



SYAA

Grades 4 -6

Flag Football

Rules



Attire

1. All players must wear a protective mouthpiece during practices and games.
2. SYAA shirts must be worn and tucked in during games.
3. No metal cleats allowed in practices or games.
4. No jewelry is allowed during practices or games.

Field Dimensions

1. Field Length--45 yards long
2. Field Width--160 feet
3. End Zone--10 yards deep

Time

1. 25 minute halves (continuous clock for each half--see: "starting the game").
2. No time outs (Exception: Injuries. Game will halt until player(s) can be removed as soon as safety dictates).
3. 5 minute half-time/15 minutes between games.

Officials

1. 2 Officials per game
2. The officials will keep the 6 second pass clock and the game clock.
3. Officials have the final say on game rulings. No harassing of the officials will be tolerated (unsportsmanlike conduct). A violation by the defense rewards the offense 15 yards and/or an automatic first down. Violations by the offense results in a 15 yard penalty and/or loss of down. Officials have the right to remove a player/coach from the game for repeated offenses. SYAA reserves the right to remove repeat offenders from the season and future seasons.

Starting the game

1. One of the officials will be designated as the game clock time keeper. All games will begin and end on this person's instructions. The officials will also announce the time remaining at the 10, 5, and 2 minute mark.
2. Visitors will have first possession. The home team will have first possession the 2nd half.
3. Ball is always placed at the right hash mark of the field at the 45-yard line to start each game/possession.
4. Referees will announce score before each offensive possession begins.

Moving the ball

1. Offensive Plays Must All Be Forward Passes! (No Run plays or Kicking/Punting)
2. Field is marked at 15 yard intervals with cones. First downs occur at the 30 and 15 yard line.
3. Possession always begins at the 45 yard line. No penalty will be assessed in excess of the 45 yd line.
4. On any offensive play from the 45 yard line resulting in an offensive penalty: The ball will be returned to the 45 yard line and 1st down will become 2nd down; 2nd down will become 3rd down; and 3rd down will result in a turnover.
5. Offenses always move in the same direction.
6. No "Double Passes" are allowed.
7. Once a forward pass has been thrown, a backward pass (lateral) is allowed.
8. Should a swing pass not cross the LOS and a defensive player pulls the flag of the ball carrier behind the 45 yard line, it is a safety.

Other Rules

1. No blocking.
2. No blitzing/rushing the QB
3. Any given player can only play QB for 1 half of the game - Either 1st Half/2nd Half or alternating offensive possessions with other player(s)
4. The intended receiver of a play must play center on the very next play.
5. Players should be given equal playing time.
6. The QB is allowed 6 seconds to throw the ball. The official timekeeper starts a stopwatch on the snap of the ball from center and stops the watch as soon as the QB releases the ball.
 - a) If release is under 6 seconds, the play goes on.
 - b) If the timekeeper sees that the clock has exceeded 6 seconds, the play is blown dead and the ball is spotted at the original LOS with loss of down. (The timekeeper will be an official)
7. Receiver/Ball carrier is ruled down when their flag is pulled. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 15 yards. Expulsion of a player(s) if ruled unsportsmanlike & flagrant).
8. If the receiver/ball carrier flag falls off on its own, they are not down – the play should continue as “1-hand touch.”
9. The ball will be spotted where the runner’s feet are when the flag is pulled, not where the ball carrier has the ball.
10. Fumbles are dead balls at the spot with the last team retaining possession.
11. No Flag Guarding (5 yard penalty from original LOS)
12. Defensive Pass Interference is the same as NCAA rules. (automatic 1st down & spot foul up to 15 yds)
13. Offensive pass interference is the same as NCAA rules. (15 yard penalty-replay down)
14. Interceptions may be returned (“no blocking” rule applies). If an interception is returned beyond the 45 yard line (the offensive origination point) it is a touchdown and point after attempt should ensue. The teammates of the person who intercepted the ball may trail the runner so as to be in position to take a backwards pass. They may not block for or screen for the runner.
15. The offensive center is not an eligible receiver (teams must have a center). The ball can be snapped from between the center’s legs or the center can snap it from a sideways position.
16. The center will be responsible for setting or re-positioning the official’s bean bag at the line of scrimmage. On change of possession, the team moving to offense will ensure the bean bag gets to the new scrimmage line.
17. The offense must gain at least 15 yards in the first 4 or less plays or the defense takes over. (There is no punting/kicking).
18. Any offensive penalty on the extra point try results in a turnover.
19. No taunting or “trash talking”. (unsportsmanlike conduct penalty-see #3 under “Officials”)
20. Fighting: the player(s) involved will be ejected from the game and the team will be penalized with an unsportsmanlike conduct penalty. SYAA reserves the right to remove anyone (coach or player) from the remainder of the season and future seasons if our Code of Conduct is violated.
21. Any dead ball foul on a play that resulted in the defense getting the ball (interception or turnover on downs) will result in a loss of down penalty. The defense, now the offense, would be starting play with 2nd down.
22. There will be an area referred to as the tackle box that extends 3 yards on both sides of the center and extending 3 yards deep into the backfield. No eligible receiver may align within the tackle box.

Scoring

1. 6 points for TD
2. 1 point for PAT from 3 yard line, 2 point PAT from 10 yard line.
3. 2 points if a team returns a PAT back across the 45.
4. Official score is kept by the officials.

Tie Breaker

1. Each team will each get one 4 down series from the 15 yard line. The visiting team will have first possession. No PAT is attempted in the first overtime.
2. A winner is determined when one team scores during its possession and the other does not.

3. If a second overtime period is necessary, each team must then go for two points on the conversion attempts. If the tie is not broken after the second overtime, the game will be recorded as a tie.

Offensive Formations/Plays

1. Teams must use the formations/play types discussed at the coaches clinics and practiced at the fundamental practices. This should allow for quicker gameplay.

Defensive Secondary Coverages

1. Teams must play one of the coverages discussed at the coaches clinic and practiced during fundamental practices.

Tournament

1. We will have two tournaments on the last scheduled Saturday:
 - a. Division I (Seeds 1-6)
 - b. Division II (Seeds 7-10)
2. If there is a tie prior to seeding, head-to-head is the first tie breaker, total points scored is second, total points allowed will be third. After that, we will flip a coin! Note: in a 3-way tie, only the scores of games between teams in the tie will be counted.