

City of San Clemente  
Beaches, Parks & Recreation Department  
Friday Night Youth Flag Football League



# League Rules & Regulations A, B & C DIVISION

## GENERAL LEAGUE INFORMATION

**AGES:** The Friday Night Flag Football League is offered for youth 6 to 14 years of age. Participants must meet age and/or grade eligibility requirements.

**LOCATIONS:** Vista Hermosa Sports Park, Football Field 1,2,5 & 6, 987 Ave Vista Hermosa

**INCLEMENT WEATHER:** Games will only be cancelled for thunder and lightning or for periods of heavy down pour. Officials and Site Supervisor will make the final decision.

**FORMAT:** Teams are guaranteed a minimum of 7-8 games. The number of teams per division will determine game format. Regular season play will determine the placement of each team in the playoff brackets (when applicable).

**REGISTRATION:** Applications must be completely filled out and signed by the parent/legal guardian, approving the application for play, holding the City of San Clemente harmless in the event of an accident, incident or injury

Child must show proof of age and grade by submission of a copy of a birth certificate, medical card, and/or a letter on school letterhead as proof of grade at time of registration.

**SKILLS ASSESSMENT:** (Division A, B & C only) All participants must attend a skill assessment to determine his/her skill level prior to being placed on a team. Participants who do not attend the skill assessments will be placed on a team randomly after all players who have participated in skills assessment been assigned to a team. All participants after completion of the skill assessment will be assigned a rating from 1 to 5.

**PLAYER SELECTION PROCESS:** The names of the participants will be entered in the Player Selection Process after skill a level rating has been assigned. Recreation staff will place players equally on teams based on their skill rating.

**ROSTERS:** The coach must have on site, at each game, a completed team roster, and waiver release forms. Each team will have a maximum of 12-13 players. Coaches must ensure that all players on the roster participate in all scheduled games.

**PRACTICE GUIDELINES:** All practice sites and times are determined by the coach. Practice location is provided by the league. Practice time limitation: Teams are limited to three hours of practice a week. Upon completion of practice, please remain at the site until all participants are picked up. **NEVER** leave a child waiting for a ride alone.

Many coaches require at least one additional adult to be at every practice and will cancel practice if they are the only adult present. Though not required by the City, this is a good idea in case of an emergency, injury or discipline problem.

**CANCELLATION OF PRACTICE:** If there is inclement weather, or other circumstances that cause a coach to cancel or change practice, CALL EACH AND EVERY PARTICIPANT ON YOUR ROSTER! It is your responsibility that each family is informed of a cancellation. Please notify league director as well.

**Playing Area:** All divisions play on a field with dimensions of 80 yards by 40 yards, (space permitting).

**Football Size:**

“A” Youth size ball

“B” and “C” divisions junior size ball.

**INJURIES:** All coaches are provided with Medical Release Forms to distribute and collect from participants. Please have all players turn these in to you by the first practice. Retain these forms for the duration of the season. These forms are for your use and information in the case an emergency occurs while you are conducting practice.

If one of your players is injured during practice or a game, please assist our staff by giving as much information about accidents as possible. If an accident occurs when staff is not present, please call the City of San Clemente Beaches, Parks & Recreation Department within 24 hours. 949-218-0486.

First aid kits will be present at all games and available from staff. Medical kits will consist of ice packs, band-aids, gauze and rubber gloves. In case of injury or serious accident (unconscious, severe bleeding, bone breaks):

- Make the person as comfortable as possible and give immediate first aid. This is limited to stopping bleeding, covering open wounds and providing ice.
  - If necessary, call 911. Tell them your exact location, nature of injury and condition of the person. Have someone meet them at the street and direct them to the proper location.
  - Notify parents. If parents are not available, call names listed as emergency contacts.
  - Fill out an accident report immediately. Secure all details, including time, location, witnesses, and staff's actions during and following the accident.
- Minor Accidents (cuts and bruises):
- Cleanse wound.
  - Apply bandage and/or ice.

**OFFICIALS:** San Clemente BP&R uses staff for football referees. These referees are trained to enforce the San Clemente BP&R flag football rules and sportsmanship policies.

**TROPHIES:** Trophies are awarded to the first and second place teams.

**STANDINGS:** Standings will be posted on our website every week by Tuesday. Website is [san-clemente.org](http://san-clemente.org). Click on recreation and then youth sports

**UNIFORMS:** Only the City of San Clemente Youth Sports Program uniforms may be worn. Uniforms, which are altered, such as cut off sleeves, are prohibited. Each participant will be issued one uniform shirt and shorts, which must be worn to all games. NO screw-on (rubber/metal) and/or metal cleats are permitted.

**LEAGUE INFORMATION:** Coaches must check-in with the Recreation Sports Staff at the information booth before each game for general league information and upcoming events. If you have questions or concerns, please contact the site monitors at the game sites.

**FORFEIT REGULATIONS:** Game time is forfeit time. However, all games will be played.

**PROTESTS:** There will be no protests, as the Recreation Staff will rule on every matter. A Site Supervisor will be present at all games. The Site Supervisor has the authority to rule and resolve all issues involving youth sports the same day.

**PLAYER/COACH EJECTIONS:** The minimum penalty for ejected players/coaches is suspension from the game ejected. The Youth Sports Coordinator will decide if further suspension is warranted. . Punishment is limited to verbal quieting and/or playing time sanctions.

