



ALL OUT★ALL GAME★ALL SEASON

Official Rule Book



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Our Youth Flag Football Philosophy...

NFL Flag Football Is About Fun and Fundamentals!

Flag Football gives every child the chance to be an impact player. Kids of all sizes are throwing and catching the ball, making interceptions, pulling flags on defense and running for 50-yard touchdowns – all while having a good time, making friends, getting exercise and having fun! Friendships are formed, and everybody that plays always has a positive experience.

Along with being a fun and exciting sport that can be played year round, children learn football skills while understanding the importance of maintaining good form and footwork. Flag Football is a non-contact sport, but requires the same focus and concentration as the tackle game on every play. Kids benefit from playing NFL Flag Football in many ways, they learn the fundamentals of the sport and compete with other players who love the game as much as they do.

- ✓ It's a great exercise!
- ✓ It's fast-paced!
- ✓ It's exciting!
- ✓ It's fun!
- ✓ It's Cool - kids get to wear authentic NFL team jerseys while doing it!

Prime Time Athletics and it's staff work really hard to provide the best customer service to create an incredible program to serve the community. You know that when you are playing with Prime Time Athletics the resources are there, including: a safe playing environment, great facilities, coaching certification, player development tools, family oriented games, background checks, league insurance, and health.

Thank you for playing with us. See you on the field!
Prime Time Athletics

1. The Game

- At the start of the game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the coin toss.
- The winner of the coin toss gets the choice if they want offense or defense first. If they choose offense, then the other team chooses the end zone it would prefer to defend. Teams may not choose to defer to the second half.
- The offensive team takes possession of the ball at it's 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown.
 - On 4th down, the team can choose to go for it or punt.
 - If the team chooses to punt, the ball will be placed at the opposing team's 5-yard line.
 - If the team elects to go for it and does not make it, the ball will then be placed where that play ended. – Except if the offensive team elects to go for it inside the 5-yard line going in for a touchdown and they do not make it, the ball will then be placed on the 5-yard line.
- 14U and 17U divisions will have 3 downs instead of 4. There will not be a choice to punt. Ball will be placed at the 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
 - Interceptions may be returned in normal play. The only exception is if the leading team is up in points by more than 28 and the ball is intercepted, then the ball is dead at that point on the field.
- Teams change sides after the first half. The team that started on defense the 1st half will start on offense the 2nd half.

Tournament Play:

- Under no circumstances can you have a player that has not been on your seasons team roster play in the tournament. If this happens, your team will automatically be disqualified from the tournament. No Exceptions!
- In tournament or playoff situations, an overtime period will be used to determine a winner in all divisions.
- Each team will have (2) 30 second time-outs per half for ALL tournaments.

2. Inclement Weather / Game Changes

Inclement Weather Policy:

The Prime Time Athletics inclement weather policy varies by location. It is based on each location and the needs of the league and each leagues specific field locations.

Check with your local Prime Time Athletics League Commissioner for specific policy and procedure in the event of inclement weather and possible game changes.

3. Player Eligibility

- All players must be registered with Prime Time Athletics before participating in any league activities. This includes the completion of the following: registration form, payment, release of liability form, complete parent and player contact information, PTA Parent Code of Conduct signed by the legal parent(s) or legal guardian(s).
- A player's age must fall within the specified age range according to the registration form for that particular season (winter, spring, summer or fall). The age cut off is as follows:
 - **Fall & Winter – August 1st - Spring & Summer – March 1st**
- Age verification:
 - Check with your local Prime Time Athletics League Commissioner for specific rules and policies.
- Age divisions are 5-6, 7-8, 9-10, 11-12, 13-14 and 15-17 but each individual Prime Time Athletics League may have different age divisions based on their league. Please check with your local Prime Time Athletics League Commissioner for specific league age divisions and policies.
- A player may only play on one team per season and may appear on one roster – any exceptions are made on a case-by-case basis and must be approved by the local league commissioner. An example of an exception would be: a player that is 8 could play in the 7-8 division and also play up in the 9-10 division.
- No coach, parent or player can add, change or transfer a player on any particular team once the rosters have been set without the approval from the league commissioner. Any unauthorized changes may result in player disqualification.
- Any team playing with an unregistered player(s) will result in an immediate game forfeiture and possible league suspension.
- If a player is found playing on a team illegally, the coach and illegal player may be removed from the league.
- Once the team rosters have been distributed to the team coaches, if a player is a "no show" or unable to commit to playing the season, we ask that the parent/guardian and or coach communicate any roster changes ASAP.

