



This tournament is designed to service  
the youth programs of established churches of Christ.

### NAFFT RULES AND REGULATIONS

(Revised 09/24/2008) - **changes/emphasis in red**

NAFFT will be regulated by the official rules of the National Intramural Recreational Sports Association (NIRSA) with the following alterations and clarifications. Game officials have the authority to rule on any situation not specifically covered in these rules.

#### I. Team Requirements:

- A. All teams participating in the NAFFT must be made up of youth groups from established churches of Christ.
- B. Eligible players must...
  1. be faithful members of the sponsoring church's youth group or, in the case of adult sponsors, faithful members of the sponsoring congregation.
  2. maintain exemplary Christian attitudes.
  3. not have any injury or medical condition that will inhibit normal game play, this includes hard cast and/or metal braces.
  4. be named on the official team roster by final registration on the morning of the tournament.
- C. The Official Team Roster shall consist of...
  1. no more than 20 total players.
  2. no less than 6 players.
  3. eligible players in grades 6-8 for the Junior Division.
  4. eligible players in grades 9-12 for the Senior Division.
  5. a minimum of two female (**2 female players on the field at all times**)
- D. **Each team is required to provide 2 adults to referee during pool play. They will referee one game. The one game will be their off game of pool play.**
- E. Uniforms & Equipment
  1. Team Uniforms shall consist of...
    - a. shirts of matching color tucked into the trousers leaving the flag belt exposed.
    - b. shorts or pants without pockets (zipped pockets are not allowed)
  2. Players may NOT wear...
    - A. shoes with metal cleats or removable cleats unless the screw is part of the cleat.
    - B. brimmed hats or visors. Toboggans and bandanas will be permitted.
    - C. jewelry, unless worn for medical information purposes. If medical alert jewelry is worn, it must be taped down with cotton tape to prevent injury
    - D. uniforms soiled with excessive blood or other bodily fluid. The player must leave the playing field and will not be allowed to return until the soiled items are replaced. Bringing extra uniforms is highly recommended.
  3. Each team must provide its own football labeled with the name of the sponsoring church or ministry.
    - A. For High School Division this football must be standard adult size.
    - B. **For Middle School Division teams have the option of using an intermediate or adult size football.**

#### 4. Flag Belts.

- a. Triple Threat one piece flag belts will be provided for each team by NAFFT.
- b. Flag belts must be worn around the waist outside of clothing and must be fully exposed.
- c. Flag belts must be clipped on as designed, and may not be tied wrapped or laced through any part of the uniform or the flag belt itself.
- d. If a player scores a Touch Down or extra point attempt he must stop and raise his arms to be de-flagged by the referee who will verify that the flag belt was legally secured.

#### D. Sportsmanship.

1. NAFFT will not tolerate unsportsmanlike conduct including but not limited to...
  - a. profane language.
  - b. taunting or intimidating other players.
  - c. arguing with or “back talking” players, referees or tournament officials.
2. After each play, it is the offensive player’s responsibility to retrieve the ball and take it back to the huddle.
3. If a defensive player pulls a flag, he must immediately return it to the offensive player.
4. Consequences for Unsportsmanlike Conduct.

#### **PLEASE READ CAREFULLY:**

In years past we have had some complaints about players and teams not putting forth enough effort to be sportsmanlike. With this in mind we will have zero tolerance for those who exhibit behavior in opposition to the spirit of this tournament.

The new rule is:

1<sup>st</sup> offense – Any player/parent/adult flagged for unsportsmanlike conduct will be ejected from the game and the tournament. When an individual is “ejected” from the tournament the individual is not allowed to be at the field where their team is playing for the remainder of the tournament..

2<sup>nd</sup> offense – In the event that the same team is flagged for a second unsportsmanlike conduct penalty during any part of the tournament, the game will end in forfeit and the entire team will be effected from the tournament.

We believe that it is important to remember that football is just a game and we should strive to live like Christ in everything that we do.

## **II. Field Dimensions: Official NAFFT playing fields shall...**

- A. be a total length of 100 yards and a width of 40 yards.
- B. contain an end zone at each end of the playing field, 10 yards deep, marked by a goal line spanning the width of the field.
- C. be lined the width of the field at 20 yard intervals from goal line to goal line.
- D. contain extra point lines, 3 yards wide at 3 and 10 yards from each goal line.
- E. Contain an X at each team’s 14 yard line.

### **III. Game Time**

#### **A. Game Clock**

1. Each game will consist of two twenty minute halves.
2. In each half, the clock will count down continuously from 20 minutes to two minutes, and will only be stopped by touchdown, injury or Time Out.
3. A "Two Minute Warning" will be announced at the two minute mark and the clock will stop. The clock will resume at the beginning of the next play.
4. During the final two minutes of each half, the clock will stop for penalties, incomplete passes and when a player holding the ball touches out of bounds. The clock will resume at the beginning of the next play.
5. From the time the referee spots the ball at the end of each play, the offense will have 25 seconds to begin the next play.
6. The beginning of each play will begin with the center snapping the ball to the quarterback.

#### **B. Time Outs**

1. A Time Out may be called by any referee or player on the field of play.
2. Officials may call a timeout at their discretion for any reason including...
  - a. injuries.
  - b. uniform or equipment discrepancies.
  - c. conferences with players or coaches.
3. Each team may use a maximum of 5 Time Outs per game.
4. When Time Out is called, the clock will stop for a period of 45 seconds.
5. The clock will resume,
  - a. during the first 18 minutes of each half, when the 45 second Time Out expires.
  - b. during the last two minutes of each half, at the beginning of the next play marked by the snap of the ball.

