



Connecticut Flag Football League
Official Youth Rules
5v5 & 7v7
SEPTEMBER 2025

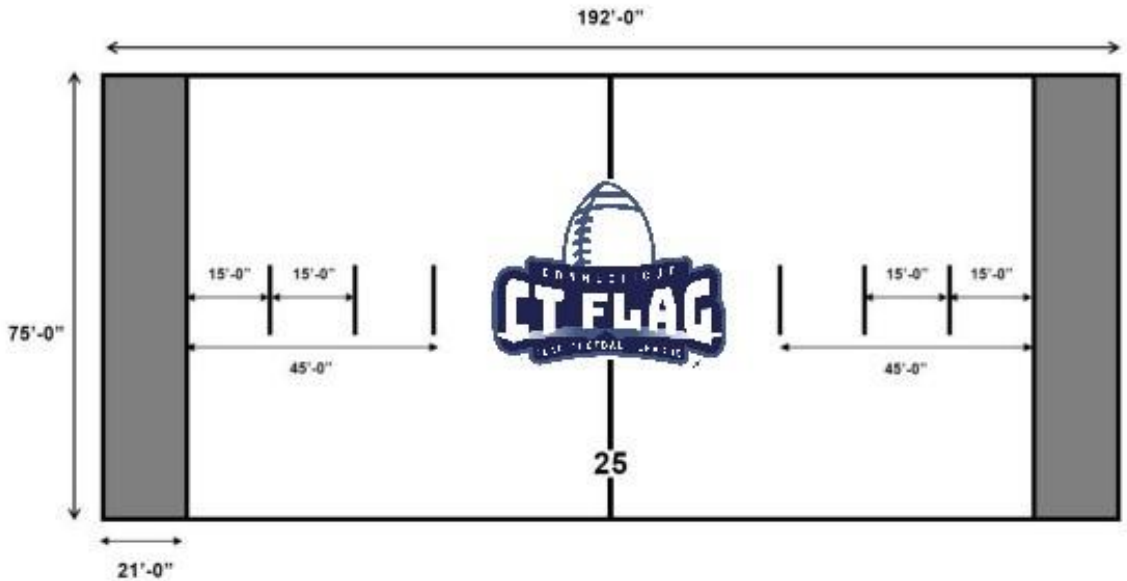
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1. FIELD

- 1.1 The playing field shall be 64 yards long, 50 yards goal to goal and 7-yard end zones, with a width of 25 yards.
- 1.2 Pylons will be placed on each corner of the goal line, cones will be placed 5 yards out from the goal line, 10 yards out from the goal line, 15 yards out from the goal line and at midfield.
- 1.3 Field's will either be marked with lines or cones indicating the fields boundaries.
- 1.4 All benches and rigid features must be 10 yards or further back from the Out of Bounds line. If space permits these features may be placed further back
- 1.5 The playing surface shall consist of grass or artificial turf.
- 1.6 All markings or decorations on the field must not hinder the players in any way.

FIGURE 1: FIELD DIAGRAM



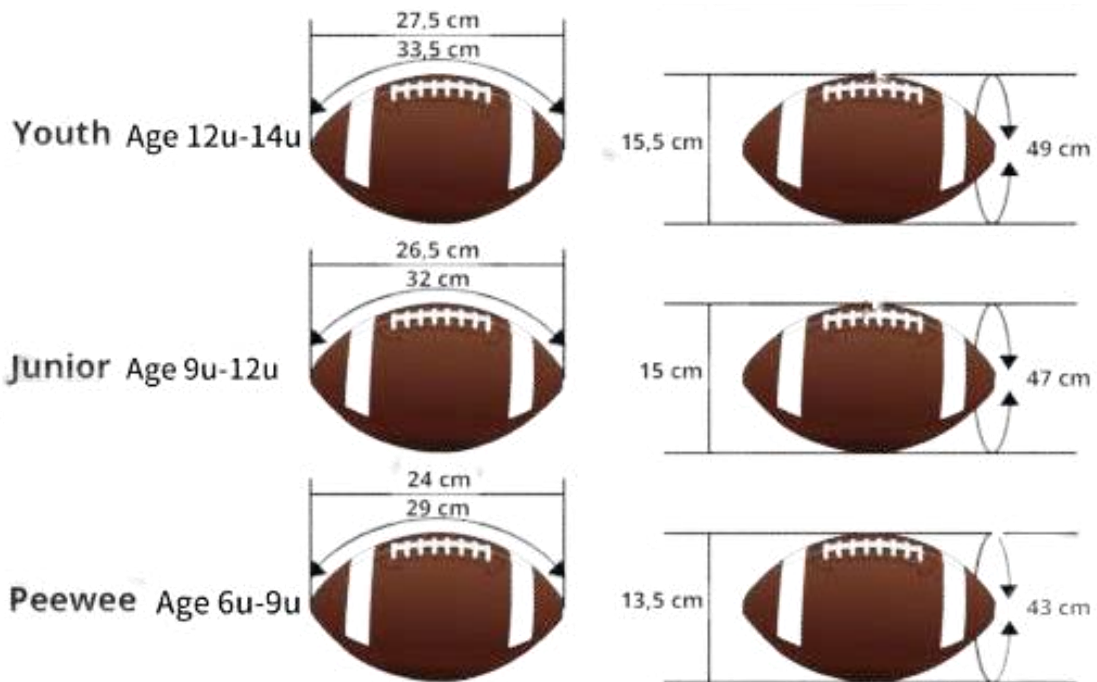
2. BALL

2.1 During the season all footballs will be provided by CT Flag

2.2 During the tournament teams may bring their own ball, coaches are responsible for bringing the correct ball for their age bracket.