4. Team Rosters & Equipment

Team Rosters:

- Teams are composed of a minimum of 6 players and a maximum of 10. Any more than 10 players require the approval of the league commissioner and the coach. There are 5 players per team on the playing field.
- Prime Time Athletics reserves the right to add players and/or move players from teams if it is deemed necessary by the league.
- Home teams wear dark jerseys , away teams wear light jerseys
- This is 5 on 5 youth flag football.
- In the event of an injury, a team with insufficient substitute players may play with four players on the field, but no fewer than four. Teams must start a game with a minimum of four players.

Team Equipment:

- The league will provide each team with 1 football. Teams can also provide their own to use during practice or during games.
- 5-6 & 7-8 divisions will use the Pee-Wee size football.
- 9-10 division will have the option of using the Pee-Wee or Junior size football in league play. Check with your local league commissioner. For all State, Regional and National Tournaments, the 9-10 division will use the Junior size football.
- 11-12, 13-14 & 15-17 divisions will use the Junior or High School size football.
- Teams who use the wrong size football will forfeit the game.
- *Reminder, please check with your local Prime Time Athletics League Commissioner for specific league age divisions and policies.*

5. Player Equipment / Attire

Player Equipment/Attire:

- The league provides each player with an NFL team jersey and a set of flags.
- NFL team jersey must be worn during play.
 - If a player arrives at the game without his/her jersey, please check in at the main tent to discuss player options.
- Players designated as home team will wear the dark side of the jersey and away teams will wear the light side of the jersey.
- Jerseys must be tucked into the shorts/pants if they hang below the belt line.
- The belts that hold the flags (not the flags themselves) must be secured to ensure they do not hang appearing to be a flag. If the belt is hanging, flag guarding may be called.
- Players may not wear the same color shorts as their flags. For example, no yellow shorts with yellow flags or green shorts with green flags.
 - If a player arrives wearing the same color shorts as their flags, please check in at the main tent to discuss player options.
- Shorts/pants with belt loops or open pockets must be taped shut.
 - Players may not use yellow or green duct tape to match the color of their flags
- Players may wear sneakers or cleats and they must be rubber soled. Absolutely no metal spikes.

