

YSC Sports – Wayne NFL Flag Football Rules

CLOCK AND GAME:

- ALL Divisions will play 7v7 on either our indoor or outdoor turf fields.
- If a team only has 6 players present, the opposing team must play 6v6. Teams that are short may play 5v6, but a team will not be forced to drop below 5 players.
- Two (2) Twenty (20) minute halves with running clock (1 minute halftime)
- Coin toss determines who begins with ball at beginning of game, other team starts second half
- Each team will have two (2) thirty (30) second timeouts per game (a timeout will reset the play clock)
- 40 second play clock (kept by the referee)
- 30 second P.A.T. play clock
- Team should take separate sidelines (outdoor fields) or separate player boxes (indoor fields). The home team, should wear Dark colored jerseys and the visiting team should wear Light colored jerseys.
- Coaches coaching in Kindergarten through 3rd Grade are encouraged to be on the field to help their team on either Offense or Defense, but must be sure to stay out of the play and let players play.
 - If a coach gets in the way, they will be warned ONCE, any subsequent interference with play will require the defensive coach to be removed from the field for the rest of the game.
 - Coaches are not allowed to call out opponents plays or assist players in that capacity. Coaches will be warned once, then assessed unsportsmanlike penalty for this behavior.
- Grades 4th through 8th Grade defensive coaches will remain on sidelines once a possession begins in order to be out of the way and provide more opportunity for the players to take leadership roles. One (1) offensive coach may stay on the field to huddle team and call plays.
 - Clock will stop at 1 minute left in the game if the game is within two scores on incomplete pass, out of bounds, penalties, TDs and change of possession.
 - There is no Overtime in the regular season. Games may end in a TIE.

BALL MOVEMENT:

- Offense begins on 5-yard line as marked by official.
- Center starts offense by snapping the ball to QB (DOES NOT need to be through legs, but ball must be on the ground when starting)
- The offensive team must have a minimum of TWO players on the line of scrimmage at the snap. The players do not have to be “lineman” ie. Guard,center they just must be simply on the Line of Scrimmage (LOS) anywhere along the line.
- Only one player may be in motion, but they do not count as a player on the line.
 - Team has 3 plays to cross mid-field for first down and then 3 plays to score (* K-1 Division has 4 downs*)
 - After 3rd down, if the offensive team has not reached midfield, nor scored a touchdown, the opposing team gets the ball on their 5 yard line. There are no “punts”.
- If the ball is intercepted, offense is spotted at end of return and offense is started.

- NO FUMBLE RECOVERIES Ball is dead on contact with turf. (**If a snap is fumbled, it may be picked up ONLY by the player who it is snapped to (QB) and resume play**)
- Play is dead when ball carrier's flag is pulled or knees/elbow/shoulder/etc. make contact with the ground.
- Spot of the ball is the player's entire body/hips, NOT FOOTBALL – reaching ball over the goal line does not get you a touchdown, the player must cross the goal line/first down with hips/whole body
 - Quarterback has 7 seconds to throw the ball unless blitzed.
 - After 7 seconds, the play is blown dead and the down is lost.
 - Referee will count the seconds out loud.
- -Quarterback (Player who initially takes snap) may only run the ball when he is blitzed and only after blitzer crosses the LOS.

RUNNING/RECEIVING:

- Set screens (picks) are allowed. There is no BLOCKING. An offensive player must NOT move their feet or extend arms/legs to impede the defense. Offense may run down field, but if contact is made with defense, they may be called with a moving pick and illegal block.
 - Best for offensive players to get down field and hold position to avoid penalty.
 - Setting intentionally rough, blind-screens may be grounds for an unsportsmanlike penalty at the referee's sole discretion.
- A completed pass is when a player comes down with the ball in bounds with one foot touching in bounds. (College Rules).
- Laterals and pitches are allowed (must not be forward).
- Everyone is an eligible receiver.
- Ball carriers may not jump through a flag pull while carrying with the ball—will be immediately blown dead if ref rules a jumping action to avoid a flag pull took place
- NO DIVING, NO JUMPING, NO HURDLING while carrying the football. Play will be blown dead at spot of a jump. Lateral cuts okay, but jumping through a flag is prohibited

**NO FLAG GAURDING- any action to impede the defense to pull a flag is prohibited. i.e. Running with arms in way of flags/blocking/swiping/ at defenders hands and stiff arming.

NO RUN ZONE:

- Offense may not run the ball within 5 yards of midfield and 5 yards of end zone unless quarterback is blitzed. (Ref will inform both coaches when the play is in the “no-run zone.”)
- Team MAY NOT use a running back/wide receiver pass in the no run zone. QB must keep the ball and pass in this situation.
 - If a ball is handed off or pitched, play should immediately be blown dead and play is over.
- The quarterback must pass the ball across the line of scrimmage when in the “no-run zone.”
 - No screens/shovels behind the LOS to satisfy a pass in “no-run zone”, must be forward.