2.3 Teams are able to play with an older age bracket ball but cannot play with a lower age bracket ball

FIGURE 2: BALL SIZE AND AGE BRACKET



3. ROSTERS AND UNIFORMS

3.1 Each team fields 5 players. If a player suffers an injury or if a substitute is not available a team may play with 4. The opposing team can still play with 5.

3.2 Teams need a minimum of 4 players to begin a game, if playing 5v5. If 7v7, then a minimum of 6 players is required to begin a game.

3.2a During the Season if a game is not started 10 minutes after it is scheduled due to insufficient players, the result of the game is an automatic forfeit.

3.2b During the Tournament if a game is not started 5 minutes after it is scheduled due to insufficient players, the result of the game is an automatic forfeit.

3.3 Every team is allowed to have a maximum of 12 players (5v5) or 14 players (7v7).

3.4 **Adult Co-Ed Leagues:** If 5v5, each team must have at least 2 women on the field of play for any given play. If 7v7, each team must have a minimum of 3 women on the field for any given play.

3.5 During the season uniforms will be provided by CT Flag. Teams are responsible for their own uniforms for tournament play.

3.6 Players must wear shorts with no pockets. If shorts have pockets, the player either has to tape the pockets or swap the shorts immediately.

3.7 Shirts must be tucked into shorts or pants.

3.8 No jewelry is allowed to be worn.

3.9 Players must have mouth guards to play.

3.10 Players must have protective headgear to play in all youth recreational leagues. Headgear is not mandatory for tournament play or adult & women leagues.

3.11 Face covering is permitted, any eyewear must be worn over the eyes, have a strap and be secured on the players head, hats with a brim have to be turned backwards

when on the field.

3.12 Flags must be worn on the player's hips and pointed outwards. Ex. Below



3.13 The flag belt must be clear of any objects, if an object is not removed before the start of the game the player will be down if the object is pulled during the game. Flags must be contrasting with all colors on the pants

3.14 To be considered legal, the flags must be a minimum of 14 inches long. See chart below.

Dimensions	Measurements
The Flags Shall Measure	2 inches (5 cm) x Minimum 14 inches (35.56 cm)
Flag Length From Socket	Minimum 14 inches (35.56 cm)
Flag Width	1.9 to 2.1 inches (4.8- 5.3 cm)
Brand or Logo	Multiple colors and Brands are allowed
Flag Thickness	Maximum 0.03 inches (0.75 mm)
Flag Weight	Minimum 3.5 ounces (100 g)

3.15 To be considered legal, flags must be easily pulled with one hand.

- 3.16 The flags and sockets may not be greased, glued or altered in any way. Any player who deliberately manipulates their flags shall be disqualified.
- 3.17 Only players, coaches and media persons with a wristband are allowed on the sideline.

4. DEFINITIONS

- 4.1 **Backwards Lateral**- When the ball is pitched backwards by any offensive player. This can be performed twice behind the line of scrimmage and once beyond the line of scrimmage.
- 4.2 **Forward Pitch**- When the ball is pitched forward by any offensive player. This can only happen once and has to be behind the line of scrimmage.
- 4.3 **Jump**- A Player leaving their feet to advance the ball, the offensive ball carrier is allowed to jump to advance the ball but cannot hurdle a defensive player, must land on feet and cannot dive.
- 4.4 **Pro Clock**- Last minute of the Second half time stoppage during out of bounds, incomplete pass, touchdown, or turnover on downs. A fumble in the field of play does not stop the clock, a lateral pass that is dropped also does not stop the clock. If a penalty happens during the pro clock, the clock will be stopped to mark off the penalty and begin once the ball has been spotted.
- 4.5 **No Run Zone**- Offensive team is NOT allowed to run within 5 yards of the goal line.
- 4.6 **Onside Play**- In effect ONLY with 1 minute left in the game and if the losing team is down 18 points or less. They will get ONE play from the 5-yard line to convert pass midfield/ 50-yard line. If the Offensive team doesn't convert, the opposing team receives the ball at midfield/ 50-yard line.
- 4.7 **Throw Offs**- When the defensive team throws the ball for the offensive team to receive, when throwing the ball it must go across midfield/ 50 yard line. On the throw off if the ball goes out of bounds BEFORE reaching the goal line the offensive team takes over at the opposing team's 15-yard line, if the ball crosses the goal line and goes out of bounds the offensive team takes over at their 5 yard line.
- 4.8 **Touchback**- When the ball travels beyond the goal line and goes out of bounds.
- 4.9 **Punt**- On 4th down the offensive team has the option to "PUNT" moving the ball to the opposing team's 5-yard line.
- 4.10 **Blocking**- When a Player is moving beyond the line of scrimmage and is

