



CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

FLAG FOOTBALL

2019 SEASON as of 8/15/2019

CVISL Philosophy/Mission Statement

Family – Fun - Football

Castro Valley Independent Sports League's goal is to provide a positive atmosphere that gives regional youth the opportunity to participate in a team sport and to learn the physical and mental aspects of the game. All players have an equal chance to play with others within their skill level. We are committed to fostering a sense of teamwork and above all to have fun. We value sportsmanship above scores, teamwork above individuals, and we strive to create positive memories that will last a lifetime.

CVISL – General Rules

Section 1 – Players and Team Formation

- 1.01. CVIFL is open to participation for any player (boys and girls) who obtains age not less than five and not more than eighteen as of August 30, 2019. There is no boundary restriction applicable. Each player must present proof-of-age upon request.

Age Groups:

- 1.02. (a) **Fifteen thru Seventeen**-year-old participants are eligible for the Senior Division.
- 1.03. (b) **Thirteen thru Fourteen**-year-old participants are eligible for the Intermediate Division.
- 1.04. (c) **Eleven and Twelve**-year-old participants are eligible for the A Division.
- 1.05. (d) **Nine and Ten**-year-old participants are eligible for the B Division.
- 1.06. (e) **Seven and Eight**-year-old participants are eligible for the C Division. – Team Formation by coordinator
- 1.07. (f) **Five and Six**-year-old participants are eligible for the Pee Wee Division – Team Formation by coordinator
- 1.08. Any variations to subsections 1.02 through 1.07 will be at the sole discretion of a committee consisting of that Division coordinator, 2 managers from that Division, and 2 Board Officials.

1.08.1. Players are not allowed to play out of their division age bracket, except as a safety precaution. Players requesting to play out of their division age bracket must attend the division evaluation of the division in which they wish to play. All such requests must be in writing.

After the division evaluation a committee composed of that Division coordinator, 2 managers from that Division, and 2 Board Officials will meet to determine if the player will be allowed to play out of their division.

It is expected that very few exceptions will be granted, especially for players seeking to play down.



Team Formation:

- 1.09. Note: There are no returning teams or returning players. Each team is treated as a new team – even if the returning head coach is staying in the same division.
- 1.10. All teams will consist of up to eleven players. – If we have 12 players per team, then we move the game to 6x6 (B Division and Below)
- 1.11. Each team in the A, B divisions may freeze up to a maximum of **five** players.
- 1.12. Each team in the Intermediate and Senior Division may freeze **six** players.
- 1.13. Each team in the Pee Wee & C divisions may freeze as many players as they wish. (Buddy System)
 - 1.13.1. Based on the number of teams in Pee Wee, we may utilize a team school yard pick'em each week
- 1.14. An executed frozen player form (i.e – signed by the frozen players parent or guardian) must be given to the division coordinator, the Thursday night prior to the evaluation. (Excluding Pee Wee and C Division)
- 1.15. Immediately following the evaluation session each division will conduct a draft to determine the players on each team. A representative from each team must attend the draft.
 - 1.15.1. Evaluation Times: **B Division 9-10:15, A Division 10:30 – 11:45, Int Division 12 – 1:15, Senior 1:30 – 2:15**
 - 1.15.2. In order to facilitate an effective evaluation, Division coaches from the division following shall assist with the draft and evaluations.

A Division Coaches shall provide assistance to B Division (9:00 AM)

Intermediate Division shall provide assistance to A Division (10:30 AM)

Senior Division shall provide assistance to Intermediate Division (12:00 PM)
- 1.16. Draft order will be determined by draw. The draft order will be a snake. (i.e. the team with the first pick will pick 1st in each odd round (1st, 3rd, 5th ...) and last in each even round (2nd, 4th, 6th ...).
- 1.17. Each frozen player will be treated as a drafted player. If a team has four frozen players – these players will be slotted into rounds 1 thru 4 and the team will draft for the first time in the 5th round. (A team with five frozen players drafts first in the 6th round; a team with eight frozen players (Pee Wee and C Division only) would draft first in the ninth round).
 - 1.17.1. Siblings of frozen players will be placed in the 6th round for B and A Division; 7th round for Intermediate.
- 1.18. Each division will identify all non-frozen players who attended the evaluation session. These players represent the pool of draftable players. Each team will select a player in their turn until all players in the pool have been selected. (Note: Some teams may have several picks before another team if they have fewer frozen players.)



