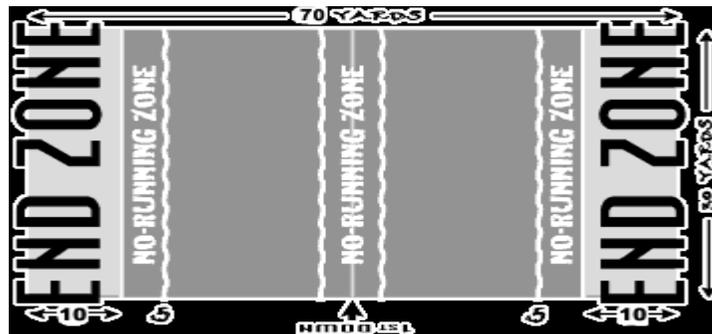


# SPRING 2017 HAYS RECREATION COMMISSION YOUTH FLAG FOOTBALL RULES

## FLAG FOOTBALL LEAGUE

- 1. AGE DIVISIONS:** 6 to 8 yr. olds (Age as of March 1, 2017).  
9 to 12 yr. olds (Age as of March 1, 2017).
- 2. THE GAME:** Games will be held on the Nex-Tech Wireless Soccer Fields at Bickle-Schmidt Sports Complex. Practices will be held at the Pratt Optimist Fields. Paper, rock, scissors by designated team captain will determine first possession. The offensive team takes possession of the ball at their 5-yard line and has three (3) plays to cross mid-field. Once a team crosses mid-field, they will have three (3) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on their 5-yard line. If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team takes over on their 5-yard line. All possession changes except interceptions start on the offenses 5-yard line.
- 3. THE FIELD:**



- 4. LENGTH OF GAME:** Games will consist of two (2) twenty (20) minute halves. A continuous clock will be used except for the last one (1) minute of the first half and also the end of the game. Then the clock will be stopped on all dead ball situations. Dead ball situations are player going out of bounds, incomplete passes or certain rule infractions. The clock will stop after a 1st down but will be re-started after the ball has

been spotted by the official. The game will be considered over once a team has scored forty two (42) or more points and that team is twenty (20) or more points ahead. The team that wins the flip will have choice of receiving the ball or defending a particular end. Teams will switch sides after half-time, with the other team receiving the ball to start the second half. **Each time the ball is spotted, a team has thirty (35) seconds to snap the ball.** Each team will receive one (1) warning per game, before a Delay of Game penalty is called. Each team will receive two (2) - sixty (60) second time outs per game. Officials can stop the clock on their own discretion. At the end of regulation, if the score is tied their will be no overtime and the game will be recorded as a tie.

**5. NUMBER OF PLAYERS:** Teams consist of five (5) players on the field, at any one time. A team may play with no less than four (4) players. Any time a team falls below four (4) players, that team will forfeit the game. **Substitutions are only allowed after change of possessions.** Each player must play at least 15 minutes each half and may not sit out two consecutive offensive and defensive series.

**6. FORFEIT TIME:** Forfeit time is five (5) minutes after the scheduled game time. Example: Game time is 5pm, forfeit time is 5:05pm. The referees watch is the official watch.

**7. SCORING:** A touchdown is equal to six (6) points. An extra point is equal to one (1) point from five (5) yards out (pass only) or two (2) points from twelve (12) yards out (pass or run plays permitted). Teams must designate whether attempting one (1) or two (2) point conversion. A safety is worth two (2) points.

**8. RUNNING PLAYS:** The first player receiving the snap CANNOT run the ball. Laterals and pitches of any kind are allowed only behind the line of scrimmage. The offense may use multiple hand-offs. "No running play zones" are designed to avoid short yardage power running situations. "No running play zones" are located five (5) yards from each end zone and five (5) yards on either side of mid-field. The player who takes a hand-off can throw the ball as long as they do not cross the line of scrimmage. Once the ball has been handed off, all defensive players are eligible to rush. **THE "NO RUNNING ZONE" ONLY APPLIES FROM 5 YARDS OUT OF GOING TOWARD THE FIRST DOWN LINE OR GOAL LINE.**

**9. RECEIVING:** All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage). **Only one player is allowed in motion at a time.** Players must have at least one (1) foot in-bounds when making a catch.

