Regina Youth Flag Football League Winter Rules

Player Attire

- Cleats are allowed but must be rubber (no metal tips).
- **Players must wear league issued socks, shorts, jerseys must be always tucked in.**
- Before the beginning of each play, players' flags must be at the sides and properly attached.
- Baseball Caps and jewelry of any kind is not permitted on the field of play.

Field Dimensions and Markings

- Length: 45 yards.
- Width: 23 yards.
- End Zones: 10 yards deep.
- No-running zones: Must be marked 5 yards from midfield & the end zone.
- Parents are designated to the bleachers.

Scoring

- Touchdown: 6 points.
- Extra point: 1 point (played from 5-yard line).
- 2 points (played from 10-yard line).
- A win constitutes 2 pts, a tie 1pt, a loss 0 pts.

Note: An interception return to opponent's end zone on any extra-point play by the defense will result in the defense scoring 2 points plus gaining possession for the next series at its own five-yard line.

Number of Players

- Teams consist of 10-12 players (5 on the field at a time).
- Teams may play with a minimum of four (4) players.
- If less than 4 players are available, the game is cancelled and the team without enough players will forfeit

Timing/Overtime

- Game length is 50 minutes running time (two halves, 25 minutes each). If the score remains tied at the end of regulation, a tie will be rewarded with each team receiving one point
- Each time the ball is spotted the offense has 30 seconds to snap the ball.
- **Each team has 1 x 60-second time outs per half**. The clock stops during a time out. These cannot be carried over to the second half.
- Officials can stop the clock at their discretion. (i.e., if there's an injury)
- The teams will be warned when there are two minutes left to play in both halves. The game cannot end on a defensive penalty.
- There will be no halftime period, just a quick change of field for the 2nd half.

IN PLAY RULES

Possession

- The **HOME** team starts with the ball.
- The offensive team takes possession of the ball on the 5-yard line and has three plays to cross midfield. Once a team crosses midfield, if the offense fails to score, the ball changes possession and the new offensive team takes over on the 5-yard line.
    - IF A PLAYER'S FLAG IS PULLED IN THE ENDZONE IT IS NOT A SAFETY. THE BALL COMES BACK TO THE GOALLINE. THERE ARE NO SAFETIES.
- An automatic first down by penalty will overrule the other requirements regarding three plays to score.
- All possession changes, except interceptions, start on the 5-yard line.
- ***One pass MUST be made in any three plays of possession. Meaning if play #1 - run, play #2 – run, play #3 must be a pass.***
- ***Any given player can only score THREE (3) offensive touchdowns per game.*** *If a player who has scored three offensive touchdowns in the current game scores a fourth touchdown, the ball is brought back to the line of scrimmage and the down is replayed. The first time no penalty is applied if it occurs afterwards a 5yd loss and Loss of Down penalty will be applied.*

Running

- To start the play, the ball must be snapped between the legs of the center. (**Except in the 5/6 division**)
- The center is the player who gives the ball to the quarterback via a snap. The center cannot take a direct handoff back from the quarterback (no center sneak play).
- The quarterback is the player who receives the ball directly from the snap.
- The quarterback cannot run with the ball past the line of scrimmage.
- An offence may use multiple handoffs (forward, backward, or lateral handoffs) behind the line of scrimmage.
- **FORWARD HANDOFFS ARE ALLOWED BEHIND THE LINE OF SCRIMMAGE. ANY FORWARD HANDOFF CAN BE THROWN. HANDOFFS BEHIND THE QB, CAN BE THROWN BY THE PLAYER TAKING THE BALL.**
- Tosses or sweeps behind the line of scrimmage are allowed and are running plays. Downfield tosses are not permitted. Once a player has possession of the ball beyond the line of scrimmage, any loss of possession will be blown dead by the official.
- "No-running zones" are located 5 yards from midfield and each end zone. When the ball is on or inside the 5-yard line going towards the opponent's midfield and end zone, the offense cannot use a running play to cross the line of scrimmage. If a run play occurs within the 5yd no-run zone, the play will be blown dead and a loss of down will occur.
- Any player who takes a handoff can throw the ball from behind the line of scrimmage.
- All defensive players are eligible to rush once the ball has been handed off, tossed, passed, pitched, lateralled or there is a play-action fake or fake handoff.
- Spinning and dipping is allowed, but the ball carrier cannot dive forward or jump to avoid a defensive player or gain yardage (no diving). If a player leaves their feet, the play will be blown dead by the referee & the ball will be placed from the spot where the player left his/her feet. It can also result in a turnover on downs (if on 3rd down). It is up to the ball carrier to avoid contact with the defender.

