

# NORTH CANTON YOUTH FOOTBALL ASSOCIATION

## FLAG FOOTBALL RULES

REVISED JULY 2018

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1 UNIFORMS	League to provide shirt & Shorts. The shirt must be short sleeve and fit like a t-shirt. There may be no duplicate numbers and the colors must be representative of the respective B teams. Shirts must be tucked into pants at all times.
2 FOOTWEAR	Tennis shoes or rubber molded cleats. No metal cleats are permitted.
3 REGISTRATION	All registrations come to commissioner, and copies provided to head coaches
4 PRACTICE	Practice may begin on or after the same day as the A and B team. Prior to the start of school, practice may be 5 days max. After the start of school, practice must be limited to three(3) per week for a maximum of 4.5 hrs/week.
5 BALL RULE	Football used for games shall be a Pee wee2 / K2 or equivalent. Teams may switch to their own ball for offensive possession if so inclined. If not, the ball is to be provided by the HOME team.
6 PLAYERS	All players must play an equal amount of time. No player shall play the entire game unless the number of players available make it necessary.
7 POINTS	Touchdowns - 6 points / Conversion After Touchdown - 1 point if run or pass then run into the end zone or 2 points for a pass into the end zone.
8 TIME OF GAME	Games shall consist of 2 halves, each 30 minutes long, with a running clock. (Clock will continue to run during out-of-bounds, time outs, etc.) Clock will only be stopped by referee for injuries. Half time will last 5 minutes. Total game time 65 minutes. Point after touchdown will be run even if time runs out on the last play.
9 TIME CLOCK	Offense will have 45 seconds to initiate play from the time the ball is spotted.
10 COACHES	Two(2) coaches are allowed on the field at all times. Coaches must stay 10 yards behind the deepest player. <i>Instruction to players may only come from the coaches on the field.</i>
11 TIME OUTS	Each team will have 2 per half. Two minutes each. The clock will not stop during the first half, but will stop during the second half.

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12	MINIMUM TO PLAY	No minimum. Opponents must match numbers. If this comes into play, rules 33 and 34 shall be void.
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13	NO QUARTERBACK SNEAKS	From under center. To attempt a quarterback sneak, the QB must be at least one(1) yard back from the center. Sweeps outside of guards are allowed.
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14	SUPERIOR TEAM ADJUSTMENTS	If the winning team is up by TWENTYONE (21) or more points, then the coach with the superior score MUST make player adjustments to make the game competitive. NO RUNNING UP THE SCORE. Failure to make adjustments may be deemed unacceptable behavior under the North Canton Youth Football League Code of Conduct.
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15	FIRST DOWNS	Ball will be placed on 20 yard line to start game and second half. First Down will be at 40 yard line. From that point, first downs will be the second 10 yard hash mark. <i>Example</i> : if ball is placed at the 15, first down will be at the 30. Home team will be responsible to find someone to move the first down marker.
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16	CHANGE OF POSSESSION	Defensive team gains possession where the offensive team is stopped and a first down was not achieved.
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17	DEFENSIVE SHIFTING AND AUDIBLE DEFENSIVE SIGNALS	No audible signals by the defense in an attempt to deceive or to draw the offense offside is allowed. No shifting by the defensive line is allowed after the offensive line is set. <i>Violation of this rule will result in a delay of game charged against the defense and 5 yard penalty.</i>
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18	KICK-OFFS	No kick-offs. Receiving team will put the ball in play from the 20 yard line or 40 yard line on a 100 yard field.
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19	CENTER SNAPS	Normal between the legs exchange between center and QB, shotgun center snaps, feet must be behind the ball. <i>No center sneaks. Quarterback must gain possession of the ball.</i>
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20	ELIGIBLE RECEIVERS	All players are eligible to advance the ball regardless of their weight. However, while on offense, the guards, and center are ineligible receivers.
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21	BLOCKING	No cut blocks. Arms must be extended with hands opened within the framework of the body. NO CONTACT ABOVE THE SHOULDERS IS PERMITTED. Any player guilty of a second violation of this rule during the same game will be ejected from the game. We want legal blocks (arms extended and hands open).
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22 MULTIPLE PASSES	Multiple passes are legal as long as they are behind the line of scrimmage and behind the passer.
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23 FUMBLES	May be advanced if caught in the air. It is a Dead Ball when the ball touches the ground. Intentional stripping of the ball is not allowed. This intentional foul is a 10 yard penalty and an automatic first down. Behind the line of scrimmage is a live ball. Past the line of scrimmage is a dead ball.
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24 DEAD BALL	The ball is dead when a fumble, lateral, or misdirected snap strikes the ground after the line of scrimmage. The ball belongs to the team that last had possession <i>and a down is charged for the play. If the ball is fumbled forward from the 10 yard line to the goal line the play is dead where the player lost the ball. The ball is dead if any part of the ball carriers body touches the ground other than the feet and hands.</i>
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25 PUNTS	Punting team must declare intention. No rushing or blocking the punt is allowed. A dropped ball by the punter is NOT a fumble. Ball may be picked up and kicked. Ball is spotted where it is caught or picked up by the receiving team. Receiving team must have 2 receivers back to receive.
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26 GUARDING OF FLAGS	No ball carrier may use his or her hands or arms to block pulling of the flag, to stiff arm a defender or hold onto the belt. Ball carrier may not use jumping and spinning moves to avoid having the flag pulled. Penalty is dead ball from the point of the block, jump, spin or stiff arm.
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27 STUNTS	Stunts by linebackers are not allowed. Example: <i>If linebackers are off-sides, lined up over the wrong player or closer to the line of scrimmage then allowed as explained in 34.</i>
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28 SAFETY	<i>Change of possession is</i> awarded the team that scores a safety. The team scoring the safety will take possession of the ball on their 40 yard line for 100 yard field or 30 yard line with an 80 yard field.
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29 FLAGS	Flags shall be NO LESS THAN 14 INCHES LONG IN OVERALL LENGTH and remain as purchased and uncut. Flags must be located on the sides of the outer hips and on the backside. The belt must remain as purchased and unlubricated. Flags must be on the outside and not on the inside. Any player trying to advance a ball and is observed by a referee with the flags on inside out will immediately down where he or she gained possession of the ball and the penalty of a five (5) yard penalty from the line of scrimmage and loss of down will be assessed.
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### 30 TIME CLOCK KEEPERS