- 1.19. Next each division will identify any non-frozen players who did not attend the evaluation. These players will be placed into a hat and selected by the next available team. If a division is oversubscribed, players who do not attend the evaluation session may not end up on a team. These players will be placed on a waiting list.
- 1.20. Trades are permitted after completion of the hat pick selections through mutual agreement by managers. Each trade must be reported to the person who is conducting the draft. All trades must be completed before the closing of the draft meeting. No player who signs up after evaluation is eligible to be traded.
- 1.21. In the night following the draft, each manager will contact their players to let them know what team they are on. (Immediate notification is important)

Section 2 – The Season

- 2.01. The season will run for consecutive Saturdays (**September 7th and ending November 23th**). **Games will be played, RAIN or shine.**
- 2.02. The first seven or eight Saturday's will compose the regular season – with each team playing seven or eight regular season games. (Note: Length of the regular season for each division will depend on whether we need a third week for that divisions playoffs).
- 2.03. The final two or three weekends will compose the playoffs for all divisions. Each team will play a playoff game in the playoffs. (EXCLUDING Pee Wee Division)
- 2.04. If two or more teams have identical records at the end of the year –Tie breakers are as followed: Head to Head, Points against, then coin flip.
- 2.05. The coaches, players for both teams and game officials will be on one sideline. All spectators will occupy the other sideline. Coaches to remain on their side of the half. (No coaching from the opposite sideline)
- 2.06. Offensive Coach is the only coach allowed on the field to call a play but then must retreat 10 yards (10 steps) back prior to play and remain quiet. (Intermediate and A division only)
- 2.07. Practices **MUST** be held at Marshall Fields **ONLY** or those approved by the league. Any other practice fields are not sponsored by the league.

Section 3 – The Rules "NFL FLAG Rules and Diagrams"

Note: Rules of play have been pulled from the NFL Youth Football website. The league has slightly modified these rules to reflect our philosophy/mission statement.

NFL FLAG Football is a popular five-on-five (six-on-six if we have 12 players per team, **in B Division or below**) game filled with fun and action. In this game, the offensive team plays for a first down at midfield and a touchdown in the end zone. Running and passing plays are allowed, although there are “no-running zones” at midfield and near each goal line. The defensive team covers receivers, rushes the passer and grabs flags to make “tackles.”



Read more about NFL FLAG rules below. Regional and national tournament games will follow these rules closely, although there may be some modifications. Please note that while the rules may be adopted to suit your local needs, they must remain non-contact.

Football Sizes:

Pee-Wee Division: Pee-Wee Football

C & B Division: Junior Size Football

A Division: Youth Size Football

Intermediate Division/Senior: Intermediate Size Football

The Basics

- 3.01. A coin toss determines first possession. The team that wins the coin toss has 2 options: Receive the ball or defer. Teams will switch sides at half.
- 3.02. The offensive team takes possession of the ball at its 5-yard line (As marked on field by “no run zone” hash marks) and has three plays to cross midfield. Once a team crosses midfield, it has three plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line. (Designated Hash marks on field).
- 3.03. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line. (Designated hash marks on the field).
- 3.04. All possession changes, except interceptions, start on the offense’s 5-yard line. (Designated hash marks on field).
- 3.05. Interceptions may be returned. (Except on extra points)
- 3.06. Teams change sides after the first **25 minutes**. Possession changes to loser of coin toss unless deferred and the clock does not stop.
- 3.07. One offensive coach is allowed in the huddle to help call plays. Before the snap they retreat 10 yards (10 steps) well behind the quarterback and are to remain silent during the actual play. If coach does not remain silent, and tells his players what to do, the play will not be allowed, and called a dead ball, and loss of down. (A, Intermediate & Senior Division)
- 3.08. Defensive Coach is allowed on the field in Pee-Wee & C division. A, B, Intermediate & Senior Division, no defensive coach on the field.

