

# Elyria Youth Football Association

## 2010 Spring Flag RULES

### 1. Game Rules

- The game is 6 on 6 Flag Football – IF one of the teams has 7 players, then the game will be 5 on 5 with both Head Coaches in agreement.
- Note: If teams have 8+ players at game time they will play 6 on 6.
- A coin toss determines first possession:
  - o Visiting Team calls the coin toss (Per the Schedule)
  - o Home Team decides on jersey colors (Per the Schedule)
- The offensive team has **4** plays to cross midfield EXCEPT the 5/6 division because they can achieve a 1<sup>st</sup> down at their 25 yard line. But after they cross midfield they only have **4** plays to score.
- ALL possession changes, except interceptions, will start on the offense's 5 yard line.
- Teams change sides after the half, with the offense starting at the 5 yard line.
- BOTH teams will use **one** side of the field for their sidelines.
- ALL parents will be kept on the opposite sideline.
- In the 5/6 division only, teams can run or pass on first, second, or third down. On fourth down, these teams must use a passing play.
- In the other (3) divisions, teams are allowed only 1 running play per 4 downs.
- The same player cannot carry the ball more than 2 times per 4 down series.
- Contact during play along the line of scrimmage must be kept to a MINIMUM!!
- Players are not allowed to engage and extend their arms during contact!
- The stiffarm is not allowed in the Flag Program.

### 2. Coaches Rules

- Have your teams ready to play on time, this includes flag belts with two flags on the hips of every player, **all jerseys tucked in**, and mouthpieces for every player ready to go at game time!!
- 1 coach on the field at a time in the 5/6 and 7/8 divisions only.
- NOTE: Championship Game will have no coaches on the field except the 5/6.
- Each Head Coach is required to play **EVERY** player. The Head Coach must inform the opposing team's Head Coach if a player is dressed but will not play due to disciplinary, parent, or injury reason BEFORE the game starts.
- Parents are responsible for providing water for their players. After game snacks and drinks are also the responsibilities of the parents on your team.
- ***NO SMOKING at any time on the field or practice areas. Smoking is permitted in the parking lot only.***
- **You are responsible for your parent's and assistant coach's behavior.** The referees will call unsportsmanlike penalties on your team for language and arguments over calls made on the field.
- **THE OFFICIALS ON THE FIELD MUST BE TREATED WITH RESPECT AND THEIR CALLS MUST BE FOLLOWED.**

### 3. Timing

- We will play 2 - 20 minute halves with a continuous clock – except the
- **2<sup>nd</sup> Half Only** – Last 2 minutes the clock will stop for the following:  
out of bounds, incomplete pass, first down, touchdown, time-outs
- Each team will have (2) 1 minute time outs per half
- 5 minute halftime
- 30 second time limit in the huddle (strictly enforced after week 1)
- One of the two paid officials will be responsible for the game clock.
- **GAMES MUST BE KEPT ON SCHEDULE!!**

### 4. Scoring

- Touchdown: 6 points
- Extra Points:
  - o 1 point played from the 5 yard line (Pass or Run)
  - o 2 points played from the 10 yard line (Pass or Run)
- Safety: 2 points
- Overtime rules: Each team given the ball at midfield with 4 downs to score, teams must decide when to go for 1 or 2 after each touchdown.

### 5. Running

- The quarterback **cannot** run with the ball.
- Direct handoffs and shovel passes are allowed.
- The offense may use multiple handoffs.
- Laterals or pitches can be used providing the pitch or lateral occurs behind the line of scrimmage.
- The player who takes the handoff can throw the ball but only from behind the line of scrimmage. Defense may rush this player immediately.
- Once the ball has been handed off, all defensive players are eligible to rush and try to pull the flag of the ball carrier.
- Spinning is allowed, but players carrying the football cannot leave their feet to avoid having their flag pulled by a defender.
- The ball is spotted where the ball carriers feet are when the flag is pulled, not where the ball is held out.

### 6. Passing

- The QB has 7 seconds to throw the football or the play is dead.
- The ball may be passed by the quarterback or a running back as long as they are behind the line of scrimmage.
- If the ball is handed off to a RB to pass, the 7 second rule is not in effect.
- **All passes must be forward.**
- Screen passes are permitted, but if dropped, the dead ball fumble rule applies.
- Interceptions can be returned by the defense.

### 7. Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time.
- A player must have one foot in bounds when making a reception.

#### 8. Dead Balls

- The ball must be snapped from the ground and between the legs. We are trying to teach QB / Center exchange.
- The use of a shotgun snap is permitted.
- Play is ruled "dead" when:
  - o Ball carriers flag is pulled
  - o Ball carrier steps out of bounds
  - o Touchdown or safety is scored
  - o Ball carrier's knee hits the ground
  - o Ball carrier's flag falls off
  - o There are no fumbles – the ball is spotted where the ball hits the ground
  - o The defense cannot recover a fumble because the ball is dead at the spot

#### 9. Rushing the Quarterback

- Rushing the quarterback is allowed but the player must start 10 yards off the line of scrimmage. The referee will spot the point from which the player can rush on each play.
- Players not rushing the quarterback may defend the line of scrimmage.
- No tackling or contact blocking is allowed.
- The Offense will have 3 players on the line of scrimmage. One on each side of the center using arms apart for correct spacing.
- Three defensive players must line up head to head on the offensive line players. The other defensive players on the field at the time cannot line up "outside" of the offense formation. As discussed in Coaching Meetings, players on the outside may line up "knee to crotch" with the offensive players. NOTE: Illegal Defense is a 5 yard penalty and automatic first down.