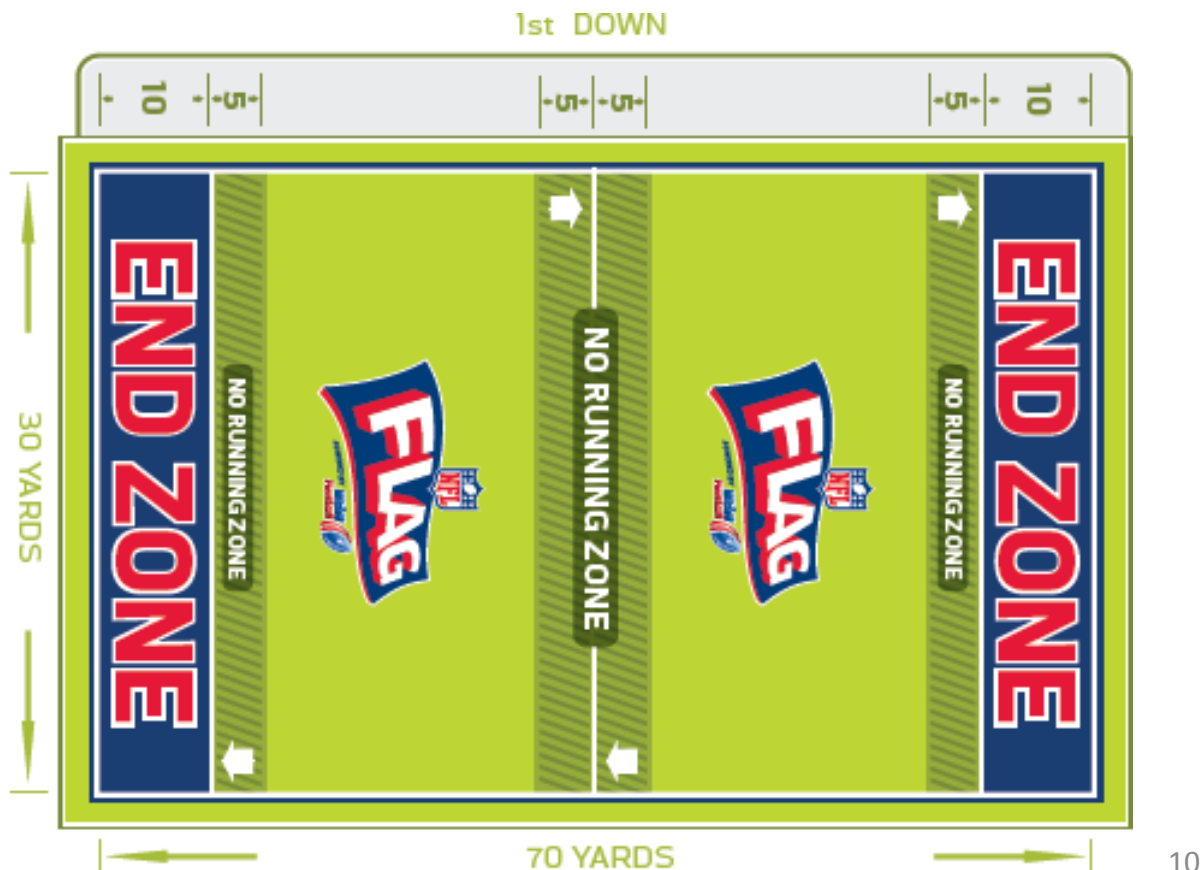
6. Coaches

Coaches also have the opportunity to be of service to the community by providing guidance and leadership to our youth. The positive impact that the coach can have on the lives of young people is an intangible reward, impossible to value.

- Coaches are typically volunteer parents or family members helping the players learn and enjoy the game.
- The coach is responsible for all aspects of directing the teams practice and play in games.
- Each team will have about 6-10 players.
- Coach Responsibilities Include But Not Limited To:
 - Teach Flag Football through effectively planned practices at a level appropriate for each member of the team.
 - Be organized when it comes to both practices and games.
 - Encourage parent involvement and coordinate their assistance.
 - Provide a safe and enjoyable environment for all players, giving each child an opportunity to participate.
 - Communicate with Prime Time Athletics on all matters of policy.
 - Serve as a positive role model to players, parents, officials, and fellow coaches by following all rules, demonstrating good sportsmanship.
 - Communicate good health and fitness principles and positive character development concepts to players, parents, and spectators.
- In order to ensure that the children who play in our league receive the highest quality experience, we have the responsibility to select the most qualified individuals. We will be asking that every **Head Coach** complete the following:
 - ✓ Background Check / Screening (*Valid for 2 Calendar Years*)
 - ✓ NFL Flag – Level 1 Coach Certification (*Valid for as long as you coach with Prime Time Athletics*)
 - ✓ Concussion Training & Certification (*Valid for as long as you coach with Prime Time Athletics*)
- Coaches are allowed on the field to direct players in ONLY the 5-6 & 7-8 age divisions. ONLY (1) coach may be on the field at a time. 9-10, 11-12, 13-14 & 15-17 age divisions, NO coach is allowed on the field...ONLY on the sidelines.
- Coaches are to adhere to Prime Time philosophies, coaching guidelines and codes of conduct.

7. The Field

- The field dimensions are 30 yards by 70 yards with two 10-yard end zones, and a midfield line-to-gain. No-Run Zones precede each line-to-gain by 5 yards. However, field size may vary based on field availability for each league.
- No-Run Zones in place to prevent teams from conducting power run plays.
- While in the No-Run Zone, teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.
 - Only exception is in the 5-6 division. The NO-Run Zone does not exist.
- Stepping on the boundary line is considered out of bounds.



