

MPRD PARA UAA MAF

Monroe Parks and Recreation | Parkwood Athletic Association | Union Athletic Association | Monroe Athletic Foundation

2023 YOUTH FLAG FOOTBALL RULES & REGULATIONS

LEAGUE PHILOSOPHY AND OBJECTIVES

This league was created for the youth within our community. Its purpose is to aid in the development of the fundamentals and skills used in the sport of football, as well as the purpose of creating an enjoyable and positive setting for the learning of these skills and the rules associated with football. **Winning will NEVER be the main objective in this program. All coaches and parents should stress the importance of skill development, good sportsmanship and FUN!**

The Athletic Associations involved strongly believes each player in the Youth Football League has the RIGHT TO PLAY AS A CHILD, not as an adult and the RIGHT TO HAVE FUN in sports. The Athletic Associations involved reserve the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances.

GENERAL RULES

1. ALL players MUST wear a protective mouthpiece — NO EXCEPTIONS!
2. Players are allowed to wear tennis shoes or cleats with non-metal spikes.
3. A coin toss determines first possession. The HOME team makes the call prior to the toss.
4. NO kickoffs. The offensive team takes possession of the ball at their 5 yard-line.
5. The ball must be snapped between the center's legs to start a play (NO side hiking/snapping).
6. The offensive team has four (4) plays to cross mid-field; once a team crosses mid-field, they will have four (4) additional plays to score a touchdown.
 - a. If the offensive team fails to cross mid-field or score, possession of the ball will change. The opposite team will take possession of the ball at their 5 yard-line.
 - b. All possession changes start on the offense's (40 yard-line).
7. Teams will change sides after the first half. Possession changes to the team that started the game on defense.
8. Games are played until time limit has been reached, unless one team has a 35-point lead, whichever comes first.
9. Scoring:
 - a. Touchdown — 6-points
 - b. Extra point (5 yards out and must pass) — 1 point
 - c. Extra point (10 yards out and can run or pass) — 2 points
 - d. Safety — 2 points

**The official shall resolve any discrepancy in scores and the official's decision is final decision.*

10. Shirts must be tucked in at all time.
 - a. Players must wear the jersey/shirt provided by the league during time of play.
11. The ball is spotted where the ball carrier's belt is when the flag is pulled, NOT where the ball is.
12. Each team will consist of 7-10 players.
13. Teams MUST field a minimum of 4 players at all times.
 - a. Teams will play 5v5 format.
14. Any coach ejected from a game FOR ANY REASON will automatically be suspended from the next scheduled game. A second offense will result in dismissal for the remainder of the season.
15. ONLY (1) coach is allowed on the field with the offensive and defensive team. The coach on the field may participate in their team's huddle and may communicate with any of their players or coaches, however, once the play is underway the coach cannot give further instructions to their players.
 - a. Each team is allowed a (30) second huddle in between each play;
 - b. Each coach will be give (2) warnings
 - c. Failure to disperse quickly enough will result in a 5-yard penalty; no loss of down.
16. A coach on the field must be ten yards behind the line of scrimmage or behind his deepest back at the beginning of the play.
17. ONLY players and coaches are only allowed on the bench. ALL parents and spectators MUST be on the opposite side of the field(s).
18. Offensive behavior or talk will NOT be tolerated. Officials have the right to determine language that is offensive (trash talking which may be offensive to officials, the opposing team, or spectators).
 - a. Anyone caught acting inappropriately will be given only (1) warning; after (1) warning the player(s), coach or coaches may be ejected from the game.
 - b. There shall not be any profanity by players, coaches or officials. Using profanity will result in ejection from the game,
19. The official has the authority to forfeit the game if a team or fans are unruly and are creating problems. The official will give the head coach a warning. If the problem continues the official may forfeit the game.

TIMING

1. The game will consist four (4) ten (10) minute quarters. There will be a running game-clock.
2. The clock only stops after an extra point attempt, timeouts or if the official signals for stoppage.
3. At (2) minutes left in each half, the official will stop the clock on each dead ball.
4. There will be 1 minute allowed between each quarter and a 5-minute half-time.
5. No overtime will be granted to resolve tie games.
6. Each team is allowed two (2) 60-second timeouts per half.

