

## NFL FLAG rule exceptions

- benches should be on opposite sides of the field
- if players have pockets, they cannot play.
- no ball caps
- no jewelry
- no towels
- no laterals
- screen passes and pitches are legal except in the no run zone
  - Jersey has to be completely tucked with flags on the outside -- center belt can't be hanging in the middle
- 25 seconds between plays
  - clock will stop in the last two minutes
- mouth guards are optional
- clock stops in the last two minutes of each half
- three first downs—10, 30 and 10
- females in flag—no blitz, no run zones, 5v5
- 16U is 5v5