

YVGKA FLAG FOOTBALL LEAGUE OFFICIAL RULES



1. OFFICIALS AND GAME CONTROL

TEAM CAPTAINS:

- Two team captains. Captains are the only players eligible to confer with referees.

TEAM ROSTER:

- The YVGKA members who have paid and signed the waiver will be on the team roster.
- If you are not on the roster you will not be eligible to play on the field.
- All players on roster shall be 6 years of age or older and meet the team age requirement

LEGAL CONTACT AND THE FRAME:

- Contact should be within the “frame,” which is the front of the player’s shoulders traveling down to the player’s waist and hips. Contact with the Ball Carrier shall always be in an attempt to pull their flags or risk illegal contact penalty.

FOUL BETWEEN DOWNS:

- If the result of the play achieves a first down by crossing the Line-to-Gain and penalties bring the spot of the ball back behind the Line-to-Gain, the offense will be required to pass two lines-to-gain to achieve another first down.

DISCIPLINARY ACTIONS:

- The Head referee will have the ability to place players in a “Cool Down” in addition to ejecting players from the game at their discretion.

UNFAIR AND UNSPORTSMANLIKE ACTS:

- Any obvious unfair or unsportsmanlike act not specifically covered by the rule book may be grounds for ejection or disqualification made at the discretion of the Head Referee.

INADVERTENT WHISTLE:

- Inadvertent whistles during play will result in a dead ball.

2. GAME AND CLOCK MANAGEMENT

TIME OF GAME:

- Two (2) 20 minute periods, with one (1) three minute half-time intermission.

STARTING THE GAME AND MINIMUM PLAYERS:

- To begin the game a team must have a minimum of six (6) players to start, and a minimum of seven players at half-time to finish. If a seventh player has not arrived by halftime the game will be called a forfeit by the referee.

START OF PLAY:

- Ball will be spotted at the 40 yrd line and teams will work in towards endzone.

GAME CLOCK:

- Normal game clock will only stop for time-outs by the teams or the referee. The clock will run continuously each half. Under 2 minutes clock will stop for, incompletes, out-of-bounds, penalties.

PLAY CLOCK:

- The play clock will be 30 seconds long.

TEAM TIME OUT:

- Teams receive two (2) time outs per half, they do not carry over from the first half to the second half. Teams have 1 timeout per overtime. They are all 30 sec. timeouts.

OVERTIME FORMAT:

- Overtime format will follow Kansas City Style Tie Breaker rules from 15yrd line.

3. OFFENSE

LINE OF SCRIMMAGE:

- Must always have at least three (3) men on the line of scrimmage.

LEGAL SNAP:

- Occurs between the Center's legs, and the Center's shoulders must be parallel to the line of scrimmage.
- If bad snap happens ball is spotted where ball lands, no chance to recover it.

DEAD BALL FROM SNAP:

- A dead ball will not be called on a dribbled snap out of shotgun that the passer picks up cleanly.

4. SCORING

AFTER SCORE INSPECTION:

- Any ball carrier scoring may have their belts inspected by the nearest referee at the referee's discretion.

TRY-FOR-POINT:

- (TFP) AND DECLARATION Try for One is attempted from the 5 yard line, and Try for two is attempted from the 10 yard line. Teams that wish to change their Declaration must use a timeout.

SAFETY:

- Ball will change possession and be placed at the 40 yard line.

EQUIPMENT:

- BALL The game ball must be a an approved YVGKA sized football for age group.
- Participating members must have mouth guards.

UNIFORMS:

- Players of opposing teams must wear contrasting colored jerseys with numbers. The pants must be a different color than the flags. No article of clothing may cover any portion of a player's flags at the start of all play.
- Jerseys must be tucked in players may wear same number jersey but will have to have separate name to ID them.

FLAGS:

- Sonic Boom or Pop-it Style flag belt with 2 flags that must be placed on each side of the player's hips at the start of every play. If a tampered belt or flag is found on any player, all flags and belts on the entire team will be subject to inspection by the Head Referee.

ILLEGAL EQUIPMENT:

- Unless prior arrangement is made with the League Director, the use of headgear or any nature of shoulder pads, arm pads, etc regardless of material is prohibited. Baseball hats are strictly prohibited.

6. GAME PLAY

LEGAL FORWARD PASS:

- One forward pass may be thrown by the offensive team provided the passer is not completely across the Line of Scrimmage when throwing the ball. All players are eligible to touch, throw, or catch a pass.

ILLEGAL FORWARD PASS:

- A forward pass is illegal if the entirety of the passers body has passed the Line of Scrimmage upon the release of the ball. More than one forward pass per down will be considered an illegal forward pass.

SACKING OR DOWNING OF THE PASSER:

- If a flag is pulled while the passer is in the motion of throwing and the ball is subsequently released, no sack will occur and the passer will not be declared down. If a flag pull occurs during the throwing motion and the passer does not release the ball, the passer will be considered a Ball Carrier and sacked and down at that spot.

ROUGHING THE PASSER:

- Any contact occurs to the passer outside of the waist, hips and buttocks, and only when the passer is in the passing motion. This will also include any contact to the throwing arm of the passer. Incidental contact with the legs and stomach of the passer may be waived off at the discretion of the referee. Any player in possession of the ball is considered a Ball Carrier when not in a passing motion.

ROUGHING THE CENTER:

- Any contact occurs to the center prior to beginning his pass pattern or having stood head up to block.

