

# VIRGINIA FLAG FOOTBALL ASSOCIATION

## 2012 AMENDMENTS TO THE

United States Flag Football Association National Rules  
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Except for the following Amendments, all games will be conducted according to the UNITED STATES FLAG FOOTBALL ASSOCIATION NATIONAL RULES, current Edition, as published by the USFFA and available from USFFA Treasurer - Mike Moss.

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- Page 5 - Rule 1, Section 1, Art. 5      ADD: "Any complaint made to an official by a team member other than the FIELD CAPTAIN shall warrant the following:
- 1<sup>st</sup>. Team Offense: The Referee shall declare an officials time out and issue a warning to the team and to the bench.
- 2<sup>nd</sup>. Team Offense: Unsportsmanlike Conduct Penalty and possible ejection.
- Page 7 - Rule 1, Section 3, Art. 1      CHG: "(NFL Official Ball) (Wilson)" to "any official size, weight ball"
- Page 7 - Rule 1, Section 3, Art. 2      ADD: "During the game each team may use legal ball of its choice when it is in possession".
- NOTE: Page 8, Article 5 - hard visor caps no longer permitted in state tournaments. (VFFA adopted National Rules per book. Dec. 2004).
- Page 8 - Rule 1, Section 4, Art.5 (a)      ADD: "This would include the wearing of pants, trousers, shorts, sweats, etc. which contain any type of pocket. Such garments with pockets sewn shut (not taped) are permitted. (VFFA adopted this amendment to National Rules – Dec.2005)
- Page 17 - Rule 3, Section 1, Art. 1 ( c )      REP: "At half, goals will be reversed, and 1<sup>st</sup> half  
Page 17 - Rule 3, Section 1, Art. 2      kicking team shall be 2<sup>nd</sup> half receiving team".
- Page 17 - Rule 3, Section 2, Art. 1      REP: "playing time shall be 50 minutes, divided into 2 halves of 25 minutes each, with no more than 10 minutes between the 1<sup>st</sup> and 2<sup>nd</sup> halves". (For Tournaments Only).

Page 18 - Rule 3, Section 2, Art. 6

REP: "a running clock shall be used. The clock shall not stop except for the following: (1) the last two minutes of each half shall be played according to time factors listed in the National Rule Book; (2) during free time outs; (3) in 50 minute games only (tournaments) - the clock shall stop AFTER the PAT attempt and shall not start until first touched or snapped after going out-of-bounds on ensuing kickoff".

NOTE: Whether a 60 minute or a 50 minute clock - games still last about the same time unless there's no scoring! The 50 minute clock concept is to give players an opportunity to prepare for a kickoff without the game clock running. In 60 minute "league" games, it continues to run during that "preparation" period in the first 28 minutes of the half. In the last 2 minutes of either (60 or 50), the clock stops after the PAT, just like it does throughout the 50 minute game).

Page 22 – Rule 4, Section 1, Art.3 (g) (excep)

**ADD: "A ball striking the ground once (one hop) before reaching the intended receiver may be played by the receiver; otherwise it will be blown dead at the spot ball first strikes the ground."**  
**(Modified by Exec Board: Dec. 2006)**

Page 28 - Rule 6, Section 1, Art. 3

CHG: "30 yards beyond and adjust both restraining lines on penalty".

Page 30 - Rule 6, Section 3, Art. 5

CHG: "all players" to "all receiving team players"

Page 34 – Rule 7, Section 4, Art. 1

ADD: "Once the ball has crossed the line of scrimmage (run or pass), all subsequent forward passes during that down, are illegal. Ball may be thrown across only once during the down." Clarification - 2003

Page 35 - Rule 7, Section 4, Art. 7 ( c )

ADD: "within 5 yards of the neutral zone".  
(This creates a five yard "chuck zone").

Page 36 - Rule 8, Section 3, Art. 1

**ADD: "For a PAT, teams must choose to go for one point (kick, pass, or run) from the 3-yard line or 2 points (pass or run) from the 10- yard line. When selecting the 1-point option, team must also declare if kicking or going. A team captains first choice is**

**irrevocable and may only be changed if a penalty alters the original “try” spot.”**

**(Added by Exec Board: Dec. 2006)**

Page 38 – Rule 8, Section 6, Art. 3

**ADD: “Teams will alternate choosing of attack or defend options with each additional series.” (I.e. - Team which lost toss in first series will have option to choose in second series.)**

**(USFFA interpretation for equity purposes)**

**ADD: “If score still tied after two overtime series, beginning with third series teams must go for 2-point PAT conversions from the 10-yard line.**

**(Added by Exec Board: Dec. 2006)**

Page 42 - Rule 9, Section 4, Art. 9

**ADD: This USFFA National Rule now activated. (Penalty for Defensive Holding on other than Ball-Carrier is 5-yards and First Down.)**

**(Added by Exec Board: Dec. 2006)**

**\*\*\*\*\* NOTE \*\*\*\*\***

**THESE AMENDMENTS ARE OF A MINOR NATURE EITHER TO FURTHER CLARIFY EXISTING RULES OR TO ADJUST THEM TO BRING THEM IN LINE WITH THE VFFA'S PROVEN EXPERIENCES. STATE RULES, TOURNAMENT POLICIES AND PROCEDURES, ETC., MAY BE MODIFIED BY OUR ASSOCIATION'S EXECUTIVE BOARD WHICH MEETS ANNUALLY AT THE STATE TOURNAMENT. LEAGUE REPRESENTATIVES MAY PROPOSE CHANGES FOR REVIEW AND CONSIDERATION.**