YOUTH FALL FLAG FOOTBALL RULES

GAME CLOCK FORMAT:

1. Each game is played in two 18-minute halves with a 3 minute half time. A running clock format will be used.
2. Each team receives one, 60-second timeout per half. (No carry over)
3. If a timeout is taken after a touchdown the clock will not start until the ball is snapped by the opposing team. This means if a touchdown is made and a timeout is called, the point after attempt will be played without the clock running.
4. Opening possession is determined by a coin toss.
5. Clock stops for timeouts, injuries (at refs discretion), discussion (at refs discretion)

SCORING:

1. Touchdowns = 6 points
2. Extra Points = 5 yards out = 1 point; 10 yards out = 2 points

DRIVES:

1. There are no kickoffs/punts
2. Drives begin at the opposing teams goaline. Turnovers via interceptions will be spotted at where the ball is down.
3. Drives consist of four plays to score a touchdown or get a first down. Teams can pick up a first down by advancing the ball past midfield. Once the ball crosses the midfield line, a team will receive a new set of downs.
4. Interceptions may be run back, and the drive will begin where the player's flag is pulled.
5. Extra points CAN be returned and will ALWAYS count as 2-points, even if the team was going for a 1-point conversion (1 & 2 point extra points only).
6. After a safety the defensive team takes over at their own Goal line.

SNAPPING THE BALL:

1. The offensive team does not need to set up with a center. The QB must be lined up center of the field no more than 3 yards away from the line of scrimmage.
2. The QB must say "hike" or "go" loud enough so the ref can hear it. If hike or go is not said or not said loud enough there will be a 5 yard penalty and repeat of downs.
3. Each time the ball is spotted a team has 30 seconds to snap the ball. A five-yard penalty will be assessed for delay of game. This will be judgement calls by the ref if a delay of game is warranted
4. The defense does not need to be set for the offensive team to snap the ball as long as the offensive team and refs are set the offense is allowed to snap the ball.

5. Arena motion is legal (one man in motion even forward but behind the line of scrimmage.)
6. A player on offense or defense must start the play with all flags attached.

RUNNING PLAYS:

1. The offensive team is allowed one run per set of downs. However if the defense crosses the line of scrimmage after the 6 second count or use of their 1 pass rush then the QB may choose to run and it does not count as a run play.
2. QBs may run the ball so long as they take off from the moment it is snapped. A player may not drop back to pass and then take off running. QB must declare a run immediately from the snap.
3. Play action is allowed.
4. Players must be lined up on or behind the line of scrimmage.
5. If a player receives a handoff and advances the ball past the line of scrimmage, THEY ARE NOT able to advance the ball past the line of scrimmage the next play. They are allowed to play QB however.
6. Laterals and pitches are acceptable.
7. The "No Run Zone" is designated to avoid short yardage power running. It is located five yards before the goal line and 5 yards before midfield. The only exception to this is if the defense decides to blitz After the defense has crossed the line of scrimmage you are eligible to run.
8. A player who takes a handoff behind or beside the quarterback can throw the ball as long as he does not pass the line of scrimmage.
9. There is no diving (or flipping) when running with the ball. Jumping is only allowed when a QB is throwing or when a receiver or defender is making a play on the ball. No jumping after possession of the ball is established.
10. Spinning is allowed, NO STIFF ARMING, the ball carrier must avoid contact with defensive players attempting to pull his/her flags. They may not intentionally run into defensive players or lower head and shoulder to gain advantage.
11. FLAG GUARDING- any attempt to deprive the defense of the opportunity to grab a flag intentionally or unintentionally is considered flag guarding which is blown dead at spot

RECEIVING:

1. All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
2. If a player catches a pass and picks up yards past the line of scrimmage, THEY ARE NOT allowed to catch a pass and advance the ball past the line of scrimmage the next play.
2. Player must have at least one foot in-bounds when making a catch.

3. If a player tips a ball and then catches the pass, having their flag pulled before the catch and after the ball was tipped, they are down at the spot of the catch.
4. A player who starts a play without a flag is ineligible and cannot make a play on the ball (penalty is a loss of down).
5. A player may hit the wall and it be considered a catch as long as they maintain possession. After that, the play is ruled dead after contact with the wall.

PASSING:

1. Shovel passes are behind the line of scrimmage.
2. Interceptions may be returned for touchdowns
3. The QB has 6 seconds to pass the ball counted aloud by the referee if the ball is still in the hands of an offensive player behind the line of scrimmage after the 6 seconds the play is blown dead and will be a loss of down.