CATCH aka COMPLETED FORWARD:

- Receiver places at least one (1) foot inbounds and maintains possession of the ball throughout their catch.

PITCHES, LATERALS, AND FUMBLES:

- The ball may change possession any number of times during a play by handing the ball off or legal pitching between players. Balls may not be stripped from the Ball Carrier.

BALL CARRIER LEAVING THEIR FEET:

- The Ball Carrier may not leave his feet to advance the ball.

FORWARD PROGRESS BALL PLACEMENT:

- The forward progress of the ball will be used to determine the succeeding spot, rather than the flag or flag belt unless the positioning of the ball is unclear, then the spot of the flags will be used.
- Ball carriers who stretch the ball for a first downs and/or touchdowns will be given the forward progress upon a flag pull.

FLAG GUARDING:

- Ball carriers MAY NOT shield their flags with their arms, elbows, or ball to prevent the opponent from de-flagging them.

BALL CARRIER ILLEGAL CONTACT:

- It is incumbent upon the ball carrier to avoid the defensive players.

BLOCKING:

- A block shall be considered legal if it is made with arms extended and palms out, with contact occurring within the Frame.

7. DEFENSE

FLAG PULLING:

- The defensive player may obstruct the forward progress of the Ball Carrier in an attempt to pull the flag. Flags that are legally pulled from the ball carrier will down the Ball Carrier, and the play will be called dead at the spot of the ball when flags were pulled.

OTHER FLAG ISSUES:

- Flags that incidentally come off of a Ball Carrier during a play will require the defense to perform a one hand touch rule to down the Ball Carrier.
- Offensive players must have possession of the ball before they can be legally de-flagged.

TURNOVERS:

- Interception by defense is dead ball, Change of possession and moves to the 40yrd line. Fumble is dead ball and returns to offense.

DEFENSIVE HOLDING:

- A Ball Carrier who is grabbed or held by any part of their body or clothing. Holding may also occur to a receiver who is grabbed or held while running their route. The offense has the ability to decline the penalty if they prefer the result of the play.

BALL CARRIER FORCED OUT OF BOUNDS:

- Only if contact with the ball carrier is initiated an attempt to pull a flag.

3 POINT STANCE:

- Players will not be allowed to line up on the line of scrimmage in a 3-point stance

JAMMING RECEIVERS:

- Jamming receivers within 5 yards is a legal move as long as the technique is initiated within the Frame.

OFFSIDES aka "FREE PLAY":

- An Offside penalty occurs when the ball is snapped and a defender is past the line of scrimmage.

ENCROACHMENT:

- Encroachment is when a defender touches an offensive player prior to snap.

NEUTRAL ZONE INFRACTIONS:

- aka "DRAWING THE OFFENSE OFFSIDES"- A Neutral Zone Infraction occurs when a defender moves beyond the line of scrimmage before the ball is snapped and causes an offensive player to false start.

8. PENTALY ENFORCMENT

5 YARDS:

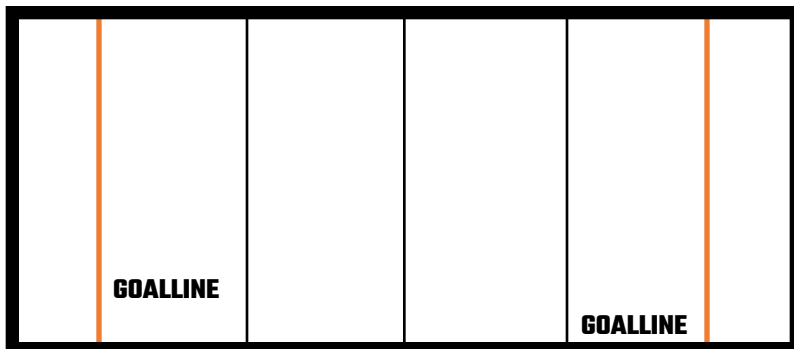
- Less than three (3) offensive players on the line of scrimmage
- Defensive holding - Spot foul, automatic first down
- Too many players on the field - Previous spot of ball
- Players outside of team box - Previous spot of ball
- Delaying the game - Previous spot of ball
- Defensive offsides - Previous spot of ball
- Offensive offsides - Previous spot of ball
- Encroachment - Previous spot of ball
- Neutral zone infraction - Previous spot of ball
- False start - Previous spot of ball
- Defense lining head up - Previous spot of ball
- Illegal formation - Previous spot of ball

10 YARDS:

- Illegal forward pass - Previous spot of ball - Loss of down
- Offensive Holding - From spot of hold or Previous spot of ball if in the backfield -Replay down
- Offensive pass interference - Loss of down - Replay down
- Illegal contact Offense - Spot of foul or subtracted from end of play
- Illegal contact Defense - Tacked to end of play
- Diving, leaping sliding to advance ball - Spot of foul
- Flag guarding - Spot of ball, loss of down
- Defensive Pass Interference - Spot of contact, automatic first down, if interference within the end zone the ball is placed on the 1 yd line.

15 yards:

- Unsportsmanlike Conduct - May coincide with spot foul
- Roughing defenseless player i.e. passer, center, punter
- Personal foul/Unnecessary Roughness



9. FIELD DIMENSIONS

- Field Length: 80yds
- Field Width: 50yds
- End Zones: 10yds

1Ords 20yrds 20yrds 20yrds 20yrds 10yrds