OFFICIAL RULES

NOFO FLAG FOOTBALL • 2026 SEASON

EFFECTIVE
Thu, Nov 5, 2026 • 9:05 PM

Venue: Joint Venture Park, Cumming, GA (excluding Week 1)

1 PLAYER CONDUCT

1.1 Excessive profanity toward opponents, officials, fans, or teammates results in **ejection**.

1.2 Alcohol, tobacco, and marijuana are prohibited in Forsyth County Parks & Recreation facilities. Possession or use results in **suspension**.

1.3 Non-football contact results in **suspension**.
- Any punch thrown or act of fighting results in an automatic **full-season suspension**.

1.4 Any ejected player (fighting, drugs, or profanity) must leave the park immediately. Failure to leave results in **team forfeit**.

1.5 Team captains are responsible for player conduct and in-game de-escalation to maintain pace of play.

1.6 Only the team captain or coach may dispute a call with officials.

1.7 Celebrations are permitted. Taunting, excessive profanity, or crude gestures result in a **15-yard unsportsmanlike penalty**.

2 SEASON, TEAMS & ROSTERS

2.1 **Eight** regular-season games followed by playoffs.

2.2 All games are played at **Joint Venture Park**, Cumming, GA (excluding Week 1).

2.3 **Players on field:** maximum of eight. A minimum of six players is required to avoid forfeit.

2.4 **Rosters:**
- Maximum roster size is **17 players**.
- Rosters are due **November 10, 2026**.
- No mid-season roster additions are allowed.

2.5 No mercy rule. Teams may forfeit within the final two minutes.

3 GAME CLOCK, TIMEOUTS & CHALLENGES

3.1 **25-minute running clock.** The clock does not stop in the final two minutes.

3.2 **20-second** play clock.

3.3 Halftime is **three minutes**.

3.4 **Three timeouts per game.** Injury and referee timeouts stop the clock.

3.5 **One video challenge per game** (30 seconds). An unsuccessful challenge results in loss of a timeout.
- Only the captain may initiate a challenge.
- Reviewable plays: catch/no-catch, out of bounds, ball or flag spot, down by contact, fumble spot.

3.6 Coin flip determines initial possession or defense. The second half begins with the defensive team receiving. Field direction flips at halftime.

4 OVERTIME

POSSESSION	FORMAT
1–2	Four downs from the 20-yard line; two-point attempt required.
3+	One play from the 3-yard line, followed by an XP from the 10-yard line.
Result	No ties. Play continues until a winner is decided.

5 EQUIPMENT

5.1 Jerseys must be tight-fitting, matching in color, with manufactured numbers only.

5.2 Shorts must be tight-fitting with no pockets, belt loops, or exposed drawstrings (zipper pockets allowed).

5.3 Flags must be worn outside the jersey. A jersey covering flags results in a **5-yard penalty**.

5.4 Rubber or plastic cleats only. No metal spikes.

5.5 No sharp jewelry or exposed wearables. Fitness trackers must be covered.

5.6 Hand warmers must be worn facing the front of the body.

5.7 Any towel, glove, wristband, or hand warmer pulled off a player constitutes a flag pull (player down).

6 STANDARD GAMEPLAY

6.1 **Field & downs:** first downs every 20 yards (20–40–40–20). Four downs to gain or score. All drives start at the offense's 20-yard line.

6.2 **Snap:**
- Continuous snap motion required.
- QB must start **three yards** behind the LOS.
- Four offensive players required on the LOS.
- Ball marked with a single cone.

6.3 **Passing:**
- One forward pass per down.
- Forward passes must be thrown from behind the LOS.

6.4 **Blocking & rushing:**
- Blocking allowed with extended arms only. No blindside blocks, shoulder blocks, chop blocks, or excessive force.
- Live rushing. Excessive force or driving players into the turf may result in ejection.
- Holding and hands to the face enforced at referee discretion.

6.5 **Stiff arms & flag guarding:**
- Stiff arms allowed between waist and shoulders.
- Stiff arms above the shoulders result in a **15-yard penalty**. Below the belt is flag swatting (dead ball at spot).

6.6 **Ball carrier:**
- No flag guarding with hands or ball.
- No lowering head or shoulder to initiate contact.
- Untouched diving catch allows advancement.
  - Contacted catches result in down by contact.
  - Any body contact results in down.
  - Tangled catches result in down.
- Player may declare themselves down due to injury.
- If a flag falls off, a one-hand touch declares the player down.

6.7 **Defensive players:**
- No deflagging without the ball.
- No pushing players down to pull flags.
- Tackling without a flag attempt results in **15 yards and an automatic first down**.
- Strips permitted without excessive force.

6.8 **Fumbles:** dead balls at the point of ground contact.
- Bad snaps are spotted where they land.
- Backward passes not caught are spotted at contact.
- Strips or caught fumbles are live turnovers.

6.9 **Punts:**
- Punt must be declared within the first 10 seconds.
- Punts result in defensive possession at the 20-yard line.

7 SCORING

PLAY	POINTS	DETAILS
Touchdown	**6**	—
Extra point (1-pt)	**1**	From the 5-yard line.
Extra point (2-pt)	**2**	From the 10-yard line.
Defensive XP return	**1**	Defense returns an extra-point attempt.
Safety	**2**	Possession at the opponent's 20-yard line.

8 PENALTIES

ENFORCEMENT

- **Half the distance:** any penalty that would move the ball more than half the distance to the goal line is enforced as half the distance to the goal.
- **Defensive penalties on extra points:** half the distance to the goal and the down is replayed, unless the result of the play is a touchdown.
- **Offensive penalties on extra points:** enforced for the yardage associated with the penalty.
- **Enforcement spots: From LOS** = from the line of scrimmage. **Spot of foul** = where the foul occurred. **End of run** = added to the end of the play. **End of play** = from where the ball is dead.

5 YARDS

Illegal equipment	FROM LOS
Delay of game	FROM LOS
False start or encroachment	FROM LOS
Illegal snap or alignment	FROM LOS
Illegal motion	FROM LOS
Intentional backward pass or fumble	SPOT OF FOUL
Illegal forward pass	SPOT OF PASS
Helping the runner	SPOT OF FOUL
Defensive holding	FROM LOS

10 YARDS

Intentional grounding	FROM LOS • LOSS OF DOWN
Offensive holding	SPOT OF FOUL
Defensive illegal contact beyond 5 yards	FROM LOS
Offensive pass interference	FROM LOS • LOSS OF DOWN

15 YARDS

Defensive pass interference	FROM LOS • AUTO FIRST DOWN
Roughing the passer	FROM LOS • AUTO FIRST DOWN
Unnecessary roughness	OFFENSE: SPOT • DEFENSE: END OF RUN
Tackling	END OF RUN • AUTO FIRST DOWN
Blindside or illegal block	SPOT OF FOUL
Fighting or repeated unsportsmanlike conduct	END OF PLAY • EJECTION
Flag tampering	FROM LOS • LOSS OF DOWN
Unsportsmanlike conduct	END OF PLAY
Stiff arm above the shoulders	SPOT OF FOUL

9 DISQUALIFICATION & SUSPENSION

OFFENSE	CONSEQUENCE
Punches thrown (landed or missed)	**Full-season suspension**
Intentional contact with an official	**Full-season suspension**
Excessive profanity or unsportsmanlike conduct	**1–2 game suspension**
Personal threats or severe taunting	**Suspension or league review**
Drugs or alcohol on site	**Suspension**