8. Timing and Overtime

- Games are played with a 40 minute continuous clock, 2 (20 minute) halves.
- The clock will stop at every dead ball inside 2 minutes of each half if the score is within 8 points.
- Halftime is five (5) minutes.
- Each time the ball is spotted, a team has 30 seconds to snap the ball.
- Each team has (1) 60 second time-out per half during the “regular season”.
- Each team will have (2) 30 second time-outs per half for “end of season” tournaments only.
- Officials can stop the clock at their discretion.
- In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.
- If the score is tied at the end of regulation, the game will go into overtime except in the 5-6 division.
- In tournament or playoff situations, an overtime period will be used to determine a winner in all divisions.
- Overtime: There will be a coin toss. Each team will go for 1 point (no-run zone). If still tied, each team will go for 1 point again. If still tied after the 2nd time, each team will go for 2 points (run or pass) until someone wins. Teams will stay on the same side of field during overtime.

9. Scoring

- **Touchdown:** 6 Points
- **PAT (Point After Touchdown):** 1 Point (5 Yard line) 2 Points (12 Yard line)
 - Note: 1 point PAT is PASS ONLY / 2 point PAT can RUN or PASS
- **Safety:** 2 Points
 - A Safety occurs when the ball carrier is declared down in his/her own end zone. They can be called down when their flags are pulled by a defensive player, their flags fall out, they step out of bounds or they hit the ground with their knee or arm if a bad snap ends in the end zone.
 - A Safety occurs when there is an offensive penalty in the end zone.
 - A safety also occurs when the center makes a bad snap to the QB and the ball lands in the end zone.
 - A safety is awarded if a sack takes place in the offensive team's end zone.
 - A team that scores a touchdown must declare whether it wishes to attempt a 1-pt conversion (from the 5-yard line) or a 2-pt conversion (from the 12-yard line). Any change, once a decision is made to try for the extra point, requires a charged timed out. Decision cannot be changed after a penalty. Interceptions on conversions CAN be returned. If interception gets returned to the other end zone, that team receives 1 point if the team tries a 1 point conversion and 2 points if teams tries a 2 point conversion.
- **Mercy Rule:** After one team is winning by 28 points or more, the losing team gets (1) offensive series to continue regulation play. If they do not score, the game will go into scrimmage mode. Check with your local Prime Time Athletics League Commissioner for information on scrimmage mode.

10. Live Ball/Dead Ball

- The ball is LIVE at the snap of the ball and remains LIVE until the official whistles the ball DEAD.
- The official will indicate the neutral zone and the line of scrimmage. In regards to a neutral zone infraction, the official may give both teams a “courtesy” to allow their players to move back beyond the line.
- The play is still live when a “neutral zone” infraction occurs. After the play, the team without the infraction will make a decision on whether to accept the penalty.
- A player who gains possession in the air is considered in bounds as long as (1) foot comes down in the field of play.
- The defense may not mimic the offensive team while the QB is calling out signals to start the play.
- Substitutions may be made on ANY dead ball.
- Any official can whistle the play dead.

- Play is ruled DEAD when:
 - the ball hits the ground
 - the ball carrier’s flag is pulled
 - the ball carrier steps out of bounds
 - a touchdown, PAT or safety is scored
 - the ball carrier’s knee or arm hits the ground
 - the ball carrier’s flag falls out
 - the receiver catches the ball while in possession of one flag
 - an inadvertent whistle is performed (at the spot where the ball was whistled dead)

- In the case of an inadvertent whistle, the offense has two options:
 - take the ball where the whistle blew
 - replay the down from the original line of scrimmage
- Note: there are NO fumbles. The ball is spotted where the ball hits the ground.
- A team is allowed to use a time out to question an official’s rule interpretation.
 - If the rule is interpreted incorrectly, the time out will not be charged and the proper ruling will be enforced.
 - Officials should all agree upon any controversial call in order to give each team the full benefit of each call.
 - If the ruling is correct then the team will be charged a time out.

