



## YOUTH FLAG FOOTBALL RULES & REGULATIONS



ATHLETIC OFFICE

(239) 242-3491

**PURPOSE-** The purpose of the CCYFFL (Cape Coral Youth Flag Football League) is to familiarize youngsters in the fundamentals of football and to provide an opportunity to play the game in a supervised, organized and safety-oriented manner. This is intended to keep the welfare of the participants free of any adult ambition or personal glory.

### IMPORTANT RULE INFORMATION

Referees and League Coordinators have the authority over any and all aspects of the game at all times while on city property. They are responsible for controlling player and spectator conduct and ensuring the good spirit of the game. The coordinator or referee may eject a coach, player or a spectator for any or all the following reasons:

1. Constant or deliberate violations of the rules
2. Indecent or abusive language
3. Un-sportsman like behavior/conduct
4. Under the influence of alcoholic beverages or drugs.

An ejected coach has (1) minute from the time they are ejected to leave the complex-out of sight and sound-or that team will be charged with a forfeit. Any player or coach who violates this rule will result in further penalties by league director. A team is responsible for the behavior of its own fans. The teams' coaches will constantly strive to keep the fans from being unruly, verbally or physically abusive and behaving in any un-sportsman-like manner. The referee or coordinator may eject any fan(s) that behave in this manner from the complex. If ejected, he/she must leave the complex within one (1) minute or a forfeit will be charged against the team. **NO EXCEPTIONS- OUT OF SIGHT AND SOUND!**

**Officials:** All decisions made by the referees on the field are final.

**Protest:** NONE!

***\*\* Home team will be on the press box side for both fields\*\****

### GAME RULES

Basic High School rules will apply with the exceptions in these by-laws.

**Time of Game:** Games will be played in four (4) ten (10) minute quarters. Offense will have thirty (30) seconds from the time the referee signals the ball ready for play to snap the football. There will be five (5) minute half times. In the first and second half, the clock will stop after the two (2) minute warning on incompletions, first downs, out of bounds plays, penalties and change of possession. In case of a penalty during running play, the clock starts on ready play for whistle. The clock will stop the entire game during injuries, time-outs, and/or ejections.

**Running Clock Rule:** A running clock will be used if either team leads by twenty-eight (28) points or more at any point in the game.

**Time Outs:** There will be two (2) one (1) minute time outs for each half. Unused time outs cannot be carried over into the next half.

**Field Dimensions:** The field is Sixty (60) yards long and Thirty-Five (35) yards wide, Ten (10) yard zone at each end. Field is marked in twenty (20) yard segments.

**Ball Positioning:** The ball will be placed in or near center of field.

### PLAYING TIME AND SUBSTITUTIONS

**All divisions-** All players are required to **play at least two (2) full quarters** (from start to finish) and sit out one (1) full quarter (from start to finish). It is the Coach's responsibility to abide by this rule. Failure to comply may result in the Coach being suspended for the next scheduled played game.

**EXCEPTION:** If a team has LESS than ten (10) players at the end of the first quarter, they will not be able to follow the regular playing time rule. In that case, all players must play their two (2) full quarters (*Some players may play the entire game*). If a player shows up after the first quarter is finished, he/she forfeits their required two (2) quarters. They will only play one (1) quarter. ***If a player is forced to leave the game with an injury, the opposing coach will pick the substitute for the injured player. If the opposing coach does not notify the official and opposing coach, the coach of the injured player will pick the substitute. Regarding the player that is chosen as the substitute, it will not count as official playing time for that player. If the injured player can return in the same quarter that he/she was injured, they will take the place of the player that replaced them.***

**Coaches are not required to play any player that is** injured (which must be reported to the scorekeeper prior to the start of the game) or disciplined (which will be determined by the League Director).

