



2019 YOUTH FLAG FOOTBALL RULES

I. PLAYERS/TIME OF GAME

- A. Teams consist of 8-16 players. 6U will play 6 players per side. 8U & above will play 8 players per side. All players must play at least half of the game.
- B. All Teams must have a minimum of 5 players to begin a game. A 10-minute forfeit period will be allowed from the scheduled start of the game.
- C. 6U Games will consist of 4 eight-minute quarters with a running clock. Officials can stop the clock at their discretion. A 3-minute half-time will separate the first and second halves. Teams change sides of the field after halftime. When there are 2 minutes remaining in the half, the official will inform both coaches that there are 3 plays remaining in the half. Extra points will not count as a play.
- D. 8U & Above Games will consist of 4 ten-minute quarters with a running clock. Officials can stop the clock at their discretion. A 3-minute half-time will separate the first and second halves. Teams change sides of the field after halftime. When there are 2 minutes remaining in the half, the official will inform both coaches that there are 3 plays remaining in the half. Extra points will not count as a play.
- E. Each team is allowed 2 time-outs per half. Time-outs last 1 minute and do not carry over from the first to the second half.
- F. For 10U & above, if the score is tied at the end of the game, the game is over and declared a tie. League records and standings will be available www.quickscores.com/ymcaokc
- G. One coach may be present in the huddle on offense and should be at least ten (10) yards behind the line of scrimmage at the snap, & make every effort to avoid the movement of all players. One coach may be present in the huddle on defense and should be at least ten (10) yards in front of the line of scrimmage at the snap and make every effort to avoid the movement of all players.

II. EQUIPMENT

- A. The YMCA requires that all participants wear a YMCA All Sport Jersey (Green and White). The YMCA will provide game balls, and flag belts for all games.
- B. Cleats are allowed, except for metal spikes. Cleats must be molded rubber and will be inspected by the officials.
- C. Mouthpieces are required.
- D. The sizes of the game balls are as follows:
- E. U 6 / U 8 – Pee Wee
U 10 – Pee Wee
U 12 – Junior

III. GENERAL RULES OF PLAY

- A. The winner of the coin toss will choose offense, defense, or defer.
- B. The offensive team will start with the ball on their 20 Yard Line.



- C. An offensive team gets a first down by moving the ball into the next zone within 4 downs.
- D. Each time the ball is spotted a team has 30 seconds to snap the ball. Teams will receive 1 warning before a delay of game penalty is enforced.
- E. Punts must be declared and the official will mark off 15 yards, or half the distance to the goal.
- F. Each team must use at least 2 quarterbacks per game and no quarterback may play more than $\frac{3}{4}$ of the game.
- G. All players on the line of scrimmage must be within five yards off the ball laterally. If you wish to split a player out wider, they must be one of the backs and line up off the line of scrimmage.
- H. U6 - Maximum of two players in the backfield, including the quarterback.
- I. U8 & above - Maximum of three players in the backfield, including the quarterback.

IV. RUNNING

- A. The quarterback can run with the ball. Once the quarterback leaves the "pocket", all defensive players are eligible to pursue the ball carrier (Official's discretion). The pocket is defined as 5 yards (laterally), on each side of the ball.
- B. Direct handoffs behind the line of scrimmage are permitted.
- C. Laterals or pitches of any kind are allowed. A dropped pitch or lateral will be a dead ball.
- D. No running zones are located 5-yards from each end zone and are designed to avoid short-yardage, power-running situations. Only forward passes beyond the line of scrimmage are allowed.
- E. The player who takes the handoff or backwards pitch can throw the ball from behind the line of scrimmage.
- F. Once the ball has been handed off or pitched, all defensive players are eligible to rush the ball carrier.
- G. Spinning is allowed, but players cannot leave their feet to avoid a defensive player or to gain additional yardage (no diving).
- H. The player will be considered down when/where the player leaves his feet.
- I. It is the responsibility of the ball carrier to avoid contact.
- J. The ball is spotted where the ball carriers feet are when the flag is pulled, not where the ball is.
- K. The ball carrier may not protect his flag or swipe at the arms of a tackler. This will result in the ball carrier being declared down at the spot of the infraction.

