



NATIONAL
FLEX
FOOTBALL

NFX Rule Reminder

NO OVER PHYSICAL PLAY

- The use of shoulders is NOT allowed and WILL be enforced by refs.
- Overly physical play is not allowed. All athletes should “stay up” and off the ground
- If someone hit the ground, usually there is a penalty that could be called.
- If the athlete gets tripped up and falls to the ground it will be a no call.
- It will be a penalty if a player physically pushes the athlete to the ground or is interpreted to have over physically downed the ball carrier.
- Please remind your athletes that the action of downing the ball carrier is as simple as a two hand TOUCH and not a push or shove.
- Blocking is a physical act but should not result in anyone hitting the ground. No pancakes, no shoulder checks and no charging.
- All calls are judgment calls by the referees and please understand that safety is our 1st priority.

ENFORCEMENT

- Referees are making it a point of emphasis to flag overly physical play ...
 - NO bull rushing an offensive player down the midline and not picking a leverage side
 - NO charging by an offensive player
 - NO use of shoulders or elbows
 - NO over physical play

The A Gap

- The protected A gap zone: extending laterally from the Center to the Inside half of the Tackles and extending 3 yards directly in front of the center, no defensive player may align in this protected A gap zone.
- Defensive ends may NOT line up in the A-gap, they can align head-up on the attached lineman (not the center), slant inside or otherwise end up in the A gap via the rush.
- Additional defensive players may align outside of the defensive ends on the line of scrimmage, but cannot line up on the line of scrimmage in the A-gaps.



NFX update

In an effort to maintain the integrity of Flex Football, which includes the game play and realistic look and feel within the Flex style of play, the following clarifications have been made.

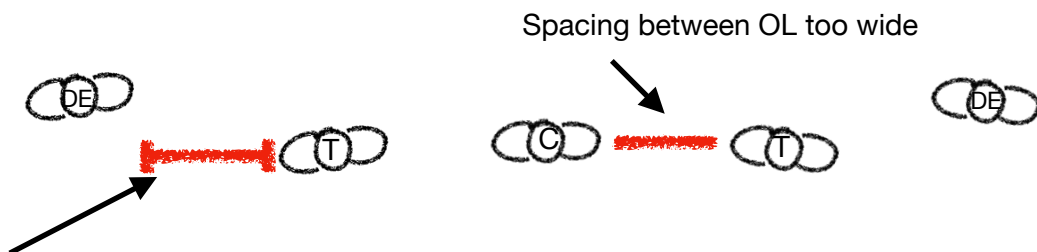
Defensive End alignment

- The defensive team must have two players on the line of scrimmage (the DEs)
- One DE must be on each side of the center.
- The two defensive linemen must be aligned reasonably within the outstretched arms (to the side) of the furthest offensive lineman/tight end. For example, a defensive lineman can line up from the outside shoulder of the blocker but can not unreasonably line up extremely wide. If the DE were to stand with arms outstretched like a "T" he should be able to touch the end man on the LOS (this could be a Tight end) or OL's shoulder if on the same horizontal plane.

Offensive Line alignment

Your offensive line alignment CAN NOT be extremely wide. Refs will be enforcing a reasonable spacing by the OL as well as the DL.

- The Tackle to Center furthest spacing apart is limited to the distance of both players outstretched arms to the side while finger tips touching.



- Illegal formation by DE. Too wide (if the DE stretched his arms out, he would not be able to touch the Tackle)
- The basis of the rule: Having an overly wide DE alignment forces an inexperienced Tackle to often times turn his hips and shoulders to attempt to block the DE with poor technique and can result in the Tackle feeling like he needs to illegally use his shoulders on the block.
- While Tackles should widen their normal alignment (not heel to heel and shoulder to shoulder with the center), there is still a shorter edge than normal 5 man line football.
- Referees will work to remind coaches and DEs that they need to tighten their alignment but an illegal formation penalty will be called if the DE continues to align extremely wide