Players/Game Schedules

- 3.09. Teams must always field a minimum of five players. In the event of an injury, a team with insufficient substitute players may play with four players on the field, but no fewer than four.
- 3.10. Five Minute Grace Period before the game clock can start.
- 3.11. If team does not have 5 players to start game, after every 10 minutes, the team with a full team will receive 6 pts. After the 25 minutes, if still no team, the game will be called and the team



without a full team will forfeit and scored as such.

Timing

- 3.12. Games are played to **50 minutes running time**. (25-minute halves, with a 5-minute half time) If the score is tied at the end of 50 minutes, teams move directly into overtime. Note: this does not include a 5-minute half-time. The referee is responsible for managing the game clock.
- 3.13. Each time the ball is spotted, a team in A, B Intermediate and Senior Division has **30 seconds** once the ball is spotted to snap the ball. Teams will receive a delay-of-game penalty when enforced.
 - 3.13.1. Pee Wee and C division **have 40 seconds**. (No penalty for infractions)
- 3.14. Each team has 3- 30-second time-outs per half. The clock is stopped during the time-out. The clock will start once the ball is hiked.
- 3.15. Officials can stop the clock at their discretion.
- 3.16. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.

Overtime

- 3.17. Regular season – One 10 Minute quarter is played, no time outs. If no team scores within the 10 minutes, then the game ends in a tie.
- 3.18. Playoffs – One 10-minute quarter is played, no time outs. If a game is tied after the ten minutes, the game moves into sudden death.
- 3.19. Sudden death Rules – Official will determine with a coin toss who gets the ball first. Each team will take turns getting one (1) play from the defense’s 5-yard line for one point or the defense’s 12-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of their own.
 - 3.19.1. Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.
 - 3.19.2. If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first, wins.

Scoring

- 4.01. Touchdown: 6 points
- 4.02. Extra point: 1 point (played from 5-yard line, designated hash marks) or 2 points (played from 12-yard line; designated hash marks)
- 4.03. Safety: 2 points
- 4.04. Forfeits are scored 7-0 for the winning team.



Running

- 5.01 The quarterback cannot run with the ball.
- 5.02 Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- 5.03 “No-running zones” located five yards from each end zone and five yards on either side of midfield (Designated by hash marks on the field) are designed to avoid short-yardage, power-running situations.
- 5.04 The player who takes the handoff can throw the ball from behind the line of scrimmage.
- 5.05 Center Sneak is prohibited. First handoff cannot go to the center.
- 5.06 Once the ball has been handed off, all defensive players are eligible to rush.
- 5.07 Spinning is allowed.
- 5.08 Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
- 5.09 Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
- 5.10 The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.
- 5.11 Only one forward pass is allowed per play. (A pass is any ball thrown forward)
- 5.12 The lateral must be made behind the line of scrimmage.
- 5.13 The person catching the lateral may make a forward pass or run with the ball.
- 5.14 The person catching the lateral may be rushed immediately by any player.
- 5.15 A dropped lateral will be treated as a fumble and marked at the spot where the ball first touches the ground. If the ball leaves the players hand once they cross the line of scrimmage, the ball is considered a fumble, and is dead at that position.
- 5.16 The snap by the center to the quarterback is not considered a lateral.
- 5.17 The quarterback is an eligible receiver after making the handoff/ lateral.
- 5.18 No blocking or “screening” is allowed at any time.
- 5.19 No running with the ball-carrier.
- 5.20 Incidental contact of a uniform should not be considered holding.