- impeding the defender's progress to obtain the flag.
- 4.11 **Charging**- A ball carrier lowering their head or shoulder.
 - 4.12 **Dive**- When a player leaps into the air with their feet behind them.
 - 4.13 **False Start**- An offensive player moves forward before the ball is snapped.
 - 4.14 **Flag Guarding**- An offensive player blocking the path to their flag
 - 4.15 **Conversion**- A play that takes place after a touchdown.
 - 4.16 **Force Out**- When a player attempts to catch a ball and lands out of bounds due to primarily the influence of contact with an opposing player. A force out will be considered a catch at the point where the offensive player left the field of play.
 - 4.17 **Free Play** - A play where the team in possession of the ball has the option to replay the down or accept the outcome of the play.
 - 4.18 **Handoff** - A hand to hand transfer of the ball from one player to another.
 - 4.19 **Loss of Down** - A remedy for a variety of penalties. A team that is penalized Loss of Down must start a new play with one less Down remaining in the set of downs. For example, a team is penalized for a Loss of down on 1st down would start the next play as 2nd down.
 - 4.20 **Blitz** - On a blitz, the defensive team may rush the Quarterback as soon as the ball is snapped (The snap cannot be intercepted only forward passes and laterals can be intercepted. If the snap is intercepted the play will be blown dead and replayed. A second infraction will result in an unsportsmanlike conduct penalty). All defensive players are eligible to Blitz. There is no limit to the number of defensive players that can Blitz on a given play. If a player crosses the line of scrimmage before the referee's 3 count and/or before a handoff happens that is considered a blitz.
 - 4.20.1 **Blitzing is not allowed for the 6U age group.** The defense may only cross the LOS once the ball has been handed off from the Quarterback to another player.
 - 4.21 **Stationary Pick**- A stationary pick is allowed only on plays from scrimmage and not during throw-offs. A pick is the act by a player using their body position to impede the progress of a defensive player without using their hands or arms. For a pick to be legal, the offensive player must clearly establish their position before they make contact with a defensive player. Picks may only be set after a player has possession of the ball.
 - 4.22 **Running time** - Is the period of the game where the clock only stops on Time outs.
 - 4.23 **Overtime** - The third period of the game is played only if the score is tied at the end of the second half.
 - 4.24 **Offside** - When a defensive player crosses the line of scrimmage before the

ball is snapped. If an offside infraction happens during a blitz defense loses that blitz.

4.25 **Catch**- When a player CLEARLY possesses the football, makes a football move and/or comes down with 1 foot inbound.

4.26 **Delay of Game**

4.26.1 **Offense**- Teams have 30 seconds to snap the ball. Failure to do so will result in a loss of down. If this occurs consecutively, an unsportsmanlike conduct penalty will be assessed.

4.26.2 **Throw-Off**- Teams have 30 seconds to secure the ball and reach their respective throw-off yard line. Failure to do so will result in the team taking over at the opposing team's 15-yard line, making it 1st and goal.

4.27 **Challenge (TOURNAMENT PLAY ONLY)**- A team is allowed a media person or coach to video record the game and use the footage to challenge Once per game. The challenge video **must come from the sideline from the coach and/or a media person with a wristband**. Penalties, a penalty not called, and Judgement calls CAN NOT be challenged.

5. **TIME**

5.1 **Game Duration**

5.1.1 During the season each game will be 40 minutes in duration, consisting of 2, 20-minute halves.

5.1.2 During the tournament unless rules dictate otherwise, each game will be 20 minutes in duration, consisting of 2, 10-minute halves.

5.2 **Running Time** - The game will be played with running time. The game clock will stop only for team injury, referee timeouts, and team timeouts. Running time will be suspended in the last minute of the second half.

5.3 **Pro Clock** - ONLY IF THE GAME IS WITHIN 18 POINTS. The last minute of the second half will be played under the pro clock.

5.3.1 **Clock will stop**

- When a player runs out of bounds
- On an incomplete pass
- After a touchdown
- Turnover on downs
- On penalties then begin once ball is spotted
- On a team or referee's timeout
- Any on field injuries

5.3.2 Clock will start

- When the scoring team is throwing off, once the opposing team touches the ball clock will start, if no one touches the ball it will start on the snap.
- If a penalty is declined during Pro Clock, the game clock will start on the ready for play whistle.

5.4 Timeouts

5.4.1 **Referee**- 30 seconds or 1 minute.

5.4.2 **Teams**- 1 minute unless the referee chooses to extend.

5.4.3 **Between- Halves**- 3 minute.

5.4.4 **Injury**- 1 minute unless the player requires medical assistance.

5.4.5 **Team Timeouts**- Each team will get 2 timeouts per half. Time outs not called in the first half will not carry over to the second half. Time outs may be called by a player on the field and/or a designated sideline coach. A team cannot call 2 timeouts before a play, however each team may call 1 time prior to the same play. If a team happens to call back-to-back timeouts it will not be granted.

5.4.5..1 If a team calls a timeout after a touchdown at any point during the game, the clock will stop and restart once the throw-off occurs. If the receiving team touches the ball clock will start at that moment; otherwise, it will start on the very next snap.

5.4.5..2 If a team calls consecutive timeouts or requests a timeout when they have none remaining, an unsportsmanlike conduct penalty will be assessed.

5.4.6 **Play Clock**- Will start when the referee sounds the ready for play whistle and the offense will have 30 seconds to start a new play.

5.5 If a timeout is called after a touchdown the clock will begin once the receiving team touches the ball after a Throw-off, if they do not touch the ball clock will begin on the first snap.

6. **OVERTIME** – If the score of the game is tied after 2 halves, overtime will be played.

6.1 Each team will have 1 timeout for the entirety of overtime

6.2 Each team will have 1 blitz for the entirety of overtime.

6.3 The game clock will be turned off and each team will have one possession to score from their opponents 5, 10 or 15 yard line. If the score is tied after the first overtime attempt, the process is repeated, teams have the option to go for 1/2/3 on every overtime possession.

- 6.4 During the tournament play, only one overtime period will be played during pool play. For playoff (elimination games), overtime periods will be played until a winner is determined.
- 6.5 During league play, only one overtime period will be played. If the score is still tied after pool play, then the game will be recorded as a tie.
- 6.6 **Conclusion-** The team leading at the conclusion of overtime wins the game. If the score is tied at the end of the first overtime period, an additional overtime period will be played, each overtime period will consist of one conversion attempt of any value by each team until there is a winner. The alternating choice of possession order will continue.