**SCMAF BLOOD RULE:** A player, coach, or official, who is bleeding, has an open wound, or has blood on his/her body or clothing shall be prohibited from participating further in the game, until appropriate treatment has been administered. If first aid is required for a player, the player must be immediately removed from the game. A player, coach, or official will not be allowed to participate unless:

- A. All bleeding has stopped.
- B. Any exposed cut/scrape, which has bled, is completely covered.
- C. Bloody clothing is removed. (See Communicable Disease Procedures).

Teams are recommended to have spare clothing/jerseys available at the game site to be used if necessary.

**COMMUNICABLE DISEASE PROCEDURES:** While the risk of one athlete infecting another with a disease(s) during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other bodily fluids. Procedures reducing the potential for transmission of these infectious diseases should include but are not limited to the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform, it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucus-membrane exposure when contact with blood or other body fluids is anticipated.

3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all blood contaminated surfaces and equipment with a solution made from a proper dilution of household bleach (CDC recommends 1-10) or other disinfectants before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels, and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards, and other articles containing body fluids.

## **PHILOSOPHY**

The philosophy of the San Clemente Friday Night Youth Flag Football League is to instill in young people a positive attitude, good sportsmanship, sound fundamentals, confidence and high moral standards. The administrators, supervisors, officials and coaches representing the BP&RD shall coach and act in a courteous and professional manner while on or off the playing area. All coaches shall attempt to play all players unless sick or injured. All safety precautions should be observed to secure the well being of all participants. The San Clemente Friday Night Youth Flag Football League seeks to uphold the spirit of sportsmanship and full participation. We believe that in team sports, every athlete must be offered every opportunity to play in each game.

## **Head Coaches and Assistants Code of Conduct**

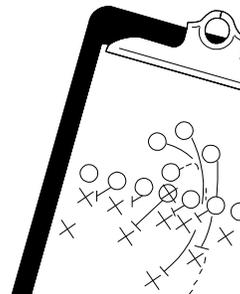
The head coach and assistants agree to support and influence good sportsmanship, high moral standards, and be responsible for the conduct and acts of their players and spectators. This includes, but is not limited to, unsportsmanlike disagreements with officials or insubordinate acts against Association and Federation officials. The head coach and assistants will dress appropriately in representing the Youth Flag Football League.

### **Coaches' Goals and Objectives**

1. I will strive to act as a positive role model remembering that the children I am coaching are learning as much from my actions as my verbal instruction.
2. I will remember that I am a teacher and accept the responsibility of practicing and instructing my team throughout the course of the season, regardless of the teams' placement in the standings.
3. I will strive to always be positive with my coaching, remembering to be constructive in my criticism.
4. I will address my fellow coaches, officials, and BP&R Services Sports Staff in a composed, respectful manner.
5. I will strive to improve as a coach by reading the rules thoroughly, reviewing instructional books and videos, and attending clinics when I am able.
6. I will communicate any disciplinary problems, player injuries or any other potential problems affecting my team to Community Services Sports Staff immediately.
7. I will respect and follow the City of San Clemente guidelines and rules stated to me at the pre-season coaches meeting.

## HEAD COACHES RESPONSIBILITIES

1. Read and abide to the Coaches Code of Conduct
2. Contact player for practices and game schedule.
3. Attend all practices.
4. Organize and conduct practices.
5. First contact for phone communications.
6. Monitor and assist team helpers as needed.
7. Player positions assignments.
8. Inform Recreation Staff of conflicts.
9. Player disciplines.
10. Conduct pre-season Parents Meeting.
11. Deal with officials when appropriate, following guidelines in rules.
12. Distribution of paperwork and team uniforms.
13. Maintain behavior of participants
14. Make sure parents pick up all players after practices and games. **DO NOT LEAVE** until every player has been picked up.
15. Recognize and act upon a high score lead by changing the line up, etc.
16. Keep an open line of communication to team, parents, and recreation staff.
17. Understand and instruct players as to specific rules regarding the game.
18. Make every effort to ensure every player has FUN!



**COACH'S CONDUCT:** The City of San Clemente Beaches, Parks & Recreation Department upholds strict standards of conduct. Foul language, belligerent behavior and the antagonizing of players, coaches, parents and staff is not tolerated. Punishment is limited to verbal quieting and/or playing time sanctions. **AT NO TIME WILL YOU ATTEMPT, THREATEN TO, OR PHYSICALLY STRIKE A PARTICIPANT(s), OFFICIAL(s) OR COACH(s)!** This will call for an immediate suspension from further coaching duties.

**UNSPORTSMANLIKE CONDUCT:** We expect all coaches, players and participants to be respectful and encourage players from both teams. Any foul language, belligerent behavior and antagonizing of players, coaches and staff will result in unsportsmanlike conduct penalties and may result in an ejection/suspension.

**COACH'S CREDIT:** Head coaches receive a \$25 credit for coaching. The credit can be used for future registration. Your coach's credit will be posted to your account 3-4 weeks in to the season.

## PLAYERS CODE OF CONDUCT

**NOTE:** The term PLAYER as used in the above shall apply to all team personnel, such as manager, coaches, team parents, scorekeepers, sponsors, etc.

1. **NO PLAYER SHALL:** At any time lay a hand upon, push, shove, strike, or threaten to strike an official.

**PENALTY:** Officials are required to immediately suspend the player from further play and report such player to the League Coordinator. Such player shall remain suspended until the Executive Committee has considered their case.

