

STATEN ISLAND U.S.Y.L
N.F.L FLAG FOOTBALL RULES
***** Fall 2009 *****

- Each team will field 6 players at all times. A minimum of 4 players are required to start the game or team forfeits. (If either team has less than 6 players, or at any time during the game one team cannot put 6 players on the field- opposing team will match their team's quantity of players on the field.)
(In Farm division Coach Q.B does not count as player & only 5 players on field)
** A forfeit will be scored 5-0 in favor of winning team **
- All players must wear a mouthpiece at all times
- All players must wear their flag belts over their jerseys (jerseys tucked in pants at all times) and the entire flag belt must be exposed including the streamers at all times. YOU MAY CUT THE EXCESS LENGTH OF THE FLAG BELT IF YOU DESIRE. A referee may call an official's timeout to correct equipment issues when needed.
- No football pads, braces, metal cleats, or any protective equipment maybe worn what so ever.
- Only one (1) offensive coach is allowed in the huddle and must leave the playing field before the snap of the ball. Defensive coach is not allowed on playing field at all. (EXCEPT FARM DIV.)
- Any issue regarding the referee's on the field ruling must be addressed solely by the head coach in a professional manner or it will be ignored. (Ask for Referee conference)
- A game will consist of four (4) quarters- each 15 minutes in length. The clock does not stop until the 2 minute mark of each half - then it becomes a Pro-Clock. (see **mercy rule**) One minute break after 1st and 3rd quarters, 5 minute break at half time. (Farm division-plays (2) halves—each 20 minutes in length)
- Each team will get 2 time outs per ½ (1 minute maximum per time out called) (any time outs not used in first half- do not carry over to 2nd half)
- Receiver only needs one (1) foot in bounds to register a completion
- The offense has **40 seconds** to run play or a DELAY OF GAME PENALTY will be called.

- The offense will start on its own five (5) yard line. They get three (3) downs to reach the midfield marker to get a new set of downs. Once they get to the midfield marker they have 3 (three) more downs to score a touchdown or the ball is turned over. (other team takes over on their own 5 yard line regardless of location, unless mercy rule is in effect)
- The quarterback must take a snap from center (ONLY FROM BETWEEN CENTERS LEGS)- Quarterback can be under center or in the shotgun formation
FARM DIV: center can snap ball to his side to Q.B
- The ball must exchange hands from the center to quarterback (no touching)- if quarterback drops the ball and it touches ground on the exchange- LOSS OF DOWN RESULTS
- Quarterback may pass or hand off the ball only – QB cannot run with the ball unless he was the recipient of a secondary handoff or pass. QB has until the 7 count to get rid of ball or loss of down occurs
- Ball carrier may spin to avoid the pulling of the flag as long as he does not jump while spinning causing him to leave the ground- (referee judgment)
- When the flag is pulled the spot of the ball is where the ball carriers feet are, NOT the ball.
- If a flag falls off while running the equivalent of ONE HAND TOUCH rule applies. (whether offense or defensive runner)
- NO laterals or pitches of any kind are allowed past the line of scrimmage (behind the line of scrimmage it is permitted)
- Catches made simultaneously by offense and defense are awarded to offense.
- Before the start of the game- Captains and Head Coach only will come onto field for coin toss... (visitors call)- NO DEFERS
*** Winner chooses to be offense/defense, loser chooses direction ***
FOR 2ND HALF- TEAMS SWITCH DIRECTION AND OFFENSE

SCORING: TOUCHDOWNS - 6 points
SAFETY- 2 points
POST TD XTRA- 1 point (5 yard line) - PASS ONLY
2 point (10 yard line) - PASS OR RUN ALLOWED

If the defense intercepts the ball on an extra point(s) attempt and they don't score- its just an unsuccessful attempt by offense- does not affect field position.

If the defense returns the interception on an extra point attempt to opposite end zone they get awarded the amount of points the offense was attempting.

INTERCEPTIONS:

Offense takes possession of the ball at midfield if stopped before end zone, or offense takes possession at their own 5 yd line if stopped before midfield. (ALL DIVISIONS)

FROZEN AREA:

Five (5) yards before the end zone and (5) yards before mid-field. The offense cannot run the ball- they can only pass in the frozen zones. (ALL DIV'S)

NO BLITZING WHEN IN FROZEN AREA & ALL PASSES MUST BE PAST THE LINE OF SCRIMAGE.