7. SCORING

- 7.1 **Successful Score-** After the player retains possession of the ball, the front of the ball must cross the goal line prior to the runners' flag being pulled in order to score a touchdown.
- 7.2 **Possession in the Endzone-** A player landing in the endzone must place 1 foot or another body part (i.e. Forearm, knee, shoulder) completely inside the field of play.
- 7.3 **Touchdown-** Will earn 6 points.
- 7.4 **Conversions-** After a touchdown is scored, the ball will be spotted at the middle of the field and the scoring team will have the opportunity to earn extra points via a conversion.
- 7.5 **Point Values-** Conversions attempted from the: 5-yard line = 1 point; 10-yard line = 2 points; 15-yard line = 3 points.
- 7.6 **If the Defense Intercepts the Ball-** If the defense intercepts the ball and returns it to the opposing end zone, they will be awarded 2 points.
- 7.7 **Safety-** Will earn 2 points for the defense if they pull an offensive player's flag in his own end zone while the offensive player has possession of the ball. Flag guarding in the endzone also results in a safety.
- 7.7.1 **After a Safety-** (No matter the age group) the offensive team now has to throw off at their own 5-yard line.
- 7.8 **Defensive TD-** Interceptions may be returned for a score. The length of the return begins from where the ball is intercepted and not the original line of scrimmage.
- 7.9 **Safety on a Conversion-** The appropriate team will be awarded 1 point
- 7.10 **Conversion Penalties**
- 7.10.1 **If the Defense Commits a Penalty During a Failed Conversion-** The

conversion will be replayed with the ball spotted at the next closest conversion spot while keeping the same value.

EXAMPLE: A defensive penalty on a 3-point conversion will result in a replay of the 3-point conversion from the 10-yard line. The next defensive penalty would result in a 3-point conversion from the 5-yard line and a 3rd penalty would result in 3 points awarded to the offense.

7.10.2 If the Defense Commits any Penalty on a Conversion from the 5-yard line- (Prior to a turnover) The conversion will be ruled automatically successful.

7.10.3 Tackling or Intentional Holding a Free Runner- During a conversion this results in an automatic successful attempt for the converting team. If this occurs on a defensive return, the defense is awarded 2 points no matter where the conversion began

7.10.4 Any penalty by the Converting Team- (Prior to a turnover) will result in a failed conversion.

8. PRE-GAME

8.1 Before the game, referees will conduct an equipment check on all players. They will ensure that each player has a mouth guard, shirts are properly tucked in, flags are correctly positioned on the hips, and that shorts or pants do not have pockets. If a player is missing any equipment needed to play they, will have until halftime to retrieve missing equipment in order to play, failure to do so will result in the player being ineligible to play. A player can only join a game at the beginning or at halftime.

8.1.1 During Tournaments equipment checks will include checking for correct wristbands on all players AND coaches.

8.2 Prior to the start of the game, each team will send the team captain to the center of the field for a coin toss. The away team chooses either heads or tails before the referee tosses the coin into the air. The team that wins the coin toss can choose if they would like to start the game by receiving or executing a Throw-Off. The team that receives the first half Throw-Off will Throw-Off to start the second half. The team that loses the coin toss chooses which goal line they would like to defend. The second half Throw-Off will be in the opposite direction as the first half Throw-Off.

9. THROW-OFFS

9.1 Prior to the Throw-Off, the receiving team can line up in any formation so long as none of their players are across midfield before the ball is thrown. The throwing team is not permitted to run up as the ball is thrown and must keep one foot on the Throw-Off yard line until the ball is released.

9.1.1 (A Legal Throw-Off Formation) The throw-off team must line up with two players on each side of the person throwing off, with the person throwing off being in the middle of the field.

9.2 The Throw-Off will occur at the beginning of the 1st and 2nd halves and after any touchdown or safety (*Unless the team elects to attempt an Onside Play*)

9.3 A player from the throwing team will initiate a Throw-Off by throwing the ball from behind the team's designated yard line based on divisions. The game clock will be started once the ball is touched by the receiving team, and if not touched the clock will start on the first snap.

9.4 **Throw-Off Yard Lines**

- 6U Boys/ 6U and 8U girls start at the 5-yard line (No Throw-Off)
- 7U and 8U Coed/10U Girls Throw off from midfield
- 9U and 10U Coed/12U Girls Throw off from the 15-yard line
- 11U and 12U Coed/14U Girls Throw off from the 10-yard line
- 13U and 14U Coed/17U Girls Throw off from the 5-yard line
- 15U and 16U Coed Throw off from Own goal line

9.5 **Receiving Team-** The receiving team may catch the ball in the air or pick it up off the ground to advance the ball. There is no limit to how many times the ball can bounce before a player on the receiving team picks up the ball to advance it. Defense can down the ball once it comes to a rest in the field of play.

9.5.1 If the ball is caught by the receiving team and the receiving player elects to take a knee in the receiving team's end zone or the ball bounces from the end zone beyond any sideline or the end line line, the receiving team will start at its own 5-yard line.

9.6 On all Throw-Offs the ball must cross the 50-yard line/midfield.

9.7 If the ball does not cross midfield the throw-off team will need to re-throw, if a second infraction occurs the throw-off team will then be penalized 5-yards from the original throw-off line.

9.8 If the Throw-Off initially hits the ground before the receiving team's goal line, the ball may either be picked up and returned by the receiving team or downed by the throwing team.