V. RECEIVING

- A. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- B. Only 1 player is allowed in motion at a time.
- C. A player must have at least 1 foot inbounds when making a reception.

VI. PASSING

- A. Shovel passes are allowed. If a fumble occurs, the ball is dead and a loss of down occurs.
- B. Interceptions can be returned.
- C. Once the quarterback leaves the "pocket", all defensive players are eligible to pursue the quarterback (Official's discretion).

VII. Defensive Rushing

- A. Two beanbags will be dropped prior to each play. The first is a marker bag, which will allow dropped passes to quickly move back to the original line of scrimmage. The second bag will be dropped three paces in front of the line of scrimmage on the defensive side of the ball. Anyone wishing to rush the quarterback must start from an area behind this beanbag and be identified with a wristband.
- B. Rushing the quarterback is allowed.
- C. U6 & U8 teams may rush the quarterback with one player.
- D. U 10 & Above teams may rush the quarterback with two players.

VIII. BLOCKING

- A. Blockers must keep their hands in at their chest or belt with their elbows down. There is no blocking down field.
- B. Blocking is allowed on Kick-Offs; however, it must be a screen block using the same technique as at the line of scrimmage.
- C. It is the responsibility of the rusher to avoid contact with the blocker.

IX. 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 in the following situations:
 - 1. Ball carrier flag is pulled
 - 2. Ball carrier steps out of bounds
 - 3. Touchdown or safety is scored
 - 4. Ball carrier knee hits the ground
 - 5. Ball carrier flag falls out
 - 6. Dropped lateral or pitch
 - 7. Fumble
 - 8. If the ball is dropped while attempting a direct snap, under center, the play will be blown dead.
 - 9. If the ball is dropped while attempting a shotgun snap, the play will not be blown dead and may be played. However, if the referee judges that there is danger of a collision between the players going for the loose ball it will be blown dead and placed at the spot where the ball was dropped.

X. SCORING

- A. Touchdown: 6 points
- B. Extra Points: 1 point (from 5-yard line), 2 points (from 12-yard line)
- C. Safety: 2 points

XI. PENALTIES

A. All penalties will be enforced by the referee.

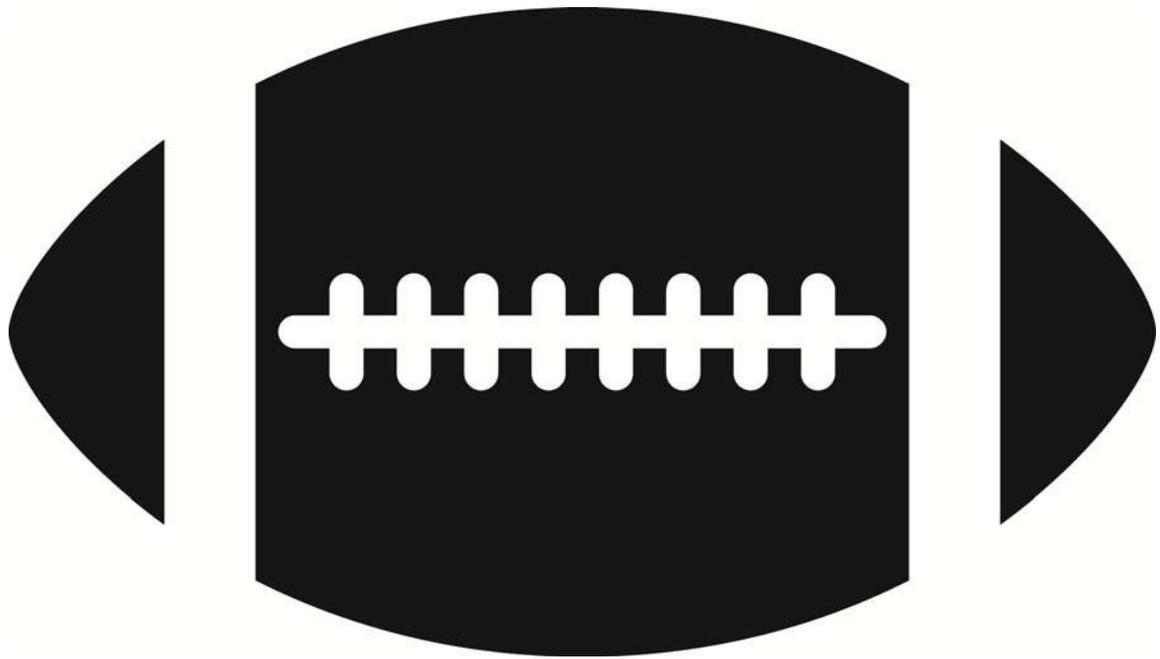
B. Defensive penalties:

1. Encroachment or if rushing player(s) are not identified with wristbands: 5 yards and repeat the down;
2. Pass Interference: 5 yards and automatic first down;
3. Illegal Contact (holding, blocking, etc.): 5 yards, automatic first down;
4. Illegal Flag Pull (before player has ball): 5 yards, automatic first down.
Tackling: 15 yards, automatic first down.
5. Tackling is not allowed. This is a non-contact league designed to develop players' individual skills and build teamwork through structured athletic activity. Incidental contact resulting in the ball carrier going down will not be called, at the discretion of the official.
6. Offensive penalties:
 - a. Illegal Motion (more than 1 person moving, false start): 5 yards, repeat the down;
 - b. Offensive Pass Interference: 5 yards, repeat the down;
 - c. Stiff Arming: 5 yards (from line of scrimmage), loss of down;
 - d. Delay of Game: clock stops, 5 yards, repeat the down;
 - e. Illegal Blocking: 5 yard penalty, repeat the down
 - f. Rough play will not be tolerated. The player will receive one warning and will be removed from the game (Official's Discretion).
 - g. Unsportsmanlike Conduct will be penalized 15 yards, loss of down.

XII. YMCA MISSION STATEMENT

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

EDMOND YMCA



2019

Tackle Football Rule Book

General Rules Tackle Football

1. Medical Conditions

Any player with a medical condition that affects the player's safety must have a treating physician's medical release on file with the Edmond YMCA Sports Department office prior to participation in any Edmond YMCA event and/or practice.

2. Youth Sports Concussion Plan

All Players, Parents, Coaches, & Officials will be required to follow and implement the YMCA of Greater Oklahoma City Youth Sports Concussion Plan.

3. Required Equipment

- (a) Players may not practice or play in a game without the required equipment.
- (b) A properly fitted & approved blue or white helmet with a white/grey facemask. The helmet shell should be less than 5 years old.
- (c) A protective mouthpiece. The mouthpiece must be properly pre-fitted to the player's mouth according to the manufacturer's instructions prior to any use in practice or games.
- (d) Properly fitted shoulder pads.
- (e) White football pants for games. Players may wear any color for practices.
- (f) Hip, thigh and kneepads.
- (g) An Edmond YMCA football jersey. The jersey may not be altered in any way. A player wearing an altered jersey is subject to ejection from the game.
- (h) Shoes with molded rubber cleats or flat bottomed rubber soles.
- (i) Clear Visors are allowed on the helmets. (Must be NFHS Approved)
- (j) Splints/Casts: Players may not wear or have affixed a rigid splint and/or solid cast, regardless of composition.
- (k) A YMCA Decal will be issued to the coaches for placement on the back left of the helmets. Teams are allowed to purchase decals for the front/side of the helmets. The individual players will be responsible for the cost of these decals.

NOTE - No Borrowing or Swapping Equipment: If a player does not have all required equipment at a practice or game, that player is not allowed to "borrow" equipment from another player. Example of infraction: Player A shows up at a practice or a game with broken shoulder pads. Coach removes shoulder pads from Player B and places the



Shoulder pads on Player A. Player A participates in the practice or the game with Player B's shoulder pads.

4. Coaches' Responsibilities, Requirements and Recommendations

- (a) Each team will have at least one coach who will be responsible for the team at games and practices.
- (b) Football is a contact sport. Player safety is a top priority. Prior to all practices and games coaches are encouraged to inspect/ask if their players' equipment is complete and in good condition.
- (c) Coaches are recommended to distribute a copy of this rulebook to all team parents. Coaches are responsible for the behavior of the parents and fans of their team.
- (d) Coaches are recommended to have a parents' meeting prior to beginning practices. During this meeting the following information should be conveyed:
 - 1) The YMCA Coaches' Code of Conduct also applies to players, parents and spectators.
 - 2) No alcoholic beverages, tobacco products, or illegal drugs will be allowed at any team practice, game, meeting or other function.
 - 3) Parents are expected to conduct themselves in an adult manner at all times and to set an example of good citizenship and sportsmanship.
 - 4) Game and practice information (e.g., times/locations).
 - 5) Explain team discipline (e.g., consequences if a player is late for or misses a practice or game). Discipline must be consistent for every team member.
 - 6) Describe rules of play that are unique to the Edmond YMCA.
 - 7) Make sure parents know their views are welcome at times outside of games or practices.

