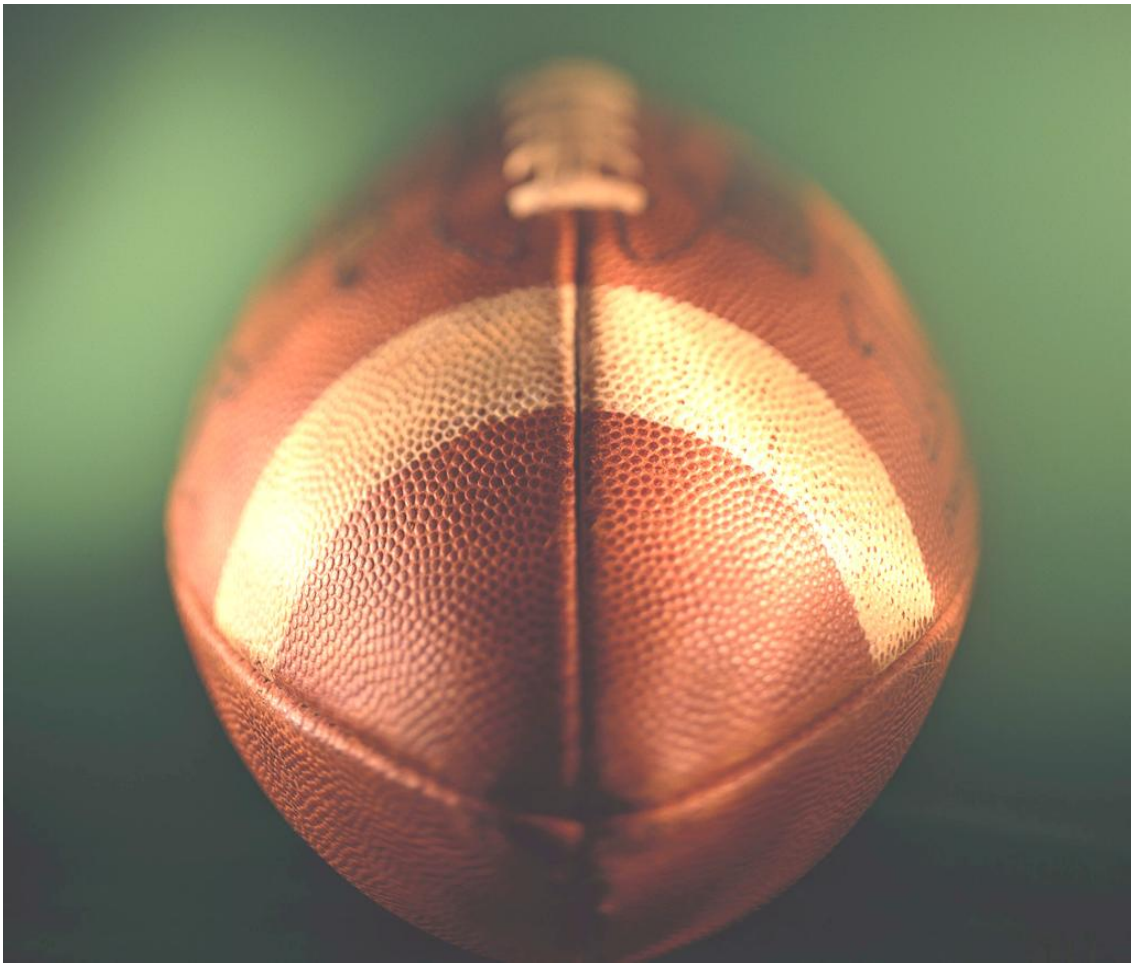
CITY OF OVIEDO RECREATION AND PARKS

YOUTH FLAG FOOTBALL LEAGUE RULES AND REGULATIONS



City of Oviedo Youth Flag Football League
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City Of Oviedo Youth Flag Football Rules and Guidelines

I. League Rules

1. The game should be played between 2 teams of 5 players each. 4 players are required to avoid a forfeit.
(***Please note:** Amount of players per division/team may be subject to change due to the amount of participants registered for that particular age division at the discretion of the league administration.)

2. The game shall be played under the supervision of at least 1 official, 2 when at all possible.

3. The head coach shall be the only one who addresses the official(s).

4. Team representatives, including players, substitutes, replaced players, coaches, trainers, and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of officials assigned to the game.