9.9 Once downed by the throwing team the result is a dead ball

9.10 If the receiving team muffs the ball on the fly or bounce, the ball will be spotted where it first made contact with the receiving team.

- 9.11 If the receiving team drops the ball in the end zone the result of the play is touchback.
- 9.12 **First half game clock-** If a timeout is called after a touchdown the clock will begin once the receiving team touches the ball after a Throw-off, if they do not touch the ball clock will begin on the first snap.
- 9.13 **During Pro-Clock-** This is an untimed play, the game clock will begin at the start of the next play from scrimmage.
- 9.14 **After a Safety-** If a team surrenders a safety, the team that surrendered the safety must execute a Throw-Off from their own 5-yard line.

10. SET OF DOWNS

- 10.1 **Number of Downs** - The Offense will have four downs to cross midfield. Successfully crossing midfield will grant the offense a new set of four downs, provided there are no penalties.
- 10.2 **After the Throw-Off-** The offense must cross midfield to receive a new set of downs, unless the return passes midfield, in which case the team will have 4 downs to score.
- 10.3 **Spotting the Ball-** The ball will be spotted in-line with the nearest hash mark, or the ball will be spotted in the center of the field of play. Offense is allowed to move the ball 5 yards left or right from the center of the field.

11. GAME PLAY & FORMATIONS

11.1 Coaches

11.1.1 There are 3 coaches allowed per team

11.1.2 Coaches on the field:

- **6U** – two coaches on the field for offense and defense.
- **8U** – 1 coach on the field for offense and defense.
- **10U** – 1 coach on the field for offense only for recreational play. No coaches on the field for tournament play.
- **12U** – no coaches on the field.
- **14/15U** – no coaches on the field.
- **17U** – no coaches on the field.

11.2 Formations

- 11.2.1 **Number of Players-** Each team will consist of a roster of 12 active players,

with a maximum of 5 players on the field during any play.

11.2.2 **Near the center-** The offense is allowed a maximum of 3 players to line up either side of the center at the line of scrimmage or within one yard in the backfield.

11.2.3 **Bunch-** Receivers are not allowed to line up with one yard of each other on the line of scrimmage, receivers must spread their arms out to their side indicating to the referee the correct amount of space between each other. If the receiver's are one yard off the line of scrimmage, bunching rules do not apply.

11.2.4 **Defense-** There is no required formation for the defense.

11.3 **Offensive Possession**

11.3.1 **6 second QB clock-** The quarterback has a maximum of 6 seconds to release the ball either by executing a forward pass, handoff, or pitch on any given play. Failure to do so will result in a dead ball placed back at the line of scrimmage. The referee will blow the whistle on 6, **YOU WILL NOT HEAR THE REFEREE SAY "6" THAT WILL BE THE WHISTLE** to signal the end of the play. The result will be treated as the equivalent of a sack. If at any point the defense crosses the line of scrimmage the QB can now run but will still have 6 seconds to run AND cross the line of scrimmage execute a forward pass, handoff, or pitch.

11.3.2 **QB Advance-** The quarterback is not allowed to advance past the line of scrimmage without another offensive player having possession first unless the defense crosses the line of scrimmage.

11.3.3 **Motion-**The offense is allowed to have 1 player in motion at any time, including when the ball is snapped, so long as that player motion is not toward the line of scrimmage.

11.4 **Eligible Receivers**

11.4.1 All offensive players are eligible receivers.

11.4.2 The Quarterback cannot catch their own forward pass unless it is completed beyond the line of scrimmage.

11.5 **Defensive play**

11.5.1 The defense is only allowed to cross the line of scrimmage by executing a blitz, waiting for the QB clock count up to 3 seconds, or if the QB clock is turned off due to a running play or lateral.

11.5.2 The QB clock is still running even when the defensive player passes the line of scrimmage, the clock is OFF as soon as the quarterback releases the ball

either forward or backwards.

11.5.3 Each defensive team can blitz 2 times in each half.

11.6 Laterals

11.6.1 **Beyond the Line of Scrimmage Plays**- One Lateral per team is allowed.

11.6.2 **Behind the Line of Scrimmage Plays**- Two laterals per team is allowed.

11.6.3 **On Throw-Offs**- One lateral is allowed during the Receiving teams return only.

11.6.4 After the Snap

11.6.4..1 A handoff behind the line of scrimmage from the QB to another player will not be considered a lateral. The offense is able to hand the ball off as many times as they please there is no limit to the amount of handoffs.

11.6.4..2 Forward passes are permitted after handoffs and laterals as long as the ball and the passer completely has not crossed the line of scrimmage.

11.6.4..3 Laterals can be intercepted and returned.

12. PUNTS

12.1 Teams are allowed to punt on fourth down no matter the field position or time.

12.2 If a team elects to punt on fourth down, they are electing to forfeit the play and the opposing team will start at their 5 yard line.

13. POSSESSION

13.1 **A Catch or Interception**- is ruled complete as soon as a player has control of the ball, and one-foot touches completely inbounds. If another part of a player's body hits the ground before his feet, the initial contact with the ground from that body part must be completely inbounds, for avoidance of doubt. As soon as a player is ruled out of bounds the play is over and the catch or interception shall be ruled complete if the above requirements are met.

13.2 **Losing Possession**- If a player loses possession of the ball, with or without the influence of the opposing team, when the ball hits the ground, the runner is considered to have had their flag pulled and the play is dead. The ball will be spotted either: where the runner loses control of the ball, if fumbled forward or the spot where the ball hits the ground if the ball is fumbled backwards. (Similar to the illegal lateral play).

