



Grove Rules Youth Flag Football 2020

<u>Division</u>	<u>Football Size</u>	<u>Players on Field</u>		<u>Quarterback</u>
1 st /2 nd Grade	# 6 = Pee Wee	5	vs. 5	Coach
3 rd /4 th Grade	# 7 = Junior	6	vs. 6	Player
5 th /6 th Grade	# 8 = Intermediate	6	vs. 6	Player

1. HOME TEAM (listed 2nd on schedule) gets first possession of the game.
2. 2nd Half starts with the VISITOR TEAM starting with the ball.
3. The offensive team takes possession of the ball at its 5-yard line and has 4 plays to cross midfield.
4. Once a team crosses midfield, it has 4 more downs to score a touchdown.
5. All possession changes before Mid-Field will start at Mid-Field unless the score is getting one-sided (21+ points), then all possession changes start at the 5 yard line for the leading team
6. All possession changes after Mid-Field will start at the 5 yard line
7. Interceptions are considered "possession changes" so same rules apply - no run backs
8. **DECEPTIVE PLAYS WILL NOT BE ALLOWED.** Trick plays are allowed that fall within the rules of the game. If there are questions regarding the definition of each, please contact the Director of Football or an official for clarification.

A. Coaches

1. All coaches should wear their Coach's Shirt to be on the sideline or field.
2. Only those coaches who have gone through the LIVE SCREENING process are on the official coaching roster and will be allowed to be on the team sidelines during games.
3. Coaches will not be allowed to bring any writing utensil onto field and therefore will not be allowed to write on anything depicting a play for his team. Plays should be drawn up prior to entering onto the field.
4. **Wearing Wrist Band Plays is allowed** (optional purchase by individual teams, not provided by League)

B. Tie Game/Overtime

1. During Regular Season

- a. Home Team has the 1st possession
- b. Each team will get 4 downs starting at the 10 yard line
- c. No Running plays – laterals that result in a pass are allowed
- d. If both teams score, the team that scored in the fewer plays will be the winner
- e. If any of these circumstances causes a tie – then that is the end of the game and it will be a “Draw”

2. During Playoffs

- a. Same rules apply except if tied after 4 downs, then that process will be repeated except Visitor Team will get 1st possession in the 2nd OT.

Game Timing/Timeouts/Scoring

A. Game Time

- 2 - 25 minute halves – running clock
- 5 minute halftime
- Change of Possession – clock stops
- 30 seconds to run a play
- Clock stops for injuries

B. Time Outs

- 2 time outs per game (60 seconds each)

C. Scoring

- Touchdown = 7 points – no extra points
- Safety on a running play = 2 points

Playing Field/Equipment

A. No Run Zones

- a. “No Run Zones” are located 5 yards before each end zone

B. Playing Equipment

- a. Players must wear a mouthpiece at all games/practices
- b. Players are not allowed to participate in practice or games with a cast or splint
- c. No metal cleats are allowed
- d. Flag belts are to be worn with flags on both sides of the hips
- e. Jerseys must be tucked inside shorts

Defense

- 1st/2nd grades – Coach/Quarterback can't run the ball
- 1st/2nd grades-Coach/Quarterback must throw the ball within a timely manner
- 3rd-6th grades -1 defensive player can rush the quarterback after the referees 5 second count – in which the referee will say “GO”.
- Once a “Pass” play has started the quarterback is not eligible to run

- Once a “rush” has been initiated the quarterback can only scramble behind the line of scrimmage until the ball is thrown or their flag has been pulled
- Defense is allowed to rush once a ball has been handed off or lateralled

Interceptions

- Interceptions are change of possession & dead ball (no run backs)
- If intercepted before mid-field, ball goes back to mid-field
- If intercepted after mid-field, ball goes back to the 5 yard line
- If the score is getting one-sided (21+ points), then all possession changes start at the 5 yard line for the leading team
- If an interception occurs in the end zone or inside the 5 yard line the ball goes to the 5 yard line

Offense

A. Start of Offensive Series

1. The play will start when the Coach (1st/2nd) or center (3rd/6th) snaps the ball
2. All players can be on the line of scrimmage & are eligible to receive a pass or handoff
3. The QB will have 5 seconds to throw. Refs will keep a “Mental” 5 sec clock and after that time the referee will tell the defensive rusher they can advance to rush the QB.
4. 1st/2nd grades-Coach/Quarterback must throw the ball within a timely manner
5. Once a passing play is in effect the QB is not allowed to run past the line of scrimmage. (1st/2nd grade Coaches are not allowed to ever run the ball).
6. Only one player is allowed in motion at a time.