5. **Mandatory Play Rule:** All Players must play a minimum of twenty minutes per game. It is the coaches' responsibility to see that everyone plays at least ten minutes in each half of each game.

6. All coaches must complete the NYSCA Coaches Clinic.

7. Mercy Rule: If a team is 28 or more points ahead by the half, or anytime after the half the losing team automatically gets possession from the opponent's 20 yard line. Normal regulations are in place, however if the losing team turns the ball over either on downs or by interception, they will retain possession at the opponents 20 yard line. An interception may be returned by the winning team but no PAT will be allowed. This will continue until the score difference is less than 28 points.

8. Player substitutions: All substitutions should be done in between plays or timeouts.

9. Coaches will be allowed on the field only in the 5/6 & 7/8 year-old divisions to give information in the huddle and assist players in lining up properly. Only one coach is allowed on the field for offense and one for defense. In the 9-11 year-old division, a coach may enter the field to call an offensive play, but must leave the field before the ball is snapped. No coaches will be allowed on the field in the senior 12-14 year-old division.

10. **Coach(s)/Team box:** Coaches and players are required to stay within the perimeters of their team's designated box, which extends from the 10-yard line to the 30-yard line. Players and coaches are required to stay within this box during the period of the game. No parents or spectators are allowed in the designated team box. Violation will result first in a warning, followed by an unsportsmanlike penalty.

11. Only three coaches per team are allowed on the sidelines.

II. Game

1. At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.

2. The winner of the coin toss gets first offense possession. The loser of the coin toss chooses the end zone it would prefer to defend. Teams may not choose to defer to second half choice.

3. The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross the line(s)-to-gain. Once a team crosses the 2nd line-to-gain; it has four (4) plays to score a touchdown.
*** Line-to-gain: The line offense must pass to get a first down or score.**

4. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.

5. If the offensive team fails to cross the line-to-gain (first down), possession of the ball changes and the opposition starts its drive from its 5-yard line.

6. All possession changes, except interceptions, start on the offense's 5-yard line.

7. Teams change sides after the first half. Possession changes to the loser of the coin toss.

III. Equipment

1. Football - The official ball shall be pebble-grained leather or rubber covered and shall meet the recommendations of size and shape for a regulation football. The 5/6, 7/8 age division will use a Pee-Wee size ball. The 9-11, 12-14 age division will use a junior size ball.

2. Jerseys - Official NFL FLAG jerseys must be worn during play. Players of opposing teams must wear contrasting colored NFL FLAG jerseys. Jerseys must be tucked into pants/shorts. ***Home team wears dark jerseys, visiting team wears light jerseys.**

3. Pants / Shorts - Each player must wear dark colored pants or shorts without any belt(s), belt loop(s), exposed drawstrings, or pockets. The pants or shorts must be a different color than the flags.

4. Flag belt – The league provides each player with NFL flag belts. These belts must be worn during play.

5. Jewelry – No jewelry may be worn.

6. Mouthpieces- Each player must wear a mouthpiece. Replacement mouthpieces may be purchased at Riverside Park for $1.00.

7. Gloves - Players may wear gloves, which must consist of a soft, pliable and nonabrasive material

8. Headwear – Players may wear knit stocking caps, or elastic headbands. **No hats that have a bill may be worn.**

9. Shoes – Shoes with cleats must be made of soft pliable plastic or rubber. No exposed metal cleats are permitted. (See illegal player equipment)

10. Towels – No towels are permitted on a player's person.

IV. Field

1.The field size is 40 yards by 80 yards with two 10-yard end zones and two line-to-gains. No-Running Zones precede each line-to-gain by 5 yards and end zone(s) by 5 yards.

2. No Run Zones are in place to prevent teams from conducting power run plays.

While in the No Run Zones (a 5 yard imaginary zone before zone line to gain(s) and before the endzone(s)), teams may not run the ball in any fashion.

3. Stepping on the boundary line is considered out of bounds.

4. Each offensive team approaches only THREE "No Run Zones" in each drive (one zone 5 yards from line to gain (20 yard line), another 5 yards for next line to gain (20 yard line), and one zone 5 yards from the goal line to score a TD).

5. Point after touchdown conversion lines will be marked five (5) yards (1 point) and ten (10) yards (2 points) from the goal line and at equal distance from each sideline.

