



2012
Quincy Youth
Football League
Flag Football
Rules

<p><u>RULES</u></p> <p>Quincy Youth Football - Flag Division 2012</p>

Equipment

- No arm, elbow or hand pads.
- Equipment consists of league supplied shirt, and flag belt.
- Mouth guard supplied by players
- Molded, cleated shoes (Optional) supplied by players
- Coaches are responsible for 2 FB's and Flags provided by league
- Coaches may bring their own FB's for additional supplies
- League supplied First Aid kit

Rules of Quincy Youth Football Flag Division:

1. Games will consist of two 18-minute halves, a three (3) minute half time, and four (4) minutes between games. Half time and time between games may be shortened to 2 minutes each if we are running behind schedule. Each team will receive two time-outs per half with no carry over.
2. Clock runs continuous throughout the game. No official score will be kept. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced. Teams must change sides after the first 18 minutes.
3. Football Size: Pee-Wee Football
4. Field Size: 40 yards long by Standard field wide.
5. Rosters: Teams must have a minimum of 7 players and no more than 12 players participating on the roster.

6. General rules:

- A) Only five players are allowed on the field for each team.
- B) A coin toss determines first possession.
- C) The offensive team takes possession of the ball at the 40-yard line and has ten offensive plays to score a touchdown. If the offense fails to score, the ball changes possession and

the new offensive team takes over on the 40-yard line. (This way we can run 2 games at the same time.)

D)

E) The offensive team must have at least three players on the line of scrimmage when the ball is snapped.

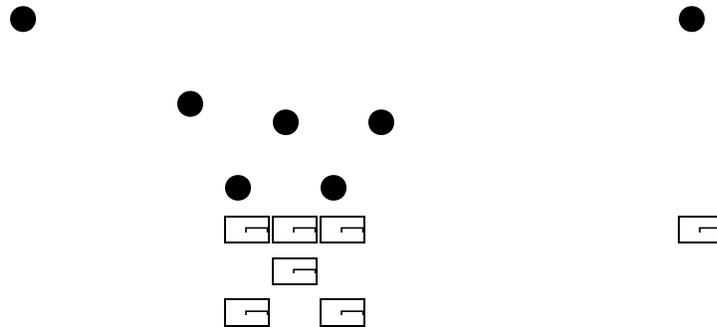
F) All possessions, except interceptions, start on the 40-yard line.

G) There are no kickoffs.

1. Formations

- Maximum of 3 linemen on offense
- Defense must line up head to head with offensive line
- No one can line up over the offense center.
- Defense cannot shoot the gaps
- Match-ups on the line must be equal by age and / or size
- LB may not lineup outside OT/DE / Put aggressive kids at LB or Safety
- LB – minimum of 4 yards from Line of Scrimmage
- Safety – Minimum of 10 yards from Line of Scrimmage – any width

Defense Formation



Offense Formation

2. Ten offensive Plays

Running

A) The quarterback cannot run with the football.

B) Only direct handoffs behind the line of scrimmage are permitted, offense may use multiple handoffs.

- C) "No running zones" located five yards from each end zone and five yards on either side of midfield are designed to avoid short-yardage, power-running situations.
- D) The player who takes the handoff can throw the ball from behind the line of scrimmage.
- E) Once the ball has been handed off, all defensive players are eligible to rush.
- F) Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- G) The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
- H) Absolutely NO Laterals or pitches of any kind are allowed.

Receiving

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

Passing

- A) Shovel passes are allowed.
- B) The quarterback has a ten-second "pass clock". If a pass is not thrown within the ten seconds, play is dead, loss of down. Once the ball is handed off, the ten-second rule is no longer in effect.

Scoring

- A) Touchdown: 6 points
- B) Extra points: 1 point (played from the 5-yard line) or 2 points (played from the 12-yard line)
- C) Safety: 2 points

Rushing the Quarterback

- A) Rushing the quarterback is not allowed.
- B) Defensive players may defend on the line of scrimmage.
- C) Once the ball is handed off, all defenders may go behind the line of scrimmage. No blocking or tackling is allowed.

D) If the field monitors or referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the person will receive a warning. If a player continues the rough play he will be asked to sit out the rest of the half or the game.

Dead Balls

a. The ball must be snapped between the legs, not off to one side, to start play.

b. Substitutions may be made on any dead ball.

c. Play is ruled "dead" when:

-Ball carrier's flag is pulled

-Ball carries steps out of bounds

-Touchdown or safety is scored

-At the point of an interception (interception returns are not allowed)

-Ball carrier's knee hits the ground

-Ball carrier's flag falls out

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

- No punting
- All unsuccessful 10 offensive plays will result in turnover where other team takes possession at the 40 yard line

3. Fumbles

- Ball carrier fumbles are not live – dead where occurs and offense keeps

4. When the carrier loses the flag the ball is dead where the flag is pulled or lost.

5. If the ball carrier falls down, the ball is dead at that point.

6. The ball carrier cannot protect the flag with his hand

7. The ball carrier cannot be grabbed or tackled

8. No QB sneaks up the middle

9. Everyone plays. Switch players at least every change of possession

10. Field Monitors

- Neutral coaches on the field from other teams
- Responsible for recording score with Flag Commissioner
- Responsible for assigning 3 "Chain Gang" Members
- Responsible for Clock
- Responsible for calling penalties and maintaining order

11. Penalties

- Tackling/Personal Foul – Automatic First Down.
- Gap Shooting – If Field Monitor determines it impacted the play, then down is repeated. If it does not impact play, advise Defensive coach but enforce no penalty. As a general rule, a player needs to engage the offensive lineman for a full count (straight up)
 - Holding/Off Sides/Illegal Procedure – Replay Down / No yardage for penalty

Minimum Knowledge Base For A Flag Player

1. An understanding of the rules/penalties of the game
2. An understanding of offensive line splits and the “toe to heal” relationship between guard and center
3. An understanding of the process from breaking the huddle to reforming the huddle:
 - Huddle
 - Breaking huddle, players hustle to line
 - Center touches ball and all players are in the “ready” position
 - Cadence starts, players go into a perfect 2 or 3 point stance on the command “down”
 - Players come out of the stance low and hard, and are aggressive until the whistle blows.
 - Center reforms the huddle, players hustle to reform huddle
4. Quarterback: Taking a snap head up, back straight, depth with footwork, look in handoff, carry out fake
5. Running Backs: Inside elbow up, look straight before snap and look to hole after snap, step with playside foot first, receive handoff and accelerate, do not reach for handoff, grip of the ball, perfect 3 point stance, arc block, lead block, j block
6. Line: Bang-Bang, Bang-Bang-Punch, Bang-Bang Punch-Push until whistle blows
7. Line: Pass blocking: Bang-Bang-Punch and Recover
8. Receivers: Triangle for pass above the chest, pinkies touch if below chest, 2 point stance, pump arms during route, goal is to create separation, stalk block technique, catch/tuck/turn/accelerate, proper grip of ball
9. Defense: “Watch ball instead of listening to cadence” “Play away- I stay”
10. L.B. Shuffle laterally keep shoulders and hips square to L.O.S. as long as possible, “Fill a hole”, pursuit angles, pursue until whistle blows
11. D.B. Stance = Nose over toes, backpedal, pursue until whistle blows, backpedal