

## YMCA of Greater Williamson County Youth Flag Football Rules

<b>Grade Divisions</b>	Grades 1 <sup>st</sup> -10 <sup>th</sup>
<b>Field</b>	30 yards Wide 70 yards Long
<b>Equipment</b>	-Rubber cleats or tennis shoes. -No metal. -Inspections must be made. -All players must wear a protective mouthpiece; there are no exceptions. -Flags must show and shirts must be tucked in.
<b>Uniform</b>	YMCA uniform required
<b>Team Size</b>	Must field 5 players at all times. Teams consist of 10 players unless approved by the Sports Director.
<b>Start of Play</b>	A coin toss determines first possession.
<b>Possession</b>	-The offensive team takes possession of the ball at the 5 yd line and has 3 plays to cross midfield. -Once a team crosses midfield, it has 3 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 yd line. -If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5 yd line. -All possession changes, except interceptions, start on the offense's 5 yd line. Teams change sides after the first 20 minutes, but possession does not change and the clock does not stop.
<b>Game time/ Timeouts/ Delay of game</b>	-Games consist of 40 minutes of running time. -Four 10 minute quarters and a 3 minute half-time. -Substitution at the 5 minute mark of each quarter. -Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced. -Each team has one 60-second and one 30-second time out per half. -Officials can stop the clock at their discretion.
<b>Scoring</b>	No
<b>Running</b>	-The quarterback cannot run with the ball. -Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs. -Absolutely NO laterals or pitches of any kind. -"No-running zones", located 5 yds from each end zone and 5 yds on either side of midfield, are designed to avoid short-yardage, power-running situations. -The player who takes the handoff can throw the ball from behind the line of scrimmage. -Once the ball has been handed off, all defensive players are eligible to rush. -Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving). -A center sneak is legal as long as the ball touches the hands of the quarterback.

<b>Receiving</b>	<ul style="list-style-type: none"> <li>-All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).</li> <li>-Only one player is allowed in motion at a time.</li> <li>-A player must have at least one foot inbounds when making a reception.</li> </ul>
<b>Passing</b>	<ul style="list-style-type: none"> <li>-All passes must be forward and received beyond the line of scrimmage.</li> <li>-Shovel passes are allowed but must be received beyond the line of scrimmage.</li> <li>-The quarterback has a 7 second “pass clock”. If a pass is not thrown within the 7 seconds, play is dead, loss of down. Once the ball is handed off, the 7 second rule no longer is in effect.</li> <li>At the point of an interception the ball may be advanced, unless a team is up by three touchdowns. that do not start on the 5 yd line.</li> </ul>
<b>Dead Balls</b>	<ul style="list-style-type: none"> <li>-The ball must be snapped between the legs, not off to one side, to start play.</li> <li>-Substitutions may be made on any dead ball.</li> <li>-Play is ruled “dead” when: <ul style="list-style-type: none"> <li>Ball carrier’s flag is pulled.</li> <li>Ball carrier steps out of bounds.</li> <li>Touchdown or safety is scored.</li> </ul> </li> <li>At the point of an interception the ball may be advanced, unless a team is up by three touchdowns.</li> <li>Ball carrier’s knee hits the ground.</li> <li>Ball carrier’s flag falls out.</li> <li>-There are no fumbles. The ball is spotted where the ball hits the ground.</li> </ul>
<b>Rushing the Quarterback</b>	<ul style="list-style-type: none"> <li>-All players who rush the passer must be a minimum of 7 yds from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.</li> <li>-Once the ball is handed off, the 7 yd rule no longer is in effect, and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate 7 yds from the line of scrimmage.</li> <li>-No blocking or tackling is allowed.</li> </ul>
<b>Sportsmanship/Roughing</b>	<ul style="list-style-type: none"> <li>-If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game.</li> <li>-Foul play will NOT be tolerated.</li> <li>-Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.</li> </ul>
<b>Penalties</b>	<ul style="list-style-type: none"> <li>All Penalties will be called by the referee.</li> </ul>
<b>Defensive Penalties</b>	<ul style="list-style-type: none"> <li>-Offsides-5 yds and automatic first down.</li> <li>-Interference-10 yds and automatic first down.</li> <li>-Illegal contact (holding, blocking, etc.)-10 yds and automatic first down.</li> <li>-Illegal flag pull (before receiver has ball)-10 yds and automatic first down.</li> <li>-Illegal rushing (starting rush from inside 7 yd marker)-10 yds and automatic first down.</li> </ul>

<b>Offensive Penalties</b>	<ul style="list-style-type: none"> <li>-Illegal motion (more than one person moving, false start, etc.)-5 yds <u>No Loss</u> loss of down.</li> <li>-Illegal forward pass (pass received behind line of scrimmage)-5 yds and loss of down.</li> <li>-Offensive pass interference (illegal pick play, pushing off/away defender)-10 yds and loss of down.</li> <li>-Flag guarding 10 yds (from line of scrimmage)</li> <li>-Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.</li> <li>-Only the team captain may ask the referee question about rule clarification and interpretations. Players cannot question judgment calls.</li> <li>-Games cannot end on a defensive penalty, unless the offense declines it.</li> </ul>
<b>All Players Must Play 50% of Game</b>	Yes – Substitute when the ball changes possession.
<b>Code of Conduct</b>	<ul style="list-style-type: none"> <li>-Coaches are responsible for the conduct of their players, parents, coaches and fans.</li> <li>-The coach must set the tone for positive behavior from the kids and parents.</li> <li>-The team will look at the coach as a role model and will generally replicate what the coach does.</li> </ul>
<b>Bad Weather</b>	<ul style="list-style-type: none"> <li>Game will declared official if ½ the game has been played. (Innings or time).</li> <li>-We will attempt to make up games cancelled before this time.</li> </ul>
<b>Late policy</b>	<ul style="list-style-type: none"> <li>-It is <b>imperative</b> for games to start on time. Nevertheless, there is a 5 minute grace period for the start of the game if a team does not have at least 4 players.</li> <li>-Teams can start with 4 players</li> <li>-If after the 5 minute time period a team is unable to start 4 players the game will not be played.</li> </ul>
<b>No Show Policy</b>	<ul style="list-style-type: none"> <li>-Make every effort to show-up for your game.</li> <li>-If your team cannot show-up for a game, that game will count as a forfeit and will not be rescheduled.</li> <li>-If your team misses more than 2 games in a season, your team will combined with another team.</li> </ul>

*Note: There are no kickoffs, and no blocking is allowed.*