V. Timing

1. There is a ten minute grace period for the first game. **For every other game, game time is forfeit time.**

2. Length of game - Playing Time shall be 40 minutes, divided into two halves of 20 minutes each. The intermission between halves shall be 5 minutes.

3. Extended Periods - A half may be extended by an untimed down when, during the last timed down, one of the following occurred:

   A. If there was a foul by either team or the penalty is accepted.

   B. If there was a double foul.

   C. If there was an inadvertent whistle and the down is to be replayed.

   D. If a touchdown was scored, the try is attempted unless the touchdown is scored during the last down of the second half and the point(s) would not affect the outcome of the game.

4. 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 is enforced.

5. Continuous Clock - The Clock will start when the ball is legally snapped. It will run continuously for the **first 18 minutes of each half** unless it is stopped by a timeout.

6. 2–Minute Warning - Approximately 2 minutes before the end of each half the Referee shall stop the clock and inform both captains of the playing time remaining in that half.

7. Stopped Clock - **During the final 2 minutes of each half** the clock will stop for a dead ball and resume on the snap of the next play unless otherwise noted. During the final 2 minutes of the each half if the game is considered Mercy rule the clock will remain continuous.

8. Timing Errors - The Referee shall have the authority to correct obvious timing errors if discovery is prior to the second live ball following the error unless the period had officially ended.

9. Time-Outs – **Each team is entitled to (1) timeout per half (60 seconds). Timeouts not used in first half do not carry over until second half.**

   A. The referee shall declare time-out when he/she suspends the play for any reason. Each time-out shall be charged either to the Referee or one of the teams.

C. The referee may declare an official's time-out for any contingency not covered elsewhere by the Rules.

D. Coach-Referee Conference - When a team requests a charged time-out for a misapplication or misinterpretation of a rule, the Referee will confer with the Site Supervisor and team captain or coach. The request must be made prior to the time the ball becomes alive following the play to be reviewed unless the period has officially ended. At the end of the half the team has until the first snap of the second half to protest.

E. An injured or apparently injured player, who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least one down unless the halftime or overtime intermission occurs. A player who is bleeding, has an open wound, or has blood on the uniform shall be considered injured.

F. A team is allowed to use a time out to question an official's rule interpretation. If the rule is interpreted incorrectly, the time out will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call. If the ruling is correct the team will not be charged a timeout.

10. Officials can stop the clock at their discretion.

11. Delays

Delay of Game - The ball must be put in play promptly and legally and any action or inaction by either team, which tends to prevent this, is a delay of game. This includes: Failure to snap within 30 seconds after the ball is ready for play.

Penalty: Delay of Game, 5 yards from previous spot.

12. Substitutions - No substitute shall enter during a down. All substitutions must enter the game during a dead ball.

13. If the score is tied at the end of 40 minutes, the game will be determined at tie. There is NO overtime.

14. In the case of an inadvertent whistle, the offense has two options:
    a. Take the call where the whistle blew.
    b. Replay the down from the original line of scrimmage.

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

VI. Scoring

1. Touchdown: **6 points**

2. PAT (Point after Touchdown) **1 point** (5-yard line) or **2 points** (10-yard line). *Note: 1 point PAT is passing only, 2 point PAT can be run or pass.*

3. Safety: **2 points.**
    A safety occurs when the ball carrier is declared down in his/her end zone.

4. A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5-yard line) or 2-pt. conversion (from the 10-yard line). Interceptions on conversions cannot be returned by opposing team.

*****Please note: Scoring occurs when players' hips cross the plane of the goal-line, <u>not</u> the ball.**

VII. Coaches

1. Coaches are typically volunteer parents or family members helping the players learn and enjoy the game. Parents are encouraged to support the coach at all time.

2. Only three coaches per team are allowed on the sidelines.

VIII. Running

1. The ball is spotted where the runner's hips are when the flag is pulled, not where the ball carrier has the ball.

2**.** <u>"No-Run Zones,"</u> located five (5) yards before each end zone and line(s) to gain. These no running zones are designed to avoid short yardage, power running situations. THE PLAYER WHO RECIEVES THE SNAP MUST PASS THE BALL. The pass must advance past the line of scrimmage no laterals or pitches in NO RUNNING ZONES. Shovels passes must be beyond the line of scrimmage in NO RUNNING ZONES. Play will be declared dead if these occur. This rule applies to 1 extra point try, not the 2 extra point try.

