

**2009**  
**PYFA FLAG FOOTBALL RULES AND REGULATIONS**

**ABOUT PYFA FLAG FOOTBALL**

PYFA flag football is a non-contact 8-on-8 competitive flag football program designed for young players to learn the game of football. Our goal is to give kids of an earlier age the chance to learn about and compete in the game of football. The flag division is designed solely to show these young athletes how to play the game of football, understand the rules of the game and gain much needed skills to carry to the next level. The number one goal of PYFA in the flag football division is to ensure the kids **HAVE FUN**. The focus of the program is to focus on fundamentals, participation, and sportsmanship.

**WHO**

Boys & Girls Ages 5-6

**ATTIRE**

Helmets required for safety only. Cleats are allowed ( no metal spikes ). All players must wear protective mouth guards ( no exceptions )

**EQUIPMENT ( PROVIDED BY PYFA )**

Flag Belt, Game Jersey, Helmet, and Mouthpiece (Helmets and Flag Belts are to be returned back to PYFA)

**WEEKLY EVENTS RULE**

There are to be no more than 3 1.5 hr scheduled events per week for the flag division. This can be justified by three practices on non-game weeks and 2 practices and one game on game weeks. The flag football division will start practices exactly one week after the tackle divisions. The games will be every Saturday morning starting in late August.

**WEATHER AND FOOTBALL INFORMATION VIA WEBSITE :**

[www.leaguelineup.com/pearlandyfa](http://www.leaguelineup.com/pearlandyfa)

**THE BASICS**

A coin toss will determine the first possession of the game.

**Note: There will be no kickoffs, and only screen blocking will be allowed (See rules below for blocking)**

The flag division will play 2-12 minutes halves with a running clock.

The offensive team will take possession of the ball on their own 20 yard line. They will have four plays to get to the next 1<sup>st</sup> down marker, which is 20 yards in distance. Once the offensive team enters the next 20 yard zone it is a 1<sup>st</sup> down and a new series of downs begins. 1<sup>st</sup> downs can be made at the 40 yd and 20 yd markers. Each team will have 4 downs to advance the ball to the next zone, or score a touchdown. The team that fails to move the ball into the next zone will lose possession of the ball. The opposing team will take over possession of the ball where the last play was whistled dead . This will make 1<sup>st</sup> down and zone to go. The ball will be placed in the center of the field at the conclusion of each down. After the first 20 minute half the teams will change sides of the field. The 2<sup>nd</sup> half possession will change to the loser of the coin toss in the 1<sup>st</sup> half.

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**TEAM SIZES**

Each team will consist of a minimum of 9 players and a maximum of 12. This is done to ensure quality playing time for each flag participant.

**PLAYERS ON THE FIELD**

The game will be played with 2 teams consisting of 8 on field players each, unless a mutual consent is reached by both teams coaches for a lower number due to the absence of players.

**PLAYING FIELD**

The playing area shall be 80 yds in length and at least 40 yds in width. The field must be divided into 4 20 yd zones with the end zones being 10 yds deep. The fields do not require goal posts.

1<sup>st</sup> downs can be made at the 20 and 40 yd zones. Running and passing plays are allowed and all players are eligible to receive passes.

The defensive team will be responsible for covering receivers, rushing the passer and removing at least 1 flag from the flag belt of the ball carrier in order to stop the advancement of the ball.

**TIMING/OVERTIME GAMES**

Games will consist of two 20 minute running halves. After the time expires there will be 4 total plays left in the game. Half time shall be no more than 10 minutes. In the event of a tie at the end of regulation play in the regular season the game will be recorded as a tie. If there is a tie in a playoff game at the end of regulation play there will be a coin toss to determine the first possession of the overtime. The overtime will be sudden death, 1<sup>st</sup> team to score wins the game.

Once the ball has been spotted by the officials the offensive team has 30 seconds to snap the ball. Each team will receive 1 warning before they are charged with a delay of game penalty. Each team will receive two 60 second time-outs per half. The officials can stop the game at their discretion for water breaks.

**FIELD COACHES**

Each team may have 2 coaches on the field to help organize and huddle the players. Once the huddle is broken the field coach must move back a distance of 10 yds from the play and must not talk to the players at this point.

**SCORING/TOUCHDOWNS**

Touchdown = 6 points

Extra points ( start at the 3 yd line )

1 point for running extra point

2 point for passing extra point

Safety = 2 points

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**BLOCKING**

All blockers must be on his feet at all times when blocking. Cross blocks and roll blocking are not permitted. A blocker can't use his hands while blocking. All blockers must block by using the "moving pick" technique, only using his body to impede the defender. Blocking a player from behind is not permitted. All blocking must be initiated above the waist. **NO BLOCKING BELOW THE WAIST.**

**RUNNING**

Offense may use multiple direct handoffs. The player who makes a direct hand off can throw the ball from behind the line of scrimmage. Once the ball has been handed off, all defensive players are eligible to rush. Spinning is allowed, but no player can leave their feet to avoid a defensive player ( no diving ). The ball is spotted where the ball carrier's feet are at the spot the flag was pulled, not where the ball is.

Each team is allowed one Quarterback keeper per every offensive possession. The Quarterback must run outside of the tackles in order to allow for a fair defensive read. Once the Quarterback has reached the offensive tackle plain, they will be allowed to cut back inside the middle of the field and even change the direction in which he/she is running ( reverse the field ). Each time a team allows their Quarterback to rush the ball more than once per offensive possession, will be penalized with the loss of a down.

