

Get Your Team Ready!!



YOUTH FLAG FOOTBALL **GET YOUR TEAM READY**

When: Saturday November 30, 2019

Where: Brooklyn Prospect Park Parade Grounds (Field 4, 10 and 11)

Field Condition: Turf Field

Tournament Fee: \$250 per Team after November 20th Team Fee \$275

Registration Deadline: November 20, 2019 or until slots fill up

Nearby Hotels: Call Greg 212-256-1145

PRIZES:

- Team Trophy and trophies/medals for the winners
- Runner up prizes may be offer depending amount of teams.
- Winners of the event will receive 50% off Next USYL Tournament.
- Depending amount of teams Sweaters may be a option.
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Tournament Details:

- Teams consist of 8 to 10 players – 5 players on the field, with up to 5 substitutions.
- Age brackets are as follows:
 - 7-8 yr old Co-ed Division - teams made up of all girls, all boys or co-ed. Please call first before registering.
 - 10U Co-Ed - teams made up of all girls, all boys or co-ed
 - 12U yr Co-ed may participate
 - 14U yr Girls may participate
 - 14U yr Boys may participate
 - 17U Boys High School Division
- All participants must be of age as of **August. 1, 2019.**
- United Sports Youth League waiver form and a copy of each player's birth certificate must be submitted at the check-in tent
 - A copy of each player's birth certificate is required onsite. Original birth certificates will not be accepted
 - Participants cannot play without a tournament waiver signed by a parent/guardian
- Check-in time for the Tournaments will begin at **8:00 a.m.**
- United Sports Youth League 2019 U- Tournament will begin promptly at 9:00 a.m.

REGISTRATION FORM

GET YOUR TEAM READY!!

Team Name: _____

Address: _____

Phone No: _____

Email: _____

Coaches names: _____

Uniform Color _____

Mark X for Age Bracket: 7-8 Co-ed ___ 10U Co-ed ___ 12U Coed ___ 14U Boys ___ 14U Girls ___ 17U Boys ___

Players Names	Address	DOB	AGE

****Bring Copies of Player Birth Certificates to Tournament... A Must or player will not play!!**

Please mark an X by the Age Bracket you are registering your TEAM for:

The above-named team, acknowledge that flag football is a physically –demanding activity. In consideration of the player’s participation in activities sponsored by the United Sports League I, for myself and the player and our respective heirs, administrators and successors, intending to be legally bound, hereby release and indemnify the United Sports League, its officers, directors, employees, agents and representatives from and against all claims, liabilities, damages or causes of action arising out of or in connection with the player’s participation in the activities sponsored by the United Sports League and United Sport Youth League.

I have read the enclosed Rules and Responsibilities for Parents and Players and agree to abide by them as a condition for registering my team.

Coach Print Name: _____

Date _____

Coach Signature: _____

Please send completed form with Registration fee payable to United Sports Youth League

UNITED SPORTS YOUTH LEAGUE
P.O.Box 70041
Staten Island, NY 10307
www.usyl.org

2019 TOURNAMENT RULES

Tournament Format

- Round Robin Tournament
- Intermediate sized NFL Flag footballs, will be used for **14yr and under & Girls High School Division**. **Officials Sizes** will be us for the 15-17yr old Boys.
- Participants must rotate into game every change of possession
- All decisions made by the Football Officials and/or Commissioners are final

United Sports Youth League

- **No Contact Allowed**
- A coin toss determines first possession.
- The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, it has three (3) 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.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, **except interceptions**, start on the offense's 5-yard line.
- Teams change sides after the first **12 minutes** and possession changes to loser of coin toss.

Players/Game Schedules

- Teams must field a minimum of five (5) players at all times.
- Teams consist of 5-10 players (5 on the field with substitutes.)

