



SYAA Coed Flag Football Rules K-1



Attire

- **All players must wear a protective mouthpiece; there are no exceptions.**
- Official SYAA shirts must be worn during play.
- Shirts must be tucked in. Coaches, please enforce this for we want fair play for all players.
- Cleats are allowed, except for metal spikes. Inspections must be made.
- No jewelry allowed.

Players/Game Schedules

- Teams should field a **MAXIMUM of 6** players at all times. Coaches should agree on the number of players prior to the start of the game
- A coin toss determines first possession.
- The offensive team takes possession of the ball at its 5-yard line. The offensive team gets four (4) plays to gain either a first down or score a touchdown.
- If the offensive team fails to gain a first down or score a touchdown, possession of the ball changes and the opposition starts its drive from its own 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Teams change sides after the first 25 minutes.
- The team starting with the ball in the first half will start on defense in the second half.

Timing

- Games are played to 50 minutes running time. (2- 25 minute halves)
- Each team has two 1 minute timeouts per half.
- There should be a 5 minute half time.
- Coaches can stop the clock at their discretion.

Running

- The quarterback cannot run with the ball.
- Only direct handoffs behind the line of scrimmage are permitted. Offenses may use multiple handoffs.
- Linemen are ineligible to receive handoffs. The ball must completely leave the center's hands during the snap.
- Absolutely NO laterals or pitches of any kind.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- Ball carriers cannot flag guard or stiff arm.
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- As in the NFL, only one player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception.

Passing

- All passes must be forward and received beyond the line of scrimmage.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule no longer is in effect.
- **Interception returns are allowed**, which means the ball is considered live and can be run with until the player's flag is pulled off or falls off, the player steps out of bounds, the player's knee hits the ground, or a touchdown is scored.

Dead Balls

- The ball must be snapped between the legs, not off to one side, to start play.
- Substitutions may be made on any dead ball.
- Play is ruled “dead” when :
 - Ball carrier’s flag is pulled.
 - Ball carrier steps out of bounds.
 - Touchdown or safety is scored.
 - Ball carrier’s knee hits the ground.
 - Ball carrier’s flag belt falls off.

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

Rushing the Quarterback

All players who rush the passer must be a minimum of **10** 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.

Once the ball is handed off, the **10**-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. **A special marker, or the coach/referee, will designate 10 yards** from the line of scrimmage. Remember, no blocking or tackling is allowed.

Sportsmanship/Roughing

If the field monitor/coaches witnesses any acts of 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 coach/referee’s discretion. No appeals will be considered.

FOUL PLAY WILL NOT BE TOLERATED.

Trash talking is illegal. Field monitors/coaches have the right to determine offensive language. (Trash talk is talk that may be offensive to coaches, opposing players, teams, or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

Penalties

All penalties will be called by the coaches.

Defense:

Offsides	5 yards and automatic first down
Interference	10 yards and automatic first down
Illegal contact (<i>tackling, pushing, etc.</i>)	10 yards and automatic first down
Illegal flag pull (<i>before back/receiver has ball</i>)	10 yards and automatic first down
Illegal rushing (<i>starting rush from inside 10-yard marker</i>)	10 yards and automatic first down

Offense:

Illegal motion (<i>more than one person moving, false start, etc.</i>)	5 yards (repeat down)
Offensive pass interference (<i>illegal pick play, pushing off/away defender</i>)	10 yards and loss of down
Flag guarding	10 yards and loss of down
Blocking (<i>initiating contact with a defensive player</i>)	10 yards and loss of down

- Coaches determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.
- Games cannot end on a defensive penalty, unless the offense declines it.

Note: There are no kickoffs, and no blocking or tackling is allowed.

- **Let's have a fun & safe Flag Football season!**

II. Terminology

Boundary Lines	the outer perimeter lines around the field. They include the sidelines, and back of the end zone lines.
Line Of Scrimmage	(LOS) an imaginary line running through the point of the football and across the width of the field.
Line-To-Gain	the line the offense must pass to get a first down or score.
Rush Line	an imaginary line running across the width of the field 7 yards (into the defensive side) from the line of scrimmage.
Offense	the squad with possession of the ball.
Defense	the squad opposing the offense to prevent them from advancing the ball.
Passer	the offensive player that throws the ball and may or may not be the quarterback.
Rusher	the defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by blocking the pass.
Downs (1-2-3)	the offensive squad has three attempts or "downs" to advance the ball. They must cross the line to gain to get another set of downs or to score.
Live Ball	refers to the period of time that the play is in action. Generally used in regard to penalties, live ball penalties are considered part of the play and must be enforced before the down is considered complete.
Dead Ball	refers to the period of time immediately before or after a play.
Whistle	sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, half time, or the end of the game.
Inadvertent Whistle	official's whistle that is performed in error.
Charging	the movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, forearm, or the chest.
Flag Guarding	an act by the ball carrier to prevent a defender from pulling the ball carrier's flags by stiff arm, lowering elbow or head, or by blocking access to the runner's flags with a hand or arm.
Shovel Pass	a legal pass attempted beyond the line of scrimmage by throwing the ball underhand or pushing it towards a receiver in a shot put type manner.
Lateral	a backwards or sideways toss of the ball by the ball carrier.
Unsportsmanlike Conduct	a rude, confrontational, or offensive behavior or language.