

Wadsworth Grizzlies Youth Football



Wadsworth Grizzlies Youth Flag Football – 2010 Official Rules

General Rules

1. At the beginning of each game, captains from each team will meet at the middle of the field for a coin toss, with the designated referees, to determine who starts with the ball. The visiting team gets to call the toss. Different captains are chosen for each game.
2. The winner of the coin toss chooses to receive or to defend. The loser of the toss chooses which goal they will defend. The winner may not defer its choice to the second half.
3. Games consist of two twenty minute halves. The clock runs continuously or until a timeout is called. There will be one forty-five second timeout in each half for each team. There will be official and injury timeouts. If a player gets injured, the clock will stop and restart at the next snap. Injury timeouts are official timeouts, or may be charged as a team timeout at the discretion of the referee. Each time the ball is spotted, the teams will get 1 minute to snap the ball. There will be a five minute half-time.
4. The offensive team will take possession at its own 5-yard line.
5. The ball is always spotted in the middle of the field by the referee before the snap.
6. All players are eligible receivers.
7. The offense must gain ten yards from the original spot of the ball upon taking possession of the ball or at which the most recent first down was earned.
8. No kicking or punting in any division.
9. Option for punting the ball: Declared punt - The offensive team, which feels they can not gain a first down or touchdown on their fourth down possession, declares to the referee and to the other team that they are punting. A physical punt does not occur. Rather, the ball is spotted on the opposite five-yard line and the other team gets the ball and a first down. A team may decide to go for a first down or to opt for a declared punt.
10. All possession changes start at the other team's 5-yard line; except for when a pass is intercepted.
11. An intercepted pass can be returned for additional yardage. Once the ball carrier is deemed down, the new offense will take possession at that spot. If the ball is intercepted during a one or two point conversion, and is returned for a touchdown, the intercepting team will score the points for which the offense was attempting to gain on the conversion.
12. No contact blocking. Shadow blocking will be used and consists of a player keeping the hands locked in front of the body, or grabbing his own clothing, and shuffling along the line of scrimmage. If hands are used, a penalty may be called. Players are permitted to shadow block down field.
13. All players must wear the official flag football jerseys and flags.
14. The Quarterback is allowed to run the ball beyond the line of scrimmage. The first person to touch the ball from the snap is deemed to be the Quarterback. If the Quarterback pitches or hands off the ball to another player via a lateral motion, that player may run or throw.
15. Blitzing will be performed by only one (1) player. This player will be designated with a jersey cover (vest) and must start behind the seven (7) yard cone. This defensive player is the ONLY player permitted to cross the line of scrimmage AT ANY TIME. The jersey cover will allow the referees and coaches from both teams to easily identify the 'blitzer'.
16. Blitz Cone: A cone that is set seven yards from the line of scrimmage and that denotes the line which the blitzing defender must be behind in order to blitz immediately at the snap. This line extends sideline to sideline.

17. The offense can impede the Blitzer by shadow blocking only. If hands are used an offensive penalty will be assessed on the offending player. Incidental contact is permitted.
18. Defenders are allowed to block down a pass, but cannot run into the Quarterback afterwards.
19. If the ball is fumbled during the Quarterback/Center exchange, and the Quarterback recovers the ball, play may continue. Any other situation in which a fumble occurs, whether behind or after the line of scrimmage, and whether recovered by the Offense or Defense, the ball is placed where it is recovered and possession is maintained by Offense.
20. If the ball is fumbled or mishandled in the end zone, a Safety will result.
21. Unsportsmanlike behavior will not be tolerated, and could cause game or season ejection. The Commissioner makes the final determination. Offensive language toward players, referees, coaches or fans is NOT permitted. In the event of a discrepancy with an official, only the head coach may approach the referee to ask for clarification on a call.
22. The referee can call an official time out to review a controversial call.
23. If a referee blows an inadvertent whistle, the play is dead. The Offense has two choices: 1. replay the down, or 2. take the result of the play where the whistle was blown.
24. Defensive players cannot bark signals to throw off the offense. This behavior will result in an unsportsmanlike conduct penalty.
25. Pulling any one flag off a ball carrier deems that player down.
26. When any part of the ball carrier's body hits the ground, besides his feet or hands, the play is dead.
27. Anytime the ball carrier steps out of bounds, the play is dead.
28. If an offensive player steps out of bounds and re-establishes himself back in bounds by taking three steps, he is determined eligible to receive the ball.
29. Multiple lateral passes or hand-offs are legal.
30. The offense is responsible for retrieving the ball after each play and for returning the ball to the referee to set for the next play.