### OFFENSE

You will have seven (7) players on offense, six (6) receivers and a quarterback. Double passes are allowed. Handoffs and motion (1 player at a time) are allowed. The player in motion must be one (1) yard from line of scrimmage at all times. The center may go out for a pass as long as they do not impede the rusher. The Q.B. may be directly underneath the center; he does not have to be a certain distance behind the center. Snaps may be between the center's legs, or "tossed" back to the Q.B. All snaps must start with the ball on the ground. **(Exception: the center may stand and throw the ball to the center in the 7 & Under division only)** Any number of legal laterals, pitches and hand-offs are permitted anywhere on the field. No player with or without the ball may cross over the line of scrimmage, come back behind the LOS, and then throw a forward pass. A ball carrier that touches the ground with any body part other than hand or foot is immediately down at that spot. The Q.B. may run at any time, he does not have to wait for the rusher to cross the line of scrimmage. Player must have one (1) foot in bounds for it to be a legal catch.

**Screen Blocking** is permitted. The block must be *stationary* and must be set at least two running strides (3-4 yds) from an opponent. The "blocker" may not extend or stick-out a knee, hip, shoulder, leg, foot, or arms when "blocking". The "blocker" may not lean into or initiate contact with a defender. The "blockers" feet only may be in contact with the ground when "blocking".

**Flag Belt:** **No part of the flag belt may be obstructed, concealed, or covered by any part of the players uniform-it must be completely visible at all times.** All shirts must be inside pants/shorts at all times or worn above belt line.

## DEFENSE

There will be seven (7) players on defense. All defensive players must be at least five (5) yards from line of scrimmage at time of snap. However, if the ball is less than 5yds from the designated 1<sup>st</sup> down line or the defenses goal line, the restraining line is ½ of the distance between the ball and the line (short rush). A defender may jump, leap, or dive to grab a flag belt. A defender may leave his feet as long as he does not initiate contact with the ball carrier or detain the ball carrier by any physical contact. The defender may not push or tackle a ball carrier. If a ball carrier is pushed out of bounds deliberately, a touchdown can be awarded. If a ball carrier is tackled on a break-away, a touchdown can be awarded. The ball carrier cannot run over stationery defenders. A defensive player must go around a legal screen blocker. The defender may not push, pull, grab, initiate contact with a legal screen “blocker”, or charge into a legal “blocker”. A defender may not rough the passer-defined as when defender makes any contact with the passer before, during, or after the pass attempt (other than going for the flags). A defender may jump to block a pass attempt from the player throwing the ball.

**\*\* Seven (7) yards defensive line for the 7U Division \*\*** - Goal line if inside the 7-yard line

**Flag Pull:** A player will be considered down at the point where the flag is detached from the player. The ball is spotted where the flag detached, not where the ball is. The defensive player must hold the flag above his/her head and stand still after pulling a flag. No throwing or flinging the flag.

**Tackling or Pushing Runner out of Bounds:** Fifteen-(15) yard penalty automatic first down, touchdown may be awarded. **If a player is called for an “intentional unsportsmanlike tackle”, that player will be pulled from the game (opposing coach chooses replacement) for (10) minutes of game time. For every “intentional unsportsmanlike tackle” after, that player will be suspended for a game.**

## POSSESSION

At the start of each half or after a score, teams will start at their own twenty (20) yard line.

**Change of Possession (punting):** After the third down, the referee will approach the Coach/offensive captain where they may elect to either attempt to make the first down or punt. If a team chooses to punt, the ball will be marked twenty-five (25) yards from the line of scrimmage. And possession will go to the opposing team. NO PUNTING WILL BE ALLOWED INSIDE THE THIRTY (30) YARD LINE.

## SCORING

A touchdown is worth Six (6) points.

- Safety: (2) points
- Extra point from (7) yard line: (2) points
- Extra point from (3) yard line: (1) point
- An intercepted extra point attempt may be returned by the defense for two (2) points.

**Fumble:** There are no fumbles, the ball is considered dead upon touching the ground including hand holding ball.

**Pass Interference:** After the ball is released, the defender may not have contact with receiver until the pass is completed or the ball is touched. Infraction is an automatic 1<sup>st</sup> down at the spot of foul. Contact before the ball is released is considered defensive holding which results in a ten (10) yard penalty and an automatic 1<sup>st</sup> down.

**Illegal Motion:** Defined as two players moving at the same time, it has a five (5) yard penalty and repeat down.

**Verbal Abuse of Official:** This will result in immediate ejection from game. If the coach refuses to leave the field within one (1) minute, out of sight and sound, his team will forfeit the game and the coach will not coach in the next scheduled game(s). (Suspension is a minimum of one (1) game, subject to more, depending on severity of penalty.) A fifteen (15) yard penalty applies.