13.3 **Simultaneous Possession**- A simultaneous possession of a forward pass will be ruled a catch for the offense regardless of the order of whose feet touch the ground first. Both players must complete the catch in-bounds otherwise the pass will be ruled incomplete. If one player controls the ball in their hands before another player whether in the air or on the ground, the catch will not be considered simultaneous possession.

14. MISCELLANEOUS RULES

14.1 **Sideline Personnel**- Coaches and players are allowed anywhere on their designated sideline within the 10-yard line.

14.2 **Players who fall to the ground**- Regardless of whether it was due to incidental contact from another player, when on the ground, a player in possession of the ball is considered down.

14.3 **Loss of Down Penalties**- If a penalty is accepted against the offense on 1st down, it will result in 2nd down. If this occurs on 4th down, it will lead to a turnover on downs and a change of possession.

14.4 **Offsetting Fouls**- If penalties are called on both teams during any play without a lateral or forward pass being intercepted, the result is a replay down or throw-off even if the penalties differ in severity. If an interception occurs during a play and there is no penalty on the interception team until after gaining possession, the interception will count and the ball will be spotted with a first down at the spot of the interception and the penalty will be assessed. However, if both the offense and defense commit penalties before an interception, the penalties will offset and the down will be replayed.

14.5 **Inadvertent whistle**- The offense has the option of replaying the down or keep the progress made on the play at the point when the whistle was blown.

14.6 **Forward progress**- Is measured by the position of the front of the ball when either flag is pulled.

14.7 **Penalty When Crossing Midfield**- If a penalty is assessed against a player when crossing midfield or achieving a first down, and the resulting penalty yardage moves the team back, the offensive team will not be awarded the first down. (EX. If a player flag guards on 2nd down crosses midfield, but the 5-yard penalty moves them back across midfield, it will now be 3rd down with midfield to gain for another set of downs.

14.7.1 **If the Penalty is on the Defense** – If there is a penalty on the defense, while the offense has achieved a first down, the associated yardage and

down penalty will be awarded (i.e. automatic first down) but there will no longer be a “free play” or “down zero”.

14.8 **Defensive Penalty-** Games cannot end on a defensive penalty. In the event of a defensive penalty on a play where time runs out, the offense will be awarded one more play, with the play clock in motion, but the game clock turned off.

14.9 **Tournament-** Game length may be modified based on tournament specifications.

15. PENALTIES & REMEDIES

If not explicitly stated below, all penalties can be declined by the non-offending team and the result of the play will stand. If one team commits multiple penalties on the same play and the other team commits zero, the non-offending team has the option to pick which penalty to enforce. If both teams commit a penalty, it will be offsetting penalty's no matter the severity on both ends, and the down will be replayed.

15.1 **Blocking-** Is defined as the act by an offensive player of forcing a defensive player to change his position on the field by moving in front of the ball carrier or through physical contact initiated by the offensive player's hand, arm, shoulders or head. **The Remedy-** see 15.5.

15.2 **Holding** - which is defined as an player grabbing or holding onto a another player to impede his or her motion, is also considered illegal blocking.

- **The Remedy for Offensive Holding** – Spot foul, minus five yards from the spot of the foul, loss of down.
- **The Remedy for Defensive Holding** – Spot foul, plus 5 yards from the spot of the foul or end of the run, automatic first down.

15.3 **Pick** - Set prior to possession of the ball by a receiver, or prior to the quarterback crossing the line of scrimmage in possession of the ball will be treated as a block.

15.4 **Charging-** Takes place when an offensive player running with the ball lowers their head or leads with a shoulder and makes physical contact with a defensive player who had established a stationary position on the field, where the offensive player had the opportunity to recognize that defensive player has established position. Generally, an offensive player running with the ball has the right of way and will not be called for charging if the defensive player is in

motion or established position in a manner that gives the offensive player no opportunity to avoid contact. **The Remedy-** Is a loss of down and any yardage gained from where the block happened.

15.5 **Defensive Holding-** Occurs when a defensive player holds on a part of the body or uniform of a ball carrier where the offensive player's progress is impeded. **The Remedy-** Automatic first down at the spot of the foul, with an additional 5 yards being added to the end of the play.

15.6 **Defensive Pass Interference (DPI)-** Occurs when bodily contact initiated by a defensive player prevents an offensive player from attempting to catch a likely catchable pass.

15.6.1 Defensive Pass Interference can also occur when a defensive player holds onto a part of the body or uniform of an offensive player beyond the line of scrimmage prior to a pass being thrown where the offensive player's progress is impeded.

15.6.2 Defensive Pass Interference can also occur when a defensive player forces an offensive player out of bounds prior to a pass being thrown where the offensive player would otherwise be deemed eligible.

- **The Remedy for DPI in the Field of Play-** Is an automatic 1st down at the spot of the foul.
- **The Remedy for DPI in the End Zone-** The offense is awarded first down at the 1-yard line or the previous line of scrimmage, whichever is closer to the end zone.
- **If The Pass is Determined to be Uncatchable-** No penalty will be called.

15.7 **Offensive Pass Interference –** Occurs when bodily contact is initiated by an offensive player that prevents the defensive player from catching a catchable pass.

- **Remedy for OPI –** the ball is returned to the original line of scrimmage, and there is a loss of down by the offense. (i.e. OPI on 1st down results in no catch and ball placed at the original LOS for 2nd down).

15.8 **Delay of Game-** Delay of game occurs if the offense does not start a new play before the play clock expires.

- **The Remedy on a Scrimmage play-** Loss of down.
- **The Remedy on a Throw-off-** The receiving team will start its possession at the opposing team's 15-yard line.
- **The Remedy on a Punt-** Previous spot.

