



Modified on October 19th, 2009

- No Contact or Blocking is allowed.
- The Quarterback cannot run the ball unless he or she has received a direct handoff behind the line of scrimmage.
- The player who rushes the QB must start 7 yards off the line of scrimmage.
- All players are eligible to receive a pass.
- The offense has 3 downs to pass midfield and then 3 downs to score. A turnover on downs will occur if the offense is short of the first down or end zone resulting in an immediate possession change spotting the ball at the opponent's 5-yard line.
- No kicking or punting.
- All possessions, except interceptions, will start at the 5-yard line.
- Games are run with two 12 minute halves and a one minute half time.
- The clock will only stop at the one-minute warning of the second half for an incompleteness, extra points, or out of bounds play. The clock will stop to set the punts if a first down is obtained.
- Interceptions may be returned.
- Offensive Penalties = loss of down and yardage.
- Defensive Penalties will result in an automatic first down.
- Game time is forfeit time. If you are not at your field for your scheduled game at game time, you will forfeit that game.
- Minimum of 2 players required on line of scrimmage at the snap.

#### THE ROSTER

- A maximum of 10 players per roster. 3 players on field minimum to avoid forfeit.
- A player may only appear on one roster. **NO EXCEPTIONS**, even if the other team approves it. **If a player is found playing on a team illegally, the team will forfeit the next game.**

#### THE ATTIRE

- Players are required to wear protective mouthpieces at all times during a game.
- Players must wear shorts/pants with no pockets.
- **REFEREES WILL CHECK EACH TEAM BEFORE THE GAME TO CONFIRM MOUTHPIECES AND NO POCKETS. IF A PLAYERS IS INELIGIBLE HE/SHE WILL NOT BE ALLOWED TO PLAY.**
- **Jerseys must be tucked in at all times.** If a jersey is hanging over their flag belt, flag guarding will be called.
- Teams may use their own footballs as long as they are regulation weight and size for the division of play that you are participating in.
- Molded/screw-in cleats and tennis shoes are permitted. No metal cleats are allowed.

#### THE POSSESSIONS

- **The referee will flip a coin before the start of the game to determine possession of ball for first or second half.**
- **The team that wins the toss has the choice of offense, defense, or defer choice to 2<sup>nd</sup> half.**
- All possession changes will start at the offensive team's 5-yard line. Exception: On interceptions the team will take possession of the ball where the defenders flag was pulled. Penalties on interceptions will be assessed where the interception occurred. Exception: If the game referee judges that a player intentionally or flagrantly commits a penalty then the penalty will be at the point of the foul, no less than the point of interception.

#### COACHES ON FIELD

- Only one coach will be allowed on the field on offense and defense. Coaches must back up, out of the way at the snap of the ball. Assistant Coaches are allowed, but, must stay on the sidelines during game play. **EXCEPTION: 5/6 Division may have 2 coaches on the field on offense & defense.**

**All rules are subject to League Directors discretion.**

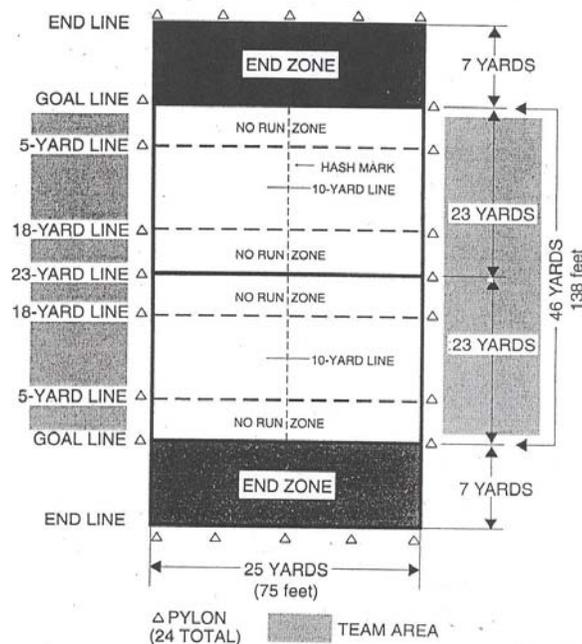


## CAPSULIZED RULES FOR THE USFTL YOUTH FLAG FOOTBALL LEAGUE

### THE FIELD DEMENSIONS – Vary per location

- 46 yards long x 25 yards wide with two 7 yard end zones.

### 4 ON 4 FIELD/5 ON 5 FIELD



### THE PASSING GAME

- Only one forward pass per down. All passes must be forward and received beyond the line of scrimmage.
- Shovel passes are legal, but must be beyond the line of scrimmage.
- QB has a seven (7) second “pass clock.” If the pass is not thrown within seven seconds, the play will be ruled dead, with a loss of down. Once the ball is handed off, the seven-second rule is no longer in effect.
- Interceptions can be returned. Ball is spotted at where the defender’s flag is pulled.
- If a penalty occurs on an interception return by the return team, the penalty will be assessed from the end of the interception.
- If a penalty occurs on an interception return by the defensive team, the penalty will be assessed from the end of the run.