5. Zero Tolerance Policy

The Edmond YMCA requires coaches, parents and spectators to abide by the Zero Tolerance Policy.

- (a) The following actions will not be tolerated before, during, or after practices or games:



- 1) Charging onto the field / entering the field of play;
 - 2) Arguing with referees, coaches, or spectators;
 - 3) Profanity or derogatory names or comments;
 - 4) Any comments (other than encouraging or complimentary) or taunting directed at any players, coaches or fans; and
 - 5) Negative, threatening, or un-wanted posts on social media sites.
- (b) Steps the referees or field supervisor may take:
- 1) Give the coach, player or spectator a warning.
 - 2) Immediate ejection of the coach, player or spectator. The referee is not required to give the offender a warning before ejection. If ejected, the offender must immediately leave the grounds of the school or park. If the offender refuses to leave the site, the police will be called.
 - 3) Penalize the team (i.e., loss of yards, downs, time-outs).
 - 4) If the offending behavior causes the referee to feel threatened, the referee may "abandon the game". If abandonment of the game occurs, the offender's team will suffer a loss by forfeit of the game.
- (c) Steps the Committee may take:
- 1) Immediate suspension of the offender from participation in practices or games for an indeterminate length of time sufficient for the Committee to complete investigation of the offender's behavior in question;
 - 2) Require the offender to appear before a disciplinary subcommittee; and
 - 3) Probation, suspension, or expulsion of the offender from participating in Edmond YMCA sports.

6. Edmond YMCA Sports Department Reporting Form

This form has been developed to help effectively, efficiently, and properly communicate any issue (good or bad) in the Edmond YMCA Sports Program. You will be contacted to confirm receipt of this form, and for any follow-up that may be needed. Forms should be received within 24 hours of the time of the issue. Forms may be accessed & submitted on the Quick Scores Website.



7. Practices / Camp

- (a) The All Player Skills Camp will be held the week of July 30th. Players are encouraged to attend ALL weeks of Camp. Players will progress from Shorts & Helmets to Full Pads.
- (b) An optional Conditioning Session will be offered the week of July 29th, August 5th and 12th. Players are encouraged to attend all sessions.
- (c) Coaches are allowed to assist at the Camp, but are not allowed to recruit players for their teams.
- (d) Team Rosters will be issued to Coaches on August 5th.
- (e) Team Practices may begin week of August 12th.
- (f) Practices will be held on Tuesday / Thursday Nights at our EPS Fields (S. Myra Court and Boulevard). The field will open at 5:00PM and will remain open until dark. The field supervisor will notify teams when there is 15 minutes left of practice time. Teams will need to begin ending practice at this time.
- (g) In the event of inclement weather, please check the Weather Hotline for updates regarding cancellations. 405-290-5048
- (h) All practices will take place at the supervised and provided YMCA site. All teams must practice at our EPS Fields.
- (i) Teams are limited to 3 activities per week. For example, 2-practices/1 game.
- (j) Practices are limited to 2 hours.
- (k) Scrimmages with other teams count against the weekly practice limit. The scrimmage may not exceed the practice time limit of 2 hours. All scrimmages must be "grade pure" (no practices or scrimmages with teams other than those between teams in the same grade(s)). Practices, scrimmages, or games with non-Edmond YMCA teams are prohibited.
- (l) There shall be no team assembly to conduct football or training activity other than games or practices. Team meetings to discuss football (e.g., discuss game strategy or watch game films) count against the weekly practice limit.
- (m) Coaches may not offer "optional" practices that exceed the 3 activities per week rule.



