

GLENVIEW PARK DISTRICT
FLAG FOOTBALL LEAGUE RULES

Glenview Park District Youth Flag Football Program – COVID-19 Safety Guidelines

Note: All guidelines will be based on CDC or IDPH guidelines

We expect EVERYONE (players, coaches, parents, family members and spectators) to respect and strictly adhere to these guidelines

- Any players, coaches, or parents that have had known exposure to anyone with a positive COVID-19 test will refrain from attending any activity until Glenview Park District staff are notified to give return to play instructions. Coaches and Glenview Park District staff must be notified immediately.
- Players, coaches, or parents will not attend an event, even to watch, if determined to be sick or not feeling well.
- Parents, or their designated guardians, will check their players for illness prior to EVERY Glenview Park District Youth Flag Football practice or scrimmage. For this to effectively work, we will need the commitment of all families to manage and communicate their own state of health (considering the health of their family members as well). If a child is sick or showing symptoms of sickness, they should not participate in any flag football practice or scrimmage.
- **Players are recommended, but not required, to wear face coverings while participating on the field of play during practices and scrimmages.**
- All practices and games will follow Illinois Return-to-Play guidelines.
- Teams will be required to sanitize and wipe down their equipment before and after each use for the entirety of the season.
- Other safety guidelines may be implemented at any time, including on site and day of by Glenview Park District personnel. Some current guidelines may change based on new information, state and CDC guidelines.

Players

- As players arrive for practices/scrimmages, they should be spaced at least 6’ apart whenever possible.
- Players will need to be spaced at least 6’ apart at all times while in bench/sideline areas.
- All players should have their own drinks. There should be no use of water fountains or sharing of drinks.
- All players may feel free to take a break for drinks at any time during practices or scrimmages.
- Behaviors such as spitting, fighting, horseplay, etc. are strictly prohibited. Players that repeatedly ignore guidelines will be asked to leave practice/scrimmages. We recognize this is a learning process for everyone. This is not intended to be punitive. Rather, it is safety-directed and we will have a zero tolerance policy.

Coaches

- Coaches will not share game balls or other equipment with other groups.
- There will be no spitting or chewing gum, seeds or tobacco by players or coaches.
- Coaches shall ensure players have sanitized hands, flags, scrimmage balls, and other equipment in designated sideline areas. There will be no post-game handshakes, fist bumps, hugs, or any other type of close contact engagement amongst opposing groups.
- Coaches are encouraged to call plays from the sideline if possible to avoid group huddles.

Parent/Guardian & Spectators:

- All parents are encouraged to have their own sanitizer or disinfectant wipes for their player(s).
- There are to be NO post-game snacks. Players and parents are requested to leave the park as the games end and their space is cleared for the next group of games. There will be no post-game handshakes, first bumps, hugs or any other sort of close contact engagement amongst opposing groups.
- Spectators who are not fully vaccinated should wear a mask in attendance at outdoor youth sports events if unable to maintain recommended physical distance of at least 6 feet from non-household members or if the event is held in a community with substantial to high transmission.

IMPORTANT - Please review all these guidelines and share them with your players & families well in advance of the first meeting of the season. This will ensure everyone is familiar with the rules and safety protocols.

1. REGISTRATION AND TEAM FORMATION

- a. All participants will sign up individually. Team formation is based on the Youth Athletic Sports Policy.
- b. There are a maximum of 10 players for each rostered team.
- c. No player will be eligible to play unless he/she has filled out a registration form, is in the Park District computer system, has paid the league fee, and has been placed on a team roster by the Athletic Supervisor.
- d. The Athletic Supervisor coordinates all roster additions after the designated league sign up deadline.
- e. The Athletic Supervisor reserves the right to terminate a coach and/or participant from the league if such actions are in violation of Glenview Park District's Code of Conduct policies.
- f. The Athletic Supervisor shall arrange all schedules and assign all referees/umpires where necessary.

