



## Youth Sports: Flag Football

Fall 2019 *updated 8.29.19*

Feather River Recreation and Park District Youth Sports offers recreational league play where emphasis is on gaining a positive team experience and not winning or losing. The program is intended 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.

### General Information:

1. All players must turn in an 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 the first contest. Rosters and athlete registrations may be submitted by:
  - Email to [brian@frrpd.com](mailto:brian@frrpd.com) or [sports@frrpd.com](mailto:sports@frrpd.com)
  - Faxed to 530.533.2724 (attention Youth Sports)
  - Direct delivery to: FRRPD District Offices at 1875 Feather River Blvd.
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 4<sup>th</sup>-6<sup>th</sup> grade & 6<sup>th</sup>-8<sup>th</sup> CO-ED divisions. 6<sup>th</sup> graders may play in one division only and will not be permitted to play in two divisions. Schools choosing to combine grade levels will play in the 6<sup>th</sup> - 8<sup>th</sup> grade division. FRRPD reserves the right to add single grade level divisions and/or combine divisions, as necessary, based on final team registration numbers.
2. The season will be 6 weeks long. Each team will play a minimum of 6 “regular season” games and will be invited to participate in “end of season” tournament play.
3. A fee of \$38/game will be charged to all participating teams.
4. A Tournament entry fee of \$65 will be charged to all participating teams.
5. Schools/Sites will be billed at the end of the season.
6. Scores will be kept and displayed on the field. Results will be posted to TeamSideline.

### 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, the District will encourage the “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 2<sup>nd</sup> and 3<sup>rd</sup> string players. Coaches are encouraged to run new plays and let all players try new positions.



## **THE GAME**

### **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.

### **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 both the 1<sup>st</sup> and the 2<sup>nd</sup> half. If however, the score difference is 21 pts or greater, the clock will not be stopped.
2. Each team is allowed a maximum of 4 one-minute time outs per game and a maximum of two 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. However, if a team cannot field nine players, the opposing team is encouraged to "play down" to match numbers of the smaller team.
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 62 yards in length and 40 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 10-yard lines and must not enter the last 10-yard line before the endzone.
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 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. Long shirts and belts must be tucked in.
6. As a safety precaution, protective mouth pieces are recommended.



## **PLAY**

### **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 4<sup>th</sup> down.

### **Downed Ball**

1. The ball carrier is down when:
  - A flag is pulled from the belt.  
*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.*
  - Any part of the ball carrier (other than feet and hands) contacts the ground.
    - Contact with a defensive player is not required for carrier to be down.
  - The ball carrier steps out of play.

### **Dead Ball**

1. The ball is ruled dead when the ball strikes the ground due to a fumble, incomplete pass, or when a misdirected snap strikes the ground. The ball belongs to the team which last had possession.
2. Exception: During kick offs or punts, the receiver may pick up the ball and run

### **Fumbles**

1. When the ball is fumbled, it is automatically dead, and play resumes from that point.

### **Huddles**

1. Offensive team has 20 seconds to put the ball in play after it is spotted by the official.

### **Interception**

1. The ball is “live” and a player may advance the ball.

### **Kick Off**

1. The receiving team must have 6 players at 25-yard line.
2. Kicking team must all line up and kick from the first line/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 first line/cone from your own end zone.
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.

### **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.
3. All players on the field are considered eligible receivers

### 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.

### Rushing

1. Any defensive player may “rush” at any time after the ball is snapped.

### Punting

1. Teams will have the option to punt on 4<sup>th</sup> 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 5 yards
  - b. 2 point: Extra point scrimmage line 8 yards
3. A safety is 2 points. A safety is called when an offensive player is down with the ball in his/her own end zone.
  - a. After a safety is scored, the ball is put into play by a free kick. The team that was scored upon must kick the ball and can punt, drop kick, or place kick. The kick will be taken from the same yard line as kick-offs.

### Regular Season Tie Games

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

### 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.



## **FRRPD LEAGUE FOULS**

### **Blocking (Illegal)**

1. Blocking is legally obstructing an opponent by contacting him with the blocker's body. In all instances a blocker must be on his feet during a block. If after the block, the blocker's body momentum causes him to fall or leave his feet the referee at his discretion may rule it incidental to the block and not illegal.
2. No down field blocking. On offense, all blocking must be done within 10 yards of scrimmage. On punts and kick-offs, all blocking must be done on the line of scrimmage.
3. A blocker may not grasp another player or do any sort of pulling. Hands must be kept inside the opponents frame. within, and below, the shoulders of the opponent during the entire block.  
A player may not block another player in the back.
4. Open hands may be used to engage the opponent and need not be "clasped."
5. Forearm blocking is permitted, however, unnecessary roughness will be declared if the blocker uses elbows or fists in the block, or if the block is outside the opponents frame.

### **Clipping**

1. Clipping is running or diving into the back, or throwing or dropping the body across the back of a leg or legs of an opponent. Penalty: 10 yards from spot and loss of down

### **Encroachment**

1. Encroachment across the line of scrimmage by either the offense or defense will result in a penalty of 5 yards. Conduct does not have to be made.

### **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.

### **Hurdling/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.

### **Illegal Formation**

1. Offensive: There is no requirement for a minimum number of players on the offensive line. There is a maximum of 5 players allowed on the offensive line. All players on the field are considered eligible receivers.
2. Defense: Not more than 5 players on the Defensive line at any time. Minimum of 4 backfield players. Backfield players must be 5 yards off the line.
3. All linemen on offense and defense should put their hands on their knees.

### **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.



### 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 receiver’s hands before flags can be pulled.

### Spinning

1. Turning more than 90 degrees form 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.

### Sideline Coaching

1. Coaching should be done between plays by coaches only.
2. Parent sideline coaching is not permitted. **Parents are not permitted in the team area.**

### 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.

## **CONDUCT**

### Player 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.

### 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.	Holding	5 yards & loss of down	L.O.S
3.	Less than 5 players on the line	5 yards	L.O.S
4.	Ineligible player down field	5 yards	L.O.S
5.	Delay of Game	5 yards	L.O.S
6.	Illegal Formation	5 yards	L.O.S
7.	Unsportsmanlike conduct	10 yards	L.O.S
8.	Receiver of a direct snap, running past line of scrimmage (i.e. QB Sneak)	10 yards & loss of down	L.O.S
9.	Pass Interference	10 yards & 1 <sup>st</sup> down	L.O.S
10.	Spinning/Jumping	5 yards & loss of down	P.O.F
11.	Flag Guarding	10 yards & loss of down	P.O.F
12.	Too many players on field	5 yards	L.O.S
13.	Stripping the ball	5 yards	P.O.F
14.	*Tackling offensively	10 yards & loss of down	P.O.F
15.	*Tackling defensively	10 yards & 1 <sup>st</sup> down	P.O.F
16.	Hacking/Stiff Arming	10 yards & loss of down	P.O.F
17.	Unnecessary roughness offense	10 yards & loss of down	P.O.F
18.	Unnecessary roughness defense	10 yards & 1 <sup>st</sup> down	P.O.F
19.	Ball Carrier Pushing/Interference	10 yards & loss of down	P.O.F
20.	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