#### 10. Sportsmanship/Roughing

- If the referees witness any acts of tackling, elbowing, cheap shots or any un-sportsmanlike act, an unsportsmanlike penalty will be called (15 yards and a 1<sup>st</sup> down), the game will be stopped and the player warned. Repeat actions will result in the ejection of the player from the game. Players ejected will be held out of the following game. This includes coaches ejected.
- Players who slide or fall in front of their opponents to "block" them from making a play will be penalized a 15 yard unsportsmanlike penalty.
- Trash talking and offensive language is illegal. If trash talking or offensive language is used, an unsportsmanlike penalty will be called (15 yards and a 1<sup>st</sup> down) and the player will be warned. Repeat actions will result in the ejection of the player from the game.

## 11. Penalties

- Penalties will be called by the officials on the field
  - o - Rush violations -5 yards - Repeat Down
  - o - Offsides -5 yards - Repeat Down
  - o - Delay of game -5 yards - Repeat Down
  - o - Illegal Motion -5 yards - Repeat Down
  - o - Illegal contact -5 yards - Repeat Down
  - o - Tackling -5 yards - Repeat Down
  - o - Interference -5 yards - Repeat Down
  - o - Illegal flag pull -5 yards - Repeat Down
  - o - Illegal pass play -5 yards - Repeat Down
  - o - Flag guarding -5 yards - Repeat Down
  - o - Intentional grounding -5 yards – Loss of Down
  - o - Unsportsmanlike conduct -15 yards – Repeat Down
- ALL PENALTIES ARE ENFORCED FROM THE LINE OF SCRIMMAGE
- Games cannot end on a defensive penalty, unless the offensive team declines it.
- Teams are allowed to try for extra points after TDs in games where time expires at the end of a half or at the end of a game.

## 12. Equipment

- Only soft molded cleats are allowed
- Players must wear protective mouth guards
- Official NFL Flag jerseys must be worn during play
- Flag belts must have 2 flags on each hip of every player

## 13. Ball

- The EYFA will provide a game ball for each team in the program.
- Ball size depends on age division for the Flag Program.

## 14. Score

- All final game scores will be reported by phone to Patrick 440-669-7336 or by email to [elyriayouthfootball@hotmail.com](mailto:elyriayouthfootball@hotmail.com) please within 24 hours of the game.
- The standings and points for and against will be kept for the 6-game season by the EYFA.
- Check out [www.elyriayouthfootball.com](http://www.elyriayouthfootball.com) for pictures, standings, and info.
- The top 2 teams in each division will play in a championship game on Saturday May 29, 2010.
- Tiebreaker for the championship games: head to head play, points allowed, points scored, or play-off game between the 2 teams tied if necessary.

## 15. Playing Time – Coaches Guidelines

- AGAIN - All flag kids will play in each and every game unless being disciplined. If a player is being disciplined the Head Coach WILL ADVISE the opposing Head Coach of the disciplinary actions prior to the start of the game. Head Coaches WILL ADVISE the parents of the player being disciplined. Coaches should try to give each kid equal playing time and provide an opportunity to play various roles on the team.
- The goal of our Flag Program is to teach the kids the basics of football. They should learn the following during the Spring Season:
  - o Proper 3 point and 2 point stances
  - o Proper first step from a stance to making a football move
  - o Basics of the game (line of scrimmage, position names, rules)
  - o Proper fundamentals of the game itself, proper defensive techniques such as angles, formations, man to man coverage, and zone defense. Offensively, players must learn the various positions, proper passing and catching techniques and running with and without the football.
  - o Learn and appreciate sportsmanship, respect for coaches and other players, including their teammates.
- *The games and practices for the players should always be fun. We are trying to instill the love of the game and being part of a team into every player. The game is important, but winning should not be the only reason for practice and playing on Saturdays for our players. It has been proven that if we as volunteer coaches do not keep the game fun, children will play one or two seasons and then never play organized football again.*

## 16. Field

- The EYFA is responsible for lining the out of bounds and providing cones and endzone pylons.
- The field will be 80 yards for the 5/6 and 100 yards for the 7/8, 9/10, and 11/13 year old divisions.
- **Each team is responsible for cleaning their sideline areas BEFORE they leave after their game is over and BEFORE the other teams take the position for the next game.**

JUSTIN 440-308-3164 – RESPONSIBLE FOR CALLING GAMES DUE TO WEATHER OR OTHER CONDITIONS. RESPONSIBLE FOR THE DISCIPLINARY ACTIONS ON COACHES WHO DO NOT PROPERLY REPRESENT THE EYFA AND THE CHILDREN IN THE PROGRAM.

PATRICK 440-669-7336 – RESPONSIBLE FOR THE FIELDS, PAYING THE OFFICIALS FEES, AND EQUIPMENT ISSUES. ALSO HANDLES THE FUNDRAISER, AWARDS PICNIC, AND NEWSLETTER FOR THE EYFA.