



2019 Tri-West Youth Flag Football Rules

LEAGUE GOAL

The goal of the Tri-West Youth Football League is to provide a positive experience for all participants by teaching and developing fundamental football skills, educating players regarding the basic rules and regulations of the sport, and, perhaps above all else, imparting the importance of good sportsmanship and fair play.

GAME RULES

Game Duration / Timing: Games will consist of two 25 minute halves with a 5 minute halftime. The offense will have 40 seconds to call a play in the huddle. The game clock will be a running clock, with the exception of a time out called by a coach or an official, or halftime. The clock will restart on the snap following a timeout. After a scoring play or a change of possession, the game clock will start when the ball is marked and signaled ready for play by the official.

Scoring: Touchdowns are worth 6 points. After a touchdown is scored, the offensive team will attempt a one-point conversion from the 5 yard-line, or a 2-point conversion from the 10 yard-line. Safeties are worth 2 points. After a safety occurs, the team recording the safety will begin their subsequent possession from their own 10 yard line, as well.

Possessions / First Downs: Each team will receive 4 plays to gain a first down (past the midfield stripe / marker). Once across the midfield stripe / marker, the offensive team will then have 4 plays to score, or relinquish possession of the ball to the defense. If the offense is stopped on fourth down at any time, the defense will then take possession of the ball at their own 10 yard line, *not* the spot of the offenses' previous line of scrimmage.

Number of Players: A maximum of 7 players per team may be on the field during play. If a team does not have the required amount of players, it will be at the coaches' discretion and mutual agreement to continue the game with an equal amount of players on both sides. It is highly encouraged that both teams have an equal number of participants on the field at all times. In the case that a game cannot be played due to inadequate participants, the league will make every attempt to have the game rescheduled.

Line of Scrimmage: The *maximum* number of players allowed on the line of scrimmage when the ball is snapped will be 3 on offense and 3 on defense. The snap from center to the QB may be "sideways", or through the legs of the center. Defensive players must line up 2 yards off of the line of scrimmage. This line will be marked and enforced by the official. Linebackers will line up no closer than 5 yards from the line of scrimmage to ensure productive play throughout the games.

A DEFENSIVE PLAYER CAN NOT CROSS THE LINE OF SCRIMMAGE UNTIL THE BALL HAS BEEN HANDED OFF OR THE QB HAS THROWN A PASS. THEREFORE, THAT ALSO MEANS QB'S CAN NOT RUN THE BALL. THIS IS TO ALLOW AN ACTUAL PLAY TO BE RAN.

Spot of the Ball: At the beginning of the game, the team electing to receive will take possession of the ball at their own 10 yard line. After halftime, the team that did not receive the ball to begin the game will take possession of the ball at their own 10 yard line. Following a touchdown, the ball will be spotted at the 10 yard line to begin the next possession.

Pulling the Flag: A play ends when the flag is removed from the ball carriers belt. The defender is to immediately hold the flag above his or her head at the spot where the flag pull occurred.



Loss of Flag: Should the ball carrier lose a flag while running, the ball will be declared dead at the point that the flag dropped.

Blocking: The “Pinball Flipper” technique is being taught / enforced. The blocking player should be instructed to grab their jerseys chest-high, elbows extended. This is to reduce the likelihood of grabbing, holding, shoving, etc, which, at this age, can often lead to injury.

Rotating Players: Each player MUST carry the ball once before any player records their second carry. No exceptions. This rule will be in effect during tournament play, as well. Note: pass receptions count as carries. Fumbled C/QB exchanges do not count as carries, nor do fumbled QB/RB exchanges. Also, plays in which a penalty is called and the down is replayed do not count as carries, either. A “Line-up Card”, similar to a batting order used in baseball, will be used to monitor / track ball carrier attempts. Each coach should have this card filled out prior to the start of the game and with them in their respective huddles, actively tracking them through their games. Each coach should be prepared to furnish it to the lead official upon request.

Fumbles: There are no fumbles. The ball is considered dead if it comes in contact with the ground. If the ball is fumbled in the end zone it will be brought out to the one yard line.

Interceptions: The defense may advance an intercepted pass.

On-Field Coaches: Coaches will be allowed on the field (no more than 2 per team) to assist with play calling and education of the participants. Coaches should be well behind the players on both sides of the ball to ensure the least possible chance for collision / injury, etc.

Time Outs: Each team is permitted two time outs per half.

Tie Score: Each team will get four plays from the 20 yd line to score. The first overtime the teams can choose to go for 1 or 2 points. If the game is tied after that each team must go for two pts after any scores.

Playoffs: records will be recorded for the regular season. Top seed will go to the best record and so on down. If there is a tie in records the higher seed will be determined by these tie breakers.

1. Head to head
2. Points allowed
3. Coin flip

Top seed will play the lowest seed and the other two teams will play each other in round one. Then the winners of those two games will play for the championship.



