



STRONGSVILLE FOOTBALL

2013 JR. SFL FLAG RULES

1. Game Rules

- a. A coin toss determines first possession.
 - i. Visiting Team calls the coin toss.
 - ii. Home Team flips the coin.
- b. The offensive team has 4 plays to cross midfield.
 - i. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from the 5 yard line.
- c. ALL possession changes, except interceptions, start on the offense's 5 yard line.
- d. Teams change sides after the first 25 minutes, BUT the possession and the new offense take over on its 5 yard line.

2. Players/Coaches

- a. Team must field a minimum of 6 players at all times.
- b. Only 2 coaches from each team are permitted on the field at a time.
- c. Players shirts must be tucked in and the flags must be clearly visible.
- d. The SFL will also provide referees for the 2013 season.

3. Timing

- a. We will play 2-25 minute halves.
- b. Running clock, two 30-second time outs per half.
- c. 5-minute halftime.
- d. 30-second time limit in the huddle.
- e. The home team referee or designee is responsible for the game clock.

4. Scoring

- a. Touchdown: 6 points
- b. Extra Points:
 - i. 1 point played from the 5 yard line (pass only).
 - ii. 2 points played from the 12 yard line (run or pass).
- c. Safety: 2 points

- d. No overtime for regular season play.

5. Running

- a. The quarterback cannot run with the ball.
- b. Only direct handoffs behind the line of scrimmage are permitted.
- c. The offense may use multiple handoffs.
- d. Laterals or pitches can be used providing the pitch or lateral occurs behind the line of scrimmage.
- e. There are three “No Running Zones” on the field.
 - i. Two 5-yard no running zones at each end zone.
 - ii. One 10-yard no running zone at midfield.
- f. Two of the three running zones are active at any given time for the offensive team.
 - i. 10-yard no running zone at midfield and the 5-yard no running zone at the far end zone is active.
 - ii. The first 5-yard no running zone at the offensive starting point is not active.
- g. Any offensive team that moves into one of the active no running zones (backward or forward) must pass the ball to advance.
- h. The player who takes the handoff can throw the ball but only from behind the line of scrimmage.
- i. Once the ball has been handed off, all defensive players are eligible to rush.
- j. Spinning is allowed, but players cannot leave their feet to avoid a defender.
- k. The ball is spotted where the ball carriers feet are when the flag is pulled, not where the ball is.
- l. No flag guarding or stiff-arming.

6. Passing

- a. The ball may be passed by the quarterback or a running back as long as they are behind the line of scrimmage.
 - i. All passes must be forward past the line of scrimmage, otherwise the dead ball fumble rule applies.
- b. Interceptions are the only changes of possession that do not start on the 5-yard line.
- c. Interceptions are allowed to be run back.

7. Receiving

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

8. Dead Balls

- a. The ball must be snapped from the ground.
 - i. Between the legs is preferred but if you cannot do it this way, to the side is acceptable.
 - ii. No shotgun snaps.
- b. Substitutions may be made on any dead ball
- c. Play is ruled “dead” when:
 - i. Ball carrier’s flag is pulled.
 - ii. Ball carrier steps out of bounds.
 - iii. Touchdown or safety is scored.
 - iv. The ball carrier’s knee hits the ground.
 - v. There are no fumbles. The ball is spotted where the ball is dropped. The defensive team cannot recover a fumble, even if the fumble is caught in the air. The ball is dead at the spot.
 1. There is no stripping of the ball from the carrier. If the ball is stripped, it is dead at the spot of stripping.
 - vi. IF a ball carrier’s flag inadvertently falls off while he is carrying the ball, he is still alive and can be “tackled” by:
 1. Pulling carrier’s flag, OR
 2. Touching the player with two hands between the shoulder and knees.

d. No Rushing the Quarterback

- i. Defensive players may defend the line of scrimmage providing they are heads up on the offensive linemen.
- ii. No tackling or blocking is allowed. Blockers should practice shadow blocking.
- iii. Each offense must have 4 men on the line for 6 players.
- iv. Three defensive players must line up head-to-head on the offensive 3-line players. Four defensive players must line up head-to-head on the offensive 4-line players. No gap play. The other two to three players on the field at the time can line up wherever they need to in order to run their offensive play or to defend the play. *The Quarterback must be under the center or

next to the center if hiking sideways.

e. Sportsmanship/Roughing

- i. If the coached witness any acts of tackling, elbowing, cheap shots or any un-sportsmanlike conduct, the game will be stopped and the player warned. Repeat actions will result in the ejection of the player from the game.
- ii. Trash talking and offensive language is illegal. If trash talking or offensive language is used, the player will be warned. Repeat actions will result in the ejection of the player from the game.
- iii. No one player may run with the ball or receive a pass more than 2 times a series. This infraction is penalized as un-sportsmanlike conduct.

f. Penalties

- i. Penalties will be called by the officials on the field.

Rush Violations	-5 yards - Repeat Down
Offsides	-5 yards - Repeat Down
Delay of Game	-5 yards - Repeat Down
Illegal Motion	-5 yards - Repeat Down
Illegal Contact	-5 yards - Repeat Down
Tackling	-5 yards - Repeat Down
Interference	-5 yards - Repeat Down
Illegal Flag Pull	-5 yards - Repeat Down
Illegal Pass Play	-5 yards - Repeat Down
Flag Guarding*	-5 yards - Repeat Down
Illegal Equipment	-5 yards - Repeat Down
Un-Sportsmanlike Conduct	-10 yards - Repeat Down

- ii. ALL PENALTIES ARE ENFORCES FROM THE LINE OF SCRIMMAGE UNLESS NOTED BELOW:

- 1. Flag Guarding -5 yard penalty from site of infraction.

2. Offensive teams in passing zone that receive a penalty are **STILL** in a passing zone even if the penalty moves them out of the zone.
3. Games cannot end on a defensive penalty, unless the offensive team declines it.

g. Attire

- i. Only soft-molded cleats are allowed.
- ii. Players must wear protective mouth guards.
- iii. Official SFL Flag jerseys must be worn during play.

h. Ball

- i. All teams will play with the “Wilson K2” ball.

i. Score

- i. All final game scores will be reported by phone or email by the winning team to the league commissioner within 24 hours of each game.
- ii. Playing Time
 1. All flag kids will play in each and every game unless being disciplined.
 2. Coaches should try to give each kid equal playing time and provide an opportunity to play various roles on the team.
 3. The goal of SFL Flag is to teach the kids the basics of football.
 - a. They should learn the proper way to get into a 3-point and 2-point stance.
 - b. They should learn the proper first step from a stance to making a football move.
 - c. They should learn the proper fundamentals of shadow blocking, passing, catching and running with the ball.
 - d. **THEY SHOULD ALWAYS HAVE FUN!**

iii. Field

1. The field should be 70 yards long and 30 yards wide.