Receiving

- 6.01 All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- 6.02 A player must have at least one foot inbounds when making a reception.
- 6.03 In case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

Passing

- 7.01 Shovel passes are allowed.
- 7.02 The quarterback has a seven-second “pass clock.” If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off or lateraled, the seven-second rule no longer is in effect.
- 7.03 Interceptions may be returned. (Except on extra points)

Dead Balls

- 8.01 The ball must be snapped between the legs, not off to one side, to start play.
- 8.02 Substitutions may be made on any dead ball.
- 8.03 Play is ruled “dead” when:
 - 8.03.1 Ball carrier’s flag is pulled
 - 8.03.2 Ball carrier’s flag and/or flag belt falls off or out
 - 8.03.3 If a player’s flag falls off prior to completion of play, the play will continue until the play is over. The ball will be spotted where the reception is made for a pass or where the flag falls off for a run.
 - 8.03.4 Ball carrier steps out of bounds
 - 8.03.5 Touchdown or safety is scored
 - 8.03.6 Ball carrier’s knee hits the ground
 - 8.03.7 Ball hits the ground.
- 8.04 There are no “fumbles”. The ball is spotted where the ball hits the ground. If the ball leaves the players hand once they cross the line of scrimmage, the ball is considered dead at that position.
- 8.05 A ball dropped in the end-zone – including a botched snap – is a safety.
- 8.06 Upon the officials’ whistle
- 8.07 In the case of an inadvertent whistle, the offense has two options:
 - 8.07.1 Take the ball where it was when the whistle blew, and the down is consumed
 - 8.07.2 Replay the down from the original line of scrimmage



Rushing the Quarterback

- 9.01 All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped.
- 9.02 Any number of players can rush the quarterback.
- 9.03 If Ref sees a player leaving early, they will drop the flag, but has the right to pick up the flag if the player is not involved in pulling the QB's flag. Players not rushing the quarterback may defend on the line of scrimmage.
- 9.04 Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage.
- 9.05 A special marker, or the referee, will designate seven yards from the line of scrimmage. Remember, no blocking or tackling is allowed.
- 9.06 Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then contacting the passer will result in a roughing the passer penalty.
- 9.07 Pee Wee & C division all defensive players start 7 yards back for the first 4 games of the season.

Sportsmanship/Roughing

- 10.01 If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED.
- 10.02 Trash talking is illegal. Officials have 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. All players must shake hands after games.

Conduct

- 11.01 Any Coach or Player that does not shake hands with the other team after a game will need to attend a meeting with selected board members. They will not be allowed to take the field until the meeting with the board has been completed.
- 11.02 Coach Conduct: All coaches are obligated to follow CVISL's Philosophy. (Refer to front page and Coaches Code of Conduct) Any coach that does not will need to meet with selected board members. They will not be allowed to take the field until the meeting with the board is completed.
- 11.03 Rules herein are provided for information, for any member of the league, of the rules for playing Flag Football as directed by CVISL. Any discrepancies shall be resolved by the CVISL Rules Committee and/or CVISL Board based on said committee's judgment using these rules as necessary.
 - 11.03.1 Final decision of the Board is final.



- 11.03.2 Modifications or revisions to this document shall be directed toward omissions, corrections, or clarifications to existing rules. Modifications/revisions intent on redefining existing rules that result in an advantage for any one individual or team will not be allowed.
- 11.04 Any rule may be repealed by the Rules Committee at any time. CVI Rules Committee has the right to change the rules during the season, with board approval.
- 11.05 Running up the score is not allowed. If excessive scoring happens, manager will be warned, and upon next offense, the manager may be subject to suspension and review of game. (Potential loss of game)
- 11.06 The spirit of the league is to ensure ALL kids have the opportunity to learn and play a reasonable amount of time throughout the season. CVI Board has the discretion to penalize coaches who do not play their players a reasonable amount of time.
- 11.07 A managers Code of Contact must be signed by all Coaches.
- 11.08 A Parent/Guardian Code of Conduct must be signed by all Parents/Guardians of players.

Attire

- 12.01 Cleats are allowed, except for metal spikes. Inspections must be made. **All players must wear a protective mouthpiece; there are no exceptions.**
- 12.02 **Flags must be on the player's hips** and free from obstruction. Deliberately obstructing flags will be considered flag guarding.
- 12.02.1 Pee-Wee & Division C will be provided with 3-Flagged belts. It is expected that 3 flags shall be worn for a minimum of the first 4 games of the season to facilitate learning the game.
- 12.02.2 If ONE flag falls (not pulled) off during the course of play and two flags remain on the belt, play may continue.
- 12.03 Official team jerseys and black shorts must be worn during team play. Jerseys must always be tucked in.
- 12.04 Players must remove all watches, earrings, and any other jewelry that the officials deem hazardous.