Each home team will supply a person to start the time clock. If no volunteer is available, the referees will keep the time.

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### 31 BODY TO BODY CONTACT

When body to body contact is made, the referee may penalize either or both players, depending on who initiated the contact. Each player has a right to their space and direction of movement, but open hands must be used when contact is made with the opposing player. (No grabbing the runner to gain access to the flags. See Rule 32) The runner must avoid defenders and defenders must go for the flags. The overall goal is to keep the game from turning into a rugby match with flags. The penalty for the body to body contact is ten (10) yards from the spot of the foul. A player's second violation of this rule in the same game will result in immediate ejection. REFEREE'S NEED TO CONSULT WITH COACHES BEFORE EJECTING A PLAYER.

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### 32 STOPPING THE BALL CARRIER

Defender may not hold, grab or tackle the runner. Defender must go for the flag. When the flag is pulled, the defender must stand and raise the flag in the air for the referees to see. If it is apparent that the flag will not come off of the ball carrier, the ball carrier shall be ruled down and the flag belt checked by the referee with both head coaches present. Any flag or belt found to be worn improperly by a player carrying the ball will result in a five (5) yard penalty from the line of scrimmage and a loss of down. If 2 players on the same team in the same game are found in violation of this rule, the head coach shall be immediately ejected from the game.

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### 33 OFFENSIVE FORMATION

Offense must have 5 men on the line and 3 in the backfield when the ball is snapped. No unbalanced line. 2 linemen shall line up on each side of center. 3 interior offensive linemen can have no more than 2 feet maximum split between them.

Center, Guard are not able to advance the ball.

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### 34 DEFENSIVE FORMATION

All teams shall limit their defenses to two (2)

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### 35 PLAY TIME

All members of each team shall receive equal play time. It is the goal of the NCYFA to develop athletes and retain players. Coaches shall make every effort to provide equal play time to each member of the team. Complaints OR observance of players not receiving play time will result in a warning from the Commissioner. Subsequent infractions may lead to the suspension of coaches for one game.