



Youth 5v5 Flag Football Rules

Effective: March 2008

FLAG FOOTBALL IS A NON-CONTACT SPORT.
BLOCKING AND TACKLING ARE NOT ALLOWED.

ALL players are required to have a current registration / waiver on file.

AGES:

- * Based on January 1st of current year.
- * Copy of State Issued birth certificate required with registration.
- * Age brackets: 6-8, 9-10, 11-12, 13-14
- * Age brackets may be combined to form a division.
- * If combined that bracket will play by rules according to oldest division.

ATTIRE

Metal cleats are **not** allowed. Inspections will be made prior to the game. Players must wear a protective mouthpiece. Shirts must be tucked in. No jeans or cargo pants. Flags cannot be the same color as players shorts.

AWARDS: All players will receive participation awards.

BALL SIZE: 6-10 yrs will use a K2
11-14 yrs will use a TDY

COACH / SPECTATOR CONDUCT / RESPONSIBILITIES:

- * Coaches, family members, parents, and spectators are required to observe the contest from a designated area.
- * Participants, coaches, parents, and family members must conduct themselves appropriately during league play.
- * Misconduct may lead to removal from the premises at the discretion of SportsCity.

COACHES ON FIELD:

- * Multiple coaches and parent volunteers can be on the field in the offensive huddle to help set the players. The coach must stand behind the offense once the play begins.
- * Multiple coaches and parent volunteers are allowed on the field to help set the defense but must move to the sideline prior to each snap of ball.

CLOCK: Will only stop for timeouts or injuries.

DEAD BALLS

- * Ball must be snapped between the legs, not off to one side, to start play.
- * Substitutions may be made on any dead ball.
- * Play is ruled "dead" when:
 - > Official blows the whistle.
 - > Ball carrier's flag is pulled or becomes illegal.
 - > Ball carrier steps out of bounds.
 - > Touchdown or safety is scored.
 - > When any part of the ball carrier's body, other than a hand or foot, touches the ground.
 - > Ball carrier fumbles the ball
 - > Ball carrier's knee touches the ground
 - > Ball carrier's fall falls out
- * If the ball carriers flag falls off, the play will be whistled dead once a defender touches him.

Players are ineligible to catch a pass if their flag has fallen off.

Note: There are no fumbles. The ball will be spotted where the ball carrier's feet were when the fumble was made. A bad snap will be blown dead and the ball will be spotted where it hits

the ground. There is no stripping of the ball (spot foul and automatic 1st down).

DEFENSIVE PENALTIES (see also Penalties)

- * Offside: 5 yards and automatic first down
- * Pass Interference: Spot foul and automatic first down
- * Illegal contact: 5 yards and automatic first down
- * Illegal flag pull (before receiver has ball): 5 yards and automatic first down
- * Illegal rushing (starting rush from inside 7-yard marker): 5 yards and automatic first down.
- * Substitution fouls (player enters field after ball is blown ready for play): 5 yards and automatic first down
- * Blocking (during interception): Offense starts 2nd down at their goal-line
- * Holding: 5 yards from end of play and automatic 1st down
- * Roughing the Quarterback: 5 yards and automatic 1st down
- * Minor tackling: 10 yards from end of play and automatic 1st down.

FIELD DIMENSIONS / MARKINGS

Length: 60 yards

(2) 5 yard end zones with 5 yard "no running zone" at each end and 10 yard "no running zone" at midfield.

Width: 30 yards

FORFEITS

- * All games will begin on time. If a team is more than 10 minutes late, the game will be forfeited. The opposing team will receive 14 pts provided they have the required number of players to start the game.
- * Any team that is a "**no show**" will result in the score being posted 0-30 in favor of the team present.
- * Any balance due after the 2nd game will result in the team forfeiting **ALL** games up to that point and until the balance is paid.

GAMES / PLAYOFFS:

All teams are guaranteed nine (9) games. The 9th game will be playoffs.

Games will be officiated by the coaches.

HAND-OFFS

Only direct hand-offs behind the line of scrimmage are legal. NO laterals or pitches of any kind.

KICKOFFS

- * **There are no kickoffs**
- * The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield.
NOTE: Teams ages 6-8 yrs have four (4) plays to cross midfield and to score.
Teams ages 9-14 yrs have three (3) plays to cross midfield and to score.
- * Once a team crosses midfield, it has three plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line. An automatic first down by penalty will overrule the other requirements regarding three (3) plays to make either a first down or score. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- * All possession changes, except interceptions, start on the offense's 5-yard line.
- * Teams change sides at half time.
- * Coaches may be on the field.

NO RUNNING ZONE: The quarterback can only pass in these areas located 5 yards in front of each end zone and 5 yards before mid-field in each offensive direction.