11. Running

- The ball is spotted where the runner's front foot is when the flag is pulled, not where the ball carrier has the ball. The forward foot marks the spot.
- The quarterback cannot DIRECTLY run with the ball in any age division.
- In the 7-8, 9-10, 11-12, 13-14 & 15-17 age divisions, the QB CAN run if:
 - The defense crosses the LOS when rushing from the "rush marker" (7-yards from LOS) and the offense is NOT in the "no-run" zone.
- The QB cannot directly hand the ball back to the center after the snap. For the center to take the hand-off, he/she will need to roll behind the QB.
- Offense may use multiple hand offs.
- Laterals are allowed behind the line of scrimmage.
- "No-Run Zones", located 5 yards before each end zone and 5 yards on either side of midfield, are to avoid short-yardage, power-running situations. Teams are NOT allowed to run in the No-Run Zone.
 - Reminder, the No-Run Zone does not exist in the 5-6 division.
- Once you are in the "No-Run Zone", you will stay in the "No-Run Zone", even if a penalty occurs and takes you out.
- The player who takes the hand off can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off in front or behind the quarterback, all defensive players are eligible to rush.
- Runners may not leave their feet to advance the ball. Diving, leaping or jumping is considered flag guarding.
- Spinning is allowed, but players CANNOT leave their feet and jump to avoid a flag pull.
- Runners may leave their feet IF there is a clear indication that he/she has done so to avoid collision with another player without a flag-guarding penalty enforced.
- NO blocking or screening is allowed at any time.
- Offensive players must stop their motion once the ball has crossed the line of scrimmage.
- NO running with the ball carrier.
- Flag obstruction – ALL jerseys MUST be tucked in before play begins. The flags MUST be on the players' hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

12. Passing

- All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
- Shovel passes ARE allowed but must be received beyond the line of scrimmage.
- The quarterback has a 7- second "pass clock". If a pass is not thrown within the 7-seconds, the play is still LIVE. A penalty flag will be thrown but the play continues (just in case the defense intercepts the ball).
- 14U & 17U divisions: QB will have 5 seconds to throw the ball.
- After the play has been completed, if the defense did not intercept the ball, the ball will be placed at the original LOS.
- Once the ball is handed off, the 7-second or 5-second rule is NO LONGER in effect.

13. Receiving

- All players are eligible to receive passes (including the QB if the ball has been handed off behind the LOS).
- ONLY one player is allowed in motion at a time. All motion must be parallel to the LOS and NO motion is permitted towards the LOS.
- A player must have at least (1) foot inbounds when making a reception.
- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- Interceptions ARE returnable.

14. Rushing the Passer

- All players who rush the passer must be a minimum of (7) yards from the LOS when the ball is snapped. Any number of players can rush the QB.
- Once the ball is handed off, ALL defenders can cross the LOS.
- A special marker, or the referee, will designate a RUSH line (7) yards from the LOS.
 - A legal rush is:
 - The rusher / rushers must be 1-yard either side of the rush marker.
 - The offense cannot impede the rusher in any way. The rusher / rushers have a direct line to the QB (where the QB starts the play). Once the QB rolls out, the rusher/rushers still must maintain their original line to the QB. If rusher /rushers change direction to follow the QB once he/she rolls out the "impeding the rusher" foul is OFF.
 - Any rush from a point 7-yards from the LOS.
 - A rush from anywhere on the field AFTER the ball has been handed off by the QB.
 - If a rusher leaves the rush line early, they may return to the rush line, reset and then legally rush the QB.
 - If a rusher leaves the rush line early and the ball is handed off BEFORE they cross the LOS, they may legally rush the QB.
 - A penalty may be called if:
 - The rusher leaves the rush line before the snap and crosses the LOS before a handoff or pass.
 - Any defensive player crosses the LOS before the ball is snapped.
 - Any defensive player, not lined up at the rush line crosses the LOS before the ball is passed or handed off.
 - Special Circumstances:
 - Teams are NOT required to rush the QB, 7-second or 5-second clock is in effect.
 - If rusher leaves the 7-yard line before the snap, he/she can immediately drop back to act as a defender with no offside penalty enforced.
- Players rushing the QB may attempt to block a pass. However NO contact can be made with the QB in any way.
- Blocking the pass and then striking the passer will result in a 10-yard penalty.
- A safety is awarded if a sack takes place in the offensive team's end zone.

15. Flag Pulling

- A legal flag pull takes place when the ball carrier is in full possession of the ball.
- Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when trying to pull his/her flag.
- It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
- If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball.
- A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff-arming, dropping of the head, hand, arm or shoulder, or intentionally covering flags with the football or jersey.