2. **NO PLAYER SHALL:** Refuse to abide by officials' decisions.

**PENALTY:** Officials are required to immediately suspend the player from further play and report such player to the League Coordinator. Such player shall remain suspended until the Executive Committee has considered their case.

3. **NO PLAYER SHALL:** Be guilty of objectionable demonstrations by throwing of equipment or any other forceful action.

**PENALTY:** The degree of infractions of this tenet of good sportsmanship shall, in the official's judgement, draw a minimum penalty of warning or a maximum penalty of removal from the game. Officials are required to immediately suspend from further play, any player who throws equipment in an unsportsmanlike manner.

4. **NO PLAYER SHALL:** Be guilty of expressing personal, verbal abuse upon any official for any real, perceived or imaginary wrong decision or judgement.

**PENALTY:** Officials are required to immediately suspend the player from further play and report such player to the League Coordinator. Such player shall remain suspended until the Executive Committee has considered their case.

5. **NO PLAYER SHALL:** Discuss with an official in any manner the decision reached by such official except the coach or team captain.

**PENALTY:** The degree of infraction of this tenet of good sportsmanship shall, in the official's judgement, draw a minimum penalty of warning or a maximum penalty of removal from the game.

6. **NO PLAYER SHALL:** Be guilty of using unnecessary rough tactics in the play of the game against the body and person of any opposing player.

**PENALTY:** Officials are required to immediately suspend the player from further play.

7. **NO PLAYER SHALL:** Be guilty of physical attack as an aggressor, upon any player, official, or spectator.

PENALTY: Officials are required to immediately suspend the player from further play and report such player to the League Coordinator. Such player shall remain suspended until the Executive Committee has considered their case.

8. NO PLAYER SHALL: Be guilty of abusive verbal attack upon any player, official, or spectator.

PENALTY: The degree of infractions of this tenet of good sportsmanship shall, in the official's judgement, draw a minimum penalty of warning or a maximum penalty of removal from the game.

9. NO PLAYER SHALL: Use profane, obscene, or vulgar language in any manner, or at any time.

PENALTY: The degree of infractions of this tenet of good sportsmanship shall, in the official's judgement, draw a minimum penalty of warning or a maximum penalty of removal from the game.

10. NO PLAYER SHALL: Be guilty of discussing publicly with spectators in a derogatory or abusive manner any play, decision, or personal opinion of other players, during the game.

PENALTY: Officials are required to warn players guilty of infraction of this rule, and failure of such players to comply will result in removal from the game.

11. NO PLAYER SHALL: Permit anyone to remain in the player/coaches box or on the player's bench during the game who is not a playing member of the team.

PENALTY: Officials are required to warn members of the team guilty of violation of this rule. Failure on the part of team members to enforce this rule will result in team being reported to the League Coordinator for further action.

12. NO PLAYER SHALL: Be guilty of intentionally throwing their equipment.

PENALTY: Officials are required to immediately remove player from the game.

13. NO PLAYER SHALL: Mingle with or fraternize with the spectators during the course of the game, but shall remain on the player's bench or on the field of play.

PENALTY: Officials are required to warn members of the team guilty of violation of this rule. Failure on the part of team members to enforce this rule will result in team being reported to the League Director for further action.

# PARENTS

*“The topic that usually makes even the toughest coach cringe.”*

Coaching a youth league team is exciting and rewarding. Occasionally, you may experience difficulty with parents. Some may want their children to play more or they might question some of your judgement as a coach. Don't feel alone. This is normal. Here are a few thoughts to remember when dealing with parents:

- Always listen to their ideas and feelings. Remember that they're interested and concerned because it is their children that are involved.
- Encourage parental involvement.
- No coach can please everyone.
- Know what your objectives are and do what you believe to be a value to the team, not the parents.
- Make certain all parents know your ground rules. Have rules, regulations, and your philosophy, practice dates and times printed for your parents.
- Don't blame the players for their parents' actions
- Handle any confrontation on a one-on-one basis, not in a crowd situation or in view of any children.
- Ask parents not to criticize children during practices or games. Don't let your players be humiliated by their own parents.
- Parents must accept the fact that the referees, coaches, and other league officials should not be subjected to criticism during ball games.



Always remember that during the course of a season, you will deal with all types of children and parents with different backgrounds and ideas. One of your main challenges as a coach is to develop an understanding of these differences. The approach needs to be positive so that the season becomes exciting and enjoyable for all involved.

## **THE PARENT MEETING**

*“Remember to establish open lines of communication between yourself and the parents”.*

Many misunderstandings between coaches and parents can be avoided by conducting a Parent’s Meeting prior to the season. At the meeting, you will want to introduce yourself. Let them know you appreciate their interest and concern. Be sure to praise them for taking the time to attend. Parents like to know who you are and what qualifies you to receive their trust in coaching their children. Provide some background information about yourself.

Encourage the parents to ask questions and to become involved. Give them the opportunity to voice their concerns and reservations. They are concerned about whom they are relinquishing their child to and if their child is going to grow under your guidance. Many parents want to become involved but are often times intimidated to offer due to their personal perception of skills and resources.

### **SEEK PARENTAL INVOLVEMENT**

*“But tactfully let them know you are the coach and you make the final decisions.”*



## **FLAG FOOTBALL GENERAL RULES**

With the exception of the following SCMAF modifications, current National Federation High School (CIF) Eight Man Rules will govern our league.