**10. PASSING:** All forward passes are legal **INCLUDING PASSES BEHIND THE LINE OF SCRIMMAGE.** The QB has a seven (7) second "pass clock". If the pass is not thrown within the seven (7) seconds, play is dead, loss of down. Once the ball is handed off, the seven (7) second pass clock is no longer in affect. Interceptions change the possession of the ball at the point of possession, unless the ball is intercepted in an opponent's end zone. End zone interceptions - the ball is placed at the five (5) yard line.

**11. DEAD BALLS:** The ball must be snapped between the legs, not off to one side, to start the play. An exchange between the quarterback and center must take place before the ball can be put in play. Play is ruled DEAD when: The offensive player's flag is pulled while in possession of the ball. Ball carrier steps out of bounds. A touchdown is scored. When at the point of an interception (interception returns are not allowed). A ball carrier knee(s) hits the ground. A ball carrier's flag falls off. A ball carrier leaves their feet when running the ball. There are no fumbles. The ball is spotted where the ball hits the ground.

**12. BLOCKING/RUSHING THE QB: Blocking is not allowed!** Once the ball has been caught, or handed off, the remaining offensive players must stop running. The Offense cannot impede the defense in any way. **The Defender has a CLEAR SHOT at the ball carrier or QB, and any interference is considered to be SCREENING.** All players that rush the passer must be a minimum of seven (7) yards from the line of scrimmage when the ball is snapped. Any number of players can rush the passer. Players not rushing the passer may defend on the line of scrimmage. Rushing players do not need to wait before rushing. A cone or the referee will designate the seven (7) yards from the line of scrimmage. If defensive rusher takes the handoff, it will be treated as an interception.

**13. UNSPORTSMANLIKE CONDUCT:** This is a NON-CONTACT LEAGUE. Unsportsmanlike conduct will not be tolerated. If the referee witnesses any acts of tackling, elbowing, cheap shots, clipping, tripping, shoving or any unsportsmanlike penalty, the player will be assessed an unsportsmanlike conduct penalty - ten (10) yards and automatic first down from the spot of the foul. **Any manager, coach, or player who displays flagrant unsportsmanlike conduct can be ejected from a game and can be asked to leave the complex.** If a manager, coach, or player is ejected from a game, that manager, coach, or player will be suspended from participation and play during their next scheduled game played. If a manager, coach, or player is ejected from a game a second time, that manager, coach, or player will be suspended from participation and play for the remainder of the season. Any spectator who displays unsportsmanlike conduct can be asked to leave the complex. Note: Foul and/or profane language is considered unsportsmanlike conduct and is grounds for ejection. Trash talking, taunting and/or baiting the opponent is considered unsportsmanlike conduct and is grounds for ejection. (Refer to the HRC Code of Conduct). **FOUL OR ROUGH PLAY WILL NOT BE TOLERATED!!**

**14. PENALTIES:** All penalties will be called by the Referee. Penalties inside the "no running zone" and/or that would result in the ball being placed past the goal line, 1/2 the distance to the goal. **Penalties can be declined!!**

**Defense Penalties: ALL DEFENSIVE PENALTIES RESULT IN AUTOMATIC 1<sup>st</sup> DOWN**

**Offside** results in a five (5) yard penalty from the original line of scrimmage and automatic 1st down;

**Pass Interference** results in a ten (10) yard penalty from the original line of scrimmage and automatic 1st down;

**Illegal Contact** (holding, blocking, tripping, etc...) results in a ten (10) yard penalty from the spot of the foul or the original line of scrimmage, whichever is greater and automatic 1st down; **Holding an offensive player by the clothing, or body is considered holding. Defender may not hold the players up, while teammate takes flag.**

**Illegal Flag Pull** (before the player has the ball) results in a ten (10) yard penalty from the spot of the foul or the original line of scrimmage, whichever is greater and automatic 1st down;

**Illegal Rush** (starting rush from inside the 7 yard marker) results in a ten (10) yard penalty from the original line of scrimmage and automatic 1st down;

**Delay of Game** results in the clock stopping and a ten (10) yard penalty from the original line of scrimmage and automatic 1st down.

