passer: 5 yards & automatic 1st down.

Illegal rush: 5 yards & replay the down or result of the play (offense may decline).

Illegal contact (the ball has not left the QB's hand): 5 yards & replay the down.

Pass interference: Automatic 1st down at the spot of the foul.

Pass interference in the end zone: 1st & goal at the one-yard line

Unsportsmanlike conduct: 15-yard personal foul (automatic 1st down).

Forceout by the defender will result in a spot foul (5 yards from spot) and automatic first down.

The game cannot end on a defensive penalty.

Overtime Rules

During pool play, if the score is tied at the end of regulation, the game ends in a tie.

During bracket play, games that end regulation tied will go into overtime.

Overtime Format

Kansas City shootout OT rules. After TD, teams must go for extra point (1 or 2). Beginning with the 3rd overtime, the teams will alternate 2 point conversion tries.

Possession Rules

Each team has a chance to possess the ball starting at **mid-field**. Coin flip to determine who goes first/second.

Tournament Rules

NEFFA tournament directors reserve the right to adjust schedules, formats, and field assignments as necessary to ensure fair and timely competition.

Pool Play

To consist of a minimum of three games.

Tie Breakers (for Bracket Play seeding)

- 1) Record
- 2) Head-to-head
- 3) Point differential
- 4) Points allowed
- 5) Points scored
- 6) Coin flip

Seeding Procedures

All participating teams move onto single elimination bracket play following pool play games. No teams will receive byes. First round matchups will be 1 seed vs 8 seed; 2 seed vs 7 seed; 3 seed vs 6 seed; and 4 seed vs 5 seed.

Penalty Reference Chart

Penalty	Yards	Automatic First Down
False Start	5	No
Delay of Game	5	No
Illegal Motion	5	No
Illegal Blocking	10	No (replay down)
Illegal Pass	5	No (loss of down)
Offensive Pass Interference	15	No
Flag Guarding	5	No (loss of down)
Unsportsmanlike Conduct	15	Possible
Impeding the Rusher	5	No (loss of down)
Holding the Ball Carrier	5	No
Stripping	5	No
Roughing the Passer	5	Yes
Early / Illegal Rush	5	No
Defensive Pass Interference	Spot Foul	Yes
Illegal Contact	5	No (replay down)
Forceout	5	Yes
To Many Men on the Field	5	No