



Youth Sports Flag Football Rules updated Fall 2016

Feather River Recreation and Park District offers recreational leagues where emphasis is on gaining a positive team experience and not winning or losing. We strive to provide a safe, healthy and enriching environment for our young athletes where they can become better athletes and most importantly better people. There is a **zero tolerance policy** for all unsportsmanlike behavior from all coaches, parents, players and spectators. We reserve the right to ask anyone to leave at any time if they are showing poor sportsmanship.

General Information:

1. All players must turn in a FRRPD Youth Sports Registration form and be on the Roster in order to be eligible to play. A roster must be filled out by coaches or school administrator and submitted by email to nina@frprd.com, dropped off directly the FRRPD office or turned in onsite to the official on the day of your first scheduled game.
2. Persons or players participating in the activities sponsored by FRRPD are not covered in any way for personal liability, property damage, medical injuries, etc.
3. A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is covered or the uniform is changed.

League:

1. The league will be composed of 5/6 & 7/8th CO-ED teams. School in which combine 5-8th grades will play in the 7/8th league. If there are not enough teams to separate the leagues they may be combined up to the discretion of FRRPD Recreation Supervisor. All teams would be notified prior to combining leagues.
2. The season will be 7 weeks long. The “regular season” will conclude after 6 weeks and an optional tournament will take place during the 7th week (and weekend if necessary) of the season.
3. No league standing will be kept, due to the nature of this being a “Recreation” league.
4. A \$35 per game fee applies.

Game Rules:

Start of Game

1. Team captains (no more than 3) will be summoned to the center of the playing field and a coin toss will ensue.
2. The toss will be called by the visiting captain who will choose to kick or receive. (if coin toss is won)

Clock Time/Time Outs

1. A game consists of two 20 minute halves running clock. The clock will be stopped during time outs, official's request, for injured players and the last minute of the 2nd half.
2. Each team is allowed a maximum of 4 one-minute time outs per game and a maximum of 2 time outs per half.



Players & Substitutes

1. Teams shall be composed of 9 players: Example 2 ends, 2 guards, 1 center, 1 wide receiver, 1 half-backs, 1 quarterback, & 1 fullback.
2. Free substitution rule prevails: substitution may be made anytime the ball is dead, but must not delay the game. It is not necessary for substitutions to report to an official. Substitutes must stay in the game for at least one play.
3. Game time is Forfeit Time. Fewer than 7 players will constitute a forfeit.

Playing Field

1. The playing field is 50 yards in length and 35 yards in width and is divided into 4 equal zones of 12.5 yards; the end zones are 6 yards deep. Coaches are required to stay between the 12.5 yard lines.
2. First down lines are marked by white and orange cones.

Equipment

1. Football: Jr. Regulation size.
2. Flags: at least two flags, are to be worn by every player, teams may choose to use three flags. Flags should be around 14" long. Flags are worn around waist on hips and if a third flag is worn it's on the backside.
3. Cleats: Molded cleats are allowed for all grades. Steel spikes or football shoes are not allowed.
4. Hard surfaced padding such as shoulder and hip pads are not allowed.
5. It is highly recommended that each school have multi-use uniform shirts, each uniform should be numbered on the front and back. Shirts must be tucked into shorts/pants.
6. As a safety precaution, we recommend protective mouth pieces.

Kick Off

1. The receiving team must have 6 players at 25 yard line.
2. The kicking team must all line up and kick from the first cone from their own end zone.
3. If the ball goes into the end zone and is not run back, it will be placed on the 25 yard line.
4. When the ball is kicked out of bounds the receiving team has the option to have a re-kick with a 5 yard penalty or take a spot.
5. Kick off must be from tee or with a player as the holder.

Punting

1. Teams will have the option to punt on 4th down.
2. The offensive team must declare when it is punting. Lines must remain still until after the ball is kicked. There is no need to center the ball on a declared punt.
3. Offensive team may put everyone on the line of scrimmage and the punter must stand directly behind the center, about 3-7 yards.
4. The defensive team will have at least 5 players on the line of scrimmage, while the offensive team is punting. The defense cannot rush the punter at any time.