15.9 **Throw-Off Out of Bounds**- If the throwing team throws the ball out of bounds untouched by the receiving team.

- **The Remedy for Throw-Off Out of Bounds**- Spotted at the opposing team 15-yard line, unless the ball goes out of the endzone (back or side) then the ball will be spotted at the receiving team's 5-yard line.
- **The Remedy for Throw-off Out of Bounds and Caught by Player**- If a player on the receiving team is not in the end zone, has one foot out of bounds while having the other foot in the field of play, catches the throw-off; ball will be spotted at the opposing team's 15-yard line.

15.10 **Diving**- Defensive players may dive to pull flags or attempt to catch the ball, but the offensive may not dive for the purpose of establishing forward progress.

- **The Remedy**-The referee will determine where the player started to dive and spot the ball there.

15.11 **Early Pull** - If a defensive player removes an offensive player's flag before that player possesses the ball, the referee should say "Early Pull" and play continues. The defense will still need to pull a flag to end the play.

- **The Remedy**- This will be treated as unsportsmanlike conduct. (See *unsportsmanlike conduct for additional rules*)

15.12 **Offside** - Throwing team or any member of the defensive team crossing the line of scrimmage.

15.12.1 **The Remedy for Throwing Team Offside on Throw-off** - 1st infraction team will have the option of keeping the result of the play or rethrow from the same spot, second infraction 5-yard penalty, and if a third infraction happens that will be considered unsportsmanlike conduct. (See *unsportsmanlike conduct for additional rules*)

15.12.2 **The Remedy for Defense Offside** - The Play Continues, the offense has the option to accept the result of the play or accept the penalty. Penalty will be +5 yards, replay the down. If play is accepted, defense loses their blitz. If the penalty is accepted, the defense retains their blitz.

15.13 **False Start** - If any member of the offensive team crosses the line of scrimmage before the ball is snapped.

- **The Remedy** - Dead ball, 5-yard penalty and repeat down. This also applies to on-side plays.

15.14 **Flag Delay** - A defender who pulls a flag is required to immediately drop the flag on the ground or hand it to an official or the player it was pulled from.

15.15 If the defensive player carries the flag away or throws the flag away from the offensive player and causes undue delay of the game, the official may pause or reset the game and play clock accordingly.

- **The Remedy**- An unsportsmanlike conduct penalty may be called on the defense. (See *unsportsmanlike conduct for additional rules*)

15.16 **Flag-Guarding** - When an offensive player in possession of the ball created contact with a defensive player using their hand, arms, elbows, or the ball to prevent a defensive player from pulling his flag.

- **The Remedy**- 5-yard penalty and loss of down.
- **The Remedy for Flag-guarding after an interception or return**- will result in a 5-yard penalty where the infraction took place.
- **The Remedy for Flag-guarding on fourth down**- will result in a spot foul, and a turnover on downs.

15.17 **Flag Tampering** - Flags that would make them more difficult to pull including but not limited to using adhesives, knots and stronger magnets.

- **The Remedy**- Automatic suspension of the player and possible game disqualification for the offending team.

15.18 **Illegal Contact by the Offense** - Occurs when an offensive player, running a passing route, uses his hands, arms or shoulder to alter the position or direction of the defender in order to gain an advantage.

- **The Remedy** - Loss of down at the previous spot and loss of yardage if caught by that player.

15.19 **Handoffs in the Backfield** - All handoffs are legal no matter the direction.

15.20 **Illegal Lateral** - A lateral that either goes forward or is the second lateral on a play beyond the line of scrimmage.

- **The Remedy**- After an illegal lateral that travels backwards and hits the ground or is caught, the ball will be spotted where it hits the ground or caught. An illegal lateral that travels forward will be spotted where the ball was released.

15.21 **Illegal Forward Pass**- Any forward pass thrown where the entire body of the passer has passed the line of scrimmage.

- **The Remedy** - Loss of down at the previous spot.

15.22 **Illegal Motion**- Any motion by the offensive player behind the line of scrimmage that moves towards the line of scrimmage before the ball is snapped, or more than one player moving at the same time.

- **The Remedy**- Dead ball play is stopped and a loss of down.
- 15.23 **Illegal Quarterback Run**- Quarterback runs across the line of scrimmage before any defensive players cross the line of scrimmage.
- **The Remedy**- Loss of down and any yardage gained.
- 15.24 **Ineligible Receiver Downfield**- An offensive player who steps out of bounds without the ball cannot be the first to touch the ball upon re-entering the field of play.
- **The Remedy**- If an offensive player commits this foul and then catches a ball, the pass will be ruled incomplete. If they receive a lateral, the play will be blown dead at the spot of first contact.
- 15.25 **Interference With a Throw-Off** - Throwing teams must give the receiving player a half-yard buffer to catch any throw-off.
- **The Remedy** - Offensive team takes possession at the spot of the foul or where the return ends, whichever is further.
- 15.26 **Missing Flag**- When a player begins a play without either of their two flags attached or it becomes unattached before possession of the ball but not from an early pull.
- **The Remedy**- Deemed to be down as soon as the player has possession of the ball.
- 15.27 **Moving Pick**- Occurs when an offensive player without the ball is moving when he impedes the progress of a defensive player in pursuit.
- **The Remedy**- Loss of down and any yardage gained when foul occurred.
- 15.28 **Roughing the Passer**- When a defensive player makes contact, intentionally or not, with the throwing arm or shoulder of any offensive player attempting a forward pass.
- **The Remedy** - 10-yard penalty and an automatic first down.
- 15.29 **Tackling**- The intentional act of a defensive player disrupting an offensive player's progress through physical contact initiated by the defensive player, such that the offensive player loses significant momentum and/or falls to the ground.
- **The Remedy** - At the conclusion of the play a 15-yard penalty will be assessed and an automatic first down. If a second infraction occurs that player will be removed for the remainder of that game.
- 15.30 **Too Many Players** - If the offense starts a play with more than 5 players on the field/ If the defense starts a play with more than 5 players on the field.

