



D Division League Rules

GENERAL FLAG FOOTBALL INFORMATION: "D" Division

PLAYING AREA: "D" division plays on a field with dimensions of 50 yards by 40 yards, space permitting.

FOOTBALL SIZE: "D" division uses a pee-wee size ball.

PRACTICES: All practice sites 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.

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. Our hope is that the uniforms given to you will fit all players. We realize this is not always the case. If a player on your team needs a larger or smaller uniform, please see a staff member on the field or call the City of San Clemente Recreation Department at 218-0486.

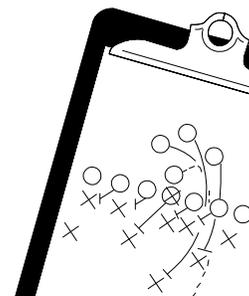
ELIGIBLE PLAYERS: The only players eligible are those that are on your roster and have registered for the league with the City of San Clemente Beaches, Parks & Recreation Department. Our goal is to have twelve players on each team. If an opening on your team exists, the San Clemente Recreation Sports staff will inform you if a new player has been added. This rule is strictly enforced.

WEBSITE: Visit our website for schedules, league updates and registration information. Go to www.san-clemente.org Click on "Recreation", then on the "Sports", then on "Youth Sports" Click on links to view schedules, league rules etc.

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 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!** This will call for an immediate suspension from further coaching duties.

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!

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. Coaches with multiple teams receive multiple credits. The credit is good for one year from the date of issuance. 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 judgment, 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 judgment.

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 judgment, 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 judgment, 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 judgment, 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.

VOLUNTEERS

Allowing parents to help with their kids' sporting activities will have a positive influence on our children. We encourage coaches to provide parents the opportunity to volunteer. You have already made a great commitment to your team by volunteering to coach. A lot goes into a fun and enjoyable season and it is unreasonable to expect the coach to manage everything. Ask the parents for assistance, you might be surprised to discover how many are willing to help. Please remember that these are only suggestions and are not required by the league.

Example Volunteer Responsibilities

- Assistant coaching
- monitoring the players during game time
- making phone calls to the team
- organizing picture day
- being responsible for the team's Certificate Program
- planning a team party
- making a snack list

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.”

SPORTSMANSHIP

The City of San Clemente Recreation Department strongly supports positive sportsmanship and conduct. Positive sportsmanship not only builds great team unity, it also teaches our youth to have respect for one another. It is our duty, as coaches, to teach positive sportsmanship values to our young players so that they may bring these values to “life after sports”. It is recommended that coaches review the Great Sportsmanship Examples with their players prior to the start of the season. You may add any other great sportsmanship examples that you deem proper.

Great Sportsmanship Examples

- Offers encouragement to other teammates
- Cheers good play, no matter who makes it
- Plays fair and by the rules
- Cheers teammates on from the sidelines

- Listens and follows the coach's instructions
- Shows leadership qualities
- Encourages teammates who make mistakes
- Leads by actions, not words
- Accepts judgment calls of officials and coaches
- Helps pick up water bottles and trash on the field
- Thanks officials after the game

THE RIGHT PERSPECTIVE

- Keep the safety and the well being of players your first priority.
- Educate players in the ways of good sportsmanship and teamwork; and to display these values with positive behavior.
- Remember that you are a role model through your words, actions, and leadership.
- Always play fair and by the rules.
- Always exhibit friendly and respectful manners towards opposing teams.
- Always be positive and praise good play and effort.
- Always encourage players to strive for individual improvement.
- Keep expectations reasonable and age appropriate.
- Never criticize players in a demoralizing way through words, body language or any other means.
- Be committed to your team and the program by arriving on time to each game and practice.
- Take just a few minutes and create a simple practice plan prior to arriving at the field.

NEVER FORGET ... IT'S JUST A GAME AND GAMES ARE MEANT TO BE FUN!!

GAME DAY PROCEDURES

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).

PLAYING TIME: Games consist of four 12-minute running clock quarters with a substitution break every 6 minutes. Participants should play an equal amount of time.

SCORING: No scores will be kept.

EXTRA POINT: After a touchdown the team will convert an extra point from the 2 yard line.

PLAYERS ON THE FIELD: Teams have 8 players on the field. (If both teams do not have 8 eligible players, both teams should play with the same amount of players).

POSSESSIONS: There no punts or kick-offs. Each team will start with the ball on the 40 yard line. The offensive teams will have the opportunity to advance the ball to convert 1st downs or a touchdown. At the end of the 4 downs without converting a 1st down or a score (no score is kept) the defensive team will take over possession of the ball. First downs are every 10 yards from the start of forty yard line

DIRECT RUN BY THE QUARTERBACK

The player taking the snap from the center is considered the quarterback and is allowed to directly advance the ball down field without first exchanging the ball with another player. Quarterback may have 1 direct run within a set of 4 downs. (NEW RULE). Penalty: will be loss of down for 2 direct runs within four downs

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 40-yard line.
4. An intercepted pass by the defense may be returned for a touchdown. The player must cross the 40 yard line. Possession will go back to the other team.
5. 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 the line of scrimmage.

6. 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.

FUMBLED BALL

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.

DEAD BALL : 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.

At any other time the official declares the ball “dead

DEFENSIVE PLAYERS: players must be 2 yards off the line of scrimmage. There may only be 2 rushers. Defense may not line up over the center.

POSITIONS: Since this is an instructional league and most players first experience in football, please rotate players through each position.

COACHES ON THE FIELD: The “D” division is an instructional league. Coaches(2) are asked to be on the field teaching fundamental skills and enforcing safety rules for all players. Coaches are expected to work in a cooperative manner in the best interest of the league and players to promote a fun and successful learning environment. NO SCORE IS KEPT. Please refrain from putting emphasis on winning.

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

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.

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 on 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.

COMMON INFRACTIONS

Flag football is a safe alternative to tackle football where fundamental skills, strategies and concepts can be taught without risking major injuries. All penalties have been written with the safety of the participants as the priority. **Please enforce safety precautions at all times.** Penalties should be called for the purpose of instructing the players on the rules of the game. If a penalty is committed, explain to the player why the infraction occurred. However, do not let excessive penalty calls hinder the flow of the game. Common penalties in the "D" division are:

BLOCKING

1. **OFFENSE:** An offensive blocker may use only the standing block, offensive players are restrained in use of hands to pushing the shoulders and body of defensive rushers. ****Any full extension of the arms, slapping or striking is not allowed and will be penalized.*** No part of the blocker's body, except the feet, shall be in contact with the ground throughout the block. Four-point blocking will be allowed only on the initial charge by linemen.
2. **DEFENSE:** Defensive players are restrained in use of hands to pushing the shoulders and body of offensive blockers. Slapping or striking is not allowed and will be penalized

CHARGING: The ball carrier may not run through a defensive player, but must attempt to evade the defensive players. The defensive players must not hold nor run into the ball carrier or attempt to dislodge the ball. DEFENSIVE PLAYERS MUST ATTEMPT TO PLAY THE FLAG AT ALL TIMES.

TRIPPING: Tripping is the use of the lower leg or foot to obstruct the forward progress of an opponent including the runner.

HOLDING: Impeding the progress of an opponent by using hands, arms or any part of the body.

DIVING/HURDLING: A ball carrier may not leave their feet to create an unsafe condition.

CLIPPING: Clipping is running into, diving into, pushing or blocking a player from behind.

FLAG GUARDING: Flag guarding occurs when a ball carrier intentionally attempts to avoid having his/her flag pulled by slapping at or blocking a defensive players hand when attempting to grab the ball carriers flag.