3. The quarterback cannot directly run with the ball.

4. The player who takes the handoff can throw the ball from behind the line of scrimmage.

5. Once the ball has been handed off in front or behind the quarterback, all defensive players are eligible to rush.

6. Runners may not leave their feet to advance the ball. Diving, leaping, or jumping is considered flag guarding. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.

7. **No blocking or "screening" is allowed at any time.**

8. Offensive players must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.

IX. Passing

1. Shovel passes are allowed.

2. The quarterback has a seven-second "pass clock." If a pass is not thrown within seven seconds, play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule no longer is in effect.

a. If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).

X. Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off or lateral pass has taken place behind the line)

2. Only one player allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.

3. All players must have at least one foot inbounds when making a reception.

4. In the case of simultaneous possession by both offensive and defensive player, possession is awarded to the offense.

5. Interceptions change possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.

6. Interceptions are returnable, but not on conversions after touchdowns.

XI. Rushing the Passer

1. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.

2. 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.

3. A special marker, or referee, will designate a Rush Line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.

a. A legal rush is:
   i. Any rush from a point 7 yards from the defensive line of scrimmage.
   ii. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
   iii. If a rusher leaves the rush line early, they may return to the rush line, reset and then legally rush the quarterback
   iv. If a rusher leaves the rush line early and the ball is handed off before they cross the line of scrimmage, they may legally rush the quarterback.

b. A penalty may be called:
   i. The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass- Illegal Rush (5 yards LOS)
   ii. Any defensive player crosses the line of scrimmage before the ball is snapped- Offsides(5 yards LOS)
   iii. Any defensive player, not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed-Illegal Rush (5 yards LOS)

c. Special Circumstances:
   i. Teams are not required to rush the quarterback, seven second clock in effect.
   ii. Teams are not required to identify their rusher before the play.
   iii. If a rusher leaves the 7-yard line before the snap, he/she may immediately drop back to act as a defender with no offside penalty enforced.

4. Players rushing the quarterback may attempt to block a pass. However, NO contact can be made with the quarterback in any way.

5. Offense cannot impede the rusher in any way. The rusher has a CLEAR PATH to the QB and any interference that would impede his/her path to the QB will be considered screening. The defense may attempt to block a pass provided they do not strike the passer.

6. Blocking the pass and then striking the passer will result in a 10-yard penalty.

7. A sack occurs if the QB's flags are pulled behind the line of scrimmage. The ball is placed where the QB's feet are when the flag is pulled.

a. A Safety is awarded if the sack takes place in the offensive team's end zone.

XII. Flag Pulling

1. A legal flag pull takes place when the ball carrier is in full possession of the ball.

2. Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when pulling flags.

3. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.

4. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.

5. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.

6. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping of head, hand, or arm, or shoulder, or intentionally covering flags with the football or jersey.

XIII. Formations

1. An offensive team must have a minimum of one player on the line of scrimmage (the Center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
    a. One player at a time may go in motion 1-yard beyond and parallel to the line of scrimmage.
    b. No motion is allowed towards the line of scrimmage.

2. Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the one player in motion.

3. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered false start.

4. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

5. Silent counts ARE allowed.

XIV. Unsportsmanlike Conduct

1. If the fields monitor(s) or referee(s) witnesses any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals! FOUL PLAY WILL NOT BE TOLERATED.

2. Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give on warning. If it continues, the player or players will be ejected from the game.

3. Players may not physically or verbally abuse any opponent or official.

4. Ball carriers MUST make an effort to avoid defenders with an established position.

5. Defenders are not allowed to run through the ball carrier when pulling flags.

6. Fans must also adhere to good sportsmanship:
    a. Yell to cheer on your players, not to harass officials or other teams.
    b. Keep comments clean and profanity free.
    c. Compliment ALL players, not just one child or team.

7. Fans are required to keep fields safe and kids friendly:
    a. Keep younger kids and equipment such as coolers, chairs, and tents away from the sidelines.