2. GAME

- a. At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.
- b. Home team is listed 1st on the schedule.
- c. The winner of the coin toss gets first offense possession. The loser of the coin toss chooses the end zone it would prefer to defend. Teams may not choose to defer to second half choice.
- d. The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield it has three (3) plays to score a touchdown.
- e. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- f. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- g. All possession changes, except interceptions, start on the offense's 5-yard line.
- h. Teams change sides after the first half. Possession changes to the loser of the coin toss.

3. **FIELD**

- a. The field size is 30 yards by 70 yards with two 10-yard end zones and a midfield line-to-gain.
- b. Stepping on the boundary line is considered out of bounds.
- c. No Run Zones are in place to prevent teams from conducting power run plays. While in the No Run Zones (a 5-yard imaginary zone before midfield and before the end zone), teams may not run the ball in any fashion. All plays, including those that begin with a handoff, must be pass plays.

4. **GENERAL PLAYING RULES**

- a. 5 players on the field at a time.
- b. Teams must field a minimum of four (4) players at all times.
- c. All players must wear a belt with 3 flags hanging from the outer portion of belt.
- d. 2-4th grade will use PeeWee Football, 5-8th grade will use Jr. Football.
- e. Shirts or jerseys, if long enough to cover the belt, must be tucked in.
- f. Flag Guarding will be called if defender cannot get to the flag.
 - i. Flag Guarding – an act by the ball carrier to prevent a defender from pulling the ball carrier’s flags. Examples of flag guarding, not limited to:
 - 1. Stiff arm
 - 2. Lowering elbow or head
 - 3. Blocking access to the runner’s flags with a hand or arm
 - 4. Having shirt or jersey worn over the belt so defender cannot reach or grab the flag
 - 5. Wrapping the flags around the belt so the flags cannot be pulled.
- g. The center may snap the ball pro-style or sideways.
- h. Coaches are allowed on the field in the huddle and to direct players according to need. Coaches must move to the sidelines before the snap of the ball. Coaches should not be directing players once play is ready to start or during the play.

5. **SUBSTITUTION (MISSING PLAYERS ON GAME DAY)**

- a. A team that has fewer than 5 players for game day may call up a substitute as follows:
 - i. 2nd grade from another 2nd grade team
 - ii. 3rd grade from another 2nd or 3rd grade team
 - iii. 4th grade from another 3rd or 4th grade team
 - iv. 5th grade from another 4th or 5th grade team
 - v. Friday Night Lights (6th-8th grade) from another 6th-8th grade or 5th grade team
- b. Amount of substitutes is limited to fill 5 positions plus 1 sub. **EXAMPLE:** If a team will only have 4 rostered players at a game, the team may call up 2 substitutes to field 6 players.
- c. Substitutes may be called up in anticipation of a player(s) leaving early, but may not be inserted into the game until the player leaves.
- d. The substitute player cannot play the quarterback position. In the event that a regular player shows up, he/she must replace the sub player at the next possible substitution time.
- e. Any player who subs **MUST** be registered in the league.

6. **TIMING AND OVERTIME**

- a. Playing time for games will consist of two, 20 minute halves with a running clock. The clock will stop for timeouts, injuries, and during the last 2 minutes of the game (out of bounds, touchdowns, incomplete passes).
- b. 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
- c. Each team has one 60-second time out per half.
- d. Officials can stop the clock at their discretion.
- e. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.
- f. Half-time is 2-minutes long.
- g. If a game ends in a tie, the game will remain a tie.
- h. When there are games scheduled consecutively on any field, game time is forfeit time. If there is no scheduled game to follow there is a five-minute grace period.