Timing & Overtime

- Games are played in two **12 minutes** running time halves with a 2 minute half time (on the 12 minute mark teams will change sides of the field) & Possession changes to loser of coin toss.
- If the score is tied at the end of **24 minutes**, teams move directly into overtime. Overtime begins with a coin toss. The team that wins the coin toss gets to decide to take the ball first or second. Both teams will have one drive beginning at the five-yard line to get as **many yards as possible** or **score**. The team with the most yards or score after one drive wins the game (this rule is not enforce for the 15-17 yr old or during the 12-14yr old championship game. U-Point will be the breaking tie scenario for that. If both teams score a touchdown, each team gets one more drive. There are no extra points in overtime.
- Each time the ball is spotted a team has **30 seconds** to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- Each team has one :30-second time out per half.
- **Officials can stop the clock at their discretion.**

Scoring

- Games length is 24 minutes(12min per half), unless one team has a 28 point margin (i.e. 35-7)
- Touchdown: 6 points
- Extra point: 1 point (played from 5-yard line), 2 points (played from 12-yard line) (Defense can run back and extra point for 2 points
- Safety: 2 points
- **U-Point: 3 points** (will be use 15-17yr old overtime games as well championship game throughout game.) Official will provide more details if it comes to it.
- The scorekeeper must initial score sheet and hand over score sheet to a field runners
- Field runners will submit their score sheets to the main scoring table

Running

- The quarterback cannot run with the ball.
- Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- NO quick exchange between the center and qb Ex: center snaps the ball to the qb the qb touch the ball center runs.
- Absolutely NO laterals, pitches, swing passes, or flare passes of any kind behind the line of scrimmage. **You can throw a WR screen pass but the ball has to be thrown on the line of scrimmage(Horizontal) or forward the LOS not behind. .**
- "No-running zones," located 5 yards from each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations.
- The player who takes the handoff 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 players cannot leave their feet to avoid a defensive player they can juke but (no diving/no two feet in the air.)
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage.)
- As in the NFL, only one player is allowed in motion at a time.
- All players must have at least one foot inbounds when making a reception.
- Illegal pitches beyond the line of scrimmage (once a receiver catches the ball, he/she and he alone is only allowed to advance it.

Passing

- All passes must be forward or on the line scrimmage (Ball is thrown horizontal on the line of scrimmage) and received on or beyond the line of scrimmage.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- 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, the seven-second rule no longer is in effect.
- **(New) No run Zone in 12U, 14U and high School Division will have 5 second pass clock when ball is located on the NO –Blizz ZONE.**
- Interceptions change all possession of the ball at the point of where the flag is grab on the interception. Interceptions are the only changes of possession that do not start on the 5-yard line.

Dead Balls

- The ball must be snapped between the legs, not off to one side, to start play.
- Substitutions may be made on any dead ball.
- Play is ruled "dead" when:
 - Ball carrier's flag is pulled.
 - Ball carrier steps out of bounds.
 - Touchdown or safety is scored.
 - Ball carrier's knee hits the ground.
 - Ball carrier's flag falls out (1 hand touch)
 - The officials announce 7 or 5 second dead clock.

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

Rushing the Quarterback

- All players who rush the passer must be a minimum of seven (7) yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback.
- If the rusher goes off sides (breaks the 7 yard area), player must stop his rush to QB. The play still continues, but the rusher is eliminated from the play.
- Players not rushing the quarterback may defend on the line of scrimmage.
- 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. A special marker, or the referee, will designate seven yards from the line of scrimmage. **Remember, no blocking, screening, or tackling is allowed. Players must stop or run the opposite way.**

Sportsmanship/Roughing

- **FOUL PLAY WILL NOT BE TOLERATED.**
- **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 tournament. (Referee discretion)**
- **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.**
- **Adhere to NFL Youth Program's Seven Guiding Principles (found on nfl-youth-football.com website)**

Penalties

- All penalties will be called by the referee.
- **Defense:**
 - Offside – 5 yards and automatic first down

- Pass Interference – 10 yards and automatic first down
- Illegal contact (holding, blocking, etc.) – 10 yards and automatic first down
- Illegal flag pull (before receiver has ball) - 10 yards and automatic first down
- Illegal rushing (starting rush from inside 7-yard marker) - 5 yards and automatic first down. If the rusher goes off sides (breaks the 7 yard area), player must stop his rush to QB. The play still continues, but the rusher is eliminated from the play.
- Holding the player with the ball is and automatic first down and 5 yards added at the end of the play.