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## CAPSULIZED RULES FOR THE USFTL YOUTH FLAG FOOTBALL LEAGUE

### THE RECEIVING GAME

- All players must start with their flag belts on. If a player starts without his flag belt properly secure with all flags attached, his team will be assessed a 5 yard and loss of down penalty.
- All players are eligible to receive passes (including the QB, if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time.
- A receiver is down where his or her flag belt is pulled. Exception: In order to achieve a first down, or a touchdown, the ball must cross the plane of the first down line and/or goal line.
- If a receiver's flag belt falls off or is pulled off, before catch is made, the receiver must then be touched with two hands to be downed.
- Receiver must have at least one foot in bounds when making a catch.

### THE RUNNING GAME

- The QB cannot run the ball. The QB can only run the ball if he or she has taken a direct hand-off.
- Only direct hand-offs behind the line of scrimmage are legal. Anyone behind the line of scrimmage can receive a hand-off. Exception: The ball cannot be handed off between the center's legs.
- No laterals or pitches of any kind, anywhere on the field, are allowed.
- The player who takes the hand-off can throw the ball, as long as he or she does not pass the line of scrimmage first.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Once the ball has been handed off, the seven-second pass rule is no longer in effect.
- Defensive players cannot pass the line of scrimmage, during a direct hand-off play, until **the ball is handed off**.
- Spinning is allowed. However, jumping or diving to advance the ball is not allowed.

### THE "RUN ZONES"

- "No Run Zones" located five (5) yards from each end zone and five (5) yards on both sides of mid-field.
- "No Run Zones" are designed to avoid short yardage situations.
- "No Run Zones" come into effect only when offensive team is approaching a first down or the end zone. Exception: If the offensive team has already achieved a first down, but has been pushed back into a "No Run Zone", then the "No Run Zone" is no longer in effect.

### THE RUSHING OF THE QUARTERBACK

- All players that rush the passer must be a minimum of seven yards from the line of scrimmage, which will be designated by the referee, when the ball is snapped. Any amount of players can rush the quarterback.
- If the offense draws any rusher to commit or jump that seven-yard marker, that rusher **CANNOT** rush during that play. However, any other defender that is seven yards back may rush instead.
- **The rusher CAN NOT run straight into the center.** The center has the right away if the rusher does not take an angle to the QB. If contact is made with the center by the rusher who is has not taken an angle to the quarterback a defensive obstruction penalty will be called.
- Players not rushing the quarterback may defend the line of scrimmage, as long as he or she is at least one yard from the line of scrimmage.
- **A rusher must go for the quarterback's flags.** The rusher may attempt to block the pass but it is a penalty to make contact with the quarterback's arm.

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## CAPSULIZED RULES FOR THE USFTL YOUTH FLAG FOOTBALL LEAGUE

### THE DEAD BALLS

- Ball must be snapped between the center's legs to start a play. **EXCEPTION: 5/6 Division may snap from the side.**
- A play is ruled dead when: ball carrier's flag is pulled, ball carrier steps out of bounds, ball carrier's knee touches the ground, ball carrier lets the ball hit the ground, ball carrier fumbles the ball away, and after a touchdown, or extra point is scored.
- There are no fumbles. The ball will be spotted where the ball hits the ground.
- If there is an inadvertent whistle during a running play, the offense will have the choice of either the result of the play or replaying the down.
- If there is an inadvertent whistle during a passing play and the ball is in flight, the down will be replayed.

### THE PENALTIES

- **All defensive penalties are an automatic first down.**
- **All offensive penalties are yardage plus loss of down.**
- Any type of blocking or screening is illegal and will result in a penalty.
- Extra Point Attempts: If the attempting team throws an interception and commits an infraction after the interception then when the opposing team takes offensive possession of the ball they will get an additional 5 yards from the line of scrimmage. If a flagrant foul or intentional foul occurs on the extra point play the penalty will still be assessed from the line of scrimmage.
- **ALL CALLS BY THE REFEREES ARE FINAL.**
- Games will not end on any accepted live ball defensive penalty.
- Any offensive penalty in their end zone will result in a safety (2 points).

### THE SCORING AND TIME SITUATIONS

- Scoring: Touchdown = 6 points, Extra point (5 yards) = 1 point, Extra point (10 yards) = 2 points, Safety = 2 points.
- There is a 25 second huddle clock, which will start once the line of scrimmage is marked.
- Each team is allowed 2 timeouts (60 seconds long) per game. In OVERTIME, each team will be given one timeout. Time outs are NOT carried over from the original game.
- Referee may stop the clock at own discretion.
- The clock will only stop at the **one-minute** warning of the second half for an incompleteness, extra point, or if the offense gets out of bounds. The clock will stop to set the punts if a first down is obtained.
- OVERTIME: 4 plays from 10 yard line going into end zone. (Same scoring as in regular game)

**THE USFTL Youth League** will provide an atmosphere where players, friends and families can feel comfortable enjoying a day of football. Any players, teams, or family members that jeopardize that environment may be asked to leave. **THE USFTL** operates under a **NO TOLERANCE POLICY**.

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