*The City of San Clemente utilizes staff to referee all flag football games. The officials are trained to maintain player safety, enforce rules, sportsmanship and conduct polices to the best of their ability. Questions/discussions about judgment calls and or philosophy will not be had during the game. Questions/discussions about rules can be had during the next dead ball, as to not impede the pace of play (i.e. timeouts, quarter, and half-time breaks).*

### **Article I Eligibility**

The age is the primary criteria for determining the age for competition. Age divisions may include one, two or three year age spans within a division. In a team sport, a player may play in the next highest age division, but may only play for one team per season/or in one division. Players may not play down a division. Players must provide written verification of birth date. Special provisional players using grade for the division must provide written verification from the school for current grade.

<b>Division</b>	<b>AGE or Grade</b>
A	12 and 13 or 14 in 8 <sup>th</sup> grade
B	10 and 11 or 12 in 6 <sup>th</sup> grade
C	8 and 9 or 10 in 4 <sup>th</sup> grade

### **Article II Flag Football Rules and Regulations**

- A. The SCMAF Flag Football Committee will have jurisdiction over all rules and regulations herein not covered.
- B. Protests must be handled on the spot by site coordinators prior to the next snap. If the protest is not valid, the protesting team will be charged with a time-out.

### **Article III The Field**

- A. The field shall be marked off into four equal segments. The length and width will be regulated by the area available.
- B. Official dimensions for playing field are 80 yards in length by 40 yards in width, with two (2) ten (10) yard end zones.

### **Article IV Ball**

#### **Section 1. Live, Dead, Loose, Possession.**

- A. **Live ball:** A live ball is a ball in play and a dead ball is a ball not in play. A pass which

has not yet touched the ground, is a live ball in flight and therefore can be caught and advanced by either team.

- B. **Loose ball:** A loose ball is a live ball not in player possession during:
1. A running play.
  2. A scrimmage or free kick before possession is gained, regained, or the ball is dead by rule.
  3. The interval after a legal forward pass is released, and before it becomes complete, incomplete, or intercepted.
- C. **When the ball is read for play-**A dead ball is ready for play when the Referee:
1. If time is in, referee sounds the whistle and signals "ready for play".
  2. If time is out, referee sounds the whistle and signals either "start the clock" or "ready for play".
- D. **In possession** "in possession" is an abbreviation meaning "in possession of a live ball". A player is in possession when he/she is holding or controlling the ball. A team is in possession:
1. When one of its players is in possession.
  2. While a punt, drop kick, or place kick is being attempted.
  3. While a forward pass thrown by one of its players is in flight.
  4. When it was lost in possession during a loose ball.

## **Section 2. Batting, fumble, muff, touching ball**

- A. **Batting:** Batting is intentionally striking or slapping with the hand or arm:
1. A loose ball.
  2. A ball in possession by a player of the team in possession.
- B. **Muff:** A muff is an unsuccessful attempt to catch a ball, the ball being touched in the attempt.
- C. **Touching:** Touching refers to any contact with the ball.

## **Section 3. Catch, fair catch, interceptions, Simultaneous catch**

- A. **Catch and Interception:** A catch is an act of establishing player possession of a live ball in flight. A catch of an opponent's pass, pitch or fumble in flight is an interception. If a player attempts a catch or interception while in the air, the player must contact the ground inbounds with the ball in his/her possession prior to touching out-of-bounds. Catching is always preceded by touching of the ball; thus, if touching causes the ball to become dead, securing possession of the ball has no significance.
- (1) If one(1) foot first lands inbounds and the receiver has possession and control of the ball, it is a catch or interception even though a subsequent step or fall takes the receiver out-of-bounds.
  - (2) A catch by any kneeling or prone inbounds player is a completion or interception.

- (3) A loss of ball simultaneously with returning to the ground is not a catch or interception.
- B. **Fair Catch-Legal:** A fair catch is a catch of a free or protected scrimmage kick, which is beyond K's free kick line or K's scrimmage line and between the goal lines, by a player of the receiving team. The player must signal intention by extending one arm above his/her head and waving it laterally from side to side more than once.
- C. **Fair Catch - Illegal:** An illegal fair catch signal is any signal given by a runner after the kick has been caught or recovered.
- D. **Fair Catch - Valid:** An illegal fair catch is any signal by a receiver before the kick is caught or recovered.
- E. **Fair Catch - Invalid:** An invalid fair catch signal is any signal by a receiver before the kick is caught or recovered.  
(1) That does not meet the requirements of a valid signal.  
(2) After the kick has touched a receiver or the ground.
- F. **Simultaneous Catch:** A catch in which there is joint possession of a live ball by opposing players inbounds, the possession goes to the offensive
- G. **Clipping** – Clipping is running or diving into the back, or throwing or dropping the body across the back of the leg or legs of an opponent or pushing an opponent in the back.
- H. **Down and Between Downs** – A down is a unit of the game which starts after the ball is ready for play, with a legal snap or free kick and ends when the ball next becomes dead. Between downs is the interval during which the ball is dead.
- I. **Encroachment** – Encroachment is a term to indicate a player in the neutral zone. An entering substitute is not considered to be a player for encroachment restrictions until he/she is on his/her team's side of the neutral zone.
- J. **Foul** – A foul is a rule infraction for which a penalty is prescribed. NOTE: If in doubt, it is not a foul.
- K. **Goal Lines** – Each goal line is a vertical plane separating the end zone from the field of play. The plane of the goal line extends beyond the sideline.
- L. **Handling the Ball** – Handling the ball is transferring player possession from one teammate to another without throwing or kicking it.
- M. **Huddle** – A huddle is two or more offensive players grouped together after the ball is ready for play and assuming scrimmage formation prior to the snap.
- N. **Hurdling/Jumping** – Hurdling/Jumping is an attempt by a player to jump with one

or both feet or knees foremost over a player who is on his/her feet.