B. Running

1. The offense can run 1 time per series of 1st downs beyond the line of scrimmage with the ball. If the ball is handed off to another player or lateralled back to the original QB - that does not count as a QB run play (1st/2nd grade Coaches are not allowed to run).
2. A run play of any type may not be used inside of the 5 yard line
3. Laterals or Pitches are allowed to be used in a No Run Zones as long as they are followed by a forward pass
4. Once the ball has been handed off, lateralled or pitched, all defensive players are eligible to rush.
5. Spinning is allowed.
6. Diving for a flag is allowed but you are not to dive into a player. Diving and grabbing a flag is the only thing you are allowed to grab. If you dive and knock down or cause them to become off balance it will be a penalty.
7. A repeated offense of Rule 6 can result is a game ejection.
8. Diving with the ball to gain extra yardage is **not allowed**.

9. Jumping is not allowed.

10. Flag Guarding is not allowed and is defined as the offensive player intentional guarding his/her flag or pushing away the hand of the defensive player who is attempting to pull the offensive player's flag. *It is not considered flag guarding if the offensive player is using his/her normal running motion.*

11. If the player receiving a lateral then throws a forward pass, it would be considered a passing play

C. Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off or passed backwards from the quarterback).

D. Passing

1. Passing is defined as one player throwing the ball to another player while the ball travels in a forward flight. If the ball is caught the receiver may advance the ball. If the ball is dropped the pass is incomplete, and the play is over.

2. Shovel passes are allowed and considered a forward pass.

3. After a forward pass is completed, laterals are allowed as long as they are pitched behind the player in possession of the football. Unlimited amount of laterals are allowed once the forward pass is completed.

E. Dead Ball (Substitutions may be made on any dead ball)

1. Play is ruled "dead" when:

- Ball carrier's flag is pulled
- Ball carrier steps out of bounds
- Touchdown or safety is scored
- Ball carrier's knee hits the ground
- Ball carrier's flag falls out
- Player dives with the ball (spot of ball is where "diver" left their feet)
- Ball hits the ground
- If an offensive player's flag is not attached to him when he catches the football, the ball will be down where the catch was made.

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

F. Mercy Rule

1. No Head Coach will deliberately run up the score. Head coaches will make all attempts to play his players in different positions to deter a large point difference.

G. Blocking

1. There is no blocking

2. A player blocking (shadow or other contact) will cause the play to be over at the point of the penalty. There will be a 5 yard penalty from the spot of the foul, and loss of down. Coaches are encouraged to teach their players to not get involved in a play since there are no fumbles lost and no blocking allowed.

F. Defensive Penalties: all penalties are 5 yards

1. Offside = 5 yards and replay the down.
2. Pass Interference = 5 yards from line of scrimmage and automatic first down
3. Illegal Contact = 5 yards from the spot of the foul and automatic first down for example holding, blocking, straight arming, etc. If a player dives for a flag, and causes a player to fall or become off balance, it will be deemed illegal contact (intentional or not).
4. If a player dives for a flag and pulls a flag without knocking down the player it will be deemed a legal flag pull without penalty. Coaches are encouraged to teach their players to stay on their feet and not to dive at an opposing player's flag
5. Illegal Flag pull = 5 yards from the line of scrimmage and automatic first down. Illegal flag pulls are pulling flags before receiver has the ball and or the defensive player wrapping his/her arms around the body (bear hug/holding) while searching to pull the flag
6. Illegal Rushing = 5 yards from the line of scrimmage and automatic first down
7. Games will not end on a defensive penalty, unless the offense is winning

G. Offensive Penalties: all penalties are 5 yards

1. Illegal motion = 5 yard penalty, replay down
 - a. more than one person moving at a time after the offense is set
2. Illegal forward pass = 5 yard penalty and loss of down
3. Illegal contact = 5 yard from the line of scrimmage, loss of down
 - a. Pushing, blocking, chipping etc.
4. Offensive pass interference = 5 yards from the line of scrimmage, loss of down
5. Flag guarding = 5 yards spot of foul
6. Delay of game = 5 yards and loss of down
7. Shirts not tucked in causing interference with the pulling of flags = ball is down at the spot of the foul & a 5 yard penalty
8. Referees will step off approximately 5 steps (yards)