XV. Penalties

I. General:

1. The referee will call all penalties.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted (spot fouls).
4. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
5. Games cannot end on a defensive penalty, unless the offense declines it.
6. Penalties are assessed Live Ball then Dead Ball. Live Ball penalties must be assessed before play is considered completed.
7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

Ii. 5 Yard Penalties

• Illegal Equipment
• Offside
• Illegal motion (more than one person moving, false start, etc.)
• Illegal forward pass (pass received behind line of scrimmage or throwing a pass beyond the line of scrimmage)
• Offensive pass interference (illegal pick play, pushing off/away defender)
• Screening, Blocking or Running with the ball carrier
• Delay of game
• Defense Illegal contact (holding, blocking, etc.)
• Defense Illegal flag pull (before receiver has ball)
• Defense Illegal rushing (starting rush from inside 7-yard marker)

Iii. 10 Yard Penalties

• Roughing the passer
• Taunting
• Unsportsmanlike conduct.

-After scoring and touchdown is good, offense receives a 10 yard penalty from the yard line of PAT attempt after touchdown (one warning to the player and team before ejection)

iv. Spot Fouls

•Flag guarding.....10 yards & loss of down
•Charging.....10 yards & loss of down
• Defensive Pass Interference.....first down
• Stripping.....10 yards & first down
• Offensive Unnecessary Roughness.....10 yards & loss of down
• Screening, Blocking or Running with the ball carrier..... 5 yards & loss of down
• Defensive Unnecessary Roughness.....10 yards & first down

v. Defense

• Offside.....5 yards from the LOS
• Illegal contact (Holding, blocking, etc.).....5 yards from the LOS
• Illegal flag pull (Before receiver has ball).....5 yards from the LOS & automatic first down
• Illegal rushing (Starting rush from inside 7-yard marker).....5 yards from the LOS
• Roughing the passer .....10 yards from the LOS & first down
• Taunting ....10 yards from the LOS & first down
• Unnecessary Roughness.....Spot foul, 10 yards & first down
• Stripping.....Spot foul, 10 yards & first down
• Defensive Pass Interference.....Spot foul & first down

vi. Offense

• Illegal motion (More than one person moving, false start, etc.)..... 5 yards from the LOS
• Illegal forward pass (Pass received behind line of scrimmage or throwing a pass beyond the line of scrimmage)..... …….5 yards from the LOS & loss of down
• Offensive pass interference (Illegal pick play, pushing off/away defender) .....5 yards from the LOS & loss of down
• Flag guarding.....Spot foul, 10 yards & loss of down
• Screening, Blocking or Running with the ball carrier..... Spot foul, 5 yards & loss of down
• Charging.....Spot foul, 10 yards & loss of down
• Delay of game..... 5 yards from the LOS
• Offensive Unnecessary Roughness..... Spot foul, 10 yards & loss of down
• Offside.....5 yards from the LOS

XVI. Weather Policy

*For weather updates in regards to game cancellations please call the Oviedo Athletics Rainout line, **(407) 971-5586**. Also please check the City of Oviedo's weather update page located on the City's website www.cityofoviedo.net under the "recreation and parks" link for any game cancellations due to inclement weather.

The City of Oviedo has installed the Thor Guard Lightning Prediction & Warning System at all of its Recreation Facilities. This is to inform you of the updated inclement weather policy stemming from the Thor Guard installation.

The Thor Guard System constantly measures the millivolts of static electricity both in the air and on the ground in a 2 mile radius. When the system detects enough electricity in the area to predict a lightning strike within an 8-20 minute window, the warning system will sound.

The following is the procedure for all Recreational activities during inclement weather:

- The first horn will sound for 15 seconds. This indicates that the Thor Guard System detects a lightning strike will occur in the 2 mile radius in less than 20 minutes.
- When the horn sounds, ALL outdoor activities will cease immediately and will be cleared. All patrons are asked to seek safety in their cars, as we do not have the space to safely accommodate waiting patrons.
- While there is still potential lightning within the 2 mile radius, a strobe light will continually flash.
- When the Thor Guard System determines that it is safe to resume activities, the strobe light will turn off and you will hear 3 - 5 second horn blasts.

***Players, parents, spectators, and coaches are to immediately seek shelter in their cars in case of danger of lightning.**

XVII. League Mission

Our league is structured in a recreational environment and is strictly for the enjoyment of the children. It is designed to teach the fundamentals of football and enable them to showcase their talents.

The Head Coach and/or their Assistant(s) are responsible for controlling his or her players and fans.

All coaches, fans, and players are expected to show good sportsmanship at all times. The League Administration has the right to suspend or dismiss any coach, player, and/or fan for any unsportsmanlike conduct.

Please note that this is a recreational league for the children. Let them have fun!!!!