OFFENSIVE PENALTIES (see also Penalties)

- * Jumping / diving: 5 yards from the point of foul and loss of down
- * Lowering head / shoulder: 5 yards loss of down
- * Delay of game: 5 yards and loss of down / 2 delays on same possession: Defense's ball
- * Substitution fouls: 5 yards and loss of down
- * Illegal motion (more than one person moving, etc.): 5 yards and loss of down
- * False Start: 5 yards and loss of down
- * Illegal Snap: 5 yards and loss of down
- * Offensive holding: 5 yards and loss of down
- * Illegal formation or failure to pause for one second: 5 yards and loss of down

- * Illegal touching (if player goes out of bounds, player cannot return to the field and catch ball): 5 yards and loss of down
- * Illegal forward pass (pass received behind line of scrimmage): 5 yards and loss of down
- * Offensive pass interference (illegal pick play, pushing off/away defender): 10 yards and loss of down;
- * Stiff arm / flag guarding: 5 yards from the point of foul and loss of down
- * Rusher Interference (It is illegal for a receiver to run a pattern that interferes with a rusher on his direct path to the quarterback): 5 yards and loss of down
- * Blocking/Screening Downfield: 5 yards line of scrimmage and loss of down
- * Illegal Hand-off/Pitch: 5 yards line of scrimmage and loss of down
- * Intentional grounding: 5 yards line of scrimmage and loss of down
- * Equipment violation: the play will be called dead at the snap. If any offensive player begins the play without both flags attached to belt, it's a 5 yard loss of down.

PASSING

- * All passes must be forward and received beyond the line of scrimmage.
- * The quarterback has seven seconds to throw the ball. If a pass is not thrown within the seven seconds, play is dead, loss of down and the ball is spotted at the previous line of scrimmage. Once the ball is handed off the seven-second rule is no longer in effect. However, if there is a play-action fake or fake handoff, the seven-second rule is still in effect.
- * If quarterback receives a snap and is missing one (1) flag, he is down at that spot.
- * The defense can return interceptions, but they cannot block.
- * On interceptions that occur and remain in the end zone, the ball will become dead and will result in the ball belonging to the intercepting team at its 5 yard line. Should an interception occur in the end zone and the ball carrier leave the end zone, the ball will belong to the intercepting team at the spot the ball becomes dead. However, should the ball carrier return to the end zone and be de-flagged, or the ball be ruled dead the result would be a safety for the other team.
- * Shovel passes are allowed but must be received beyond the line of scrimmage.
- * Once a player catches the ball he is no longer allowed to lateral the ball (i.e. hook and laterals are not permitted).

PENALTIES (see also Offensive Penalties)

- * All penalties can be declined.
- * Penalties will not exceed half the distance to the opposing team's goal line from the line of scrimmage.
- * Referees determine incidental contact that may result from normal run of play.
- * All penalties will be assessed from the line of scrimmage except for: flag guarding, jumping, tackling, stripping, defensive blocking, holding and pass interference.
- * Only the coach or team captain may ask the referee questions about rule clarification and interpretations. Player cannot question judgment calls; if they do, the team will receive a 5-yard penalty and loss of down or automatic 1st down.
- * Games cannot end on a defensive penalty, unless the offense declines the penalty.

PLAYERS (see also Teams)

- * Players may play up.
- * Players must rotate into game every change of possession. Coaches should try to play players an equal amount of time.
- * Players may sign up individually to be placed onto a team or as part of a team.

PLAYOFFS

- * All teams are guaranteed nine (9) games
- * Playoffs, if offered, are single elimination.
- * Playoffs may start with the eighth (8th) game in some divisions.

POSSESSION

A coin toss determines first possession. There are **NO DEFERMENTS**. The winner of the toss has the choice of offense or defense. The loser chooses which goal to defend. Team that started 1st half on offense will begin 2nd half on defense. If an offensive player crosses the 1st down marker; he receives a spot foul, the offense will begin its next play 2nd & goal.

PRACTICES

- * All teams receive a one (1) hour practice prior to the first game.
- * All teams will receive a weekly 30-40 minute practice followed by their game.
- * Teams may have additional practices outside of SportsCity.

RECEIVING

- * All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- * Only one player may be in motion, but not in motion towards the line of scrimmage at the snap.
- * A player must have one (1) foot inbounds when making a reception. (A receiver cannot return on to the playing field from an out of bounds position).

Note: Pass may not be intentionally tipped in any direction to another team member (illegal touching).

RUNNING

- * To start the play, the ball must be snapped between the legs of the snapper.
- * The center is the player who gives the ball to the quarterback via a snap (no center sneak plays).
- * The quarterback is the player who receives the ball directly from the snap.
- * The quarterback cannot run with the ball past the line of scrimmage.
- * Once a player has possession of the ball beyond the line of scrimmage, any loss of possession will be blown dead by the official.
- * "No-running zones" are located 5 yards before the end zone and 5 yards before mid-field in each offensive direction (illegal run 5-yards and loss of down).
- * The player who takes the handoff can throw the ball from behind the line of scrimmage.
- * All defensive players are eligible to rush once the ball has been handed off.
- * Spinning is allowed, but offensive players cannot leave their feet to avoid a defensive player (no diving).
- * The ball is spotted where the ball carrier's hips are when the flag is pulled, not where the ball is. Ball and flags must break plane for a 1st down and touchdown.
- * It is up to the ball carrier to avoid contact with the defender.