7. **LIVE BALL/DEAD BALL**

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.
3. Substitutions may be made on any dead ball.
4. Any official can whistle the play dead.
5. Play is ruled "dead" when:
 - a. The ball hits the ground
 - b. The ball carrier's flag is pulled. Defender should raise flag into the air. Ball will be placed where the flag was pulled, not where the carrier has the ball.
 - c. The ball carrier steps out of bounds.
 - d. A touchdown, PAT or safety is scored.
 - e. The ball carrier's knee or arm hits the ground.
 - f. The ball carrier's flag falls off. Ball is downed at that point.
 - g. If receiver catches the ball and is missing flags, he is considered down immediately.
 - h. The 7 second pass clock expires.
 - i. An inadvertent whistle is performed (at the spot where the ball was whistled dead).
6. In the case of an inadvertent whistle, the offense has two options:
7. Take the ball where the whistle blew.
8. Replay the down from the original line of scrimmage.
 - a. Note: There are no fumbles. The ball is spotted where the ball hits the ground.
9. A team is allowed to use a time out to question an official's rule interpretation. If the rule is interpreted incorrectly, the time out will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call. If the ruling is correct the team will be charged a time out.

8. **PASSING**

- a. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
- b. Shovel passes are allowed, but must be received beyond the line of scrimmage.
- c. The quarterback has a seven-second “pass clock”. If a pass is not thrown within the seven seconds, play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule no longer is in effect.
 - i. If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage

9. **RECEIVING**

- a. All players are eligible to receive a pass (including the quarterback if the ball has been handed off behind the line).
- b. A player must have at least 1 foot inbounds when making a reception.
- c. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- d. Interceptions are the only changes of possession that do not start on the 5-yard line.
- e. Interceptions are returnable, but not on conversions after touchdowns.
- f. If passer's arm is going forward as his flag is taken, the play will still count.
- g. Multiple forward passes behind the line of scrimmage are illegal.
- h. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.

10. **RUSHING THE PASSER**

- a. All players who rush the passer must be a minimum of seven (7) yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
- b. Once the ball is handed off, the (7) seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
- c. A special marker, or the referee, will designate a Rush Line (7) seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
 - i. A legal rush is:
 1. Any rush from a point (7) seven yards from the defensive line of scrimmage.
 2. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
 3. If a rusher leaves the rush line early, they may return to the rush line, reset and then legally rush the quarterback.
 4. If a rusher leaves the rush line early and the ball is handed off before they cross the line of scrimmage, they may legally rush the quarterback.
 - ii. A penalty may be called if:

1. The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass – Illegal Rush (5 yards LOS & 1st down).
 2. Any defensive player crosses the line of scrimmage before the ball is snapped – Offsides (5 yards LOS & 1st down).
 3. Any defensive player, not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed – Illegal rush (5 yrs LOS & 1st down).
- iii. Special circumstances:
1. Teams are not required to rush the quarterback, seven second clock in effect.
 2. If the rusher leaves the (7) seven-yard line before the snap, he/she may immediately drop back to act as a defender with no offside penalty enforced.
- d. Players rushing the Quarterback may attempt to block a pass. However, NO contact can be made with the quarterback in any way.
 - e. Offense cannot impede the rusher in any way. The rusher has a CLEAR PATH to the QB and any interference that would impede his/her path to the QB will be considered screening. The defense may attempt to block a pass provided they do not strike the passer.
 - f. Blocking the pass and then striking the passer will result in a 10-yard penalty.
 - g. A Sack occurs if the QB's flags are pulled behind the line of scrimmage. The ball is placed where the QB's feet are when the flag is pulled.
 - h. A Safety is awarded if the sack takes place in the offensive team's end zone.

11. SCORING

- a. Touchdown - six (6) points
- b. PAT (Point After Touchdown) 1 point (5-yard line) or 2 points (12-yard line)
 - i. Note: 1-point PAT is pass only; 2-point PAT can be run or pass.
- c. Safety - two (2) points.
 - i. A Safety occurs when the ball carrier is declared down in his/her own end zone. They can be called down when their flags are pulled by a defensive player, their flag falls out, they step out of bounds or they hit the ground with their knee or arm. A Safety also occurs when there is an offensive penalty in the end zone.
- d. A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5-yard line) or a 2-pt. conversion (from the 12-yard line). Any change, once a decision is made to try for the extra point, requires a charged time out. Decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.
- e. **Excessive Scoring Rule: If a team is ahead by 14 or more pts. Interceptions are taken at the point of interception.**

12. RUNNING

- a. The quarterback cannot directly run with the ball.
- b. Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- c. Absolutely NO laterals or pitches of any kind.