- O. **Diving** – A player may not leave his/her feet to create an unsafe condition.
- P. **Kicks – Free Kicks** – A free kick is made under restrictions, which prohibits either team from advancing beyond the established restraining lines until the ball is kicked.
- Q. **Kicker** – The kicker is any player who punts or place kicks. The kicker is a runner until he/she actually kicks the ball. Players of his/her team are known as kickers and any opponent is a receiver.
- R. **Kickoff** – A kickoff is a free kick that starts each half and follows each try and must be a place kick.
- S. **Legal and Illegal Kicks** – A legal kick is a kick by a player of the team in possession when such a kick is permitted by Rule. Kicking the ball in any other manner is illegal. Any kick continues to be a kick until it is caught by a player or becomes dead.
- T. **Place Kick** – A place kick is kicking the ball from a fixed position either on the ground or on a tee with a maximum height of two inches. The ball may be held in position by any player of the kicking team.
- U. **Protected Scrimmage Kick** – A protected scrimmage kick is made by Team A under restrictions, which prohibits either team from advancing beyond their scrimmage lines until the ball is kicked. A protected scrimmage kick must be a punt.
- V. **Punt** – A punt is kicking the ball by the player who drops it and kicks it before it strikes the ground.
- W. **Loss of a Down** – “Loss of a down” is an abbreviation meaning. “loss of the right to repeat the down.”
- X. **Neutral Zone** – The neutral zone is from the forward point of the football one yard to the Team B scrimmage line and extended to each sideline. It is established when the ball is ready for play.
- Y. **Passes**
  - (1) **Passing** – Passing the ball is throwing it. In a pass, the ball travels in flight. A pass continues to be a pass until caught, intercepted, or the ball becomes dead. The initial direction determines whether a pass is forward or backward.
  - (2) **Forward and Backward Pass** – A forward pass is a pass thrown with its initial direction toward the opponent’s end line. A backward pass is a pass thrown with its initial direction parallel with or toward the passer’s end line. A pass continues to be a pass until it is caught or strikes the ground. A backward pass that hits the ground is ruled the same as a fumble. It will be dead at the spot where it strikes the ground.

Z. **Penalty** – A penalty is a loss imposed by Rule upon a team, which has committed to a foul.

AA. **Scrimmage** – A scrimmage is the interplay of two teams during a down in which play begins with a snap and ends when the ball next becomes dead.

BB. **Scrimmage Line** – The scrimmage line for Team A is the yard line and its vertical plane, which passes through the forward point of the ball. The scrimmage line for Team B is the yard line and its vertical plane, which passes one yard from the point of the ball nearest its own goal line. Team B's scrimmage line may extend into their end zone. An offensive player is on his/her scrimmage line when facing his/her opponent's goal line with the line of his/her shoulders approximately parallel thereto and with his/her head or foot breaking the plane of the imaginary line drawn through the waistline of the snapper and parallel to the scrimmage line.

CC. **Backfield Line** – To be legally in the backfield a Team A player's head must not break the plane on the line drawn through the waistline of the nearest Team A player, except the snapper, on the scrimmage line.

DD. **Shift** – A shift is the action of one or more players who, after a huddle, or after taking set positions, moves to a new set position before the ensuing snap.

EE. **Tagging** – Tagging is placing one hand anywhere between the shoulders and knees of an opponent with the ball. The tagger may leave his/her feet to make the tag. Pushing, striking, slapping, and holding are not permitted. If the player trips the runner in his/her attempt to make a diving tag, it is a penalty.

FF. **Team and Player Designations**

(1) **Disqualified Player** – The disqualified player is one who becomes ineligible from further participation in the game.

(2) **Line Player and Backfield Player** – A line player is any person on his/her scrimmage line when the ball is snapped; a backfield player is any person who is legally behind the line when the ball is snapped.

(3) **Offensive and Defensive Team** – The offensive team is the team in possession, or the team to which the ball belongs; the defensive team is the opposing team.

(4) **Player** – The player is any one of the participants in the game at any particular time.

(5) **Runner** – The player is the player in possession of a live ball or simulating possession of a live ball. Once a player catches or intercepts a pass, he/she becomes a runner.

(6) **Snapper** – The snapper is the player who snaps the ball.

(7) **Substitute** – A substitute is a team member who may replace a player. A substitute becomes a player when he enters the field and communicates with a teammate or an official, enters the huddle, is positioned in an offensive formation,

or participates in the play.

(8) **Team A and B** – Team A is the team who puts the ball in play. The opponent of Team A is Team B. A player of A is A1 and teammates are A2 and A3. Other abbreviations are B1 for player of B, K1 for a player of the kickers, and R1 one of the receivers.

- GG. **Tripping** – Tripping is the use of the lower leg of foot to obstruct an opponent, including the runner, below the knee.
- HH. **Yard Line** – A yard line is the line in the field of play parallel to the end line and between the goal lines.