**Leaving Your Feet/Diving** to pull the flag will result in a ten (10) yard penalty from the spot of the foul or the original line of scrimmage, whichever is greater and automatic 1st down

**\*\* Any penalty on the defense which puts the offensive team in a no running zone will cancel the "no running zone" for one play!** Exception to this rule would be when the offensive team already has possession of the ball in the no running zone then this rule would not apply.

## Defensive Penalties



### Offside-

Penalty-5 yards and automatic first down



### Interference-

Penalty-10 yards and automatic first down



### Illegal Contact-

Penalty-10 yards and automatic first down



### Illegal Flag Pull-

Penalty-10 yards and automatic first down



### Illegal Rush

Penalty-Ten yards and automatic first down



### Illegal Diving-

Penalty-Ten yards and automatic first down



### Delay of game-

Penalty-Clock stops, 10 yard penalty

**Offense Penalties:**

**Offside** results in a five (5) yard penalty from the original line of scrimmage

**Interference** results in a ten (10) yard penalty from the original line of scrimmage and loss of down;

**Illegal Contact** (holding, blocking, tripping, etc...) results in a ten (10) yard penalty from the original line of scrimmage and loss of down;

**Screening/Blocking**-Results in a 5 yard penalty from line of scrimmage, and loss of down.

**Delay of Game** the clock will stop and a ten (10) yard penalty from the original line of scrimmage and loss of down.

**Illegal Motion** (more than one (1) person moving, false start, motion, etc...) results in a five (5) yard penalty from the original line of scrimmage and loss of down;

**Illegal Forward Pass** (pass beyond the line of scrimmage) results in a five (5) yard penalty from the original line of scrimmage and loss of down;

**Pass Interference** results in a ten (10) yard penalty from the original line of scrimmage and loss of down;

**Flag Guarding** results in a ten (10) yard penalty from the spot of the foul and loss of down.

**Offense:**



**Illegal Motion-**

Penalty-5 yards



**False Start-**

Penalty-5 yards



**Illegal Forward Pass-**

Penalty-5 yards and loss of down



**Offensive Pass Interference-**

Penalty-10 Yards and a loss of down



**Delay of game-**

Penalty-Clock stops, 10 yard penalty and loss of downs



**Offside-**

Penalty-5 yards



### **Illegal Contact-**

Penalty-10 yards and loss of down

### **Flag Guarding-**

Penalty-10 yards from the spot of the fall and loss of down

- 15. EQUIPMENT:** Soccer and/or football type cleated shoes are allowed. No Metal tipped or metal spiked shoes are allowed. Game footballs and flags will be provided by the HRC.
- 16. PROTESTS:** Protests are allowed only for the purpose of determining an ineligible player. All other questions regarding a ruling by an official shall be settled on the spot by the official and supervisor if available. Judgment calls are not open to discussion.
- 17. DISORDERLY CONDUCT:** Anyone (manager, coach, player, or spectator) displaying disorderly conduct will be asked to leave the complex.
- 18. GAME CANCELLATIONS:** Game cancellations will be announced on the HRC Information Hotline at 623-2650 and will be announced on the local radio stations.
- 19. MORE RULES AND INFO:** For more information on flag football go to [www.playfootball.com](http://www.playfootball.com)



# *National Standards of NYSCA Coaches*

The National Standards for Youth Sports place in motion a nationwide policy for youth leagues that strive to operate their programs with the best interests of children as their primary objective.

