

# Trussville Youth Flag Football Rule Book

Field Dimensions: 40 yards wide/ 80 yards (30-yard line is midfield)

Each end zone shall be ten yards in length.

Approved Equipment - The approved football: Football - The official ball shall be pebble-grained leather or rubber covered and shall meet the recommendations of size and shape for a regulation football.

6 and Under – Brown Ball (Pee wee size)

8 and Under – Brown Ball (Pee wee size)

10 and Under – Brown Ball (Pee wee size)

12 & under – Brown Ball (Junior size)

Teams will play 6 versus 6 unless otherwise amended by the league commissioner.

Playing Time: All kids must play a minimum of 8 plays in each half. It can be offense or defense; it does not matter. Failure to do so could result in a suspension or even removal of the coach.

Pregame: A coin toss will determine initial possession with instructions and questions answered by the officiating crew.

Timing: The game is split into two halves which are 20 minutes each. With a five-minute intermission. In the First Half the clock runs continuously until it gets to zero unless a timeout out is called or there is an injury. In the second half the clock will run continuously for 18 minutes, at which point at the first dead ball there will be a 2-minute warning. The clock will start again once the ball is live in play and stop for plays that out of bounds, incomplete passes, at the dead time of a change of possession and when said offensive achieves a first down where in the player is deflagged inbounds the officiating resets the ready for play pucks so that the clock will start immediately thereafter.

Mercy Rule: the mercy rule is in effect after ten minutes have passed in the second half and one team has a thirty point or more advantage or at the two-minute warning in the second half and either team has an advantage of 17 points or more.

Overtime: Utilizes the Kansas City tie-breaker rules. After a coin flip each team will receive a possession starting at the ten-yard line and have four downs in which to score and go for the extra point of their choice. The team with the highest point total after each team has had possession wins.

- a. A turnover would cause the end of a team's possession and the defensive would get the ball on the same ten-yard line unless said turnover is ran back to the opposite end zone for a score, which would end the ball game.
- b. On the third overtime both teams must go for 2 points thereafter until a winner is reached.
- c. After the third overtime in the regular season schedule, if teams fail to outscore the other, the game shall end in a tie.

Timeouts: each team shall receive two timeouts per half ...those timeouts do not carry over into any other half. Timeouts shall be sixty seconds in duration.

Equipment: each player must wear a legal triple threat flag belt with no knots or tied areas. No foreign substances may be applied to the flag belt that reduces friction and the belt must be attached to the clip without being tied. No metal cleats, and shirts must always be tucked in. Mouth guards are not required, but encouraged.

Play clock: each time the ball is spotted the offense will have 30 seconds to snap the ball.

Scoring: touchdown-6 points. Extra point from the five-yard line (no run zone) – 1 point...Extra point from the 12-yard line (run or pass) -2 points. A safety is 2 points and possession of the ball at your 5-yard line (far end). Any extra point intercepted by the defense and ran back for a score is 2 points. Possession of the ball still exchanges to the new offense after the attempt.

Starting the play: The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

Offensive formations: before each down the offense must have at least 3 persons on the line of scrimmage when the ball is snapped this includes the center. Only one player can be in motion at the time the ball is snapped. This player can be moving in any direction but forward towards the line of scrimmage.

- a. Multiple players can be moving pre-snap but must become stationary for one second before the ball is snapped.

Offensive play definitions: the offense may use multiple backward handoffs/pitches, but can only throw or HANDOFF one legal forward pass exceptions “see no run zones”.

No run zone: located between the opponent’s 5-yard line and their own end zone and both offensive sides of midfield, created to prevent short yardage power run plays to achieve a first down or touchdown. If the ball is snapped inside these zones a pass must be completed that is at or beyond the line of scrimmage. If a team is penalized inside the no run zone and is back out, they must still pass the ball and may not run it. If a flag is pulled, a ball is fumbled, or a player kneels outside the “no-run zone”, the ball is spotted there and the team MAY run or pass.

Player movements: No player may do back-to-back runs ex. If your quarterback runs a bootleg, you cannot allow him to receive a handoff or snap exchange and run the ball again on the very next play. These plays are unaffected by penalties, meaning, regardless of if there is a penalty on a live ball play, that runner is still ineligible to run the ball on the next play. A screen pass in the backfield is still considered a run but a play is not considered a running play if a player is tackled for a loss or no gain.

- a. Spinning is allowed but flag guarding definitions are still in effect.
- b. The player that is deflagged shall have the ball spotted where the ball is on the field when said flag becomes unclipped.
- c. All players are eligible to receive a pass.
- d. Players cannot dive to achieve extra yardage.