### **Article V : The Players**

- A. Each team on the field will consist of eight (8) players to start the game. (7) players to continue the game.
- B. Any offensive formation will be allowed.
- C. **The defensive line-up is not restricted. No Lining up over center and must be 1 yard of the ball. Only 4 defensive rushers are allowed on the initial hike. Once the ball is handed off or pitch to another player, all players can rush and pull the flags. Quarterback passing situation: if there are more than 4 defensive players in the offensive back field when the quarter back is throwing a pass, it will be a penalty on the defense. 5 yards and automatic first down.**
- D. All players are eligible. Direct runs by the quarterback across the line of scrimmage is not allowed. He/she must hand off or pass. Penalty shall be called when the quarterback crosses the line of scrimmage, but officials will allow play to be completed.
- E. **MINIMUM PLAY RULE:** Every participant must play 20 minutes per game, and 10 minutes per half. Late arriving players, if time permits, must play the minimum minutes within the half of their arrival. Exceptions: 1) Injuries that preclude the player out of play from returning to the game. Injuries that preclude the player out of play for more that one play will be ruled upon at the discretion of the League Director or Site Supervisor with respect to satisfactorily meeting the requirement of the minimum play rule. 2) Coach is experiencing problems with a player failing to attend practices. (Coach must notify the league director on or before Thursday) and if the league director fails to resolve the problem with the parent, then the league director can restrict child's playing time for the upcoming game. Penalty may result in forfeiture of the game. The official scorekeeper, game officials and site supervisor shall determine compliance.

### **Article VI Coaches and Spectators**

- A. Coaches and players, when on the sidelines, must remain in a team box, which will extend between a 20-yard line and the 35-yard line. One coach from each team may extend from each 20-yard line during play. (NOTE: After a warning, coaches may lose

- this privilege.) One coach may enter the field at their team's huddle during timeouts.
- B. Spectators must remain in the stands or in designated spectator areas whenever seating facilities or designated spectator areas are available. If stands are not provided, spectators will keep at least 5 yards from the sidelines and endlines, and 5 yards from players' benches.
  - C. After a warning, failure to comply with A or B will result in flagging said coach/team for unsportsmanlike conduct. If behavior persists, game may be forfeited at discretion of official.
  - D. One(1) coach allowed on the field for C Division to call plays. No coaches allowed on the field for A & B division.

## **Article VII Equipment**

- A. All game equipment, such as GAME BALLS, TIMERS, FLAGS, etc. will be furnished by the host Recreation Department.
- B. Jerseys: Players must wear jerseys with numbers. At the start of play, all jerseys must be tucked into pants/shorts or terminate one inch above flag football belt line.
- C. Pants/shorts: Each player must wear pants or shorts without any belt(s), belt loop(s), exposed drawstring(s), or pocket(s). If players have pants or shorts with any of the above mentioned belt(s), belt loop(s), or pocket(s), they must be taped shut by officials prior to the start of the game. The pants or shorts must be a different color than the flags.
- D. FLAG BELT: All divisions shall use a regulation three flag belt system. Flags must be contrasting color to uniform pants. The flags must be a contrasting color to their opponent's flags.
- E. SHOES: Shoes must be worn; bare feet will not be permitted. Screw in or metal cleats are illegal. Use of molded rubber or multi-purpose shoes is recommended.
- F. Personal protective equipment, such as knee guards, arm guards, etc. shall be inspected by officials prior to each game. NO regulation football equipment such as helmets, pads, etc. will be allowed. Shoes with metal, ceramic, screw-in or detachable cleats are illegal.

## **Article VIII Game Time**

- A. The length of the game shall be (4) four (10) ten minute quarters, running time. During running time, the clock shall be stopped by an official for a time-out and a score only. After a time-out the clock shall start on the next snap. Clock will start on the kickoff.
- B. Regulation clock will be used the last two minutes of the fourth quarter only. During that time, the clock stops for incomplete forward passes, out of bounds, penalties, time outs, change of possession, and scores. Clock shall stop for notification of the 2-minute warning prior to the end of the fourth quarter. After a penalty, the clock will start depending on the previous play (clock stopped or running when foul occurred). If a declared kick is attempted, the clock will not start until the ball is kicked.
- C. Each team will be granted two (2) timeouts per half. There will be no carryovers.
- D. Teams will be granted a ten (10) minute grace period after scheduled game time for

the first game. For all subsequent games, game time is forfeit time.

- E. Sportsmanship rule: If a team is leading by a score of 21 points or more, the “running time” clock will be used. The clock will only stop for charged time-outs and official time-outs. In addition, after any score, the trailing team will be awarded the ball at 35yard line. Should the lead become less than a 21-point margin, the game will convert back to regulation timing and kickoffs.

## Article IX Tie Game

- A. **TIE GAME:** *\*Overtime will not take place during the regular season. Overtime will be conducted by the following rules during all Playoff Games.* A coin toss will be held immediately following the regulation play. The winner of the toss shall choose of the following options:
  - 1. Offense or defense with the offense at the opponents 20 yard line to start the series
  - 2. Which end of the field shall be used for both series.
- B. An extra period shall consist of (1) series (4 downs) by each team putting the ball at the opponents 20 yard line.
- C. **Scoring:** When a team scores they have the option of going for a 1 or 2 point conversion. The team that scores the most points will be declared the winner. If no team scores or score the same amount of points:  
*A second overtime period will occur.*  
*The team that was on offense to conclude the 1<sup>st</sup> overtime will remain on offense.*  
*Each team will have the option of going for a 1 or 2 point conversion.*  
*Each team will attempt conversions until the tie has been broken, with the teams alternating offensive possessions after each overtime period.*
- D. **Interception:** During the first overtime period, if the defensive team intercepts the ball and returns it for a touchdown the game is over. If they do not score the ball will be placed at the 20 yard line to begin their series.