- (n) Each player must attend a scheduled weekly practice in order to be eligible to play the required amount in that week's game, or have an approved absence. If a coach intends to not allow a player to participate in a game or to limit the player's participation, due to a failure to attend practice the coach must notify both the YMCA Sports Staff and the player's parents prior to the start of the next game. Parents must communicate absences to the coach and the absence must involve circumstances wherein the conflict with the practice could not have been avoided. During weeks when multiple practices are allowed, players may not miss more than one practice without an approved absence
- (o) If a team has a bye, the team may conduct a practice instead of a game during the week of the bye. Arrangements for these practices must be scheduled with the Sports Department.
- (p) Practice will not be permitted on game days. However, a pre-game warm-up period not to exceed 45 minutes is allowed.

8. Game Films

Coaches, parents, and team representatives are prohibited from photographing or videotaping any team other than their own team at all practices and scrimmages. Sharing or trading games films is also prohibited. Game film violations will result in suspension of coaches.

9. Scrimmage Jamboree, Regular Season Games, & Bowl Games

- (a) A Scrimmage Jamboree will be held on Saturday August 24th. All teams are required to participate. Each team will participate in 3 scrimmage sessions at this event. During each 50 minute session, each team will have 20 minutes on offense, 20 minutes on defense, and 10 minutes at the end for a team discussion.
- (b) Each team will play 8 regular season games on Saturdays, beginning September 7th.
- (c) The YMCA will guarantee one make-up game per season due to weather.
- (d) Teams will be required to play their game schedule as assigned by the YMCA.
- (e) Failure to show up to a game without a minimum of 72 hours' notice, and approval from the Sports Department will result in a \$150 fee that must be paid prior to the next game. This fee will be used to cover the cost for officials, game day staff, field rental, & other game day related expenses. The Head Coach will also have to meet with the Sports Committee prior to the next scheduled game.
- (f) All Teams will participate in an end of season Bowl Game. Date, Location and Time TBD



- (g) The Bowl Games will be determined by regular season standings (Ex. 1v2, 3v4, etc.).
- (h) In the event of a tie in the regular season standings, the following will be used to determine the higher seeded team for the Bowl Games, in this order:
- (1) Head to Head
 - (2) Winning Percentage
 - (3) Schedule Strength
 - (4) Forfeits
 - (5) Coin Flip



Game Rules Tackle Football

1. YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

2. YMCA Pledge

Before each game both teams will recite the YMCA pledge at midfield.

YMCA PLEDGE

Win or lose,
I pledge before god,
To play the game as well as I know how,
To obey the rules,
To be a good sport at all times,
And to improve myself
In spirit, mind and body.

3. NFHS Rules

The Edmond YMCA 2019 Tackle Football League will follow the 2019 NFHS Football Rules Book. Additions & Exceptions to the Rules Book are listed below.

4. Game Ball

3rd & 4th grade: Peewee

5th & 6th grade: Junior

5. Field Size / Sidelines

- (a) Teams are required to occupy opposite sidelines as follows:
 - 1) North-south fields, the home team will occupy the east sideline; visitors, the west sideline.
 - 2) East-west fields, the home team will occupy the north sideline; visitors, the south sideline.
- (b) No coaches, parents, team representatives, or spectators will be allowed on the field during the Games.



- (c) Coaches and Bench Players must remain between the twenty-yard lines on the sidelines and three feet behind the sideline. Violation may result in an unsportsmanlike conduct penalty.
- (d) Parents are not permitted on the sidelines, behind the end zones and/or on the field of play during games. In the event you are needed on the field, such as a player injury, the officials will signal for you to come on to the field.

6. Game Clock

- (a) The referees will keep the official game time.
- (b) Game length:
 - 2) Four Quarters at 8 minutes each
 - 3) One minute between Quarters
 - 4) Half time is 10 minutes
- (c) The clock will stop in accordance to the rules listed in 2019 NFHS Rule Book
- (d) If a team is losing by 28 points or more at the start of the 4th Quarter, the game clock will become a running clock. The game clock will continue to run, until the score difference is less than 28 points.

7. Weight Limit / Roster Checks

- (a) Players exceeding the 110 pound weight limit for 3rd & 4th grade or the 140 pound weight limit for 5th & 6th grade will not be eligible to play in the offensive backfield, be the last man on the line of scrimmage or run with the football. This includes fumble recoveries and interceptions. In event of this, the ball will be marked down where possession took place.
- (b) Each player's weight must be verified by the Edmond YMCA Sports Department staff during an official weigh-in time at the Edmond YMCA prior to the start of the Tackle Football Camp.
- (c) Any player who does not attend an official weigh-in will not be allowed to play in games.