- d. The player who takes the handoff can throw the ball from behind the line of scrimmage.
- e. Once the ball has been snapped players may rush the quarterback.
- f. Runners may not leave their feet to advance the ball. Diving, leaping or jumping is considered flag guarding.
- g. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
- h. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
- i. NO blocking or screening at any time.

13. FORMATIONS

- a. An offensive team must have a minimum of one player on the line of scrimmage (the Center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - i. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
 - ii. No motion is allowed towards the line of scrimmage.
- b. Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the one player in motion.
- c. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
- d. The center can snap the ball pro-style or sideways to a player in the backfield, and the ball must completely leave his/her hands.

14. PENALTIES

- a. The referee will call all penalties.
- b. Referees determine incidental contact that may result from normal run of play.
- c. All penalties will be assessed from the line of scrimmage, except those identified as spot fouls listed below.
- d. Only the head coach may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- e. Games cannot end on a defensive penalty, unless the offense declines it.
- f. Penalties are assessed Live Ball then Dead Ball. Live Ball penalties must be assessed before play is considered completed.
- g. Penalties will be assessed half the distance to the goal yardage when the penalty yardage when the penalty yardage is more than half the distance to the goal.
- h. 5 Yard Penalties
 - i. Illegal Equipment
 - ii. Offside
 - iii. Illegal motion (more than one person moving, false start, etc.)
 - iv. Illegal forward pass (pass received behind line of scrimmage or throwing a pass beyond the line of scrimmage)
 - v. Offensive pass interference (illegal pick play, pushing off/away defender)

- vi. Delay of game
- vii. Defense Illegal contact (holding, etc.)
- viii. Defense Illegal flag pull (before receiver has ball)
- i. 10 Yard Penalties
 - i. Roughing the passer
 - ii. Taunting
 - iii. Unsportsmanlike conduct.
 - iv. After scoring and touchdown is good, offense receives a 10-yard penalty from the yard line of PAT attempt after touchdown (one warning to the player and team before ejection)
- j. Spot Fouls
 - i. Flag guarding 10 yards & loss of down
 - ii. Charging 10 yards & loss of down
 - iii. Defensive Pass Interference 10 yards and first down
 - iv. Stripping 10 yards & first down
 - v. Offensive Unnecessary Roughness 10 yards & loss of down
 - vi. Screening, Blocking or Running with the ball carrier 5 yards & loss of down
 - vii. Defensive Unnecessary Roughness 10 yards & first down
- k. Defense
 - i. Offside 5 yards from the LOS
 - ii. Illegal contact (Holding, etc) 5 yards from the LOS & automatic first down
 - iii. Illegal flag pull (Before receiver has ball) 5 yards from the LOS & automatic first down
 - iv. Illegal rushing (Starting rush from inside 7-yard marker) 5 yards from the LOS
 - v. Roughing the passer 10 yards from the LOS & first down
 - vi. Taunting 10 yards from the LOS & first down
 - vii. Unnecessary Roughness-Spot foul 10 yards & first down
 - viii. Stripping-Spot foul 10 yards & first down
 - ix. Defensive Pass Interference 10 yards and first down
- l. Offense
 - i. Illegal motion (more than one person moving, false start, etc) 5 yards from the LOS
 - ii. Illegal forward pass (Pass received behind line of scrimmage or throwing a pass beyond the line of scrimmage) 5 yards from the LOS & loss of down
 - iii. Offensive pass interference (Illegal pick play, pushing off/away defender) 10 yards from the LOS & loss of down
 - iv. Flag guarding-Spot foul 10 yards & loss of down
 - v. Charging-Spot foul 10 yards & loss of down
 - vi. Delay of game 5 yards from the LOS & loss of down
 - vii. Offensive Unnecessary Roughness-Spot foul 10 yards & loss of down
 - viii. Offside 5 yards from the LOS