The ball carrier must not use their hands or arms to protect their flags. The defensive player must have the opportunity to remove the ball carrier's flags. The ball carrier can't lower their head to drive or run into a defensive player. The ball carrier is not allowed to stiff arm an opponent. The ball carrier may run in any direction until the play is called dead.

**RECEIVING**

All players are eligible to receive passes ( including the QB if the ball has been handed off prior to the reception). Only one player is allowed in motion at a time. A player must have at least one foot in bounds when making a reception in order for the play to be completed. If an offensive and defensive player catches a ball simultaneously, the play is declared dead at the spot of the catch and the offensive team is awarded the ball.

**PASSING**

Shovel passes are allowed. Interceptions may be returned by the defensive team.

**DEAD BALLS**

The ball must be snapped between the legs of the center, not a side ways snap. All balls touching the ground are immediately dead ( except for the center snap to the QB ). Substitutions may be made on all dead balls.

Play is ruled dead when:

- the ball carrier touches the ground with his body, other than hands or feet
- the ball hits the ground as a result of a fumble or muffed ball ( except the center to QB exchange)
- ball carrier's flag is pulled off or falls off
- ball carrier steps out of bounds
- touchdown, extra point, or safety is scored
- ball carrier's knee hits the ground

**Note: There are no fumbles. The ball is spotted where the ball hits the ground.**

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**OFFENSIVE AND DEFENSIVE ALIGNMENT/ RUSHING THE QUARTERBACK OR BLITZING**

Only the three defensive linemen will be allowed to “blitz” or penetrate into the offensive team's backfield prior to a hand-off.

The offensive team must have at least four (4) players on the line and at least three (3) in the backfield. The defensive team can only have three (3) players on their line. Linemen must line up at least one yard off of the ball. Linebackers and other players must be at least two yards behind the defensive linemen at the snap.

Players not rushing the quarterback may defend on the line of scrimmage.

Remember, no “hands on” blocking or tackling is allowed.

**DEFLAGGING**

There shall be no tackling of the ball carrier, passer, or kicker.

The player carrying or having possession of the ball is down when the flag belt is removed from his waist (deflagging).

The defensive player shall hold the flag above his head and stand still.

The defensive player cannot hold or push the ball carrier to remove his flag. An accidental touch of the body or shoulder while reaching for the belt shall not be considered a violation; however, touching of the head or face shall be considered a violation.

A defensive player may not run over, push, or pull a blocker away from him. He may not push him sideways if he gets past him. He/She cannot push the blocker down.

A defensive player must go for the passer's flag. He/She cannot touch the passer's arm.

**SPORTSMANSHIP/ ROUGHING**

If the field monitor or referee witnesses any act of head butting, tackling, elbowing, cheap shots, or any unsportsmanlike act, the game will be stopped and the player will be given one warning. If it continues, the player or players will be ejected from the game.

**FOUL PLAY WILL NOT BE TOLERATED.**

Only the team head coach may ask the referee questions about rule clarification and interpretations. Players or other coaches cannot question judgment calls.

Games cannot end on a defensive penalty, unless the offense declines it.

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**PENALTIES (YARDS OF PENALTIES IN PARENTHESES)**

Penalties (NCAA rules apply unless they conflict with STYFA Flag Football Rules & Regulations):

1. Line of Scrimmage/ Centering
  - A. Offside, defensive of offensive (5)
  - B. Illegal Snap (5)
  - C. Illegal Motion (5)
  - D. Illegal Formation (5)
2. Illegal passing from beyond line of scrimmage (5) and loss of down.
3. Pass Interference
  - A. Offensive (10) and loss of down
  - B. Defensive, first down from spot of infraction for offensive team.
4. Flag wearing and deflagging
  - A. Tackling (10)
  - B. Wearing the flags illegally (5)
  - C. Ball carrier using his hands to prevent a defensive player from deflagging (10)
  - D. Holding, pushing, or hitting the ball carrier while deflagging (10)
  - E. Leaving one's feet while deflagging (10)
5. Illegal handoff
  - A. If the ball is handed forward beyond the scrimmage line (5) and loss of down.
  - B. Intentional grounding (5) and loss of down
6. Blocking
  - A. Leaving feet to block (10)
  - B. Illegal use of hands by blocker (10)
  - C. Holding a defensive player (10)
  - D. Defensive player blocking or pushing the ball carrier out of bounds (10)
  - E. Defensive player using hand illegally (5)
7. Ball Carrier
  - A. Stiff arming (10)
  - B. Use of hands or arms to protect flags(10)
  - C. Hurdling (5)
8. Unnecessary Roughness
  - A. Offensive and Defensive (10)
  - B. Disqualification of guilty player or players if repeated
9. Unsportsmanlike Conduct
  - A. Fighting (10)- offenders ejected from game
  - B. Defensive player pulling offensive player's flag belt to make him ineligible for play (10)
  - C. Insulting and abusive language (10)

**REFEREES DETERMINE INCIDENTAL CONTACT THAT MAY RESULT FROM NORMAL RUN OF PLAY AND ILLEGAL RUSHING. ALL PENALTIES WILL BE ASSESSED FROM THE LINE OF SCRIMMAGE.**