

# Co-ed Youth Flag Football League Rules

## PRE-GAME INFORMATION

1. Completion of waiver/ form, signed by the participant's parent(s) or guardian(s) IS REQUIRED.
2. Participants must be attending either 4th through 8th grade in order to participate.
3. Players receive a Flag Football jersey.
4. The Recreation Coordinator reserves the right to add players to and/or remove players/coaches from teams as necessary.
5. The Recreation Coordinator reserves the right to adjust schedules as necessary. They will be posted on our website.
6. The playing field will be painted 30 yards wide X 60 yards long including 10 yard end zones. Corners of the playing field, goal lines, and midfield will be marked by pylons and yardage markers.

## ATTIRE:

1. Cleats are allowed, except for metal spikes. Equipment Inspections will be made. No bare feet or open-toed shoes allowed. Pants/shorts without pockets or with pockets taped closed are strongly encouraged.

## GETTING STARTED

1. **We are playing 6 versus 6 (4<sup>th</sup> - 8<sup>th</sup> grade.) (Around 8-9 players per team)**
2. The winner of a coin toss decides if they want to start with the ball in the first half or second half. The team losing the toss will determine which end zone to defend in the first half.
3. Game length is two (2) 20 minute running time halves. Plus one (1) untimed play at the end of the game. The clock will stop during the final two minutes of each half for touchdowns and penalty's, if the game is close. Each team is allowed two (2) one minute time-outs per game. There may be an official time-out to assist an injured player at the discretion of the referee. There will be a 5 minute halftime.
4. The offensive team takes possession on its five (5) yard line.
5. When you have possession you have four (4) plays to cross the first down marker, which is the mid field line, and/or four (4) plays to score a touchdown. If the offense fails to make a first down or score, the ball changes possession and the new offensive team takes over on its own five (5) yard line.
5. Ball must be snapped from the ground either between the legs or off to the side, to start play.

## DURING THE GAME

1. All possession changes, except interceptions, start on the offense's five (5) yard line.
2. Prior to the start of the 2nd half, teams change sides with possession of the ball going to the team that started the game on defense.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one (1) warning each before a delay of game penalty is enforced.
4. In case of a tie, each team will get 1 play to try and score from 5 yards away. A winner is decided once one team fails to score and the other team successfully scores.
5. Coaches on defense can go out on the field to call a play but must return to your appropriate sideline after calling play when on defense. Coaches on offense are allowed to go up to the huddle to call a play and stand on the field during play and as long as they stay out of the way.
6. A team winning by three touchdowns or more will not be allowed to rush.

## SCORING

1. Touchdown: 6 points  
Extra points: 1 point (from 5-yard line) 2 points (from 12 yard line)  
An Interception on an extra point attempt is a dead ball.  
Safety: 2 points & defensive team receives ball at the 5 yard line.

## RUNNING

1. The quarterback cannot run the ball, but the player who takes a handoff can either run or throw.
2. Direct hand-offs behind the line of scrimmage are allowed but only on 3 out of the 4 downs. One play must be a pass without a handoff involved. - Once the ball is handed off, the defense can rush behind the line of scrimmage.
3. Spinning is allowed.
4. The ball is spotted from where the ball was, when the flag was pulled.
5. All offensive players must stand still after a teammate catches the ball or takes a handoff and runs past the line of scrimmage. **(No Blocking!!!) (Don't get in the way or make contact with an opponent)**
6. Diving or jumping is not allowed if contact is made. Diving or jumping is allowed if no contact is made with another player.
7. No stiff arming
8. Teams are allowed to hand it off, then pass it back to someone else to throw it. Or they can throw it backwards and have that player throw it down field. Double reverse handoffs are allowed also. Any legal trick play is allowed.

## RECEIVING

1. Players must be still when the ball is snapped. No player may go in motion before the play has started.
2. Players must have at least one (1) foot in-bounds when making a catch.

