

**WEST LICKING – NFL FLAG FOOTBALL LEAGUE
A PARTNERSHIP BETWEEN
BUCKEYE VALLEY YMCA,
LICKING HEIGHTS YOUTH SPORTS,
& SOUTHWEST LICKING FOOTBALL & CHEER LEAGUES**

FLAG FOOTBALL GUIDELINES AND RULES

A. GENERAL LEAGUE RULES AND INFORMATION

- 1) This Flag Football league will be made up of (3) age/grade based divisions.
Mini Division: Kindergarten, 1st, and 2nd Grade Boys and Girls
Junior Division: 3rd and 4th Grade Boys and Girls
Senior Division: 5th and 6th Grade Boys and Girls
Each division will have more than one team or combined based on registration numbers.
There will be a draft after evaluations to determine teams based on skills and grade.
Formation of teams at the discretion of each league's Football Director.
- 2) Basic schedule will be set up as follows.
Each team will practice for one hour then have an actual game against another team in their division.
All main practices and games will be on Sunday afternoons from 1pm to 6pm, weather permitting.
Each team does have the option to practice for one occurrence during the week for 1-2 hours.
- 3) Each team will have a Head Coach and at least (1) Assistant Coach.
- 4) This will be a 7–9-week league, If you sign your child up for this league, he/she is expected to be at all practices and games. Poor attendance will result in reduced playing time. That is up to each coach.
- 5) Each team will compete against other teams from the YMCA, SWLFC, and the LHYSL in three different locations such as the YMCA, SWL Lions Park, and LH Craig Field.
- 6) Each season will end with a Championship / Awards day that will finish at the YMCA fields.
- 7) Every team in this league will play the 7-on-7 version of this sport.
- 8) Each team will have the following:
Offense: consisting of a quarterback, a center, and five eligible receivers.
Defense: consisting of seven defenders who can rush the passer and drop back into coverage.
There is no kicking or punting in this league.

B. EQUIPMENT

- 1) Teammates must wear shirts of the same color supplied by their league. Each participant will get to keep their flag football shirt.
- 2) Shorts must be black or dark color, no pockets or belt loops. Gloves, leg/arm pads & tape are permitted.
- 3) Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
- 4) Flag belts and flags will be provided by each league and must be visible at all times and of 1 color per team, different color than the shorts. – 2 Flags per belt.
- 5) Football or soccer cleats are recommended - **NO BASEBALL OR METAL CLEATS!**
- 6) Mouth guards are required during practice and games.
- 7) Players are to remove all jewelry, hats, and do-rags. Winter beanies are allowed.
- 8) Footballs:
 - "PeeWee/Mini" sized ball or comparable permitted for grades Kindergarten, 1st, & 2nd Grades
 - "PeeWee/Mini" sized ball or comparable permitted for grades 3rd & 4th.
A move up to a Junior size football depending on the type of registration present.
 - "Junior" sized ball or comparable permitted for Seniors, grades 5th & 6th.

C. FIELDS

- 1) Maximum Dimensions approx. 70yds x 25yds as space permits.
 - Mini (K, 1st & 2nd) Division field size approx. 40yds x 20yds.
 - Junior & Senior (3rd-4th-5th-6th) Division field size approx. 50yds x 25yds.
- 2) Field shall be lined and/or designated with visible boundaries, sidelines, goal lines, 5 yd lines, and midfield line.
- 3) Only players and volunteer coaches are allowed onto the field at any time.

D. BASIC GAME RULES

- 1) No deliberate contact allowed. No player may initiate contact with another player.
- 2) No blocking – Shielding is allowed, basically getting in the way of another player, no locking up or tripping.
- 3) No stiff arming, intentionally running into players, or flag shielding
- 4) All games will be 7 on 7. Each team may have 8 to 15 players on their team.
***# of players on each team dependent on enrollment**
- 5) Teams must use a minimum of **SEVEN** players at all times. **dependent on enrollment**
- 6) Substitutions may be made on any dead ball.

BASIC GAME RULES (cont.)

- 7) Minimum Play Rule – NO Minimum Plays -- Every attempt to play all athletes will be goal. All coaches will try to keep everyone involved. Attendance, attitude, and effort will help the most for play time.
- 8) (1) Offensive and (1) Defensive Coach are permitted on the field during the play for calling plays and directing players into formations. These on-field coaches are not to provide extra instruction or to make audibles to play calls. Coaches must be 15yds behind the play at time of the snap.
- 9) A coin toss determines first possession. Coaches from both teams will meet at midfield. Visiting team will call the toss. Winner of the toss decides possession, loser decides direction.
- 10) The offensive team takes possession of the ball at its own 5-yard line and has a series (4 plays) to cross midfield. On 4th down, the team has the option to run another play, or declare to punt.
- 11) Once a team crosses midfield, it has a new series of downs to score a touchdown. Midfield is the only opportunity to gain a first down other than a penalty.
- 12) There is NO punting in this league. If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 5-yard.