## Article X The Game

- A. **ENCROACHMENT** is going into the neutral zone. The neutral zone is a space between the two scrimmage lines during a scrimmage down. This is established after the center has adjusted the ball, ready for the hike. If either team encroaches, the ball is dead, and a 5-yard penalty will be assessed.
- B. **BLOCKING**
  - 1. **OFFENSE:** Offensive players are restrained from *holding/grabbing, slapping or striking a defensive player is not allowed and will be penalized.* **No Crack Backs are allowed.**
  - 2. **DEFENSE:** Defensive players are restrained from *holding/grabbing, slapping or striking an offensive player is not allowed and will be penalized.* **Only 4 defensive rusher are allowed on the snap. Once the ball is handed off, the defense may cross the line of scrimmage.**

### C. CHARGING AND TACKLING

1. The ball carrier may not run through a defensive player, but must attempt to evade the defensive players. The defensive player must not hold nor run through a ball carrier **BUT MUST PLAY THE FLAG NOT THE PLAYER OR THE BALL**. The quarterback is considered the ball carrier until he/she releases the ball. A defensive player may attempt to block a pass as long as contact is not made with the passer. In an attempt to remove the flag from the ball carrier, defensive players may contact the body of an opponent with their hands, but not with their neck or head. A defensive player may not hold, push, or knock the ball carrier down in an attempt to remove the flag.
2. Defensive roughness against the ball carrier.
  - a) Violators involved in the following fouls may be banished from the game at the discretion of the officials.
    1. Tackling the ball carrier.
    2. Holding the ball carrier.
    3. Blocking the ball carrier.
    4. Tripping the ball carrier.
    5. Pushing the ball carrier.
    6. Charging the ball carrier.
    7. Bumping the ball carrier.
    8. Pushing the ball carrier out-of-bounds.



**PENALTY:** 12 yards and possible disqualification if flagrant.

### D. THE KICKOFF

1. The kickoff shall be made from the 30-yard line from either end of the playing area. The receiving team must place a minimum of three (3) players within five (5) yards of midfield line. The kick-off must originate from the ground or the kicking tee. The ball shall not be placed on the foot of anyone and kicked. A drop kick will be allowed.
2. **OUT-OF-BOUNDS:** In the event the ball goes out-of-bounds on the kick-off, the receiving team shall have the following choices:
  1. Accept a five(5) yard penalty from previous spot and re-kick. Clock will stop to reset for the kick. Clock will start again on the kick.
  2. Put the ball in play at the 35 yard line.
3. **ON SIDE KICK:** There are no on side kicks. The kicking team cannot recover an on side kick. The ball becomes dead and is put in play.

### E. FIRST DOWN

To keep possession of the ball, the offensive team must advance the ball past the zone(20) yard lines in four downs. As soon as the ball is advanced over the zone line, the following down shall be first.

### F. PUTTING THE BALL INTO PLAY

The ball is put into play by the center by the backwards pass or hand-off, including free kick situation.

### **G. FUMBLED BALL**

1. The ball is dead at the point of contact with ground behind the line of scrimmage. Fumbles beyond the line of scrimmage, when ball hits ground, ball is dead, and spotted at the point of lost possession.
2. On a punt, kick, or interception, once possession is gained, if the ball carrier loses possession of the ball and the ball hits the ground, the ball is dead and spotted at the point of lost possession.
3. An intentional fumble is considered unsportsmanlike conduct and will be penalized from the point of the foul.

### **H. PUNTS AND KICKS**

1. A kick, which touches a player of either team and then touches the ground is dead at the spot of touching the ground and belongs to the receiving team at that spot, or the spot of first touching by the kicking team.
2. Kicks or Punts crossing the goal line shall be declared dead and automatic touchbacks, whether touched or not, and be put in play on the 20 yard line.
3. All kicks must be declared on any down (1<sup>st</sup> through 4<sup>th</sup>). The defensive team must have a minimum of three (3) players on the line of scrimmage until the ball has been kicked. Neither team may cross the line of scrimmage until the ball has been kicked.
4. On all free kicks, the punter has ten (10) seconds from the time of the snap to punt the ball. Punter must begin kicking motion from directly behind the center (hiker).

### **I. SUBSTITUTIONS**

Free substitution may not begin until all players have completed their minimum play time per half. Exception: A player is injured or becomes ill. Officials shall not tolerate substitutions that are obviously made to delay the game. A substitute becomes a player when he enters the field and communicates with a teammate or an official, enters the huddle, is positioned in an offensive or defensive formation, or participates in the play. A substitute must stay in for that play.

### **J. ILLEGAL HIDEOUTS**

All players must break from the huddle before each play. If the team does not huddle, all players must be at least 5 yards from the sidelines when the ball is put into play, or they shall be penalized.