- **Offense:**

- Illegal motion (more than one person moving, false start, etc.) - 5 yards and loss of down
- Illegal forward pass (pass received behind line of scrimmage) – 5 yards and loss of down
- Illegal pitches or laterals (behind the line of scrimmage) - 5 yards and loss of down
- Illegal pitches beyond the line of scrimmage - 5 yard loss of down (once a receiver catches the ball, he and he alone is only allowed to advance it.)
- Offensive pass interference (illegal pick play, pushing off/away defender) – 10 yards and loss of down
- Flag guarding – 5 yards from where the flag guard occurred and loss of down (Just to be on the same page if a player flag guards and the play is 1st down it will now become 2nd and lost of 10yrds. It will not be 3rd a team does not lose 2 downs on a play. If the team gets a 1st down from that play it will still be 1st down but 5 yard back from the play.
- Delay of game – clock stops, 10 yards and loss of down; No blocking/screening – 10 yards (from line of scrimmage) and loss of down; Running in the no run zone-loss of down & back to previous line of scrimmage
- Roughing the passer 15 yards and 1st down.
- 7 second Pass clock expire – Play ends and loose down. High School Division 5-second.
- Referees determine incidental contact that may result from normal run of play.
- Some penalties will be assessed from the line of scrimmage or at the end of the run.
- Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- Games cannot end on a defensive penalty, unless the offense declines it.

Attire/Requirements

- Cleats are allowed, except for metal spikes. Inspections will be made.
- All players must wear a protective mouthpiece; there are no exceptions.
- Matching Team jerseys must be worn – jerseys must be tucked into shorts.
- Participants are encourages to wear shorts without pockets.
- Team FLAG flag belts must be worn – flags must be placed on either hip.
- No hats and jewelry
- Tournament waiver/registration form must be submitted to participate.
- Copy of birth certificate is required for registration.
- Tournament will be held rain or shine.

Divisional Tie Breakers

- 2 teams tied for one place
 1. Whoever won in head to head competition
 2. Total points scored during tournament play
 3. Point differential (total points scored – total points allowed)
 4. Total points allowed during tournament play
 5. Coin toss
- 3 or more teams tied for one place
 1. Total points scored during tournament play
 2. Point differential (total points scored – total points allowed)
 3. Total points allowed during tournament play
 4. Coin toss

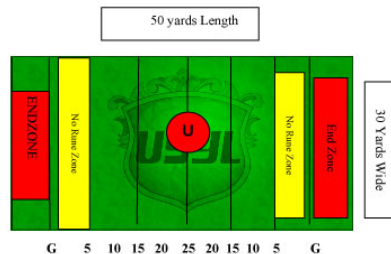
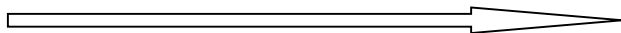
Divisional Playoff Seeds are Determined by:

1. Winning percentage in pool play
2. Average points scored per game
3. Average points allowed per game
4. Average point differential per game (average points scored – average points allowed)

Coach and Spectator Conduct/Responsibilities

- Coaches, family members, parents, and spectators are required to observe the contest from a designated area.
- Participants, coaches, parents, and family members must conduct themselves appropriately during tournament.
- Misconduct may lead to removal from the premises at the discretion of the National Football League.

Field Layout: Field 70 X 30 yards



17 U U-Point RULE

Field Goal/ U-Point: *No Field goal attempts at all. USL has the U-point system which is a substitute for a field goal. It's a one- on-one scenario with a receiver vs cornerback Ex: (Quarterback throwing the ball to his receiver and crossing the end zone team will receiver 3points. The Qb has **8 seconds** to throw the ball or the play is dead. One player on defense will be lineup on the line of scrimmage facing the qb and wait for 3 seconds then he **will be able to rush the QB that player cannot go after the WR he can only rush the QB regardless after the ball is thrown or not**. If the defensive player gets a penalty for crossing the line of scrimmage the offense will have the option to accept or decline the penalty . Penalty is 5 yards and repeat down. The defensive can get 1 points if he/she intercepts the ball. Referee will toss or hold the ball for the qb. You can only attempt the u-point if your team is inside the opponent 25 yard line. Any penalty may result in first down or yards.