RUSHING THE QUARTERBACK:

1. The defense is allowed one rush before the 6 second count once per possession
2. ANY player may rush the quarterback, they are allowed to be right on the line of scrimmage but not passed before the ball is snapped.
3. The defense cannot cross the line of scrimmage until the referee has counted to 4 seconds out loud. After 4 seconds a defender is allowed to use their one pass rush. Once the defense has crossed the line of scrimmage the QB is allowed to run and will not count towards their one run. The defense can sit back and not rush which would force the QB to throw the ball before the allotted 6 seconds.
4. Rushers must go for the quarterback's flags. Rushers may attempt to block the pass but it is a penalty to initiate excessive contact with the QB arm. Defender may not blatantly go after the QBs arm to deflect the ball. (refs discretion)

BLOCKING/SCREENING

1. Screening can only occur with hands behind a player's back or protecting themselves in the front, in lateral movements at the line of scrimmage and/or creating a pocket for the QB without initiating contact with the rusher..
2. Downfield blocking is permitted but ONLY in a 'basketball style' screen. Players cannot use their arm or body, but are permitted to stand in between the runner and defender. The player cannot run between the runner and defender.
3. NO moving screens allowed by either the offense or defense. The offense may run crossing routes by the receiver to confuse and cause separation to the defenders; however the routes must not be ran directly into a defender .

DEAD BALLS:

1. **Play is ruled over when the flag is pulled and the ball will be spotted where the players feet are located.. The same rule applies for a touchdown both ball and feet must cross goal line for a touchdown.**

2. When the ball hits the ground: this includes a bad snap, at the spot of a fumble (no fumble recoveries allowed), when the ball carrier loses his flag (pulled off or falls off).
3. ** Note: If the receiver catches a ball and he has lost his flag already, it goes as a completed pass, and he is one-hand touch from that moment. If the flag is pulled by an opponent prior to the reception (Illegal Flag Pull) he may advance the ball and the defense must touch him with one-hand. If a player's flags have been pulled prior to the catch (Illegal Flag Pull) by the defense, the penalty is five yards from the point of reception plus automatic first down, or the team can elect to decline the penalty and accept the outcome of the play.
4. When the ball carrier's knee hits the ground the play is ruled dead. Players CAN put their hand down to keep balance, but not to block a flag pull. If the ball touches the ground the play is ruled dead.
5. When the ball carrier hits one of the surrounding walls it is considered a dead ball.
6. Referees whistle
7. Touchdown
8. Substitutions may be made on dead balls

ADDRESSING OFFICIALS: (Questioning Calls) **COACHES ONLY**

1. Only the designated head coach is allowed to stop the flow of the game to address the officials.
2. All interactions with coaches, players, and officials will be made in a sportsmanlike manner.
3. Ejections will result in a 1-game suspension following the game the player was ejected from.
4. Fighting will result in suspension from the entire season.
5. If the referee witnesses any acts of trash talking, tackling, elbowing, cheap shots, or any unsportsmanlike act. The referee will throw a personal foul flag which can lead to ejection from a game or the referee giving the ball to the opposing team at the opponents 1 yard line.
6. The game will be stopped and the referee will determine the penalty accordingly. **FOUL PLAY WILL NOT BE TOLERATED. FIGHTING WILL RESULT IN AN IMMEDIATE EJECTION FROM THE LEAGUE AND BUILDING.**

PENALTIES:

1. Excessive contact/Rough Play – 10 yards + loss of down (Example: No deliberately pushing into walls)
2. Defensive Pass interference is spotted at the point of the foul, defensive holding on a player with the ball is 5 yards from hold, excessive contact/Rough Play – 10 yards

Offensive Penalties:
Illegal Forward Pass (Play is not dead) – 5 yards from spot and loss of down, Illegal run (inside no run zone, same player)- loss of down. Flag Guarding/Stiff Arming – play is dead at spot Illegal Contact w/ rusher – 10 yards and loss of down, Offside – 5 yards and replay down, Illegal diving (or flipping) – down at the spot, Pass Interference – 10 yards and replay the down, Delay of Game – 5 yards and replay down, Teams will receive one warning before a delay-of-game penalty is called.

Defensive Penalties:
Offside – 5 yards and replay down, Illegal Rush – 5 yards and replay down, Illegal Contact w/ QB – 10 yards , Interference – spot of foul , Illegal Flag Pull – 5 yards from spot a,

Other notes

1. Game cannot end on a defensive penalty even if time expires. One additional play will be required to finish the game.
2. The Referees will call the game as they see it. If you have a question about a rule, the coach should approach the official with any questions.
3. No extremities hanging over bench.
4. Only members on the roster allowed on bench
5. Coaches are allowed to be on the field pre-snap, but must be out of the play area when the ball is hiked.
6. No practicing or extra curricular activities between games or halftime unless you're competing in that game.
7. **Absolutely no drugs, alcohol, and or foul language**

LINE OF SCRIMMAGE:

1. There is no minimum amount of players that have to be on the line of scrimmage to start a play.