DEFENSE:

- Defense may send one (1) blitz on any down, except K-1st who may only blitz once per ever 4 down series.
- The blitz must start 7 yards AWAY OFF OF the line of scrimmage. (Referee will mark the blitzing line with bean bag and it extends across the field)
- Rush can come from anywhere on the field behind the line, as long as the player checks in with ref prior to the play if rushing from a corner or defensive backfield position.
 - Blitzer may rush once the ball is snapped.
- Defense may cross the line of scrimmage on a hand off/pitch, but must wait until the ball changes possession (unless blitzing).
- For Kindergarten and 1st Grade ONLY - Defenses will start with a 3-yard buffer off of the line of scrimmage until the ball is snapped, the referee will do his best to enforce this, but coaches please help with this as well. It will help to keep the cluster off of the line of scrimmage and players stepping into the backfield before the ball is snapped or handed off.

FLAG PULLING:

- Player is ruled “down” when one flag is pulled.
 - Spot of the ball is player’s entire body/flags/hips, NOT BALL
- After pulling a flag, defender should raise the flag above his head to help referee see the spot.
- Defender should drop flag on the spot or hand flag back to ball carrier after pull.
- If flag falls out at any time, or player starts play without a flag, player is still eligible of possession of ball, but will be down with one hand touch.
- A defensive player shall not hold, grasp or obstruct the forward progress of the runner when attempting to remove the flag.
 - Both the ball carrier and flag puller must make efforts to avoid direct body contact or impeding forward progress.
 - Intentional grabbing the ball carrier’s clothing or body will result in a penalty added onto the end of the play.
 - Defensive players must always make an effort to pull the flag. Players MAY NOT blatantly/purposefully force a player out-of-bounds.
 - Clear Path Rule – If a player is pushed out-of-bounds, held, tackled, etc. by the last line of defense to prevent a touchdown, the play will be ruled as a touchdown. This will be ruled in the referees discretion based on intent of the play and with total understanding that the player was last line of defense.
- Any player pursuing a running or throwing quarterback may only pull flags. No contact, incidental or otherwise is allowed.

KICKING:

- There is no kicking in the game

SCORING:

- 6 points for a Touchdown
- 2 points for safety
- 1 point for conversion after touchdown, ball is spotted on 4 yard line

- Interceptions may be returned for 1-pt, defense MAY blitz but if a player chooses to blitz, the QB is allowed to run.
- The ball must be passed- inside the “no run zone” unless blitzed.
- 2 point conversion after touchdown, ball is spotted on the 7 yard line.
- Team may run or pass, interceptions MAY be returned for 2 points, and Defense may send a blitz.

SPORTSMANSHIP RULES:

- If a team takes a 21-point lead the following rules go into place:
 - Team that is leading may no longer blitz.
 - All scoring will be recorded on the referee’s card, but wins will only be recorded with a margin of 21 points in order to discourage teams from intentionally running up the score.

PENALTIES:

- Offside - 5 yards or half the distance replay down
- Defensive Holding/Obstruction of Forward progress on a ball carrier: 5 yards from spot of the foul or half the distance, first down
 - Referee’s judgment call - Incidental contact will not be called, only intentional grabbing or lack of care when attempting to pull flag
- Delay of game - 5 yards or half the distance
- Illegal Blocks – extending arms to block or setting a moving screen – spot of the ball at the spot of the foul, loss of down
- Offset penalties - replay down
- Illegal rush (starting rush early or inside 7-yard marker)- 5 yards and replay the down
- Illegal forward pass – 5 yards and loss of down
- Illegal motion (more than one person moving or false start) – 5 yards and replay the down (will be lenient with K-1st)
- Flag guarding – any action the player takes to guard his/her flag, arm in the way, stiff arm, swiping hand, etc. – 5 yards or half the distance
 - Offense: 5 yards from spot of the foul and the play will be whistled dead.
 - Defense after interception: 5 yards from spot of foul begin offense
- Offensive pass interference- 10 yards from original spot, loss of down
- Defensive Pass interference – 10 yards from original spot, automatic first down
- Illegal contact with Passer – 10 yards from original spot, automatic first down
- Unnecessary roughness/Unsportsmanlike Conduct/Personal Foul –
 - Defense: 15 yards automatic first down
 - Offense: 15 yards loss of down
- Acts of deliberate tackling, cheap shots, or an unsportsmanlike act will not be tolerated. Player may be ejected from the game and will result in unsportsmanlike penalty at the sole discretion of the referee.
 - Depending on severity, player may be subject to suspension or expulsion from the league without refund.

- Any player instigating or encouraging a fight, taunting or throwing a punch/kick will be immediately removed from the game and be subject to further disciplinary action at the sole discretion of the league director.
- Trash talking is illegal and may result in unsportsmanlike penalty. Any player, coach or spectator verbally abusing a player, spectator, referee or employee of YSC Sports will be immediately removed from the game and escorted from the facility.
- Personal fouls/unsportsmanlike penalties will result in an automatic first down and 15 yards from the end of the play. Player assessed the foul may be subject to removal from the game for the remainder of the half, or longer at the referees sole discretion based on severity of incident.
- If any Player, Coach, Parent or Spectator sees or hears something that is unsafe, please report this matter to a facility staff member IMMEDIATELY.