- No diving is allowed by an offensive player. If a player dives from his feet. The play will be blown dead by the referee & the ball will be placed from the spot where the player left his/her feet. It can also result in a turnover on downs (if on 3rd down).
- The ball is spotted at the location of the ball when the ball carrier's flag has been pulled. The ball shall be placed so the long axis is parallel to the sidelines.
- **It is up to the ball carrier to avoid contact with the defender**. A good defensive position should be rewarded by the officials.
- There are no fumbles in flag football. Any fumble will be considered a dead ball at the spot of the fumble.
- Any fumble by the offensive team in their own endzone will result in the ball coming back to line of scrimmage.

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off, tossed, pitched, or lateraled behind the line of scrimmage).
- All players may be in motion at the snap, except for the center.
- A player must have at least one foot inbound when making a reception. (A receiver cannot return to the playing field from an out of bounds position and be the first to touch the football)
- Once a player catches the ball, he/she is no longer allowed to lateral the ball. (i.e., hook and laterals are not permitted)
- Players may catch the ball while on their knees, back or side, however, the play is blown dead, and the ball is spotted where the catch was made.
- Players are eligible to catch a pass if their flag has fallen off, however, the play is blown dead, and the ball is spotted where the catch was made.
- If a player dives to catch a ball, the play is dead where the catch is made (i.e., where the players' feet/body are at the time of the catch)
- If both an offensive and defensive player catches the ball simultaneously, the tie will always go to the offense.

Passing

- The quarterback has seven (7) seconds to throw the ball; he/she cannot cross the line of scrimmage with the ball.
- Once the ball is handed off or tossed, or there is a play-action fake or fake handoff, the seven (7) second rule no longer is in effect.
- Shovel passes are allowed.
- Once a player catches a legal forward pass, they are no longer allowed to make another handoff, lateral, or second pass.

Dead Balls

- **BAD SNAPS – 5/6 Div – Continue Play, 7/8 Div – Dead Ball, Re-do Play (1 TIME ONLY) 9 Div – Dead Ball**
- Substitutions may be made on any dead ball.
- Play is ruled "dead" when:
    - Official blows the whistle.

    - Ball carrier's flag is pulled or becomes illegal.
    - Illegal meaning the flag is in a position unable for the defense to pull i.e., falls off
    - Ball carrier steps out of bounds.
    - Touchdown or safety is scored.
    - When any part of the ball carrier's body, other than a hand or foot, touches the ground.
- If the ball carriers flag falls off, the play will be whistled dead, and the ball will be spotted at the spot where the flag fell off.
- Players are eligible to catch a pass if their flag has fallen off but will be ruled down upon making the catch.
- When the ball is fumbled
  Note: There are no fumbles. The ball will be spotted where the ball carrier's feet were when the fumble was made. I.e., a bad snap will not be ruled as a fumble. There is no stripping of the ball.

Defensive Rushing

- **No Rushing in the 5/6 division.**
- Only players starting 7 yards behind the line of scrimmage (2yd outside the center's feet) can rush the passer.
- A bean bag is designated seven yards from the line of scrimmage.
- Any number of players can rush the quarterback but only players lined up within two yards (side to side) of the ball are entitled to a clear path to the quarterback.
- A rusher lined-up within the 2-yards of the rush line marker cannot line up directly over it, they must choose / position themselves on 1 side or the other and clearly indicate from which side they are rushing. **The rusher will lose their free direct path to the quarterback if they switch the side they are rushing from after the center positions the ball for a snap**. Rushers must also ensure that their entire body is behind the rush line marker, even if they are leaning forward. A rusher lined up within two yards (side to side) of the 7-yard marker is entitled to a free rush at the quarterback – the rusher may not be interfered with. If interfered, it will result in an offensive rusher interference penalty.
- A rusher lined up outside the two yards (side to side) of the 7-yard maker **OR** they switch the side they are on once the center is ready to snap the ball, they are not entitled to a free rush to the quarterback and may be interfered (For example - a running back or receiver in motion or in a pattern who runs into the rusher)
- All defenders may rush once the ball is handed off or tossed, or there is a play-action fake or fake handoff.
- The rusher may not be interfered. If interfered, it will result in an offensive rusher interference penalty.
- Any type of accidental or deliberate contact with the quarterback's upper body or their arm including the ball in their hand by the rusher while they are attempting to throw the ball will result in an illegal contact penalty. This also includes any other offensive player who is attempting to throw the ball.