Teams and Eligibility

1. The player's age must fall within the specified age range determined by the league.
2. All players will be evaluated at the Skills Camp. Players not attending the Skills Camp will be evaluated at the all-divisional practice(s).
3. Team rosters will be finalized after the completion of the Skills Camp and the all-divisional practices. No player can be added thereafter unless a valid reason is provided and the addition is approved by the Commissioner.
4. Rosters can hold up to fifteen players.
5. Maximum number of players per team on the field is eight for the 5&6- and 7&8- years-old divisions and six for the 4-years-old division. Teams must have a minimum of one less than the maximum amount of players on the field for the game to be started.
6. In the event a team is unable to play a scheduled game, the coach must inform the Commissioner at least three days before this game, if possible. The Commissioner will make every attempt to reschedule the game; however, be advised that specific situations may prevent the game from being rescheduled.
7. For a player to play in the playoffs with his or her team, the player must have been on the roster since the beginning of the season.

Equipment

1. All players must wear the League's official flag football jersey and flags.
2. Cleats should be of the outdoor variety and have RUBBER CLEATS ONLY. No cleats with metal spikes or screws will be permitted.
3. No baggy shirts, sweatshirts, or pants are permitted. Players must wear properly-fitting shirts under the jersey and must be tucked into the shorts. Shorts should be red, white, or black and pocket-less.
4. No hard clasps, buckles or belts are to be worn.
5. No jewelry that is deemed dangerous is permitted, including watches and earrings.
6. No hard pads, such as shoulder pads or other plastic coated pads, are permitted.
7. Soft pads, such as elbow, knee, etc., are permitted.
8. Players must wear mouth pieces at all times. Failure to do so may result in the player being ineligible to play until the situation is remedied.

Field

1. Each field will be fifty yards long and twenty-five yards wide. Each end zone will be ten yards deep.
2. Fields will be lined with cones at all four corners of the end zone. Two cones will be placed at midfield on each sideline.
3. The line of scrimmage and the blitz zone will be marked with cones.

Field Equipment – The following items will be available at each field.

1. Twelve cones – Four for each end zone and two to mark midfield. One each to mark the line of scrimmage and the blitz zone.
2. First Aid kit.
3. Two whistles – one each for each of two referees.
4. One stop watch – for the referee who will maintain official game time.
5. Football – youth size.
6. Ball pump.

Coaches and Referees

1. Each team should have two coaches on the field. An additional coach should handle the players on the sidelines, if present. As more coaches are available, coaching duties can be assigned as appropriate.
2. Coaches can be parents or guardians.
3. Coaches must abide by all the rules contained in this sets of rules.
4. Coaches will be required to sign and agree to a coach's code of conduct.
5. High School Football players will referee. No assistant coaches will be used as referees.

Points

1. Touchdown: Six points
2. One-point conversion – Attempt from five yards out
3. Two-point conversion – Attempt from ten yards out
4. Intercepted conversion taken back for a touchdown: One or two points, depending on what type of conversion the offense was attempting.
5. Safety: Two points
6. After scoring a touchdown, the offense must declare if they are going for a one or two point conversion.