Scoring

1. A touchdown counts 6 points.
2. A try for an extra point after a touchdown scores 1 or 2 points. Extra points can be made by running or passing only.
 - a. 1 point: Extra point scrimmage line 4 yards
 - b. 2 point: Extra point scrimmage line 7 yards
3. A safety is 2 points. The team upon shall put the ball back in play by a free kick from the 12.5 yard line.

Tie Games/Overtime

1. In the event of a tie, the game remains a tie no overtime period shall be played.
2. Unless in a tournament game.

Tournament Overtime

1. Captains will be summoned to the center of the field. First possession choice goes to the winner of regulation coin toss.
2. The team that scores first wins.

Playing Rules

Downed Ball

1. In order to down a ball carrier, a flag must be pulled from the belt or ball carrier's knee must touch the ground, at the point the ball carrier is down.
2. It is illegal for ball carrier to deliberately guard his flags. A 10 yard penalty and a loss of down will be declared from point of foul.

Dead Ball

1. The ball is ruled dead when a fumble strikes the ground or when a misdirected snap strikes the ground. The ball belongs to the team which last had possession.

Loss of Flag

1. If a player's flag is lost, the player shall be ineligible to advance the ball. If a player without a flag handles the ball, the down ends immediately.
2. It is illegal for a player to deliberately withdraw opponent's flag unless that player is in possession of the ball, this will be considered unnecessary roughness which is a 10 yards foul from the point of contact and an automatic first down.

Tackling

1. It is a foul to tackle. Tackling shall be considered unnecessary roughness. The offender may be excluded from game at discretion of the official for unsportsmanlike conduct.

Trucking

1. It is illegal for a ball carrier to intentionally run over a defensive player attempting to pull his flag. The ball carrier must attempt to avoid the defensive player.



Blocking

5. Line blocking shall be the same as regulation football. In open field, or out of line blocking, no part of blocker's body, except his feet, shall be in contact with ground throughout the block. Any rough tactics such as attempting to run over or batter down an opponent will be penalized as unnecessary roughness. Unnecessary roughness will be declared if the blocker used knees, elbow or fists in blocking. Blocking your opponent from behind will be a 10 yard penalty.

Hacking

1. It shall be a foul for the ball carrier to hack, push or straight arm another player. A 10 yard penalty and loss of down from the point of the foul will be declared.

Passing

1. A forward pass may be thrown from any point behind the line of scrimmage.
2. The passer is declared down if his flags are taken by a defensive player or if the ball drops out before his arm is in motion for throwing a pass.
3. A lateral (overhead or underhand) is not considered a forward pass.
4. Any contact with the passer above the waist is a penalty.

Receiving

1. One foot in bounds with possession of the ball constitutes a legal catch.
2. When a player catches a pass without both flags attached the ball cannot be advanced from the point of the catch.

Running

1. The QB or any other player may not accept the direct snap AND pass the line of scrimmage. No direct snap to any player may run the ball (No QB sneak plays). A penalty of 10 yards from the line of scrimmage and loss of down will be assessed. Direct snap: when you get the ball from the center and run.

Downs

1. A team has 4 downs to advance the ball from where they receive it to the next zone. If they make it to the next zone a first down is awarded. If they fail to reach the next zone in 4 downs opponents gains possession of the ball at the spot where the ball is declared dead on the 4th down.

Spinning

1. Turning more than 90 degrees from direction of travel constitutes as spinning. Spinning is a foul with a loss of down and a 5 yard penalty from the point of the foul.

Encroachment



1. Encroachment across the line of scrimmage by either the offense or defense will be an off sides and a 5 yard penalty. Penalty is called before the ball is snapped (contact is not required in order for it to be a penalty).

Legal formation

1. Offensive: 5 players on the line, 1 wide receiver and a 3 man backfield.
2. Defense: Not more than 5 players on the line at any time, 1 defender guarding the receiver and a minimum of three backfield players. Backfield player must be 5 yards off the line. Defensive backs may get into 3 point stance.
3. All linemen should put their hands on their knees.
4. No 3 or 4 point stances for right and left ends.
5. Tight ends, halfbacks, fullback and quarterbacks are all legal receivers.

Fumbles

1. When the ball is fumbled, it is automatically dead and play resumed from that point.
2. Exception: During kick offs or punts, if no one is near the receiver and he picks up the ball and runs, this is legal.