16. Charging

- The ball carrier must show a clear attempt to step to the side of the defender. If the ball carrier does not show a clear attempt and collides with the defender, the ball carrier will be assessed a 10 yard penalty.
- Note: In order to keep our players safe, the officials will be watching the ball carriers direction of their feet at time of contact. They will be trained to make this call a very high priority call. - *Please teach and practice this with your players. Thank you in advance.*

17. Formations

- An offensive team must have a minimum of 1 player on the LOS (center) and a max of 4 players on the LOS. The QB must be off the LOS.
 - One player at a time may go in motion, 1 yard beyond and parallel to the LOS.
 - No motion is allowed towards the LOS.
- Offensive players must come to a complete stop for 1 second before the ball is snapped, unless he/she is the one player in motion.
- Movement by a player who is set or a player who runs towards the LOS while in motion is considered a false start.
- The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the back field, and the ball must completely leave his/her hands.

18. Unsportsmanlike Conduct

- If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. NO appeals. FOUL PLAY WILL NOT BE TOLERATED.
- Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give (1) warning. If it continues, the player or players will be ejected from the game.
- Players may not physically or verbally abuse any opponent or official.
- Ball carriers MUST make an effort to avoid defenders with an established position.
- Defenders are NOT allowed to run through the ball carrier when pulling flags.
- Fans must also adhere to good sportsmanship.
 - Yell to cheer on your players, not to harass officials or other teams
 - Keep ALL comments clean and profanity free.
 - Compliment ALL players, not just one child or one team.
 - Fans are required to keep fields safe and kid friendly.
 - Keep younger kids and equipment such as coolers, chairs, and tents away from sidelines.
- If a coach/fan/parent is asked to leave the game because they have been unsportsmanlike and they do not leave, the game WILL BE forfeited.
- Prime Time Athletics has and always will provide an atmosphere where players, friends and families can feel comfortable enjoying a day of football. Any players, teams, or family members that jeopardize that environment will be asked to leave.
- Prime Time Athletics operates under a ZERO TOLERANCE POLICY.

19. Penalties

General:

- The referee will call ALL penalties.
- Referees determine incidental contact that may result from normal course of play.
- ALL penalties will be assessed from the line of scrimmage, EXCEPT as noted.
- Only the team captain or head coach may ask the referee questions about the rule clarification and interpretations. Players cannot question judgment calls.
- Games cannot end on a defensive penalty, UNLESS the offense declines it.
- Penalties are assessed LIVE BALL or DEAD BALL. Live ball penalties must be assessed before play is considered completed.
- Penalties will be assessed half the distance to the goal when the penalty yardage is more than half the distance.
- If an offensive penalty occurs in the "No-Run Zone", the penalty will be enforced and the offense will still be considered in the "No-Run Zone". Offense MUST pass.
- If offensive penalty occurs inside 2 min. before half-time or the end of the game while the clock is running and the offense doesn't have any time-outs left, another 20 seconds will come off the clock.

Penalties

ALL offensive penalties result in a loss of down.

ALL defensive penalties result in an automatic first down.

| 5 Yard Penalties | |
|---|-----------------|
| Illegal Equipment | 5 Yard Penalty |
| Offside | 5 Yard Penalty |
| Illegal Motion (more than 1 person moving, false start) | 5 Yard Penalty |
| Illegal Forward Pass (pass received behind the line of scrimmage or throwing beyond the line of scrimmage) | 5 Yard Penalty |
| Offensive Pass Interference (illegal pick play, pushing off/away defender) | 5 Yard Penalty |
| Screening, Blocking or Running with the Ball Carrier | 5 Yard Penalty |
| Delay of Game | 5 Yard Penalty |
| Defense: Illegal Contact (holding, blocking) | 5 Yard Penalty |
| Defense: Illegal Flag Pull (before the receiver has the ball) | 5 Yard Penalty |
| Defense: Illegal Rushing (starting to rush from inside the 7-yard marker) | 5 Yard Penalty |
| 10 Yard Penalties | |
| Roughing the Passer | 10 Yard Penalty |
| Taunting | 10 Yard Penalty |
| Unsportsmanlike Conduct | 10 Yard Penalty |