Section 4 – Referees and Other Game Officials

- 13.01 Both Teams will provide two (2) officials: a scorekeeper/ game clock and an official to handle the down marker.
- 13.02 The paid referee's will be responsible for:
- 13.02.1 The official will provide both a five minute and two-minute warning to each team each half.
- 13.02.2 The per play clock (30 or 40 seconds depending on the division).



13.02.3 The seven second clock and how many time outs have been used. (Note: the play clock starts from the time the ball is spotted by the referee.)

13.03 The officials will be seated at mid-field on the player/coach side of the field.

13.04 The head coach may briefly discuss a call with the referee only if he believes a rule was misinterpreted. (Remember: we have a running clock and don't want to waste time with adults talking). Judgment calls are not to be discussed.

13.05 There will be no protests. Calls on the field are final.

Section 5 – Calls and Definitions

PENALTIES (All penalties will be called by the referee)

Defensive spot penalties:

Defensive pass interference	Automatic first down
Holding/ Blocking	Automatic first down
Stripping	Automatic first down

Offensive spot penalties:

Screening, Blocking, or running with ball carrier	-10 yards and loss of down
Charging	-10 yards and loss of down
Flag Guarding	-10 yards and loss of down
Diving or Hurdling	-10 yards

Defensive penalties:

Roughing the Passer	+10 yards and replay of down
Defensive unnecessary roughness	+10 yards and automatic first down
Defensive unsportsmanlike conduct	+10 yards and automatic first down
Offside/ Illegal Rush	+10 yards and replay of down
Illegal Flag Pull (Before the receiver has the ball)	+10 yards and replay of down



Offensive penalties:

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside/ False Start/ Illegal Motion	-10 yards
Offensive Pass Interference	-10 yards and loss of down
Illegal Forward Pass (2 forward passes)	-10 yards and loss of down
Illegal Lateral (Lateral past the line of scrimmage)	Play is dead at spot of lateral
Pass Clock (7 seconds for QB to throw the ball)	Play is dead
Delay of Game	-10 yards and loss of down
Offensive Coach Talking during play	Play is called dead, loss of down

Miscellanies penalties:

Unsportsmanlike Conduct	-15 yards and loss of down
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Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage, except flag guarding, pass interference and offensive diving which will be enforced from spot of foul.

1. Only team manager may ask the referee questions about rule clarification - interpretations.
2. Players cannot question judgment calls.
3. Games cannot end on a defensive penalty, unless the offense declines it.
4. There are no kickoffs, and no blocking is allowed.

Terminology

Boundary Lines	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
Line of Scrimmage	(LOS) an imaginary line running through the point of the football and across the width of the field.
Line-To-Gain	The line the offense must pass to get a first down or score.



Rush Line	An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage.
Offense	The team with possession of the ball.
Defense	The team opposing the offense to prevent it from advancing the ball.
Passer	The offensive player that throws the ball and may or may not be the quarterback.
Rusher	The defensive player assigned to rush the quarterback to prevent him/ her from passing the ball by pulling his/her flags or by blocking the pass.
Downs (1-2-3)	The offensive team has three attempts or “downs” to advance the ball. It must cross the line to gain to get another set of downs or to score.
Live Ball	Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
Dead Ball	Refers to the period of time immediately before or after a play.
Whistle	Sound made by an official using a whistle that signals the end of the play or a stop in the action for a timeout, halftime or the end of the game.
Inadvertent Whistle	Official’s whistle that is performed in error.
Charging	An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.
Flag Guarding	An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier’s flags by stiff arm, lowering elbow or by blocking access to the runner’s flags with a hand or arm.
Shovel Pass	A legal pitch attempted beyond the line of scrimmage.
Lateral	A backward or sideways toss of the ball by the ball-carrier.
Unsportsmanlike Conduct	A rude, confrontational or offensive behavior or language.