PENALTIES

General: All penalties are 5 yards. Dead Ball penalties will result in a replay of the down.

Defensive Penalty: The half or game cannot end on a defensive penalty. After the penalty is resolved, the offense will be given one final play.

Tackling: Tackling a ball carrier is not allowed.

Clipping: Blocking in the back or side will be called a clip or if a player leaves his feet to block it will also be treated as a clip.

Illegal Use of Hands: Holding, hands to the face, pushing in the back, by offense or defense, will result in a penalty.

Running Over a Player: The ball carrier may NOT lower their shoulder and run over a defensive player. The ball will be declared dead at the spot of the infraction.

Illegal Procedure/ False start: An offensive player moving forward prior to the snap of the ball (This rule should be enforced more tightly as the season progresses).

Encroachment: Defense lining up in the neutral zone, OR moving across the line of scrimmage prior to the ball being handed off or passed.

Incorrect Flag Display: Players must have their flags attached and uncovered by jerseys or other clothing and in the proper position (on each hip). Coaches from each team should be observant and help keep flags in proper display.

Pass Interference: Called against an offensive player is a minor penalty from the line of scrimmage and loss of down. Called against a defensive player is a spot penalty with an automatic first down.

Flag Guarding: The ball carrier cannot use his hands to protect his flags from a defensive player. The ball will be declared dead at the spot of the infraction.

Hurtling: The ball carrier cannot leave his feet to avoid a defensive player, except to avoid injuring another player or to avoid a player who has fallen to the ground. The ball will be dead at the point of infraction.



TEAM ORGANIZATION

Head Coaches: All Head Coaches will be approved by the Tri-West Youth Football League Executive Board of Directors and will be required to sign Letters of Agreement to all league rules and participate in criminal history checks to stay in accordance with all current and / or future revisions to state and federal laws or court findings to ensure the safety and well being of all participants and maintain the integrity of the Tri-West Youth Football League.

Official Assistants: Any person wishing to volunteer their time as an Official Assistant Coach will first be approved by the Tri-West Youth Football League Executive Board of Directors and then be held to the same standards and regulations as Head Coaches. Consideration will not be given to a prospective Official Assistant Coach until after team rosters have been created and finalized by the Director of Flag Football. Exceptions to this rule will only be given to direct family members or in the case of hardship or burden and will be at the sole discretion of the Director of Flag Football.

Team Mom: Each team will nominate a Team Mom, who will assist the Head Coach in logistical issues such as Fund Raisers (as handed down by the Tri-West Youth Football League Director of Fundraising), Concession Stand duties, after game snacks, organizing end of season parties (if so desired) or handing out information sheets passed down by the Tri-West Youth Football League.

CONDUCT OF PLAYERS AND COACHES

All players and coaches are to conduct themselves in such a way as to promote good sportsmanship, a safe atmosphere and the integrity of the Tri-West Youth Football League at all times. Any player ejected from a game, for any reason, will be given a warning on the behavior or causes of ejection. A second ejection will result in a one game suspension, which will be served at the next scheduled game. A third ejection from the same player will result in suspension from the league for the remainder of the season and depending on the severity, consideration to suspend any involvement within the Tri-West Youth Football League for the following year will be brought before the Board of Directors for review.

Head coaches are responsible for maintaining control of the conduct of their players, assistant coaches and family member spectators.

Any coach being ejected from a game, for any reason, will serve an automatic one-week suspension. This will include all practices and the next scheduled game. A second suspension, for any reason, will result in expulsion from the league.

Any coach that displays an act of violence towards a player, official or another coach will be permanently banned from coaching and possible criminal charges filed with the local law enforcement agency.

Notification of any and all ejections will immediately be made to league officials. Review and final determination will be made by league officials.



COACHES RESPONSIBILITIES:

To maintain a professional attitude and demeanor especially in the presence of our leagues children, and to always treat all participants, volunteers, sponsors, coaches, affiliates and board members with the utmost respect at all times regardless of the situation. To ensure that each player receives equal coaching time and that the players are learning the basic fundamentals of football.

All Head Coaches must attend any league called coaches meetings or league required coaching clinics. Failure to do so without an accepted excuse may result in suspension or dismissal. It will be the responsibility of the Head Coach to ensure that all league information is passed down to the participants / parents of their specific team. Head Coaches should always be aware of weather conditions and should always keep the safety of the players in mind.

Practice time is limited to twice during the week, with a maximum duration of one hour.

Any violation of these rules will be brought to the immediate attention of the Tri-West Youth Football League's Board of Directors and official action may be taken to prevent any further violations and to uphold the intentions and integrity of the League

PARENT RESPONSIBILITIES:

Every effort should be made by spectators to maintain good sportsmanship. Game officials have the right to assess a 10 yard penalty for inadequate crowd control and unruly behavior on part of coaches, players or fans. Officials may remove any person from the area. Penalty and/or removal are solely at the discretion of game officials.