**Alcohol:** Consumption of alcoholic beverages on City of Cape Coral property is prohibited. Anybody seen consuming alcohol, by any employee of the Cape Coral Parks & Rec. Dept.; before during or after the game (anywhere on city property, including parking lot and pavilions) will be subject to disciplinary action.

**Fighting:** This will not be tolerated and may result in ejection from the league for the remainder of the season.

**Flag Guarding:** This will result in a five (5) yard penalty from spot of infraction and the down counts or could be first down. Flag guarding in end zone results in a safety. When defenders are going for flags, ball carriers' arms, hands and ball must be above waistline.

### MISCELLANEOUS

**Kansas Tie-Breaker:** Each team (Home team will choose to go first or defer) will get the ball on opponent's ten (10) yard line. Each team will be given four (4) downs to score and go for the extra point. In case of interception, the ball is dead. The ball goes over to the other team or game is over if opponent is winning. Scoring in overtime is same as the game. Both teams will go towards the same goal. If neither team scores on their possession, each team (Home team first) will be given a three-yard extra point attempt, first team to score wins.

**Coin Toss:** Each team will be represented by one (1) coach and one (1) captain at the toss of a coin. Only the coach or captain will converse with the official. Players on the roster are the only individuals allowed on sidelines and playing field. Spectators, sons/daughters, wives (etc.) and all other persons not on the roster must stay behind fenced area or bleacher area.

**Spinning:** Players can spin.

**Stripping Ball:** The ball will not be stripped from ball carriers hand or knocked from quarterback hand. Ball may be knocked down any time it is in the air.

### PLAYER SELECTION

The son/daughter of a Coach/Assistant Coach may be drafted onto that Coach/Assistant Coach's team, if so requested. Otherwise, players will be drafted onto teams based on their skills and testing scores.

### PLAYER ATTENDANCE AND CONDUCT

Players are expected to be at all team functions, unless the coach grants an excusal. Players that consistently have unexcused absences from practice and/or games may be subject to disciplinary action by the Coach and/or League Director.

Players and Coaches will conduct themselves in an appropriate manner at all times. This will include practices, games and all other CCYFFL functions (City of Cape Coral Youth Flag Football League). Failure to do so may constitute grounds for disciplinary action by the Coach and/or League Director. No player shall be suspended by a Coach without the League Director's approval. If a player is ejected for two (2) unsportsmanlike fouls in one (1) game, they are removed for the rest of the game plus the next game.

Player schoolwork: The CCYFFL (City of Cape Coral Youth Flag Football League) believes that schoolwork is an extremely important and vital part of a youngster's life. Coaches are encouraged to stress responsible study habits and the importance of education to all the youngsters participating in this program.

Unsportsmanlike Conduct Penalties against Coaches/Assistant Coaches: If a coach receives one (1) unsportsmanlike conduct penalty during the season, he/she may be suspended their teams next played game(s). If a coach receives two (2) unsportsmanlike conduct penalties during the season he/she will be removed from coaching in the league for the remainder of the season. Please note that certain incidents on the field will be reviewed by the Review Board and additional penalties may possibly be given out.

### **LEAGUE DIVISIONS**

While there is no absolute age or grade requirement, beyond those of the League, divisions will be composed according to the following:

**Pee Wee Division** will be composed of youngsters drawn from the age of seven (7) and under.

**Junior Division** will be composed of youngsters drawn from the age of ten (10) and under.

Note: Pee Wee and Youth Divisions only may have one coach at a time on the field with his/her team to help coach/instruct their players during the game.

**Youth Division** will be composed of more experienced players drawn from ages thirteen (13) and under.

### **UNIFORMS**

**Jerseys** for all divisions will be purchased by the City of Cape Coral AND all participants must wear the jersey provided by the City or they will not be allowed to play in the game (unless determined by the League Director). NO EXCEPTIONS!

**Mouth pieces** are not mandatory but recommended

**Shorts without pockets** are mandatory.

**Shoes without steel spikes** must be worn by all players.