- (d) Any team allowing players, who did not weigh-in to play in practices or games, will forfeit all previous games played and the coach will face disciplinary action.
- (e) Weight measurements taken at an official weigh-in time are final and no additional weigh-ins will be required or granted. There will be only one weigh in per season.
- (f) Orange Tape will be placed on the front & back of the helmets for the players exceeding the weight limit. Coaches face disciplinary action if the tape is not affixed to the helmets of players exceeding the weight limit.
- (g) Any weight or roster checks/protests must be made before the game starts. Please notify the field supervisor and officials.

10. Down Marker and Chain Crew

- (a) The Home Team, as designated on the game schedule provided by the Edmond YMCA, will be required to furnish one responsible person to run the down marker, and will be identified by the vests provided by the YMCA.
- (b) The Visiting Team, as designated on the game schedule provided by the Edmond YMCA, will be required to furnish two responsible people to run the chains, and will be identified by the vests provided by the YMCA.
- (c) If a team does not provide the required volunteer(s) for down marker or chain crew responsibilities within 10 minutes after scheduled game start time, that team will lose the game by forfeit.
- (d) The Down Marker & Chain Crew Volunteers will be held to the same standards as coaches & spectators, and are expected to be positive examples on the sidelines.
- (e) In the event of the removal of a Down Marker or Chain Crew Volunteer from the sidelines, by the officials or supervisor, the team responsible for that position will need to provide a new volunteer.

11. Required Players

- (a) A maximum of 8 players per team are allowed on the field for play.
- (b) A minimum of 6 players per team must be present to start a game. If both teams have at least 6 players present at game start time, the game must start. A team with 6 or more players present is not required to play with less than 6 players on the field even if the opposing team only has the minimum of 6 players present.
- (c) If 10 minutes after game start time, a team does not have at least 6 players present and ready for play, the referee will declare the game a forfeit.



12. **Player Participation/Substitution**

- (a) All players must play at least ½ the game.
- (b) Any team not following the minimum playing time rules will forfeit the game in question, and the coach will face disciplinary action.
- (c) Substitutions must take place during stoppages in play.

13. **Scoring**

- (a) A touchdown is worth 6 points.
- (b) Extra points following touchdowns are scored by running or passing the ball into the end zone. A successful attempt from 3 yards out is worth 1 point.
- (c) The defensive team cannot score on an extra point attempt. If the defensive team obtains possession of the ball during the extra point attempt (e.g., interception or fumble) play is immediately ruled dead.
- (d) The defensive team is awarded 2 points for a safety. In all grades following a safety, the team that scored the safety will take possession of the ball at the 35 yard line.
- (e) Field goals are not allowed.

14. **Kick-offs / Punting**

- (a) 3rd & 4th Grade – Kick-Offs will not take place. The winner of the coin toss will choose offense, defense, or defer. The offensive team will start with the ball on their 20 Yard Line.
- (b) 5th & 6th Grade - Kick-Offs will take place as described in the NFHS Rules Book.
- (c) Punts must be declared. Once declared, the official will mark off 25 yards and turn the ball over to the opposing team.

15. **Personal Foul / Unsportsmanlike Conduct**

- (a) Includes late hits, twisting of the facemask, illegal helmet contact, inappropriate language, coach running on to the field to argue with the referee, violation of sideline or spectator warning, etc.



- (b) Any hits away from the ball, deemed unnecessary, will result in a personal foul at the official's discretion.
- (c) Players may be ejected at the Official's and/or Field Supervisor's Discretion. Two Personal Fouls on the same player, during a game, will be an automatic ejection.
- (d) Any player/coach/parent ejected will be out the remainder of the current game, suspended the next game, and must meet with the Edmond YMCA Sports Committee prior to being allowed back to games.

16. Protests/Challenges/Disputes

Should a dispute occur, we will refer to the following set of rules first and then to the NFHS Rule Book. The Sports Director or Sports Coordinator will have the final ruling in all matters.