DEAD BALLS

1. Substitutions may be made on any dead ball.
2. A play is ruled "dead" when:
 - a. A ball carrier steps out of bounds.
 - b. A Touchdown, Extra Point or Safety is scored.
 - c. There is a change in possession.
 - d. A ball carrier's arm or knee hits the ground.
 - e. A ball carrier's flag falls off.

3. **There are NO fumbles. The ball is spotted where the ball hits the ground.**
4. If a QB takes a snap without flags, the ball is dead where he/she received the snap.

OFFENSE

1. Running:
 1. The Quarterback (QB) cannot run the ball.
 2. The QB has a seven (7) seconds count to pass or hand off the ball.
 3. The offense can use multiple hand-offs
 4. A player who takes a hand-off can throw the ball as long as he/she has not crossed the line of scrimmage.
2. Passing:
 - a. A ball handed forward behind the line of scrimmage is a forward pass. Only (1) forward pass may be attempted per down.
 - b. **Interceptions CANNOT be returned.**
3. Receiving;
 - a. All offensive players are eligible receivers.
 - b. There may only be (1) offensive player in motion at the time of the snap.
 - c. A player must have at least (1) foot inbounds when making a catch.

OFFENSIVE SCREENING

- I. Offensive screen blocking shall take place **without** any contact.
 - a. Arms and hands must be at the side or behind the back of the blocker.
 - b. Any use of arms, hands, or legs to initiate contact during an offensive player's screen block is illegal and a penalty will be enforced.
2. A screen blocker may use his/her hands or arms to break a fall or retain his/her balance. A player must be on his/her feet before, during, and after a screen.

Screen Blocking Fundamentals — A player who screens shall not:

1. When he/she is behind a stationary opponent, take a position nearer than a normal step.
2. When he/she assumes a position at the side or in front of a stationary opponent, make contact with him/her.
3. Take a position so close to a moving opponent that his opponent cannot avoid contact by stopping or changing directions.
 - a. The speed of the player to be screened will determine where the screener may take his stationary position, this position will vary and may be 1 to 2 normal steps or strides from the opponent.
4. After assuming his/her legal screening position move and maintain it, unless he/she moves in the same direction and path of his/her opponent.

If a player violates any of these provisions while screening and contact is the result, he/she has committed a personal foul (penalty — 10 yards).

DEFENSE

1. Players must start at least 2 yards from the line of scrimmage.
2. Players on defense must grab the flag. Grabbing the flag belt or any article of clothing of the ball carrier will be a holding violation,
3. Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent.
4. NO rushing the quarterback except on 4th down. Any player who rushes the quarterback must be a minimum of 10-yards from the line of scrimmage when the ball is snapped.
 - a. Once the ball has been handed off, the 10-yard rule is no longer in effect.

PENALTIES

1. The referee is responsible for calling all penalties, and they may be declined.
2. Penalties are assessed from the original line of scrimmage except for fouls against the ball carrier or receiver.
3. Referees determine incidental contact that may result from normal run of play.
4. Only the coach may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
5. Games cannot end on a defensive penalty, unless the offense declines it.

Offense — All offensive penalties are 10 yards, from the line of scrimmage, and a loss of down.

- a. Illegal motion (more than 1 person moving, false start, etc.)
- b. Illegal forward pass (crossing the yard of scrimmage then passing the ball)
- c. Pass interference (illegal pick play, pushing off/away defender)
- d. Flag guarding
- e. Delay of game — clock will stop
- f. Illegal screen block

Defense — All defensive penalties are 10 yards, from the line of scrimmage, and an automatic first down.

- a. Offside Pass Interference
- b. Illegal contact (holding, bump and run, blocking, tackling, etc.)
- c. Illegal flag pulls (before the receiver has the ball)
- d. Illegal rushing (starting the rush from inside the 10-yard marker)