## PASSING

1. The quarterback can scramble when being rushed but may not run the ball passed the line of scrimmage.
2. Interceptions can be run back for a touchdown or extra yardage. This is the only change of possession that doesn't get marked on the offense's five (5) yard line.

## DEAD BALLS

1. Substitutions may be made on any dead ball.
2. Play is ruled "dead" when:
  - Ball carrier's flag is pulled.
  - Ball carrier's flag falls off with players around that carrier.
  - Ball carrier steps out of bounds.
  - Ball carrier's knee hits the ground.
  - Ball carrier's flags are not on the side of his body. ie: if the ball carrier's flags are down the front or back of their body the whistle will be blown.
  - Ball is fumbled. **(No fumbles, no trying to strip the ball loose.)**
  - Touchdown or safety is scored.
  - Interception of extra point attempt.

## RUSHING THE QUARTERBACK

1. The player rushing the quarterback must be a minimum of fifteen (15) yards from the line of scrimmage when the ball is snapped. Only one (1) player can rush the quarterback. Contact with the Quarterback is prohibited.
2. Players not rushing the quarterback may defend on the line of scrimmage. No bump and run coverage
3. One of the referees will designate the fifteen (15) yard rush line. So if you are rushing, make sure you check with the referee so you know you are lined up in the appropriate place.

## SPORTSMANSHIP/ROUGHING

1. If a referee or program staff member witnesses any unsportsmanlike conduct such as, but not limited to, tackling, elbowing, cheap shots, blocking, or actions deemed inappropriate to the game, the game will be stopped, the referee will assess a penalty and the player may be excused from the game.

**FOUL PLAY or LANGUAGE WILL NOT BE TOLERATED!**

2. Trash talking is forbidden. Officials have the responsibility to determine offensive language, gestures or actions. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee will assess a penalty for unsportsmanlike conduct and warn the offending player or coach. If it continues, the offender(s) will be excused from the game.
3. The head coach is ultimately responsible for the on field and sideline behavior of everyone associated with his team: assistants, players, guests. If proper decorum is not maintained, the offending team will forfeit and the game suspended.

## Penalties

All penalties will be called by the referee. Referee's decision is final and no protestations will be allowed.

### **Defense:**

Offside's: Five yard penalty.

Interference: At the spot of the infraction and automatic first down.

Illegal contact: (holding, blocking, w/ quarterback, etc.) 5 yards and automatic first down.

Illegal FLAG pull: (before receiver has ball) 10 yards (or more depending on the play) and automatic first down.

Illegal rushing: (starting rush from inside 15-yard marker) 5 yards and repeat down.

### **Offense:**

Illegal motion: (one person moving, false start, etc.) Five yards and repeat down

Illegal forward pass: (pass thrown after the QB's entire body passes the line of scrimmage, NFL rule) Dead ball and loss of down.

Offensive pass interference: (pushing off/away defender) 10 yards and loss of down

FLAG guarding/Stiff Arming: 5 yards from the spot of the infraction, and the down counts.

Stiff Arm to the Face of an Opponent: 15 yards from the spot of the infraction, down counts.

Delay of game: Clock stops, 5 yard penalty.

Games cannot end on a defensive penalty, unless the offense declines it.

**Referees determine incidental contact that may result from normal run of play.**

**The coach may ask the referee questions about rule clarification and interpretations but is prohibited from questioning judgment of call.**

## EJECTION'S AND SUSPENSIONS

1. Any player ejected from a game will be suspended for a minimum of one (1) game, possibly longer if warranted. In addition to the ejection, the suspension will be served at the next scheduled game.
2. Any coach/spectator ejected from a game will be suspended for a minimum of one (1) game, and may be removed entirely from the program and future programs if necessary.
3. The program coordinator reserves the right to remove any player/coach/spectator from the program that creates an unsafe or negative atmosphere during the program time.
4. ACRA Sports Officials/Supervisors will have absolute authority during the contest and can make decisions on any matter or question not specifically covered in the rules.