- e. A player has only to come down with control of the ball with one foot inbound to complete a catch.

Spotting the Ball: The ball should be spotted in the middle of the field and CAN NOT be any closer than 10-yards to either boundary.

Limitations: The ball may be snapped between the legs or side saddle for 6u and 8u divisions only. The ball must be snapped between the legs for all other age groups. Substitutions must be made when there is a dead ball situation.

- a. The quarterback cannot completely cross the line of scrimmage during a loose ball play, and return behind the line of scrimmage to throw a legal forward pass, however the quarterback or receiver of the snap can completely run beyond the line of scrimmage and throw a backward pass to a player who is behind the line of scrimmage making that player the new quarterback who may still throw a legal forward pass unless the basic spot originated in the no run zone.

Dead Ball Plays:

- a. The ball carrier's flag is pulled.
- b. The ball carrier steps out of bounds.
- c. A Touchdown or safety is scored.
- d. The ball carrier's knee hits the ground.
- e. A ball in flight goes out of bounds.

Defensive limitations: All players who rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. There is no restriction on how many players can rush the quarterback.

- a. Once the ball is handed off or pitched backwards or thrown forward, the 7-yard rule is no longer in effect and all defenders may cross the line of scrimmage. A special marker is placed on the field to distinguish this seven-yard zone.

Offensive limitations: Blocking is not allowed down field; no tackling. Shield blocking is permissible only on the line of scrimmage. Players may sidestep on the line of scrimmage with their hands by their side or behind their back. Once the blocker is beat, he must let the defender go. If the blocker side steps into the rusher a penalty flag may be thrown for illegal contact.

- a. An offensive player running down field without the ball must become stationary when a defensive player comes 2 yards from that player and he is near the ball carrier.
- b. Neither the offensive coach or the defensive coach who are on the field can coach their players once the ball has been snapped.

Misc limitations:

a. Unsportsmanlike conduct (including trash talking and taunting) will not be tolerated from players, coaches, or fans. Coaches, players and Spectators must remain 2 yards from the playing field. All unsportsmanlike penalties will be 10 yards and a loss of down.

#### PENALTIES:

Encroachment/false start/ illegal snap- 5 yards.

Pass Interference- 10 yards automatic first down (if called against the defense in the end zone the ball will be placed at the 3 yard line it will be first and goal).

Illegal contact- 10 yards (on defense added to the end of the play or run, repeat the down).

Illegal Flag Pull (before receiver catches pass)- 10 yards automatic first down.

Illegal rush- 5 yards

Illegal motion- 5 yards

Illegal forward pass- 5 yards loss of down

Illegal snap- 5 yards from line of scrimmage, repeat the down.

Diving/sliding- 5 yards from the spot repeat the down.

Flag guarding- 5 yards from the spot of foul loss of down. If you gain a 1st down, then you would start on 2nd down.

Delay of game- 5 yards Holding- 10 yards repeat the down (defensively assessed at the end of the run, offensive will depend on the basic spot).

Moving screen down field- 10 yards repeat the down.

A forward pass after the quarterback has handed the ball forward to the running back- 5 yards loss of down

Illegal coaching- first offense warning... 2nd offense and thereafter 5-yard penalty from the previous or basic spot.

The offended coach after each penalty has the option to accept the Penalty and decline the yardage. Teams should, if possible, establish bench sidelines on either side of the field.

#### Special Penalties:

Shay Shellnut Rule: If a team is penalized for running a run play inside the no run zone after the second consecutive penalization a loss of down plus 5-yard penalty will be added to that penalty.

The Hindman rule: During the quarterback/center exchange the center must completely release the ball and the quarterback must possess it. At which point the quarterback can hand the ball back off in any direction to the center.

Rules of interpretation: If the officiating crew judges that a player's flag came off due to body movements and not from a defender's pull then said player is live with possession until a defensive player touches him or her with one hand between the shoulders and knees.

Elastic Clause: Referees may rule on situations not covered in the rules.

Substitutions: A team may acquire a substitute player from a different team under the following circumstances, (If a team has enough players to play, 6 for 6 v 6, they are not able to add a substitute):

- a. Communicate with the opposing head coach of the substitution prior to the game.
- b. The substituted player cannot exceed the 2 previous draft rounds.
  - o If the player missing was drafted in the 4<sup>th</sup> round, the team needing a substitute can select from a player that was drafted 2<sup>nd</sup> round and after.
- c. Approval of the league commission is required before the game is played, failure to receive approval will result in a forfeiture of the game.

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