BLOCKING: ***THERE IS NO BLOCKING:*** Only exception is when a player plants his feet and does not move prior to any incidental contact (must create a stationary obstacle)

DEAD BALL When the following occurs:

Flag is pulled off the carrier

Fumbles or dropped pitch backs (ball is spotted at location where ball hits ground or where the fumble occurred – which ever yields less gain)

Any part of the ball carriers body hits the ground (except his feet or hands)

MERCY RULE: * If a team is up by ***18 points*** or more they will always start from their own five (5) yard line (including interceptions, unless returned for touchdown). The team that is trailing in score will start from midfield. When score reverts under 18 points the mercy rule does not apply.

Winning team cannot blitz more than one time on any set of downs

At the 2 minute warning the losing team automatically gets the ball NO MATTER WHAT and must score or the game is over ! (when trailing by 18+ points)

If a team is up by ***30 points*** or more they only have 3 downs to score (no midfield first down).- reverts to 18 point mercy rule when lead drops below 30 points.

Winning team cannot blitz at all until lead reverts to 18 point mercy rule

OVERTIME: HEAD COACH AND CAPTAINS ONLY

Visitors call the coin toss... NO DEFERS

Winner chooses to be offense or defense

Loser chooses direction to defend

Offense starts on 5 yard line and has 3 downs to score (NO FIRST DOWNS)

IN ADDITION Extra point(s) are attempted.

After offense scores or turns ball over other team has 3 downs to score..

(If offense throws an interception- the series is over and other team takes over on their own 5 yd line- **you cannot return an interception for a score in O.T)**

*** REGARDLESS OF OUTCOME, AFTER EACH TEAM HAS 3 DOWNS O.T ENDS ***

BLITZING: ** EXCEPT FARM DIVISION ******

A marker will be set on the field each down that is seven (7) yards behind the line of scrimmage. Any defender who lines up at this marker has the option of blitzing the QB if he so desires. **(If you are in front of this marker- you may not blitz)**

Quarterback may not run with the ball beyond the line of scrimmage (however he may scramble, hand ball off, throw ball, or be the running back on the end of a resulting hand-off or pass to him).

Quarterback has until the 7 count to dispose of ball or the play is dead and loss of down occurs.

**** Once the ball has been handed off, pitched, etc- ALL defensive players are eligible to rush (regardless of count)****

NO BLITZING IN FROZEN ZONES OR ON 1 POINT CONVERSION TRIES

PENALTIES:

5 YARD: (replay of down- unless indicated otherwise) OR OPPOSING SIDE CAN DECLINE PENALTY- ** spotted from original line of scrimmage **

- Delay of game (two in a row is automatic ball turnover) OFFENSE
- Off-sides OFFENSE /DEFENSE
- Illegal motion (more than 2 players moving before snap of ball)- OFFENSE
- Illegal rush (crossing line of scrimmage before 7 count) - DEFENSE
- Too many players on the field OFFENSE/ DEFENSE
- Illegal snap (center did not snap from between legs) OFFENSE
- Jersey infraction (not tucked in pants) OFFENSE/ DEFENSE
- Flag infraction (must be on each hip) OFFENSE/DEFENSE
(referee must call the flag infraction before snap of ball)
- Defense removes flag of offensive player without ball DEFENSE
- Blitz infraction (*automatic first down*) DEFENSE
- Player leaves playing field (willfully) and returns onto field and touches ball (*includes loss of down*) OFFENSE
- Illegal forward pass - throwing ball when past the line of scrimmage - OFFENSE (*includes loss of down*)

HOME TEAM: home team each game is responsible to make sure that they:

- Have a parent sit at the scorers table to keep track of score and possession arrow
- Clean the field and spectator area of all rubbish and debris in a garbage bag following the game

(FAILURE OF ANY HOME TEAM TO CLEAN THE FIELD AFTER A GAME WILL RESULT IN A TEAM FINE OF \$50)

SIDELINES:

Each team will be on one sideline (home team on scoreboard sideline). ALL PLAYERS, COACHES, AND SPECTATORS from one team MUST STAY ON THEIR SIDE ONLY.

***** ALL NON PLAYERS MUST BE MIN. 5 YDS OFF SIDELINES *****

******* OFFICIALS CAN EJECT ANY PLAYER OR COACH AT THEIR DISCRETION IF AFTER A WARNING THAT INDIVIDUAL CONTINUES TO VIOLATE THE RULES *******