### **K. PASSES AND HAND-OFFS**

1. All players are eligible pass receivers.
2. An incomplete lateral pass is a dead ball at the point of contact with the ground.
3. An intercepted pass in the defensive team's end zone may be run out of the end zone or downed in the end zone. Touchbacks will be put in play at the 20-yard line.
4. During the scrimmage down the ball may be handed forward behind the line.
  - a) To any lineman who has clearly faced his goal line by moving both feet in a half-turn and is at least one yard behind the line of scrimmage when he/she receives the ball.

- b) To a teammate, who at the snap, was behind his line of scrimmage.
5. There may be any number of legal forward passes during a down, but each pass must be thrown from in or behind the neutral zone.
  6. **Intentional Grounding** is a pass intentionally thrown incomplete to save loss of yardage or to conserve time or a pass intentionally thrown into an area not occupied by an eligible offensive receiver. When an intentional grounding occurs, the penalty is **5 yards** from line of scrimmage and a loss of down. **EXCEPTION: it is legal to conserve time by intentionally throwing the ball forward to the ground immediately after receiving a direct hand-to-hand snap**

#### **L. UNSPORTSMANLIKE CONDUCT**

Swearing, obscene language or actions, etc. Either on or off the playing field by the players, coaches, or spectators, will not be tolerated. No player may show baiting or taunting acts or words, which engenders ill will or any delayed, excessive or prolonged act by which a player attempts to focus attention upon himself.

#### **M. SAFETY**

1. A fumble in one's own end zone.
2. Ball carrier's flag is pulled in his own end zone.
3. A blocked punt is downed by the offensive team in their own end zone.
4. A dropped sideward or backward pass in the end zone.
5. A blocked punt which rolls out of the end zone.
6. Offensive foul in your own end zone.

Note: After a safety, the offensive team is allowed on play on their 20-yard line to kick-off to the opposing team.

#### **N. DEAD BALL**

1. The Referee shall declare the ball "dead" and the down ended:
  - (a) A flag not removed by grabbing and pulling does not cause play to stop. In all situations where play is in progress and a ball carrier loses one or both flags either accidentally, inadvertently, or on purpose, de-flagging reverts to a one-handed touch of the ball carrier between the shoulders and the knees.
  - (b) When the ball goes out-of-bounds or the ball carrier goes out-of-bounds.
  - (c) When a forward pass becomes incomplete.
  - (d) When a touchdown, safety, or touchback is made.
  - (e) When the ball carrier touches his/her knee to the ground.
  - (f) When any lateralled ball, centered ball, backward or sideward pass strikes the ground.
  - (g) At any other time the official declares the ball "dead."

#### **O. CHANGING GOALS**

Teams shall change goals at the end of the first and third quarter and at the end of the first half.

#### **P. SCORING**

1. Touchdown – 6 POINTS
2. Safety – 2 POINTS
3. Conversion – 1 POINT. The ball shall be placed 2-yards from the goal line for the

attempt. **Defensive may return conversion for 2 points.**

4. Conversion – 2 POINTS. The ball shall be placed 5-yards from the goal line for the attempt. **Defensive may return conversion for 2 points**

#### **Q. PENALTY ENFORCEMENT**

1. No single penalty may be assessed that will move the ball more than half the distance to the goal line, whether the penalty be against the offensive or defensive team.
2. For any fouls between downs, enforce from the spot of snap.
3. For fouls during a down, the following enforcement principles apply:
  - (a) If foul DURING LOOSE BALL PLAY: Free kick, pass, kick, or fumble behind the scrimmage line or a run, which precedes a pass, kick, or fumble behind the scrimmage line. Enforce from line of scrimmage.  
NOTE: If the offensive team fouls behind the end of the run, enforce from spot of foul.
4. If the last defensive player between the ball carrier and the goal line commits a foul on the ball carrier, a touchdown shall be awarded.
5. Any penalty which involves a loss of down and occurs in a play following change of possession shall be enforced from the spot of the foul. The team obtaining possession will have a first down after the penalty is enforced.
6. A period must be extended by an un-timed down except for unsportsmanlike or non player fouls, if during the last timed down, one of the following occurred:
  - (a) There was a foul by either team and the penalty was accepted.
  - (b) There was a double foul.
  - (c) There was an inadvertent whistle and the down is to be repeated.

#### **R. INADVERTENT WHISTLE**

The ball is dead and the down is ended when an official sounds his whistle inadvertently. When a penalty is declined for a foul, which occurred during the down, and there is an inadvertent whistle while:

- (a) A legal snap or pass is in flight, or during a kick, the down will be replayed.
- (b) A player is in possession, the team may choose to accept the play at that point or replay the down.

#### **\*BASIC ENFORCEMENT SPOT (BES):**

1. If a foul occurs during a down, the basic enforcement spot is fixed by the type of play. There are two types of play.
  - (a) A loose ball play is any action during:
    - (1) A free kick or scrimmage kick.
    - (2) A legal forward pass.
    - (3) A backward pass or fumble made from in or behind the neutral zone.
    - (4) The run or runs, which precede such legal pass, kick, or fumble.
  - (b) A running play is any action not included in item (a).
2.
  - (a) If a foul occurs during a loose ball play, the basic enforcement spot is the previous spot.
  - (b) If a foul occurs during a running play, the basic enforcement spot is the spot where the related run is followed by his fumble or pass. If the runner does not lose possession, his run ends where the ball becomes dead.

# FLAG FOOTBALL FIELD

