

YOUTH FLAG FOOTBALL RULES AND REGULATIONS



Philosophy of the League

The Apache Junction Parks and Recreation Department created its youth sports programs for the fun and enjoyment of everyone involved. We stress programs that emphasize maximum participation, maximum fun, and maximum learning opportunities. Volunteer coaches have a key role in promoting the above goals of our youth sports programs. We believe that every participant should walk away from this season with newly improved skills, a sense of team and sportsmanship, as well as the desire to continue making sports and recreation a positive part of their lives.

I. GENERAL

- A. Team listed first will be Offense to start the game and Defense to start the second half. Team listed second will be Defense to start the game and Offense to start the second half. Teams will change direction at the half. Team listed second will also select which end-zone they want to defend.
- B. Kick Off: There will be NO Kick-Offs. Offense will start on their own 5 yard line to start the game, start the 2nd half and after each score.
- C. A team has four downs to reach midfield to get a first down. Once a team crosses midfield they have four downs to score. If a team fails to score, ball possession changes and will start from their own 5 yard line. A forward pass must be used on all plays starting within 5 yards before mid-field and within 5 yards before the end-zone (NO-RUN ZONES). There is NO Punting.
- D. **One coach** from each team on the field during games (each coach per team will be designated as a referee). Coaches are encouraged to work together, for the betterment of all players, in making consistent calls on both teams, not just their own. **6-8 league will allow 2 coaches on the field per team.**
- E. One coach per field will be official time keeper. 8-11 league will have paid officials for games.
- F. **MOUThPIECES ARE MANDATORY & NO POCKETs ON CLOThING! NO EXCEPTIOnS!**
- G. Players are not allowed to randomly pull off flags.

II. PLAYERS

- A. Each team may only use players listed on their roster. If a team is short players they can borrow player(s) from the other team or both teams can field lesser number of players.
- B. Each team will play eight on eight. Kids need to be rotated so that every child receives an even amount of time on offense and defense. **Please allow all players to play every position during the season.**
- C. Each child must have their shirts tucked in when in the game, and must have their pockets taped shut or be wearing athletic shorts/pants that have no pockets.
- D. Tackling is not allowed at anytime.

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III. TIMING

- A. The games will be 40 minutes long with a continuously running clock. There will be two 20-minute halves. 5 minute half time. Play will stop every 5 minutes for substitutions, but clock will run.
- B. Each team will receive one time out per half. Time outs do not carry over to the second half. Timeouts will be 60 seconds in length.
- C. There are no overtimes even if both team finishes with the same number of points. Parks and Recreation will not keep score.
- D. After the ball is spotted, each team will have 30 seconds to run a play. There is not a penalty for delay of game, unless it becomes a problem. Coaches – Please keep your plays simple so that time between plays is kept to a minimum.

IV. SCORING – PARKS & REC WILL NOT KEEP SCORE. THIS IS FOR REFERENCE ONLY!

- A. A touchdown is worth six (6) points.
- B. An extra point will be worth one (1) point. Extra points will be run as a regular scrimmage play, starting at the five-yard line and is in the No-Run Zone.
- C. A safety will be worth two (2) points.
- D. There are no field goals.

V. RULES OF PLAY

- A. The quarterback is allowed to run on one play per 4 downs.
- B. Blocking with contact is not allowed.
- C. Once there is a handoff or pitch, the defense can rush.
- D. Spinning is allowed to avoid having your flag pulled, but the player's feet must stay on the ground. No jumping.
- E. A play will be ruled dead where the player's feet are when the flag is pulled, not where the ball is located.
- F. All players are eligible receivers.
- G. A player must have at least one foot inbounds when making a reception.
- H. A quarterback has a seven second "pass clock." If a pass is not thrown within this time frame, the play will be ruled dead with a loss of down.
- I. All interceptions will be played live and can be returned except on a point after try.
- J. Defensive players rushing the quarterback must be seven yards from the line of scrimmage when the ball is snapped.
- K. All players are eligible to rush. (See V: C, J)