E. SCORING

- 1) Touchdown: 6 points
- 2) Extra point: 1 point (PAT played from 5-yard line), 2 points (PAT played from 10-yard line)
- 3) Safety: 2 points
- 4) Mercy Rule: 30 points
Will be in play when a team is winning by 30+ points in the 2nd half only.
Constant running clock with no clock stoppage at the end of the 2nd half.

F. DEAD BALL (End of play & clock stoppage last 2 minutes)

- 1) Unpossessed ball touching the ground – Fumble or dropped pass attempt.
- 2) Ball carrier's knee touching the ground.
- 3) Ball carrier steps out of bounds.
- 4) Ball carrier's flag removed or falls off.
- 5) Interception - Change of possession at the spot of interception. Interceptions are not advanced.
- 6) Any score. Conversions are untimed.

G. TIMING

1) Games are played:

Pee Wee: 30 minutes running time* (2 fifteen-minute halves)

3-4 Grades: 40 minutes running time* (2 twenty-minute halves)

5-6 Grades: 40 minutes running time* (2 twenty-minute halves)

*Games may be shortened if required by time constraints.

2) Half time:

K - 6 Grades: 5-minute break after the first half.

Teams change direction, and possession goes to the team who started the game on defense

Additional 5-minute water breaks may be made throughout the game.

3) If the score is tied at the end of regulation time, teams move directly into overtime.

4) Each time the ball is spotted, the team in possession has 30 seconds to snap the ball.

5) Teams will receive one warning before a delay of game penalty is enforced.

6) Each team has two 30-second time outs PER GAME.

7) All game time is running clock except for the last 2 minutes of each half. At that time clock will stop according to normal football stoppages.

8) Officials can stop the clock at their discretion for say an injury, including a longer break at halftime and the last 2 minutes of the game.

I. TIMING - OVERTIME - Shootout Rules

1) The "no run zone" does not apply in Overtime.

2) The ball is placed at midfield, in possession of the same team that held possession at the end of regulation.

3) Each team runs a new series of 4 plays.

4) A new series (first down) can be awarded as a result of a penalty.

5) If a team scores a touchdown, they may attempt a PAT.

After PAT attempt, their series is concluded, and the other team begins its series.

6) If both teams score on their first series, each team receives another series. This will repeat until one scores more than the other in a series.

7) If the defense intercepts, their series begins at the spot at midfield.

8) Interception returns are not permitted in Overtime.

9) No timeouts in Overtime

H. POSSESSION

- 1) Point of possession (line of scrimmage) is determined by:
 - A) control of the ball and
 - B) the position of the ball and both flags prior to a dead ball.
 - C) Ball fumbled in a turnover, opposite team take possession on their own 5 yard line.
- 2) Officials shall mark point of possession before each play.
- 3) Offense may not run hurry up mode. Defense must be set before snap of the ball.

I. FORMATIONS

- 1) Offense must have at least one player (the center) positioned on the line of scrimmage at the snap. This position will snap the ball, can stay in to block, or go out for pass if there is no pass rush.
- 2) Center: Ball can be snapped between the center's legs or taking a knee and tossing the football back from a set position on the ground.
- 3) The offense will have a quarterback (that center snaps to), 1 running back, 1 receiver off the line of scrimmage and 3 receivers that line up on the line of scrimmage. No more than 3 players off the line of scrimmage at one time.
- 4) The quarterback may pitch or toss the ball and also make forward passes if he is behind the line of scrimmage.
- 5) Only one offensive player may be in motion, away from the line of scrimmage, at the time of the snap.
- 6) All defensive players who are rushing the QB, must be positioned at least 7 yards away from the line of scrimmage at time of snap, except when the ball is snapped from within 5 yards of the midfield line or the goal line, at which time the defense may use any formation. No blitz for defensive players for the PeeWee/Mini division.
- 7) Immediate rush for all defensive players that are positioned at least 7 yards from the line of scrimmage at time of snap.
- 8) Immediate rush for all defensive players if the ball is handed off, pitched or passed.
- 9) All offensive players are eligible receivers no matter the formation.

