



# Eagles Youth Flag Football

## Rules and Regulations

Unless otherwise noted within this document, the Eagles Youth Flag Football Program will adhere to NFL Flag Football rules. What follows here are exceptions and particulars to those rules and rules particular to the Eagles Youth Flag Football league. Any discrepancies that may occur will be decided with the child's best interest in mind keeping in mind the primary objectives of the program, which are to educate young people about the fundamentals of football while encouraging participation and sportsmanship.

### Divisions/Teams/Players

Eagles Youth Flag Football consists of three distinct divisions:

- Pony: 10 - 11 years old.
- Midget: 8 - 9 year olds.
- Pee Wee: 5 - 6 - 7 year olds.

\*Age to be determined by September 1st.

- The number of players each team will field is to be determined by the head coaches prior to the start of the game.

**Teams must field a minimum number of six players or the game is cancelled**

Teams should not exceed twelve (12) players at any one time.

At all times (if possible) there should be an equal amount of players on offense and defense

The above guidelines do not apply to Pee Wee Division.

## **Locations**

Currently all games are played at Fuller Field. The Flag Director will provide team schedules and which field you are on. Field # 1 will be designated as the field on the left as you look from the street. Field # 2 is the one on the right. Practices are on a first come, first use basis. Please allow ½ of each field for another team's practice use if the fields are both being used. This allows four teams to be practicing on the fields simultaneously. If there are more than four teams practicing then use the sides of the field.

## **Practices**

You are allowed to practice per the Head Coach's schedule. There is no maximum or minimum.

## **Make-up Games**

Rainouts may be made up at the discretion of the coaches involved

Make-up days will be determined during the course of the season upon agreement of the coaches involved. **If an agreement can't be reached the Director will have the final say.**

## **Ball Type**

Each team may use the size and type of ball that they prefer.

## **Attire**

Cleats are allowed, BUT NO METAL SPIKES. All players must wear a protective mouthpiece; there are no exceptions.

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The following items are considered illegal equipment:

Headwear, Jewelry and Shirts/Jerseys that do not remain tucked in.

Pants or shorts with any belt(s), belt loop(s), or exposed drawstring(s)

Pants with the same coloring as the flag.

Exposed metal on clothes or person.

## Minimum / Maximum Play Rule

A player must run the ball at a minimum of one (1) play every game.

A run consists of the following:

- 1) A player's flag is pulled.
- 2) A player runs out of bounds.
- 3) A touchdown or extra point is scored.
- 4) Kickoff returns count as a run.

\*\*\* For ALL Divisions - No player will run or receive the ball consecutively unless it is the quarterback **and the play was a running play with a missed handoff.**

## **Pony Division**

8 play limit for any rush or receive, 4 per half. No carry over. However, the Quarterback can make unlimited throws, provided he does not rush or receive. Once the Quarterback rushes or receives, then it is counted as one play per half.

**The center / snapper can go out for a pass. - REVISED FOR 2021**

Any team, which fails to adhere to this rule, will forfeit the game in question. It is the responsibility of each team to monitor their opposing team's compliance with this rule. (i.e. Spotters).

## **Midget & Pee Wee Divisions**

**A player can't have 3 touches in the game before every other player has had one touch**

**Play is replayed – no penalty yardage**

## **The Basics**

A coin toss determines first possession.

**\*\*\* The ball is always spotted at the feet of the player where it is flagged.  
NOT at spot of ball**

## **Pony Division, Midget Division and Pee-Wee Division:**

Teams start on the 25-yard line.

## Punt Rules

### Pony Division, Midget & Pee Wee

The ball is automatically placed on the non-kicking teams' 25-yard line. Play starts from there.

### Timing

Each game will be made up of two (2) 25-minute halves based on running time. Hence, clock stoppage will not occur as traditional (i.e. Out of bounds, change of possession, incomplete pass, etc.).

Clock stops at last two (2) minutes **of both halves**.

Each time the ball is spotted, a team has 45 seconds, during the first two weeks, and then, after the first two weeks, 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced. (Five-yard penalty).

Each team has two (2) 60-second time-outs per half. Only one of those unused time-outs from the first half can carry over to the second half.

There is a mandatory three (3) count on the line of scrimmage. The defensive line is not allowed to cross the line until the three (3) count has been reached. The referee will count and signal the defensive team appropriately.

