

CBYF Flag Football Rules

Last Revised August 2019

K- 2nd Grade-Based Division Level

Flags

1. Each player will be given two flags to wear (one on each hip) during the game by the organization for which the player competes.
2. Flag Guarding and Illegal Flag pulling are **NOT allowed**. Illegal flag pulling is defined as pulling an opponent's flag before he/she receives the ball, or pulling a non-ball carrier's flag.
3. Each player must have uniform jersey tucked into shorts so that flags are not being covered.
4. Flags must be a contrasting color of shorts so the flags may be seen by the opposing team easily. (e.g., Yellow or Red Flags on Black Shorts)

Game Time

3. The game will consist of two halves with a three-minute half-time break. Each half will consist of 22 minutes with a running clock. Offense has 45 seconds to get play off from time ball placed on line of scrimmage.
4. Each team will receive two time outs (1 minute in length) per half.
5. Teams will play 8 on 8; exceptions will be made if teams are short players during game days.

Flag Football Rules

6. The Coach's will determine possession of the ball. (Flip of coin or Captains play Rock, Paper, and Scissors)
7. Play will start at 40 yard line. There are no kickoffs or punts.
8. The offense may pass or run the ball (with a handoff or pitch). The QB is not allowed to cross the line of scrimmage with the ball.
9. The offensive team has four downs to get to the 20 yard line for a first down. Once the team reaches or passes the 20 yard line, they will receive four more downs to score.
10. Play will stop when the ball touches the ground.
11. Once a player's flag is pulled, he/she is down at that spot. If the flag falls off, the player is down at that spot. Coaches should strongly discourage players from blocking or guarding their flags.
12. The defense must line up one (1) yard off the ball; they must wait three seconds before they rush (to be counted by the on-field coach). Players may rush immediately following a handoff or pitch.
13. All players that are NOT rushing may line up on the line of scrimmage.
14. If the offensive team fails to score or get a first down, possession changes teams (and will begin from the 40 yard line).
15. After a touchdown is scored and extra point is attempted, possessions changes and play resumes at the 40 yard line.

16. Substitutions can be made on any dead ball. Coaches MUST give every player equal playing time.

17. There is no blocking or tackling under any circumstances. Players will be allowed to shadow block. (This is where a player mirrors another player's movements with their hands across their chest, like playing defense in basketball). Contact is NOT allowed by either team during shadow blocking. The defensive player will make all effort possible to avoid making contact with the shadow blocker.

Hiking the Ball

18. The ball must be hiked from the center to the quarterback every play.

19. Hiking the ball can be done in two ways:

- Traditional style – Center hikes the ball through his or her legs.
- Hand-off style – Center turns and hands the ball to the quarterback.

Extra points

20. An "extra point" conversion after a touchdown will be attempted from the three-yard line.

Running

21. The quarterback is not allowed to cross the line of scrimmage with the ball. The ball must be passed, pitched or handed off.

22. Once the ball is handed off, ALL defensive players are eligible to rush.

23. The ball is spotted where the ball carriers feet are when the flag is pulled, not where the ball is, or where the flag lands.

24. Spinning is allowed, however, the player is not allowed to leave their feet (e.g. diving, jumping, etc.)

25. The ball carrier may not: Hurdle defensive players, Attach the flag in such a manner that it cannot be easily removed, "Flag Guard", this includes: stiff arming, swinging the hand or arm over the flag belt, carrying the ball in a position that protects the flag, lowering the shoulders in such a manner which places the arm over the flag belt, and batting a player's hand away from the flag belt.

Receiving

26. All players are eligible to receive a pass.

27. A player must have at least one-foot in-bounds when making a reception (college rules).

Passing

28. Interceptions change the possession of the ball and result in a dead ball. There are no defensive run backs.

29. The team making the interception then starts at the 40 yard line.

Dead Ball

30. 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 touches the ground.
- Ball carrier's flag falls off.

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

Penalties

32. The coaches will call all penalties

DEFENSIVE:

33. Defensive off sides – 5 yards and replay the down

34. Interference – Spot foul or 5 yards from the line of scrimmage, automatic first down.

35. Illegal Flag Pulling – (Before the receiver touches the ball) 5 yards and automatic first down.

36. Illegal Contact – (Holding, pushing.) 5 yards and replay the down.

37. Illegal Rushing – Defense cannot line up inside 1 yard nor cross the line of scrimmage until the QB releases the ball. Both result in a 5 yard penalty and repeat of the down.

OFFENSIVE:

38. Illegal Contact (Blocking, Holding, etc.) – 5 yards from the line of scrimmage and replay the down.

39. Illegal Motion – False start. Having any player in motion at the snap. All 8 offensive players must be set for one full second prior to the snap. 5 yards from the line of scrimmage and replay the down.

40. Diving, leaving feet – 5 yards from the spot of the foul, the resulting spot will determine down and placement.

41. Illegal forward pass (passing across the line of scrimmage) – 5 yards from the line of scrimmage, loss of down

42. Flag Guarding – 5 yards from the spot of the foul, the resulting spot will determine down and placement.

43. Delay of game- Penalty will not be called however teams are encouraged to get a play-off within 30 seconds of ball being spotted.

Teams:

44. Teams will substantially consist of players within the district of each respective Junior Program's High School boundary. A player is deemed to be vested with an Out of District Program once fully signed around Releases have been obtained from two calendar years. It is the receiving Program's responsibility to maintain copies of these Releases for the duration of that player's CBYF career.

45. After every game teams are expected to pick-up any garbage and take yard markers and pylons to their designated locations.

Unsportsmanlike conduct or aggressive play will not be tolerated!!!! If the referee/ Coaches is witness to any acts of tackling, elbowing, cheap shots, chop blocking, or any unsportsmanlike act, the game will be stopped and the player or players will be ejected from the game. This will be up to the referee/Coaches to call. Appeals and grievances will not be considered for unsportsmanlike acts of any kind.