Flagging

- To prevent the ball carrier from advancing, an opponent must pull off 1 or 2 flags without preventing the ball carrier from moving forward. The ball is declared dead at this point. Once the defender has removed a flag, they are to remain in place to hold the flag up for the officials to

confirm the play has stopped and return the flag to the ball carrier. If a defensive player does not immediately return the flag back to the ball carrier, the official will issue a warning to the captain of the team at fault. If the situation repeats itself, no matter which player is involved, the official will issue an objectionable conduct penalty.

- Defensive players are not allowed to pull an opponent's flag prior to them gaining possession- or touching the ball with the intent of gaining possession. This is known as an Illegal Flag Pull penalty. If a flag is pulled early and:
- The ball is caught, the penalty results in an automatic first down 5-yards from where the ball is caught.
- The ball is not caught, the penalty results in an automatic first down 5-yards from the line of scrimmage.
- The officials will whistle the play dead when they see that a defensive player has removed (flagged) 1 of the flags of the ball carrier. If a ball carrier does not have all his or her flags, the player is eligible to receive the ball, however, they cannot advance it. If a ball carrier's flag is moved out of position by a defender to flag them the play will be allowed to continue. Players wearing belted flags must ensure that they are not too loose and cannot move around easily.
- An eligible pass receiver who loses a flag at any time can still receive a forward pass, but the ball will be declared dead at the point of reception. Players' winding flags on belts will be warned the first time, next time removed from the game.
- A player who flags an opponent that does not cause a stoppage of play must release the flag immediately or else they will be penalized for illegal flag pull. But if the play is stopped on the flag pull, the player must hand the flag back to the player.

Interceptions

- Interceptions change the possession of the ball.
- The defense can return interceptions.
- On interceptions that occur and remain in the end zone, the ball will become dead and will result in the ball belonging to the intercepting team at its own goal line. Should an interception occur in the end zone and the ball carrier leave the end zone, the ball will belong to the intercepting team at the spot the ball becomes dead. However, should the ball carrier return to the end zone and be de-flagged, or the ball be ruled dead the result would be a safety for the other team
- **DUE TO THE SHORT FIELD IF A BALL IS INTERCEPTED THE OPPOSITE TEAM WILL TAKE POSSESSION FROM MIDFIELD**

REMEMBER, FLAG FOOTBALL IS NON-CONTACT, BLOCKING AND TACKLING IS NOT PERMITTED UNDER ANY CIRCUMSTANCES

Sportsmanship/Roughing

- If the referee sees any acts of flagrant contact (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.
- Trash talking and taunting is illegal. (Trash talk and taunting is talk that may be offensive to officials, opposing players, teams, or spectators.) Officials have the right to determine offensive language. If trash talking or taunting occurs, the team committing the foul will be penalized 15 yards for unsportsmanlike conduct. Officials have the right to determine offensive language

- Discriminatory statements/offensive language, such as comments of race, sex and upbringing by players, coaches or spectators will result in a 15-yard unsportsmanlike conduct penalty and an immediate ejection
- Deliberate questioning of officials' calls will be penalized upon the official's discretion
- Any physical or verbal abuse against an official by a player, coach or spectator will result in a 15-yard unsportsmanlike conduct penalty and an immediate ejection.
- In the case that parents are asked to leave the field of play, coaches are responsible to help officials enforce the decision if parents are unwilling to leave. If the parent does not leave, the team they are sided with will forfeit the game
- Once a flag is pulled, the defensive player should drop the flag so that the referee can spot the location of the flag pull.

PENALTIES

- All penalties are 5 yards (except for Pass Interference & unsportsmanlike conduct - 15 yards).
- All penalties can be declined.
- Penalties will not exceed half the distance to the opposing team's goal line from the line of scrimmage.
- Referees determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage except for flag guarding.
- 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 the penalty.
- If the offense and defense are both penalized with two penalties that are of the same distance (i.e., 5 yard and 5 yards), the down will be repeated
- If the offense and defense are both penalized, but one side is penalized with a 15-yard penalty, the difference between the penalties will be assessed, and the down will be repeated

<u>Offensive Penalties</u>

5 yards and loss of down

- No cadence by quarterback
- Illegal forward pass – when a second forward pass occurs, or when a forward pass occurs after the ball has crossed the Line of Scrimmage.
- Delay of Pass – ball is not passed by Quarterback in 7 seconds, play whistled dead.
- Illegal Contact – physical contact such as impeding, redirecting, obstruction, blocking, holding & tackling.
- Roughing - it is up to the ball carrier to avoid contact with the defender. Good defensive position will be rewarded to the defense by the officials
- Pass Interference – both contact & non-contact that interferes with a defensive player's catching a ball while it is in air, also includes screening, pushing off and pick plays.
- Illegal Running Play – a quarterback running with the ball across the Line of Scrimmage without any transfer of the ball.