Officials can stop the clock at their discretion

**Officials SHOULD stop the clock FOR ALL INJURIES AND UNIFORM MALFUNCTIONS.**

**A dead ball last play will be granted on a defensive penalty at the end of either half**

## Scoring/Overtime

Touchdown = 6 points

Running Extra point = 1 point (played from the 3-yard line.)

Passing Extra point = 2 points (played from 3-yard line.) **Pass must cross the goal line in the air.** An ***intercepted conversion*** may be returned for 2 points.

Safety = 2 points

A Regular season game can end in a tie.

A tie in a Playoff Game or Championship game will make use of overtime.

In a tie the teams will resort to Kansas TieBreaker System (15 yd line/3 plays). **After two overtime periods teams will be required to go for 2 point conversions**

The Rules within the game

## Running/Passing

Laterals, shovel passes and pitches are allowed.

Offense may use multiple hand-offs.

The player who takes the hand-off can throw the ball from behind the line of scrimmage.

Once the ball has been handed off, all defensive players still must yield the referee's three (3) count.

Spinning is allowed, but players cannot leave their feet to avoid a defensive player.

The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

## 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 at least one foot inbounds when making a reception.

## Starting Play/Fumbles/Dead Balls

For All Divisions the ball may be snapped in any manner , including side hikes.

***Note: Starting play should contain an audible signal to the opposing team (i.e. "Ready"). There are no "silent" hikes.***

Substitutions may be made on any dead ball.

Play is ruled "dead" when:

- Ball carrier's flag is pulled
- Ball carrier steps out of bounds
- Touchdown or safety is scored
- Ball carrier's knee hits the ground
- Ball carrier's flag falls out

## All Division Fumbles

A fumble during the snap \*(even in shotgun) behind the line of scrimmage is a live ball. The offense may pick the ball up and continue play. If the defense has been given the 3 count and the ball is still on the ground it becomes dead and the fumbling team maintains possession at the spot of the fumble. A fumble over the line of scrimmage is a dead ball (even on the snap). The ball will be marked at the spot of the fumble and the fumbling team keeps possession.

A fumble during the course of play, is a dead ball. This includes any hand offs even in the backfield.

## Player Rules/Sportsmanship/Roughing

**BLOCKING:** There is no blocking of any player during play. Run blocking is specifically not allowed. Players may run ahead of a ball carrier (i.e. Running a sweep), however shielding a runner from potential defenders is not allowed. **Penalty is 10 yards but down is replayed.**

**GUARDING THE FLAG / STIFF ARMING:** Runners shall not flag guard by using any part of the body or ball to deny the opportunity for an opponent to pull or remove the flag. Flag guarding includes but is not limited to:

1. Swinging the hand or arm over the flag belt to prevent an opponent from deflagging.
2. Placing the ball in possession over the flag belt to prevent an opponent from deflagging.
3. Lowering the shoulders in such a manner that flag guards.

Ball is spotted where infraction occurred

**THE FLAG BELT:** All shirts **must** be tucked in, and are not permitted to hang over the flag belt. Should a player lose their flag legally or illegally during a down, and should that player gain possession of a live ball, the player will be considered down when gaining possession of the ball.

Player's must have possession of the ball before they can legally be deflagged. It is illegal for a defensive player to intentionally pull a flag from an offensive player who is not in possession of the ball. In cases where a flag is removed illegally, play should continue with the option of the penalty or the play

Penalty = 10 yards and automatic first down

**STIFF ARMING:** Stiff-arming is not allowed; a personal foul will be called, and if warranted an unsportsmanlike conduct or ejection will result.

**NO JUMPING:** Offense players may not leave their feet **to avoid being deflagged.**

Ball is spotted at infraction point.

**NO DIVING:** The ball will be spotted from the position of the player's feet at the time their feet left the ground.

Ball is spotted at infraction point.

**OBSTRUCTING THE RUNNER:** A defensive player shall not hold, grasp, or obstruct the forward progress of the runner when attempting to remove the flag. Players may not drop to their knees in front of the player to remove the flag. Or dive at the runner to pull their flag.

Penalty for diving /obstructing the runner is 10 yards added on to the end of the play.

**PASS INTERFERENCE:** Any contact that, in the view of the official, interferes with the attempt to catch a pass (offensive or defensive player) is pass interference unless, in the view of the official, it occurs when two or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass. It is also pass interference if an eligible receiver is deflagged or touched prior to touching the ball on a pass thrown beyond the offense's line of scrimmage.