- **The Remedy for Too Many Players Offense**- The play is blown dead and offense loses the down.
- **The Remedy for Too Many Players Defense**- The play continues as a free play, with the offense having the option to take the result of the play or take the penalty of +5 yards and replay the down.

15.31 **Unsportsmanlike Conduct**- Unsportsmanlike conduct is when any of the following occurs

- A player/coach disrespects an official either verbally or physically.
- Taunting of players from the opposing team.
- Fighting/Punching.
- Illegal contact above the shoulders
- Acting as if a penalty has occurred to influence the referee.
- Intentionally blitzing when all team blitzes have been used.
- If a defender pulls a non-runner's flag, including their own.
- Defense mimicking the offensive snap cadence.
- **The Remedy** - 15-yard penalty, and either a loss of down or automatic first down. On a coach or player's second offense he or shee must be ejected. Any coach or player ejected from a game will be ruled ineligible for the next game.

15.32 **Untucked Shirt by Ball Carrier/ Unaligned flags** - Prior to a snap, wherever the referee observes any player with their shirt covering any part of the flag or if their flag to be unaligned and not at his hips, the referee will warn the player.

- **The Remedy** - If the player does not comply prior to the play, that player shall then be deemed down as soon as that player catches the ball in the field of play.

16. REFEREES & STAFF

16.1 All officials will be trained and credentialed by the league.

16.2 A minimum of 2 officials during league play will work each game. 2-3 for tournament play.

16.3 The referee that is the most senior official can overrule any of the other officials. Generally, the referee should defer to the judgment of the official who had the best view of the play in question.

16.4 The field judge will be stationed on the defensive side of the line of scrimmage, on the sidelines in the vicinity of the furthest defensive player from

the line of scrimmage.

16.5 All officials will wear uniforms.



RULE / PENALTY QUICK GUIDE

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- Can pitch, screen, or throw the ball behind the line of scrimmage
 - Can lateral behind the line twice
 - Can jump, but not over or into another player
 - 2 blitzes per half at the line of scrimmage with no 3 second rule in effect. – **No Blitzing in 6U**
 - 2 TO per half
 - Last minute Pro Clock time stoppage during out of bounds or incomplete pass.
 - Only run zone is at the 5-yard Line.

- **Onside play in effect ONLY 1 minute left in the game if the losing team is down by 18pts or less. They will get 1 play from the 5-yard line to convert past midfield/50-yard line. If offense doesn't convert, the opposing team receives the ball at the 50-yard line/midfield.**
- **On the throw-off the receiving team can lateral only one time**
- **Throw-Offs**
 - **5U/6U Divisions & 8U Girls – No Throw-offs**
 - **7U/8U Divisions & 10U Girls – 50 Yard Line**
 - **9U/10U Divisions & 12U Girls – Own 15 Yard Line**
 - **11U/12U Divisions & 14U Girls – Own 10 Yard Line**
 - **13U/14U Divisions & 17U Girls – Own 5 Yard Line**
 - **15U/16U Divisions – Own Goal Line**
- **Onside play = Start at 5yd line, must pass midfield or turnover at 50yd line.**
- **6 Second QB Clock**
- **QB can run any time defense crosses L.O.S. (except when in No Run Zone)**
- **4th down punt option, defense receives the ball at their own 5 yard line**
- **One lateral per team, per play on offense (beyond LOS)**
- **TD based where the nose of the ball is when the defense pulls the flag**
- **Conversion points 5yd = 1pt, 10yd = 2pts, 15yd = 3pts**
- **Conversion penalties. Offense = dead ball.**

OFFENSIVE PENALTIES

Blocking = LOD and any yardage gained

Charging = LOD and any yardage gained

Diving = Spot foul where the dive began

False Start/Offsides = Dead ball, 5-yard loss from LOS, replay the down

Flag Guarding = Spot foul, 5-yard loss, loss of down

Illegal Contact by offense = LOD and any yardage gained

Illegal forward pass = LOD and any yardage gained

Illegal QB Run = LOD and yardage gained

Missing flag = Down on catch

Moving pick = LOD and any yardage gained

Offensive pass interference = Loss of down

Untucked shirt/unaligned flags = warning before play, repeat offense is a loss of down

Unsportsmanlike Conduct = 15-yard penalty, loss of down, 2nd unsportsmanlike is ejection

DEFENSIVE PENALTIES

Defensive holding = spot foul, automatic 1st down

Defensive pass interference = spot foul, automatic 1st down. In the endzone = first down at the 1-yard line or L.O.S. (whichever is closer)

Early Pull = ref announces, play continues, defense still needs to pull the remaining flag.

Offsides/Encroachment = Offense can take the result of the play or take the penalty. Penalty is plus 5 yards, replay the down. If play accepted defense loses a blitz. If a penalty is accepted, defense retains their blitz.

Roughing the passer = 10yd penalty. Automatic first down

Tackling = 15yd penalty, automatic 1st down. 2nd offense is an ejection

Too Many Players = play continues (free play) or replay down.

Unsportsmanlike Conduct = 15yd penalty, loss of down, 2nd unsportsmanlike is an ejection

Illegal Blitz = 5yd penalty, replay the down or keep the result of the play