- Illegal Score – a player who has scored three offensive touchdowns, scores a 4th touchdown (or more) after being warned about scoring multiple offensive touchdowns in the current game.
- Rusher interference – It is illegal for a receiver, running back or center to run a pattern that interferes with a rusher who is at a minimum of 7 yards from the line of scrimmage and who is 2 yards (side to side) of the 7-yard rushing marker.

5 yards, down repeated

- Offside – player(s) lined up across or crossing the LOS at the snap of the ball.
- Illegal Substitution – Any offensive player substitution after the center is prepared to snap the ball and any defensive player substitution during the play.
- Delay of game – inability to snap the ball before the 25 second play clock expires.
- Illegal Snap – Center lifting or moving ball to simulate a snap.
- Illegal Participation – if a player goes out of bounds, without interference, the player may not return to the field or catch the ball.

5 yards from the point of foul and loss of down

- Flag guarding – using hands, arms, or elbows to intentionally block the defender from pulling the flag.
- **Note** – Stiff arming a defender is a form of flag guarding and may also result in a roughing penalty
- Interference – impeding, redirecting, obstruction, blocking with no contact, play whistled dead at spot of foul.

15 Yards and a loss of down

- Unsportsmanlike Conduct
- Team that has a player score more than 3 offensive tds after being warned that player scored a 4th offensive td and now has scored a 5th offensive td.

Defensive Penalties

5 YARDS & AUTOMATIC FIRST DOWN FOR THE OFFENCE

- Offside – player(s) lined up across or crossing the Line of Scrimmage at the snap of the ball.
- Illegal Rushing – Crossing the line of scrimmage from inside the 7-yard rusher bean bag provided the ball has not been faked, pitched, or lateralled.
- Pass Interference – both contact & non-contact that interferes with an offensive player catching a ball while it is in air, also includes screening & pushing off at Spot of Foul.
- Illegal Contact – physical contact such as impeding, redirecting, obstruction, blocking, holding, & tackling as well as any lower body contact with an offensive player throwing the ball at Spot of Foul.
- Illegal Flag Pull – Pulling a flag of a player before they have the ball. Spot of Catch if caught, LOS if dropped.
- Roughing the Passer – any contact with the passer's arm, head, or neck area while throwing the ball, including the ball in the passer's hand. 10-yard penalty.

5 yards and down repeated

- Disconcerting signals – Signals to distract opponents or simulate offensive signals prior to the snap
- Interference with ball at the snap
- Substitution fouls – i.e., 6 players on the field, players entering the field during the snap of the ball

15 yards and automatic first down

- Pass interference – illegally preventing a receiver from catching the ball
- Note – Along with the standard rules for pass interference, if a defensive player pulls the flag of an offensive receiver just as the receiver is about to make a catch, the defensive player will be penalized for pass interference.
- Unsportsmanlike conduct – intentional physical conduct, verbal abuse

Major Penalties

- Leaving Team Area – players or coaches leaving their designated team sideline area or crossing the middle of the field into the opponent's team area.
- Objectionable Conduct – players, coaches, teams, or spectators using profane language or gestures, threats, demeaning or intimidating remarks & actions, persistent arguments, fake injuries, delay of game or targeting players to initiate contact will result in a 15-yard penalty. Any player, coach, team, or spectator receiving a second Objectionable Conduct penalty during a game will be ejected from that game.
- Major Foul – Any obscene act, acts of roughness, or unfair play by players, coaches, teams, or spectators will result in a 15-yard penalty being assessed against their team as well as LOD or AFD from the appropriate spot. If the intent of the infraction were to cause bodily harm, or unfair play has made a mockery of the game, the penalty can result in a game ejection. Major fouls cannot be declined and must always apply their yardage in full. They will be applied after all live ball penalties have been assessed.