Penalties

| Spot Fouls | |
|--|--|
| Defensive Pass Interference | Automatic First Down |
| Holding | +5 yards & Automatic First Down |
| Stripping | + 10 yards & Automatic First Down |
| Defensive Unnecessary Roughness | + 10 yards & Automatic First Down |
| Screening, Blocking or Running with the Ball Carrier | - 5 yards & Loss of Down |
| Charging | -10 yards & Loss of Down |
| Flag Guarding | -10 yards & Loss of Down |
| Offensive Unnecessary Roughness | -10 yards & Loss of Down |
| Defensive Penalties | |
| Offside | + 5 yards from line of scrimmage & Automatic First Down |
| Illegal Rush (starting rush from insides 7 yard marker) | + 5 yards from line of scrimmage & Automatic First Down |
| Illegal Flag Pull (before the receiver has the ball) | + 5 yards from line of scrimmage & Automatic First Down |
| Roughing the Passer | + 10 yards from line of scrimmage & Automatic First Down |
| Taunting | + 10 yards from line of scrimmage & Automatic First Down |
| Defensive Pass Interference | SPOT FOUL, Automatic First Down |
| Holding | SPOT FOUL, + 5 yards & Automatic First Down |
| Stripping | SPOT FOUL + 10 yards & Automatic First Down |
| Defensive Unnecessary Roughness | SPOT FOUL + 10 yards & Automatic First Down |
| Offensive Penalties | |
| Offside / False Start | - 5 yards from line of scrimmage & Loss of Down |
| Illegal Forward Pass (pass received behind the line of scrimmage or throwing a pass beyond the line of scrimmage) | - 5 yards from line of scrimmage & Loss of Down |
| Offensive Pass Interference | - 5 yards from line of scrimmage & Loss of Down |
| Illegal Motion | - 5 yards from line of scrimmage & Loss of Down |
| Delay of Game | - 5 yards from line of scrimmage & Loss of Down |
| Impeding the Rusher | - 5 yards from line of scrimmage & Loss of Down |
| Screening, Blocking or Running with the Ball Carrier | SPOT FOUL, - 5 yards & Loss of Down |
| Charging | SPOT FOUL, -10 yards & Loss of Down |
| Flag Guarding | SPOT FOUL, -10 yards & Loss of Down |
| Offensive Unnecessary Roughness | SPOT FOUL, -10 yards & Loss of Down |



ALL OUT★ALL GAME★ALL SEASON

Appendix



Terminology

| | |
|-------------------------|--|
| Boundary Lines | the outer perimeter lines around the field. They include the sidelines, and back of the end zone lines. |
| Line Of Scrimmage | (LOS) an imaginary line running through the point of the football and across the width of the field. |
| Line-To-Gain | the line the offense must pass to get a first down or score. |
| Rush Line | an imaginary line running across the width of the field 7 yards (into the defensive side) from the line of scrimmage. |
| Offense | the squad with possession of the ball. |
| Defense | the squad opposing the offense to prevent them from advancing the ball. |
| Passer | the offensive player that throws the ball and may or may not be the quarterback. |
| Rusher | the defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by blocking the pass. |
| Downs (1 - 2 - 3) | the offensive squad has three attempts or "downs" to advance the ball. They must cross the line to gain to get another set of downs or to score. |
| Live Ball | refers to the period of time that the play is in action. Generally used in regard to penalties, live ball penalties are considered part of the play and must be enforced before the down is considered complete. |
| Dead Ball | refers to the period of time immediately before or after a play. |
| Whistle | sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, half time, or the end of the game. |
| Inadvertent Whistle | official's whistle that is performed in error. |
| Charging | the movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, forearm, or the chest. |
| Flag Guarding | an act by the ball carrier to prevent a defender from pulling the ball carrier's flags by stiff arm, lowering elbow or head, or by blocking access to the runner's flags with a hand or arm. |
| Shovel Pass | a legal pass attempted beyond the line of scrimmage by throwing the ball underhand or pushing it towards a receiver in a shot put type manner. |
| Lateral | a backwards or sideways toss of the ball by the ball carrier. |
| Unsportsmanlike Conduct | a rude, confrontational, or offensive behavior or language. |

Prime Time Athletics: Code of Conduct



PARENTS CODE OF ETHICS

I hereby pledge to provide positive support, care and encouragement for my child Participating in sports by following the Parent's Code of Ethics Pledge.

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, and at practices.
- I will insist that my player play in a safe and healthy environment.
- I will place the emotional and physical well being of my child ahead of a personal desire to win.
- I will support the coaches and officials working with my child in order to encourage a positive and enjoyable experience for all.
- I remember that the game is for youth and not for adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans and officials with respect, regardless of race, sex, creed or ability.
- I promise to help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching or by being a good role model.