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- L. Players not rushing can line up on the line of scrimmage.
- M. The defensive referee/coach will stand at the seven-yard mark.
- N. The ball must be snapped between the legs of the center to start play. The snap must be in the quarterbacks hands and the QB must take possession of the ball before the ball may be handed off to another player (This rule applies when the QB lines up under center. A ball may be snapped to any player from the shotgun.)
- O. Play will stop every 5 minutes for substitutions. Players should get to play each position throughout the season. Each player should have equal playing time.
- P. A play will be ruled dead when:
 - 1. The ball carrier's flag is pulled
 - 2. The ball carrier steps out of bounds
 - 3. A touchdown or safety is scored
 - 4. The ball carrier's knee touches the ground
 - 5. The ball carrier's flag falls off – If receiver's flag falls off prior to catch, play will be dead upon catch and ball spotted there.
 - 6. The ball touches the ground.
- Q. There are no fumbles. The ball will be ruled down and dead where it hits the ground. If the ball is fumbled forward, the play will be ruled down from where the player was standing when the fumble occurred.
- R. Forward passes are allowed even if ball does not pass the line of scrimmage.

VI. PENALTIES

- A. General: - (Referee - refers to "on field" coaches charged with officiating the game.)
 - 1. The referee will call all penalties and should help coach the player on what they did.
 - 2. Referees determine incidental/intentional contact.
 - 3. All penalties will be assessed from the line of scrimmage, except as noted (spot fouls).
 - 4. Two forms of penalties are assessed: live ball and dead ball. Live ball penalties must be assessed before the play is considered completed.
 - 5. Penalties will be assessed half the distance to the goal line if the distance to the goal line is less than the penalty yardage.
- B. Five Yard Penalties (5)
 - 1. Illegal Equipment – (ie: no mouthpiece, no flag, shirt not tucked in, pockets on pants/shorts, etc.)
 - 2. Offside
 - 3. Illegal motion (more than one person moving, false start, etc.)
 - 4. Illegal forward pass (throwing second forward pass on the same play)
 - 5. Offensive pass interference (illegal pick play, pushing off/away defender)
 - 6. Screening, Blocking or Running with the ball carrier in an attempt to block or impede Defensive players
 - 7. Delay of game (excessive amount of time between plays or substitutions)
 - 8. Defense Illegal contact (holding, blocking, etc.)
 - 9. Defense Illegal flag pull (before receiver has ball)
 - 10. Defense Illegal rushing (starting rush from inside 7-yard marker)
- C. Ten Yard Penalties (10)

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1. Roughing the passer
2. Taunting
3. Unsportsmanlike conduct after scoring and touchdown: Ball will be spotted half way between goal line and mid field on the point after try. (one warning to the player and team before ejection).
4. Unsportsmanlike Conduct (non scoring play): Ten yards and no loss of down.
5. Stripping: Knocking or attempting to knock the ball out of a player's hands.

D. Spot Fouls

1. Flag guarding.....10 yards and loss of down
2. Charging.....10 yards and loss of down
3. Defensive Pass Interference..... 10 yards and automatic first down
4. Stripping..... 10 yards and automatic first down

E. Defense

1. Offside.....5 yards LOS and no loss of down
2. Interference..... Spot foul, 10 yards and automatic first down
3. Illegal contact (Holding, blocking, etc.).....5 yards LOS and no loss of down
4. Illegal flag pull (Before receiver has ball).....5 yards LOS and no loss of down
5. Illegal rushing (Starting rush from inside 7-yard marker).....5 yards LOS and no loss of down
6. Roughing the passer10 yards LOS and automatic first down
7. Taunting10 yards LOS and automatic first down
8. Unnecessary Roughness..... Spot foul, 10 yards and automatic first down
9. Stripping..... Spot foul, 10 yards and automatic first down

F. Offense

1. Illegal motion.....5 yards LOS and no loss of down
2. Illegal forward pass.....5 yards LOS and loss of down
3. Offensive pass interference (Illegal pick play, pushing off/away defender)...5 yards LOS and loss of down
4. Flag guarding.....Spot foul, 5 yards and loss of down
5. Screening, Blocking or Running with the ball carrier.....5 yards LOS and loss of down
6. Charging.....Spot foul, 10 yards and loss of down
7. Delay of game.....5 yards LOS and loss of down
8. Unnecessary Roughness.....10 yards and loss of down
9. Taunting..... 10 yards LOS and loss of down