J. RUNNING WITH THE BALL

- 1) A "No Run Zone" exists 5 yards before midfield, and 5 yards before the goal line, in each direction, where the offense may not run the ball across the line of scrimmage, they must pass.
There is not a "No Run Zone" for the PeeWee/Mini division.
- 2) The quarterback may not cross the line of scrimmage with the ball, unless he receives a handoff, pitch or pass from another player.
- 3) A QB may run the ball from the time a defensive player crossed the line of scrimmage during a pass rush.
- 4) A QB run, or any run within the "No Run Zone" shall result in a loss of down at the previous spot.
- 5) Unlimited handoffs, pitches and passes are permitted behind the line of scrimmage.
- 6) Handoffs, pitches or passes are not permitted once the ball has crossed the line of scrimmage.
- 7) Handoffs to the center, between the center's legs, are not permitted.
- 8) Offensive players who takes a handoff, pitch or pass may run across the line of scrimmage with the ball.
- 9) Ball carrier may not lower his shoulder, nor deliberately run into a defender, nor stiff arm, nor shield or otherwise protect (guard) the flag. – This is Illegal Contact
- 10) Jumping over players is only permitted in order to avoid stepping on a player who is off his feet and on the ground.

K. PASSING THE BALL

- 1) Offensive player may hand off, pitch or pass the ball only if positioned behind the line of scrimmage.
- 2) All offensive players are eligible to receive passes.
- 3) A player must have control of the ball without any part of his body out of bounds for a legal reception.

L. KICKING

- 1) No kickoffs in this league.
- 1) There is NO punting in this league. If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 5-yard.

M. DEFENSE

- 1) All players on defense are eligible to rush the quarterback or drop back into coverage. All players rushing the QB must line up 7 yards off the line of scrimmage at time of the snap. Defenders not rushing the QB can defend on the line scrimmage.
- 2) Defender must make an obvious attempt to de-flag the ball carrier.
- 3) Defender may not grasp or otherwise obstruct the ball carrier while in the process of removing the flag.
- 4) Defender may not attempt to strip the ball from the ball carrier.
- 5) Defender must attempt to de-flag the passer or deflect the ball without contact to the passer's throwing arm.

N. SPORTSMANSHIP

1) FOUL PLAY WILL NOT BE TOLERATED.

- 2) If the field monitor or referee witnesses any flagrant acts of blocking, tackling, illegal contact, unnecessary roughness, or any unsportsmanlike act, the game will be stopped, and the player may be ejected from the game.

- 3) Trash talking is illegal.

Officials have the right to determine offensive language.

(Trash talk is talk that may be offensive to officials, opposing players, teams or spectators) If trash talking occurs, the referee will give one warning.

A second offense will be considered unsportsmanlike conduct.

If it continues, the player or players may be ejected from the game and the entire camp if needed.

- 4) All disciplinary actions needed will be reviewed and determined by the league commissioners.

O. ENFORCEMENTS / PENALTIES

- 1) All penalties will be called by the referee. There will be at least one referee at each flag football game.
- 2) The two on-field coaches will assist the referee with control of the game.
- 3) Penalties will be assessed half the distance to goal when the penalty is more than half the distance to goal.
- 4) Only the Head Coach may approach the referees with questions and clarifications on call or rules.

P. OFFENSIVE ENFORCEMENTS

- 1) Illegal Procedure (substitution, formation, motion, offsides, pre-snap).
*Dead ball foul, 5-yard penalty, repeat the down.
- 2) Illegal Run (QB run, run within the No run zone).
*5-yard penalty from previous spot, Loss of Down.
- 3) Endzone Penalty (foul in own endzone).
*Defense awarded a safety.
- 4) Penalty on 4th Down
*Replay down if accepted.
- 5) Illegal Contact (holding, blocking, etc.)
*Spot Foul, 5-yard penalty from spot of the foul, Repeat the down.
- 6) Offensive Pass Interference
*5-yard penalty from previous spot, Repeat the down.
- 7) Flag Guarding or Shielding
*Spot Foul, 5-yard penalty from spot of the foul, Loss of down

Q. DEFENSIVE ENFORCEMENTS

- 1) Offsides
*Dead ball foul, 5-yard penalty, repeat the down.
- 2) Defensive Pass Interference.
*5-yard penalty from spot of foul, Automatic 1st Down.
- 3) Illegal Contact (holding, blocking, etc)
*Dead ball foul, Automatic 1st down from the spot of foul.
- 4) Tackling / Obstruction of Ball Carrier / Unnecessary Roughness
*Spot Foul, 10-yard penalty, Automatic 1st Down