



# Youth Flag Football League

3/14/2019

## **PRE GAME INFORMATION**

- 1- All players must be registered with one of the TCYFL leagues before participating
- 2- Participants must be 4 or 5 years of age before August 1 of the current season
- 3- All players will receive a league colored t-shirt and a 2 flag belt
- 4- Teams are composed of a minimum of 8 players and a maximum of 12.
- 5- There will be 5 players per team playing on the field.
- 6- Scheduled practice times will be limited to 2 per week lasting no more than 90 minutes each
- 7- The playing field is 40 yards long with 2 games going on at once on the field
- 8- Teams are comprised of boys and girls meeting age requirements
- 9- Games can end in a tie
- 10- Leagues can have as many teams as they want. # of teams determines the schedule.

## **ATTIRE**

- 1- Only cleats and sneakers are allowed, no metal spikes
- 2- only pocket-less shorts or pants are allowed
- 3- flags must be worn on the hips
- 4- jerseys MUST be tucked in at all times
- 5- players are required to wear mouthpieces at all times. no exceptions. No mouthpiece no participation
- 6- all players are required to wear their given league colored t-shirt and flags during the game
- 7- no towels can be hung from the waist
- 8- each team will provide their own K2 football

## **GETTING STARTED**

- 1-a coin toss determines the first possession. Winning team starts at the 40
- 2-game length is 2-25 minutes run clock halves. Clock will manage both games at once. Clock will not stop. Each team is allowed 2-60 second time outs per half. Time outs do not stop the clock. No mercy rule with running clock halves.
- 3-there will be a 5 minute half time
- 4-offense will have 4 downs to make a first down which is 10 yards
- 5-ball must be snapped thru the legs to start the offensive play
- 6-only K-2 balls will be used

## **DURING THE GAME**

- 1- there are no kickoffs or punts
- 2- there is NO blocking allowed at anytime anywhere on the field. Once the ball crosses the line of scrimmage all players on offense are no longer part of the play. Creating a screen, pick or wall for the ball carrier shall be considered a block.
- 3- All possession changes including interceptions start on the 40 yard line
- 4- Each time the ball is spotted the team has 30 seconds to snap the ball. Teams will receive one warning before delay of game penalties are enforced
- 5- If a defensive penalty occurs on an extra point attempt, the offensive team retains the ball with the ball being placed one half distance to the goal. The offensive team can also decline the penalty.
- 6- 2 coaches are allowed on the field at any time for each team
- 7- The center snaps the ball between his or her legs
- 8- For a legal catch, one foot must be in bounds

## **RUNNING**

- 1- the quarterback cannot run the ball
- 2- only direct handoffs behind the line of scrimmage are permitted. The offense may use multiple handoffs
- 3- absolutely no laterals or pitches of any kind. Handoffs only.
- 4- The player who takes the handoff can throw the ball from behind the line of scrimmage
- 5- Once the ball has been handed off all defensive players are eligible to rush
- 6- Spinning is allowed but players cannot leave their feet to avoid a defensive player. If a player should dive or jump to avoid a flag being pulled the play shall be called dead at the point of the incident
- 7- The use of a stiff arm is prohibited
- 8- The ball is spotted from where the ball carriers feet are when the flag is pulled, not where the ball is.

## **RECEIVING**

- 1- all players are eligible to receive passes including the quarterback if the ball has been handed off behind the line of scrimmage
- 2- only one player is allowed in motion at a time
- 3- a player must have 1 foot in bounds when making a reception

## **PASSING**

- 1- any forward pass is permissible at this level including behind the line.
- 2- shovel passes are allowed as long as they go forward not lateral or backward
- 3- the quarterback has a 7 second pass clock. If a pass is not thrown within the seven seconds, the play is dead with loss of down
- 4- interceptions change possession immediately. Ball placed at the 40.

## **DEAD BALLS**

- 1- substitutions can be made on any dead ball
- 2- play is ruled dead on:
  - ball carriers flag is pulled (where flag becomes detached not where it falls)
  - ball carriers flag falls off
  - ball carrier steps out of bounds
  - ball carriers knees hit the ground
  - ball carrier leaves their feet
  - ball carrier shall attempt to dive
  - touchdown or safety is scored
  - at the point of an interception. Interceptions cannot be returned.
- 3- There are no fumbles. No recovery of a fumble is necessary or needs to be attempted. The ball is spotted where the ball hits the ground with the offense keeping possession

### **RUSHING THE QUARTERBACK**

- 1- There is no rushing at this level until the ball is handed off
- 2- Once the ball has been motioned to be handed off all defenders may go behind the line of scrimmage. Remember there is no blocking or tackling allowed.

### **SPORTSMANSHIP/ROUGHING**

- 1- if a referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any other unsportsmanlike act, the game will be stopped and the penalty will be marked off. the player is subject to ejection.
- 2- Foul play will not be tolerated
- 3- Trash talking is illegal (doubt we get it from 5 year olds) officials have the right to determine offensive language.

### **EJECTIONS and SUSPENSIONS**

- 1- Any coach/player/spectator ejected from a game will be suspended for the next entire practice week including the next scheduled game. Coaches may be suspended for the remainder of the season if warranted.

### **BLEEDING AND EXPOSED BLOOD**

- 1- any player with a bleeding wound and/or blood stained clothing must leave the game until all bleeding is stopped, all wounds are covered and all exposed blood and blood stained clothing is removed

### **DEFENSIVE RULES**

Offsides – 5 yards-on defense, if a player enters the neutral zone that player is offsides. The down will be repeated

Pass interference-ball will be spotted at the point of the incident

Illegal contact-holding, blocking etc-5 yards

Extra point try (defensive penalty)-offense retains possession with the ball placed one half distance to the goal.

A player may leave his/her feet to detach a flag

A defensive player cannot remove an offensive players flag prior to the catch. This results in an interference call.

### **OFFENSIVE RULES**

Offsides-5 yards on offense once the players are set they cannot move except the one player in motion. The down will be repeated.

Illegal motion-5 yards more than one player in motion, false start

Illegal pitches/laterals –loss of down. Ball down at spot of foul for pitches/laterals.

Offensive pass interference (illegal pick play, pushing off/away defender)-5 yards loss of down

Flag guarding-5 yards (penalty assessed at the point of the incident)

Delay of game-clock stops, 5 yards. The down will be repeated.

Unsportsmanlike conduct -10 yards from spot of incident or foul

### **SCORING**

- 1- touchdown is 6 points
- 2- extra point run is one point
- 3- extra point pass is 2 points
- 4- after the score the ball will be placed at the 5 yard line for the extra point attempt

### **Notes of interest**

- 1- referee determines incidental contact that may result from the run of play
- 2- only team captain may ask questions or rule clarifications
- 3- games cannot end on a defensive penalty unless the offense declines it
- 4- teams are responsible for keeping their fans/spectators under control
- 5- each team must supply either a score keeper or a down marker operator. Home team supplies the score keeper. Visiting team supplies the down marker operator.