RUSHING the QUARTERBACK

All players who rush the passer must be a minimum of seven yards from the line of scrimmage and two yards either side of the center. A rusher must maintain his direct path to QB. Also, he must avoid all contact with the QB.

Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage. Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage.

REMEMBER, BLOCKING OR TACKLING ARE NOT ALLOWED.

SCHEDULE REQUEST:

- * Teams may have up to two (2) request for dates off, certain time on a certain date, etc.
- * Teams cannot request a certain time or all am or all pm games each week.

SCHEDULES: will be issued no sooner than one (1) week before the first practice.

SCORING

- * Touchdown: 6 points
- * Extra point: 1 point (played from 5-yard line)
2 points (played from 12-yard line)
- * Safety: 2 points

Note: An interception return to opponent's end zone on any extra-point play by the defense will result in the defense scoring 2 points plus gaining possession for the next series at its own 5 yard line. Defense cannot block during an interception.

SPORTSMANSHIP / ROUGHING: ***FOUL PLAY WILL NOT BE TOLERATED!***

- * If the referee witnesses any acts of flagrant contact, tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game.
- * Trash talking is illegal. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) Officials have the right to determine offensive language. If trash talking occurs, the referee will give one team warning. If it continues, the player or players will be ejected from the game.

Note: Any ejection will result in the removal of the player or players from the facility, suspension from next scheduled game, and a 15-yard penalty. **Repeat offenders:** removal from league.

- * Once a flag is pulled, the defensive player should hold the flag above his head so that the referee can spot the location of the flag pull. The pulled flag should be handed to the player who lost the flag or to a teammate. Intentionally throwing the flag onto the ground is considered poor flag etiquette (5-yard penalty).

STANDINGS / TIES (see also Timing / Overtime)

If teams are tied at the end of the regular session, the following will be used to determine placement:

1. Head to Head
2. Greatest Goal Difference

TEAMS

- * Teams are based on age - not grade.
- * Teams deemed too strong for their age division can be moved up which will result in new schedules.
- * Coaches signing up their own team must collect all paperwork & money and turn in as a team.
- * All teams, whether formed by SportsCity or not, need be aware that players **WILL** be added to the team if need be. **This is not an option.**
- * Teams consist of 10 players (5 on the field at a time).
- * Due to injury, teams may play with a minimum of four (4) players.
- * If less than four (4) players are available, the game is forfeited.
- * A minimum of two (2) players is required on the line of scrimmage at all times.
- * Teams can only use players from their roster. They cannot grab players from the sidelines.
- * Players may only participate on one (1) team.
- * Once the season starts, players may only be added with approval from the league coordinator.
- * If a team needs to replace a player, they need to receive approval from the league coordinator. The player being replaced cannot return to that team the remainder of the session.

TIMING / OVERTIME

- * Game length is approximately forty (40) minutes running time (two halves, 20 minutes each).
- * If the score is tied at the end of regulation time, teams move directly into overtime. A coin toss determines first possession of overtime. There will be no timeouts granted during the overtime period. The overtime period will be played exactly like College football with a twelve (12) minute clock. Possession starts at mid-field.
- * Each time the ball is spotted the offense has thirty (30) seconds to snap the ball.
- * Teams have two (2) 60-second timeouts per half. The clock stops during a time out. Timeouts cannot be carried over to overtime.
- * There will be a halftime period of three (3) minutes.
- * If there is a timeout after a touchdown, the clock starts as soon as the team that called the timeout has possession.

MISCELLANEOUS

Refunds: Will only be issued should SportsCity not be able to place a team or player. Refunds will be issued within thirty (30) days.

Schedules: Schedules will not be available until at least one (1) week before the 1st scheduled game. Once available they will be posted on the web site www.sportscitykc.com with an e-mail notice sent to everyone with an active e-mail account on record with SportsCity. Weekly game reminders will be sent via e-mail. If someone with an e-mail is not receiving these, have them contact SportsCity. Once issued, no changes will be made unless there's an error caused by SportsCity. **Show or forfeit.**

Web Site: All participants with a current SportsCity waiver/registration and an active e-mail address on record with SportsCity will be able to log in on the web site to view schedules, standings, send team e-mails, etc. To use this function go to the web site and click on MySam to open the GET PASSWORD page. Complete the information and send. A password will be sent to that persons e-mail normally within seconds. Once received they now go back into the web site, click again on MY SAM, and enter their password. **NOTE:** email being used for password must be the same that's on record with SportsCity. **Web address:** www.sportscitykc.com

Home Team: Home team is listed first on the official schedule which shows both home / visitor team names. If viewing individual team schedule (just shows opponent) those opponents without the word "at" in front of their team name indicates you are home.

Trash Pick-Up: As a courtesy, please ensure that all trash is picked up and deposited in the trashcans.