

# YOUTH FLAG FOOTBALL RULES

Each team shall designate a field captain to the referee. The field captain shall be the only team representative permitted to speak with the officials. A field captain's first choice of any option shall be irrevocable. All players, substitutes, coaches and other persons authorized within the team area are subject to the rules and shall be governed by the decisions of the officials. All teams shall designate a representative who shall be responsible for all communications with the CONNECTICUT SPORTS COMPLEX staff, both on and of the field.

**DOWN MARKER:** Each team will be responsible for a cone and it's movement in their team box area.

**SHIRTS:** Players of opposing teams must wear different color shirts.

**PLAYERS:** six players on the field of play per team at any one time. Quarterback must take the snap from a shotgun formation (adults only), not from under center. Players cannot dive to advance the ball.

**FLAGS:** Each player on the field must wear a belt at the waistline containing three flags. The flags may not be tied together and one flag must be placed on each side of the body. Each flag should extend or hang from the waist. Flags should be different colors from uniform pants. Wrapping, tying or in any way securing flags to the uniform belt, other than prescribed by rule, or intentionally removing a flag during play, is **illegal**. Flags will be provided by the Connecticut Sports Complex. **Any tampering of the belt or flag will result in loss of down, and immediate player ejection (see ejection)**. Also, shirts are required to be tucked in so that flags are easily accessible.

**ILLEGAL EQUIPMENT:** No equipment shall be permitted which would confuse or endanger other players. Additionally, no jewelry of any type may be worn during games. No slippery or sticky substance may be utilized on a player's person or clothing. No hand, elbow or forearm pads are permitted. If an illegal item, is discovered by an official the player shall either remove the item or leave the game. In any case, **THE TEAM SHALL BE CHARGED WITH A TIMEOUT**.

**PLAYING TIME:** All players must have a predetermined starting position on offense or defense.

**CONTACT:** Open hand blocking only between shoulders and waist (chest area) of the opposing players frame is permitted behind the line of scrimmage. Blockers must be on their feet before, during and after contact. Two on one blocking shall be limited to the area on and behind the neutral zone. Under no circumstances shall high-low, or a running block be permitted. Contact may occur only between the opponents' waist and shoulders. **ANY PLAYER STRIKING THEIR OPPONENT ABOVE THE SHOULDERS IN A FLAGRANT MANNER WILL BE EJECTED AND DISQUALIFIED. THIS IS TO INCLUDE ANY PLAYER STRIKING THE PASSERS ARM.**

**REMOVING THE FLAG:** When the flag is cleanly taken from the ball carrier, the down shall end and the ball is declared dead. A player that removed the flag should immediately hold the flag above his head to assist the official in locating the spot. In an attempt to remove a flag from a ball carrier, defensive players may contact the body and shoulders of an opponent with their hands, but not the face or any part of their head. A defensive player may not hold, push or knock the ball carrier down in an attempt to remove a flag. **DEFLAGGING** is the legal removal of a flag of an opponent in possession of the ball. **OFFENSIVE PLAYERS** may not protect (straight arm) or guard flags, which includes straight arms to ward off the defender. **IF A BALL CARRIER INADVERTANTLY LOSES A FLAG WHICH IS NOT OTHERWISE REMOVED BY THE DEFENSE, THE PLAY SHALL CONTINUE UNTIL THE PLAYER IS TOUCHED, THUS BECOMING SINGLE HAND TOUCH SINCE THE PLAYER DOES NOT HAVE 2 FLAGS TO PULL OR DEFLAG.**

**COIN TOSS:** Prior to the start of each game, the referee shall toss a coin in presence of opposing captains, after first designating which captain will call the toss. The captain shall chose one of the following options:

1. The ball, or
2. Designate which goal his team will defend

**GAME TIME:** Playing time will be two 23 minute halves with a five minute break at halftime. There will be two time outs per half and other **NO STOPPAGES**,

At any time during the game, the clock shall also be stopped then restarted for the following:

1. Referees time out for injury (Only injuries considered serious.)
2. Anything considered dangerous

**DELAY OF GAME:** Each team shall have its players on the field for the opening play at the scheduled time of each half. . *ALL TEAMS SHALL HAVE AT LEAST 6 PLAYERS TO START THE GAME WITH FLAGS IN LEGAL POSITION.*

**PENALTY WALKOFF:** *A PENALTY CANNOT TAKE THE BALL MORE THEN HALF THE DISTANCE FROM THE ENFORCEMENT SPOT TO THE OFFENDING TEAM'S GOAL LINE. IF PENALTY IS GREATER THAN THIS, BALL IS PLACED HALF THE DISTANCE TO THE GOAL LINE.*

**TIME OUTS:** Each team has 2 time outs per half No time outs are longer than 30 seconds in length.

**PUNTS:** Ball will be placed on the 20-yard line in lieu of a punt. Beyond the midfield the ball will be placed at the top of the circle.

**KICKING:** No kicking whatsoever in the building.

**ELIGIBLE RECEIVERS:** All offensive players are eligible to touch or catch a pass. Any player who voluntarily goes out of bounds during a play is ineligible to receive a pass, unless first touched by an opponent.

**LEGAL FORWARD PASS:** When the ball leaves the passers hand, the passer must be on his side of the line of scrimmage.

**DEAD BALL/ SAFETY:** The ball is dead when it hits the ground. A backward pass, which touches the ground between the goal lines, is dead at the spot where it hits the ground and belongs to the team last in possession. A backward pass that hits the ground in the end zone shall be declared a safety.

**COMPLETE/ INTERCEPTED PASS:** A forward pass is completed when caught by an eligible offensive player. If the pass is caught in-bounds simultaneously by opponents, the ball becomes dead and belongs to the passing team at the spot of the simultaneous catch. A receiver must have 1-foot in-bounds.

**PASS INTERFERENCE:** Defensive players may not bump receivers more than 5 yards beyond the line of scrimmage and no contact may occur once the pass is thrown. Interference beyond the line of scrimmage is prohibited.

**DEFENSIVE PASS INTERFERENCE:** 5 yards from the original line of scrimmage and 1<sup>st</sup> down.

**DEFENSIVE OF SIDES:** 3 yards from the line of scrimmage.

**ILLEGAL CHUCK:** 5-yard penalty from line of scrimmage.

**OFFENSIVE PASS INTERFERENCE:** 5-yard penalty and loss of down.

**EJECTION:** If a player has been ejected from the game for tampering with the flag or belt while carrying the ball, the ball will be brought back to the original line of scrimmage and will result in a loss of down.

<b>SCORING:</b>	TOUCHDOWN	6PTS
	SAFETY	2PTS
	P.A.T. 2YD	1PT
	P.A.T. 5YD	2PTS