Penalty = 10 yards and automatic first down

## Penalties

All penalties will be called by the referee.

**PERSONAL FOULS:** Any act listed below or any other act of unnecessary roughness is a personal foul.

\*\*\* All Personal Fouls are 10 yard penalties

Players shall not:

- Punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
- Trip an opponent.
- Contact an opponent who is on the ground.
- Throw the runner to the ground.
- Hurdle another player.
- Contact an opponent either before or after the ball is declared dead.
- Make any contact with an opponent that is deemed unnecessary.

- Deliberately drive or run into a defensive player. (blocking)
- Clip an opponent.
- Tackling the runner
  - First Offense = 10 yards
  - Second Offense = sit out for 5 minutes, if there are less than five minutes remaining then he is out of the game but in a tied playoff game he can come back for the overtime session
  - Third Offense – Ejection from game

## Defensive Penalties:

Offside = 5 yards

**Interference = 10 yards and automatic first down**

Illegal contact (holding, blocking, etc.) = **10 yards and automatic first down**

Illegal FLAG pull (before receiver has ball) = **10 yards and automatic first down**

## Offensive Penalties:

Illegal motion (more than one person moving, false start, etc)

**Penalty = 5 yards**

Illegal forward pass (pass thrown beyond line of scrimmage)

Penalty = **5 yards and loss of down**

Offensive pass interference (illegal pick play, pushing off/away defender):

**Penalty = 10 yards and loss of down**

FLAG Guarding: Ball is spotted where infraction occurred

Delay of game: **Referee should stop the clock until next play is snapped** and assess a 5 yard penalty

\*\*\* Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

## Standards of Behavior – Players, Coaches , and Fans / Parents

### TRASH TALKING

The referee has the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

In general if the referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be given a verbal warning. A second offense will result in being ejected from the game. FOUL PLAY WILL NOT BE TOLERATED.

## Coaches

Any coach who is ejected during the course of a game will automatically be suspended for the next game as well. Said coach may attend practices with his/her team but may not participate on game day. On game day a suspended coach is not allowed contact with his/her team prior to or during the course of the game. Said coach may watch the game from opposite sidelines and or end zone. If said coach fails to comply with these terms, then this coach will be suspended for the remainder of the year. Any coach who is ejected twice during the course of the Season will be suspended for the remainder of the season and a new coach will be appointed. Any coach ejected from a game following the conclusion of the game will be suspended for two (2) games.

## Parental Rules

Coaches are responsible for parents on their sideline. Referees can and will penalize teams for unsportsmanlike conduct/comments by parents. It is the coach's responsibility to keep their parents in line. Additionally, the following rules apply to parents at Eagles Youth Flag Football events:

1. In order to uphold the goals of the Eagles Youth Flag Football and ensure that all participants have the benefit of a safe and fun learning environment, all parents, guardians and other adults and attendees of Eagles Youth Flag Football events, including but not limited to practices, competitions, and banquets, must behave accordingly in a respectful, courteous, and sportsmanlike manner at all times.
2. Any adult who is using alcohol, tobacco or non-prescription drugs and/or appears intoxicated at an Eagles Youth Flag Football event, and/or who is flagrantly rude, attempts to intimidate, verbally abusive, heckles, taunts, ridicules, boos, throws objects and/or uses vulgarity or

profane language/gestures with an official, coach, volunteer, staff member, participant or other event attendee, must receive a verbal warning and/or be asked to leave the event. The member organization may also provide a written warning to the individual regarding the misbehavior. The adult's children may also be removed from the event. Any adult, who commits one of the above stated offenses a second time, will be banned from any and all Eagles Youth Flag Football events for a period of one year from the date of the second offense, and their children may also be removed from the program(s) for that time period.

4. Any adult who physically assaults an official, coach, volunteer, staff member, participant or other event attendee, or threatens grave bodily harm may be banned from any and all Eagles Youth Flag Football events for one year from the date of the offense, and their children may also be removed from any and all Eagles Youth Flag Football events for that same period of time. After the ban has expired, if the individual commits another offense of the adult code of conduct, the individual will be permanently banned from any and all Eagles Youth Flag Football events and the individual's children may also be permanently removed from any and all Eagles Youth Flag Football programs.

Enforcement of all rules and regulations is by the League President or the designee, with ratification by the Board of Directors