*Copies of the National Standards For Youth Sports, with complete information including rationale and implementation, are made available to youth leagues by contracting NYCA Headquarters.*

## **#1 Proper Sports Environment**

*Parents must consider and carefully choose the proper sports environment for their child, including the appropriate age and development for participation, the type of sport, the rules of the sport, the age range of the participants, and the proper level of physical and emotional stress.*

## **#2 Programs Based on the Well-Being of Children**

*Parents must select youth sports programs that are developed and organized to enhance the emotional, physical, social and educational well-being of children.*

## **#3 Drug, Tobacco & Alcohol-Free Environment**

*Parents must encourage a drug, tobacco and alcohol-free environment for their children.*

## **#4 Part of a Child's Life**

*Parents must recognize that youth sports are only a part of a child's life.*

## **#5 Training**

*Parents must insist that coaches are trained and certified.*

## **#6 Parent's Active Role**

*Parents must make a serious effort to take an active role in the youth sports experience of their child providing positive support as a spectator, coach, league administrator and/or caring parent.*

## **#7 Positive Role Models**

*Parents must provide positive role models, exhibiting sportsmanlike behavior at games, practices, and home, while also giving positive reinforcement to their child and support to their child's coaches.*

## **#8 Parental Commitment**

*Parents must demonstrate their commitment to their child's youth sports experience by annually signing the Parents Code of Ethics Pledge.*

## **#9 Safe Playing Situations**

*Parents must insist on safe playing facilities, healthful playing situations, and proper first aid applications, should the need arise.*

## **#10 Equal Play Opportunity**

*Parents, coaches, and league administrators must provide equal play opportunity for all youth regardless of race, creed, sex, economic status or ability.*

## **#11 Drug, Tobacco & Alcohol-Free Adults**

*Parents must be drug, tobacco and alcohol-free at youth league sporting events.*

## **Coaches' Code of Ethics**

**I hereby pledge to live up to my certification as a NYSCA Coach by following the NYSCA Coaches' Code of Ethics.**

**I will place the emotional and physical well being of my players ahead of a personal desire to win.**

**I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.**

**I will do my best to provide a safe playing situation for my players.**

**I will promise to review and practice the basic first aid principles needed to treat injuries of my players.**

**I will do my best to organize practices that are fun and challenging for all my players.**

**I will lead by example in demonstrating fair play and sportsmanship to all my players.**

**I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.**

**I will use those coaching techniques appropriate for each of the skills that I teach.**

**I will remember that I am a youth sports coach, and that the game is for children and not adults.**

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*Coach Signature*

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*Date*

## **Players' Code of Ethics**

**I hereby pledge to provide a positive attitude and be responsible for my participation in Youth Sports by following this Code of Ethics:**

**I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice.**

**I will attend every practice and game that is reasonable possible and notify my coach if I cannot.**

**I will expect to receive a fair and equal amount of playing time.**

**I will do my very best to listen and learn from my coaches.**

**I will treat my coaches with respect regardless of race, sex, creed or abilities and I will expect to be treated accordingly.**

**I deserve to have fun during my sports experience and will alert parents or coaches if it stops being FUN!**

**I deserve to play in an alcohol, tobacco and drug free environment and expect adults to respect that wish.**

**I will encourage my parents to be involved with my team in some capacity because it's important to me.**

**I will do my very best in school.**

**I will remember that a sport is an opportunity to learn and have fun.**

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***Players' Signature***

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***Date***

# ***Parents' Code of Ethics***

**I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Ethics Pledge.**

**I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.**

**I will place the emotional and physical well being of my child ahead of a personal desire to win.**

**I will insist that my child play in a safe and healthy environment.**

**I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.**

**I will demand a sports environment for my child that is free of drugs, tobacco, and alcohol, and will refrain from their use at all youth sports events.**

**I will remember that the game is for youth—not for adults.**

**I will do my very best to make youth sports fun for my child.**

**I will ask my child to treat other players, coaches, fans, and official, with respect regardless of race, sex, creed, or ability.**

**I promise to help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.**

**I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.**

**I will read the NYSCA National Standards for Youth Sports and do what I can to help all youth sports organizations implement and enforce them.**

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Parent signature

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Parent Signature

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Date