

# **RTYFC FLAG FOOTBALL RULES 2014**

## **General Game Rules**

A game consists of two 20 minute halves with a 10 minute intermission between halves. The game clock runs continuously, but the referees will stop the clock for injuries or other unforeseen delays. Clock stops on change of possession and out of bounds in last 2 minutes.

Each team gets 2 timeouts per half.

The game field is 50 yards long. A first down is 20 yds (2 yd markers); so 2 FDs can be made before a score.

A coin flip determines the team that begins on offense. The team that starts the game on defense automatically gets the first offensive possession of the second half.

Flags must be worn outside of the jersey so that the flag belt and entire length of the flags are fully visible.

Flags should be positioned on each hip.

All kids are expected to wear mouth guards and their team jersey. All other equipment is optional (cleats, cups, etc).

There are a maximum of 8 players per team on the field at any time.

-Offense: 5 down lineman, QB, 2 Rbs. RBs cannot lineup outside TE.

-Defense: 5 down lineman playing straight up, no gaps, MLB, 2 CB/OLBs.

Player substitutions can be made at any time.

SCORING RULE: Players can only score 1 TD per half. If that player scores, he can't run the ball again until 2<sup>nd</sup> half. If player scores in 2<sup>nd</sup> half, cannot handle ball again.

## **General Rules for Offensive Play**

All offensive possessions begin on the team's own goal line.

A first down can be made by moving the ball 20 yards or more within 4 plays.

A change of possession occurs when the offense either: scores a touchdown, fails to gain 20 yards after 4 plays or throws an interception. After INT, offense starts back at their goal line, not at spot of INT. No punting on 4<sup>th</sup> down.

All formations must minimally consist of a center, 2 tackles and 2 ends on the line of scrimmage, spaced not more than arms-length apart. No unbalanced lines.

Blocking should be with the forearms only, keeping hands in at the chest. No dive blocks.

No restrictions on number of pass plays or run plays during an offensive possession.

The quarterback position may only run once during any set of downs.

No pitching/tossing the ball on sweeps and no shotgun snaps.

Players eligible to run the ball **or** catch a pass are the quarterback, running backs and ends only.

Option passes are permitted. On an option, 7 Mississippi rule doesn't apply.

A play ends when either of the following happens:

- the player with the ball has his flag pulled
- the player with the ball falls down
- the player with the ball steps out of bounds
- a Fumble (including snap from center). Dropped snap is a dead ball/do-over.
- a pass is intercepted
- the referee signals a penalty

A player running the ball cannot impede a defensive player trying to pull his flag by swatting at the hands of the defensive player (no stiff-arms). Runner cannot hold his belt and/or protect his flag in any way.

Penalties can be called for offsidess/illegal blocking/holding/illegal forward passes or other general rule violations and will result in a 5 yard penalty; with the ball being placed at the previous line of scrimmage, and then 5 yards marked off.

Offside penalty gets one warning per team per game, then is enforced.

### **General Rules for Defensive Play**

All formations must minimally consist of a center, 2 tackles and 2 ends on the line of scrimmage, spaced not more than arms length apart. Any defensive lineman can move into another position once the ball is snapped.

Players cannot rush past the line of scrimmage until the quarterback hands off or at the point that the quarterback himself begins running with the ball. So if QB does a fake run/pass, he can be rushed immediately.

For pass plays, a player must count to “7 Mississippi” before crossing the line of scrimmage. The play is considered a pass play if the quarterback is “in the pocket”, holding the ball. If the quarterback begins running with the ball then the defense can immediately rush.

After pulling a flag, the player should immediately stop and hold the flag in the air for the referee to see. Play is over.

Players cannot grab and hold onto the ball carrier, however they can impede the runner with their arms.

If the player intercepts a pass, the play is over and the ball is dead.

**Rough/Violent/Physical Play:** Mostly unintentional, hopefully never intentional, most times arises out of a child being frustrated.

**POLICY:** Each child and coach gets ONE warning. At occurrence of second event, child sits out the remainder of that half. If child comes back to play in 2<sup>nd</sup> half after sitting out first half and commits another roughing penalty, child is done for the game, and a meeting with the child, coach, board member and parent will occur. This meeting will NOT BE AFTER THE GAME. It will be scheduled then only. We live by the 24-48 hour cool-off rule.

### **COACHES/PARENT CONDUCT:**

Zero tolerance for derogatory yelling/screaming/vulgarity by coaches at their players, referees or other coaches. Parents acting out at a game will be dealt with by the board member present on the field at that time. A coach WILL NOT engage an angry/upset parent during a game. Let’s keep emotions in check and let cooler heads prevail.

Parents/Fans must be on opposite sideline from team. NO EXCEPTIONS.