15. EQUIPMENT

- a. No metal spikes allowed.
- b. No forearm or hand padding will be allowed. (Knee pads and elbow pads are allowed).
- c. Jerseys will be provided (and can be kept) prior to the 1st game.
- d. Flags and game balls will be provided on game day.
- e. Pee Wee Ball will be used for 2nd-5th grade & Junior size football will be used for 6th-8th grade.
- f. Mouth guards are encouraged but not required.

16. PLAYING TIME – This will be the responsibility of the coach.

- a. Coaches should do their best to get each player involved in half of the plays each game.
- b. Coaches should do their best to get each player involved at different positions throughout the season including quarterback.

17. TROPHIES/AWARDS

- a. No awards will be handed out for this program.
- b. If you are interested in purchasing for your team we recommend:
 - i. Mighty Mites Awards – Des Plaines, IL, 847-297-0035, mightymitesawards.com
 - ii. Personalized Awards – Mequon, WI, 262-242-8900, lifeshouldberewarding.com

18. RULES OF CONDUCT

- a. Each coach will be held responsible for the conduct of his team players and is responsible to see that all rules are observed. The coach must maintain complete control of himself and his team members at all times; this includes before, during or after a game and any other time involved with the flag football program. The key to a successful program is in the hands of the coach, and in turn, his players. Good leadership will insure a good program.
- b. Officials and their decision will be respected and not interfered with at any time. Unsportsmanlike conduct or other serious violations will not be condoned. Unsportsmanlike conduct, disrespect, vulgarity, or profanity will not be tolerated at any time. Any manager or player removed from a game will receive an automatic one (1) game suspension to be served in the next consecutive game. A longer suspension may be given by the Athletic Supervisor depending on the severity of the offense. If a team received a forfeit win or a forfeit loss, this will count as a game played. A report will be submitted to the Athletic Supervisor whose disposal of the matter is final.
- c. A game will be forfeited in the event a team fails to respect the official's authority or decisions; one warning will be given prior to such action. Personal harassment of officials (umpires, directors, scorekeepers, supervisors) may be cause for either the team or individual to be suspended from league play and/or tournaments. A player does not have to be in the game for this rule to be in effect. He could be a spectator of a team.
- d. In any discussion on the field with an official, only the coach will be permitted to enter the discussion.

- i. Unsportsmanlike conduct will not be tolerated.
 - ii. The threatening of an official will have an automatic removal for the season.
- e. Any player, coach, or spectator guilty of physically striking an official will be immediately suspended for the season and the team put on probation with possible suspension resulting. Suspension for such an infraction is a league suspension for one calendar year from the date of the infraction.
- f. In the event that a more serious battery takes place toward an official or supervisor, expulsion up to life can be directed after referral and review by the Executive Director of the Glenview Park District.

19. **ALCOHOL**

- a. Alcohol is NOT allowed on park property.
- b. It is the responsibility of the coach to help control team parents in this matter. If, in the opinion of an umpire or park supervisor the situation warrants, a game will be forfeited.

20. **STRIKEGUARD**

- a. At Roosevelt Pool we have in place a lightning detection system. When you hear one (1) long blast, a potentially dangerous weather situation is approaching. Clear the field immediately and seek proper shelter in a building or a non-convertible vehicle. Wait for the all clear three (3) short blasts. If no all clear sounds, the supervisor will decide the next step regarding cancellation. If you arrive at the park and the light is on at the top of the pool building detector, we are in a weather-alert and we need to stay off the fields until the all-clear is sounded. The Rain Out Line is 847-724-3337 or participants can use the RainoutLine App found on Google Play or iTunes.