Jumping

1. It is illegal for the ball carrier to jump while attempting to avoid a defensive player.
2. If a defensive player falls in front of the runner causing the ball carrier to jump, penalty will be at discretion of the official.

Huddles

1. The offensive team has 30 seconds to put the ball in play after it is spotted by the official.

Sportsmanship clause

1. For the integrity of the league and to ensure that all players continue to walk away from the program with a "love of the game," regardless of the score, we have added a "Sportsmanship Clause." If a team is ahead by 21 points in the second half, coach is highly encouraged to increase the playing time of the 2nd and 3rd string players. Coaches are encouraged to run new plays and let all players try new positions.

Side Line Coaching

2. Coaching should be done between plays by coaches only. Parent sideline coaching is not permitted.

Pass Interference

1. When a defensive player makes contact with a receiver in the process of catching the ball a 10 yard penalty from "spot of snap" and automatic first down will be declared.
2. If defender pulls the receivers flags before the ball is caught this will result in pass interference. The ball must be in the receivers hands before flags can be pulled.



Conduct

1. Unsportsmanlike conduct- swearing, fighting, arguing, obscene language, actions, ect. Before, during, or after a game, on or off the field, will not be tolerated either by officials, coaches or players. A penalty of 10 yards and immediate removal of offender from the game.
2. Unnecessary roughness- stiff arming, hacking by carrier, kneeling, tripping, tackling or any roughness. Penalty is 10 yards from point of foul and loss of down. Possible suspension from the game at discretion of the officials.
3. All players and coaches are expected to shake hands with opposing teams at the end of every game.
4. Any misunderstanding or infraction of rules must be immediately reported to the Recreation Supervisor.

Penalties

1. Will be 5 yards minimum and 10 yards maximum.

Referees

1. If a coach, player or parent has a complaint about the conduct or competence of an official, he/she should report it as soon as possible to the Recreation Supervisor. The coach, parent or player **WILL NOT** confront the official during or after a game in question. Failure to comply with this rule could result in a suspension and /or team forfeit of the game.

PENALTIES

	<u>FOUL</u>	<u>PENALTY</u>	<u>POSITION</u>
1.	Encroachment	5 yards	L.O.S
2.	Less than 5 players on the line	5 yards	L.O.S
3.	Ineligible player down field	5 yards	L.O.S
4.	Delay of Game	5 yards	L.O.S
5.	Illegal Formation	5 yards	L.O.S
6.	Unsportsmanlike conduct	10 yards	L.O.S
7.	Receiver of a direct snap, running past line of scrimmage (i.e. QB Sneak)	10 yards & loss of down	L.O.S
8.	Spinning/Jumping	5 yards & loss of down	P.O.F
9.	Flag Guarding	10 yards & loss of down	P.O.F
10.	Too many players on field	5 yards	L.O.S
11.	Stripping the ball	5 yards	P.O.F
12.	*Tackling offensively	10 yards & loss of down	P.O.F
13.	*Tackling defensively	10 yards & 1 st down	P.O.F
14.	Hacking/Stiff Arming	10 yards & loss of down	P.O.F
15.	Unnecessary roughness offense	10 yards & loss of down	P.O.F
16.	Unnecessary roughness defense	10 yards & 1 st down	P.O.F
17.	Ball Carrier Pushing/Interference	10 yards & loss of down	P.O.F
18.	Pass Interference	10 yards & loss of down	P.O.F
19.	Block in the back	10 yard & loss of down	P.O.F



*If intentional players may have to come out for one play, up to the discretion of officials

L.O.S = Line of Scrimmage

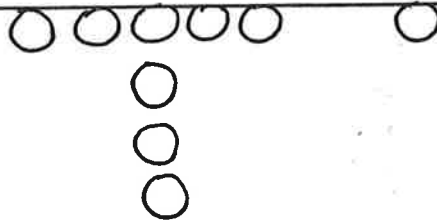
P.O.F = Point of Foul

Offense EX.

END ZONE

25

25



END ZONE

Defense Ex.

END ZONE

x^x
x x
xxxxxx x

END ZONE

25

25

Kick-off Ex.

END ZONE

Kicking Team

X X X X X X X X X X

O O O O O O O O

O O

O

Receiving Team

END ZONE

25

25