### **IV. Team Formations**

- A. Each team may have no more than 8 players on the field once the play has begun.
- B. Each team may have no less than 6 Players on the field once the play has begun.
- C. If a team is unable to play 6 players at any point in the game, that team must forfeit the game, and the opposing team will be declared the winner.
- D. Each team must have at least 2 female players on the field at all times. If a team is unable to play 2 females at any point in the game that team must forfeit the game and the opposing team will be declared the winner.
- E. The Offensive team must have at least 5 players on the line of scrimmage at the beginning of each play.
- F. The player receiving the snap must line up 3 yards behind the line of scrimmage.
- G. No more than 2 offensive players may be in motion when the ball is snapped.
- H. Offensive players in motion, may move laterally parallel to or away from the line of scrimmage.

### **V. Coin Toss.**

- A. The winner of the pregame coin toss will have a choice of options for the first half or may defer his choice to the second half. The options for each half shall be...
  1. to choose whether his team will start on offense or defense.
  2. to choose the goal line that his team will defend.
- B. The captain not having the first choice of options for the half shall exercise the remaining option.

## **VI. Kick Offs & Punts**

A. There will be no Kick offs at the beginning of each half. The ball will be spotted on the 14 yard line.

B. Punting....

1. On 4th down, the offensive captain must declare his intentions to go for a first down or punt. No fake punts will be allowed.
2. Once the ball is snapped, no one on the offense or defense may cross the line of scrimmage until the ball is kicked.
3. If the punting team touches the ball after the punt and before it is touched by the receiving team, the ball will be declared down at that spot.
4. If the ball is kicked out of bounds after it crosses the goal line, it will be declared a Touch Back, and the ball will be spotted at the 14 yard line.
5. If the ball is kicked out of bounds before it crosses the goal line, it will be spotted at the point it went out of bounds.
6. If the ball is caught in the End Zone, the receiving player may choose to down the ball in the end zone by touching his knee to the ground or stepping out of bounds. This will result in a Touch Back and the ball will be spotted on the 14 yard line.
7. The Punter must kick the ball in a continuous motion immediately after receiving the snap.

C. The Receiving Team

1. The receiving team is not required to have players on the line of scrimmage.
2. If the ball is caught in the End Zone, the receiving player may choose to down the ball in the end zone by touching his knee to the ground or stepping out of bounds. This will result in a Touch Back and the ball will be spotted on the 20 yard line.

D. Punts

1. On 4th down, the offensive captain must declare his intentions to go for a first down or punt. No fake punts will be allowed.
2. In the event of a punt, the offensive team must have 5 players on the line of scrimmage when the ball is snapped.
3. Once the ball is snapped, no one on the offense may move until the ball is kicked with the exception of the Punter.
4. The Punter...
  - a. must punt the ball within 5 seconds of receiving the snap.
  - b. may only move backward after receiving the punt unless he is in the act of punting.

## **VII. Fumbles and Muffs**

A. No forward fumble will result in a touchdown. Any fumble falling into the End Zone will be spotted on the one yard line.

B. All fumbles, dropped laterals and dropped snaps will be dead at the spot they first touch the ground.

C. If a punt or kick touched the ground after being touched by a player on the Receiving team it will be dead at the spot it first touches the ground.

## VIII. Offensive/Defensive Guidelines

- A. An offensive player attempting to block...
  - 1. must use screen blocking having his hands behind his back and
  - 2. will not be allowed to make contact with defensive players in anyway.
  - 3. not dive, cut or leave his feet in any way.
- B. An offensive player running the ball...
  - 1. may not guard the flag belt by using his hands, arms or the ball to deny the opportunity for an opponent to remove the flag belt.
  - 2. may not initiate contact and must move around defending players who are attempting to pull his flag belt.
  - 3. may not hurdle or jump over another player.
- C. Defensive players...
  - 1. must move around the offensive player without making contact.
  - 2. may not de-flag an offensive player before he gains possession of the ball.
  - 3. must, in the event that a runner has inadvertently lost his flag belt, tag the runner with one hand between the shoulders and the knees.
- D. Middle School Division Only
  - A. On offense -
    - a. Adults are not allowed to advance for a touchdown or 1st down.
    - b. If the Adult crosses the 1st down line, play is blown dead and penalized immediately.
    - c. Penalty for infraction will be 15 yards from original spot and loss of down.
  - B. On defense -
    - a. Adult may not advance on intercepted pass, but may lateral to kid/player on their team.
    - b. Penalty for infraction will be 15 yards from spot of turnover.

## IX. Scoring.

- A. The point value of a Touch Down is 6 points.
- B. A team who has scored a touch down may attempt to score...
  - 1. 1 point from the 3 yard line.
  - 2. 2 points from the 10 yard line.
  - 3. 3 points from the 20 yard line.
- C. The point value of a Safety is 2 points.

## Rule Changes for NAFFT 2006

1. The offensive team must have at least 5 on the line instead of EXACTLY 5 on the line.
2. The person snapping the ball is no longer required to snap the ball between his/her legs. He/She may choose to stand to the side of the ball. The ball must still be snapped from the ground to the quarterback in continuous motion.
3. There will no longer be kickoffs to begin each half. The offense will begin with the ball spotted at the 14 yard line.
4. Regarding punting....
  - The defense is no longer required to have 5 people on the line of scrimmage. All defenders may move back to return the punt.
  - Neither offense nor defense will be allowed to cross the line of scrimmage, until the ball is kicked, but they do not have to stand completely still as before.
5. It is not illegal for a player to jump or dive to advance the ball. However, all other rules regarding hurdling and contact apply if a player chooses to dive or jump.

## SPORTSMANSHIP RULE - Revised

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