Offense***Formation***

1. Offense must have a minimum of five players on the line of scrimmage to snap the ball. The ball may be snapped between the legs or to the side as either a direct snap or as in shotgun formation.
2. One player at a time can go in motion. The player may move from side to side.
3. The ball may NOT be handed off to the center after the snap.
4. The ball must be snapped in a continuous motion and must completely leave the center's hands. Failure to snap the ball in this manner may result in a penalty.

Rushing – A ball carrier ...

1. May spin to avoid a flag pull.
2. May not stiff arm or flag guard to avoid a flag pull. These actions will result in a penalty.
3. May not dive to gain extra yards.

Receiving

1. All players can receive a pass from the Quarterback.
2. The Quarterback may execute a shovel pass.
3. The ball must be thrown from behind the line of scrimmage.
4. The player must have one foot in bounds for a completed pass.
5. Simultaneous catches are awarded to the offense.
6. If a player dives for the ball, catches the ball, and any part of his or her body hits the ground, other than feet or hands, the player is down.

Defense

1. No jamming the receiver.
2. Defender must pull the ball carriers flag to make the tackle.
3. No pushing to the ground or out of bounds. Illegal contact penalty will be called.
4. Interceptions can be returned. Ball is spotted where the defender's flag is pulled.
5. If a penalty occurs on an interception return by the return team, the penalty will be assessed from the spot of the interception.
6. If a penalty occurs on an interception return by the offensive team, the penalty will be assessed from the spot of the foul.
7. Defensive lineman cannot cross the line of scrimmage until the ball crosses the line of scrimmage. Exception: In the event that the ball carrier crosses the line of scrimmage and then reverses direction, crossing behind the line of scrimmage, Defensive players may pursue the ball carrier anywhere.
8. Defense must have a minimum of three players on the line.

Flag Football Penalties – All penalties are called by the Referees.**Defensive Penalties**

- Pass Interference: Ten yards, first down
- Holding: Five yards, repeat down or result of the play
- Off-sides: Five yards, repeat down or result of the play
- Illegal blitz: Five yards, repeat down or result of the play
- Illegal flag pull: Ten yards from line of scrimmage or result of the play
- Roughing the passer: Ten yards and automatic first down
- Stripping the ball from the ball carrier: Ten yards and automatic first down
- If a player throws or carries another player's flag more than three yards from the point where he pulled it without the intention of giving it back to him: Fifteen yards will be added to the end of the play and automatic first down. The clock will also be stopped and restarted with the next snap. (Unsportsmanlike conduct)
- Defensive penalty at the end of a half or game: Down will be replayed.

Offensive Penalties

- Delay of game: Five yards, repeat down
- Pass Interference: Ten yards, loss of down
- Holding or Illegal blocking: Ten yards, repeat down
- False start or Illegal motion: Five yards, repeat down
- If an offensive player does not have all three flags on at snap, a dead ball foul is called (whistle at snap): Five yards from line of scrimmage and repeat down
- Flag guarding or stiff arm: Ten yards from spot of foul, loss of down
- Diving: Five yards from spot of foul
- Illegal run: Five yards, loss of down
- Illegal pass: Five yards from the line of scrimmage, loss of down
- Offensive run in the 'no run' zone: Five yards from the line of scrimmage, loss of down
- Ball carrier charging or running over a defender intentionally: Ten yards from the spot of the foul, loss of down
- If an offensive player's flag is pulled before possessing the ball, the player is down when he or she receives the ball: Automatic first down
- Offensive penalty at the end of a half or game: Down will not be replayed.

General Penalties/Comments

- Unsportsmanlike conduct: Fifteen yards will be added to the end of the play and automatic first down. The clock will also be stopped and restarted with the next snap.
- Player is warned more than two times to tuck in their overly long shirts: Five yards
- Any penalty yards that need to be assessed in which there is not enough room between the spot of marking the penalty, backward or forward, and toward an end zone, the penalty will be half the distance to the goal instead.
- If an offensive or defensive player's flag falls off prior to catching the ball, he or she is down at reception.