

FREMONT YOUTH LEAGUE FLAG FOOTBALL 2021

FLAG FOOTBALL GAME RULES

6 on 6

General Game Play:

- Games are 32 minutes, consisting of 4-8 minute quarters RUNNING CLOCK. 1 minute break between 1st/2nd quarter and 3rd/4th quarter. Half time will be 5 minutes. Clock will be a running clock unless time outs are called.
- Each team will get 2 time outs per half. They do not carry over if unused. 30 seconds per time out.
- Offense will be allowed 30 seconds to call play. There will be some flexibility to this but Ref's will issue a warning if they feel it's being abused. If issue continues a delay of game penalty will be enforced.
- Coin toss will determine first possession and direction.
- Interceptions ARE WORTH AN AUTOMATIC PICK 6 WITH NO EXTRA POINT ALLOWED TO GO FOR. The whistle will be automatically blown on an interception. Also, a fumble recovery is worth an automatic 6 pts with the whistle being automatically blown.
- Snap from center to QB can be done either between legs or at side of center to start play.
- Substitutions must be made at change of possessions or coaches choice. But all players on team must get playing time. QB's and CENTERS SHOULD NOT be the same all game. Please work in the players at all positions pending on their talent and ability.
- 1st quarter will start at the 40yd line - 2nd quarter will start at the 30yd line - 3rd quarter will start at the 20yd line - 4th quarter will start at the 10yd line.
- FOOTBALL SIZE: PEE-WEE

Scoring:

- Touchdown = 6 points
- Extra Point (5 yard line) = 1 point
- Officials will be responsible for keeping score of games

Overtime:

- Place the ball on the 5yd line. Each team only gets one set of downs to score. If either team doesn't score then the game remains as a tie. In overtime there is not an extra point. So a pass or run all counts as 6pts from the 5yd line. Coin flip to see who gets the ball first. The ref will decide who gets the call it.

Offensive Rules:

- NO FLAG GUARDING!!
- All players are eligible to go out for a pass. Must have 3 players on the line of scrimmage on every down. There must be 3 players lined up behind the line of scrimmage. Any formation is allowed. NO LEAD BLOCKING.

Offensive Rushing:

- NO BLOCKING IS ALLOWED
- The Quarterback cannot run the ball
- Hands-off, laterals and pitches are allowed.
- "Center Sneaks" are not permitted
- The player who takes the hand-off, lateral or pitch can throw the ball from behind the line of scrimmage.
- If a player receives a hand-off, lateral, or pitch, the player CAN throw the ball forward.
- A forward lateral or pass in the backfield is considered a running play. The ball must cross the line of scrimmage in the air to be considered a forward pass.
- Once the ball has been handed off, lateraled or pitched, all defensive players are eligible to rush.
- Spinning is allowed. Jumping is allowed. NO STIFF ARM
- No diving. 5 yard penalty from the spot of the dive.
- The ball is spotted where the ball is when the flag is pulled.
Player running with the ball must make an effort to avoid running through or initiating contact on the defensive player. Depending on the severity of the offense, an unsportsmanlike conduct penalty may be assessed.
- NO FLAG GUARDING

- There can only be 3 players on the line of scrimmage and 3 players behind the line of scrimmage before you snap the ball or its an offside penalty.

Dead Balls:

The play is ruled dead when....

- Ball carrier's flag is pulled
- Ball carrier steps out of bounds
- Ball carrier's knee hits the ground
- Touchdown or safety is scored
- If the ball carrier's flag falls out without a defensive attempt, the play remains live until the point when the next defender is close enough to make a flag pull. Play is called dead at official's discretion
- Ball carrier's flags are NOT positioned at the hips (slide to the back making it difficult to pull). The referee shall determine when a defender is close enough to make a flag pull and spot the ball there.
- The ball hits the ground as a result of a "fumble". However, if the ball hits the ground during the center/QB exchange, it is not ruled dead unless the QB is having difficulty picking up the ball as a defender approaches. On a fumbled snap, only the QB is eligible to pick up the ball.

Rushing the QB:

All players who rush the QB must be a minimum of ten yards from the line of scrimmage (as marked by the ref) when the ball is snapped. A limit of 1 blitz per play. Players not rushing the QB cannot cross the line of scrimmage until after the ball has left the QB's hands.

Once the ball leaves the QB's hands, the ten yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. Prior to the snap of the ball, the referee will designate ten yards from the line of scrimmage.

ALL DEFENSES SHOULD BE PLAYING A MAN TO MAN STYLE OF DEFENSE. PLEASE TEACH THEM THE PROPER STANCE AND FOOTWORK TO COVER A PLAYER ONE ON ONE. Also, teach your player how to switch from player to player as well. A player can release from there guy once the ball is passed, handed off or once it breaks the line of scrimmage, all players then can go for the ball carrier or wide receiver.

Penalties (All penalties can be declined):

All penalties will be called by the ref. The referees have to make difficult judgement calls at times. Referees determine incidental contact that may result from normal run of play. Only the team captain may ask the referee questions about rule clarification and interpretations. Player cannot question judgement calls. Games cannot end on a defensive penalty, unless the offense declines it.

Defensive Penalties:

ALL PENALTIES ARE ONLY A 5 YARDS

Offensive Penalties:

ALL PENALTIES ARE ONLY 5 YARDS

Sportsmanship:

If the field referee witnesses any acts of tackling, elbowing, cheap shots, blocking or ANY unsportsmanlike act, the game will be stopped, and the player/coach or fan maybe ejected from the game.

*Referees (and coaches) may sit a player at any time as a warning prior to removing the player from the game for unsportsmanlike behavior as well.

FOUL PLAY OR UNSPORTSMANLIKE CONDUCT BY ANYONE WILL NOT BE TOLERATED

Officials have the right determine what constitutes offensive language. Offensive language towards officials, opposing players, teams or spectators is not acceptable in this league. If this occurs, the referee may give one warning and if it continues, the player (s), coach (es) and/or fan (s) will be subject to ejection from the field and premises. The game will not continue until the ejected party has left. If they do not leave, the referee will forfeit the game immediately and award the Win to the opposing team.

Anyone ejected from a game, for any reason, will not be allowed for the next game. If they are ejected a 2nd time during the season, they will be banned from the remainder of the season and are subject to dismissal from the league. In such a scenario, NO REFUND will be issued.

Uniform Code:

Cleats are allowed, except for metal spikes. Inspection will be made at midfield prior to each game. **For the safety of our player, all players must wear a protective mouthpiece . NO EXCEPTIONS!! (WEARING HEAD GEAR OR PADDED PANTS IS OPTIONAL)** Players without MOUTHPIECES are not permitted to participate in either games or practices.

Official league team jerseys and league flags must be worn during play. Flags must be a different color than the shorts. ATHLETIC Shorts or PANTS must be a solid color (BLACK IS RECOMMENDED) and worn during games and practices.