

YANKTON SERTOMA YOUTH FLAG FOOTBALL

1ST & 2ND GRADE DIVISION RULES

The Yankton Sertoma Football program is providing this opportunity for youth in 1st and 2nd grades to participate in the sport of flag football. The goal of this program is to help build teamwork, character and good sportsmanship, with the emphasis on fun, equal participation, football fundamentals and skills.

POINTS OF EMPHASIS

1. Offense possession will start at the 20-yard line at the start of the game as well as halftime and after every touchdown.
2. A first down is 10 yards.
3. Only one coach on the field at one time per team. Parents must remain off the field.
4. Home team will provide three parents to help with chains.
5. Mouthpieces are mandatory. A player without a mouthpiece will not be allowed to participate.
6. During each game, coaches must make every effort to rotate player positions so every player has a chance to run with the ball.
7. No jewelry or bracelets, etc. allowed.
8. Parents should funnel all rules, conduct violations and complaints to YSYF Board @ yanktonjuniorleaderfootball@hotmail.com

FIELD DIMENSIONS

Players will play on a field which is 80 yards in length

NUMBER OF PLAYERS

Each team should start the game with eight players; a minimum of seven is needed to avoid a forfeit.

NUMBER OF COACHES

Each team is only allowed three coaches on the sideline.

PRE-SEASON PRACTICE

Each team practice will be a maximum of 60 minutes in length. Only one (1) practice per day. Teams are limited to a maximum of 3 hours of practice per week.

IN-SEASON PRACTICE

Each team can schedule only one (1) team practice per week. Practice will be a maximum of 60 minutes in length.

UNIFORM

- Players must wear a mouth protector and team issued t-shirt/jersey.
- Players provide their own black or dark blue shorts or pants. Only these colors are allowed due to the color of the game flags.
- **All shirts must be tucked in and are not permitted to hang over the flag belt.**

COACH/PLAYER BOX

All sideline coaches and players shall remain between the 20 yd. lines

KICKOFFS/ PUNTING

There will be no kickoffs or punts during the course of the game. Teams will begin each half or after a score on their 20 yard line. If teams choose to punt on fourth down, the ball will be placed at the other team's 20 yard line.

LENGTH OF GAME

- Playing time shall be two (2) halves of 20 minutes. The clock stops only for timeouts and player injury.
- Halftime shall be five minutes.
- Each team will be given two, 45 second timeouts per half.
- A coin toss will determine who shall receive the choice of possession or side at the beginning of the game. The official will blow his whistle to begin the play clock. This will begin game play at the start of each half and after timeouts.

TWO MINUTE RULE

During the final two (2) minutes of each half, a coach must call a time out if he wants to substitute any player/players. If a team has no time outs left then they cannot make any substitutions during this time period.

OVERTIME

If the game score is tied after time expires in regulation, the result will be a tie. There will be no overtime play.

SCORING

- Touchdown = 6 points
- Extra point = 1 point. If successful from the 3-yard line.
- Extra point = 2 points. If successful from the 10-yard line.
- Safety = 2 points
- Extra point interceptions resulting in touchdown = 2 points

MERCY RULE

Anytime one team is 28 points ahead of another team, and the team that is trailing scores, the trailing team will receive the ball at midfield. If the leading team scores, the trailing team will receive the ball at midfield on its next possession.

LINE OF SCRIMMAGE

The offensive team must have a minimum of three players (Two Guards and one Center are required) on the line of scrimmage. Once the center has placed his hands on the ball, no offensive player may be in motion.

OFFSIDES

A 5-yard penalty will result if any player lines up in the neutral zone or crosses the line of scrimmage prior to the snap of the ball.

OFFENSE

The center and guards cannot advance the ball.

FORWARD PASSES AND INTERCEPTIONS

- If a player is in the air attempting to catch a ball, the player must contact the ground with at least one foot inbounds with the ball in their possession prior to going out of bounds, unless contact by an opponent causes the player to first touch out-of-bounds. If possession of the ball is lost simultaneously when they hit the ground, it is not a catch.
- If a forward pass is caught simultaneously by members of opposing team, the ball is dead at that spot and belongs to the team that snapped the ball.
- If a defensive player intercepts a pass it is a live play and may be advanced.

FUMBLES

Fumbles will be declared a dead ball and the offense will retain the ball at the spot of the fumble with a loss of down. In the case of a 4th down attempt, a fumbled ball behind the first down marker will be turned over to the defense at the spot of the fumble but if a ball is fumbled past the first down marker the offense will keep the ball at the spot of the fumble.

GUARDING THE FLAG BELT

Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding will result in a 10-yard penalty (spot foul).

Flag guarding includes:

- Swinging the hand or arm over the flag belt to prevent an opponent from de-flagging.
- Placing the ball in possession over the flag belt to prevent an opponent from de-flagging.
- Lowering the shoulders in such a manner which guards the flag.

STIFF ARMING

Stiff arming is not allowed. Stiff arming will result in a 10-yard penalty (spot foul).

BLOCKING

Blocking shall take place **with a reasonable amount of contact**. The blocker shall have their hands up at their chest but no full-arm extension is allowed. On Pass plays, the Center and 2 Guards will be allowed full extension. These players will be in a retreat position and not moving forward.

PASS INTERFERENCE

It is pass interference if an eligible receiver is de-flagged or touched prior to touching the ball on a pass thrown beyond the offenses' line of scrimmage. Pass interference on the defense is a 10-yard penalty and first down. Pass interference on the offense is a 10-yard penalty and loss of down.

DEFENSIVE RUSHING/BLITZING

- After the ball is handed off, the defensive coach will shout "Go" and all defenders can rush.
- If the play is going to be a pass play then the defensive coach will count to three (3) then shout "Go" and all defenders can rush.
- If the play is a quarterback keeper or if at any time the quarterback leaves the pocket (the QB moves outside of either guard), the defensive coach will shout "Go" and all defenders can rush.
- If there is an illegal rush, the play will continue until the ball is dead. The offensive team can let the play stand or take a 10-yard penalty.

OBSTRUCTING THE RUNNER

A player shall not hold, grasp, or obstruct the forward progress of the runner when attempting to remove the flag belt. Any of these actions will result in a 10 yard penalty.

THE FLAG BELT

- All shirts must be tucked in and are not permitted to hang over the flag belt.
- If a flag belt falls off the ball carrier or he does not have flags on when gaining possession of the ball, the play is declared dead and the ball will be placed at that spot.
- Players must have possession of the ball before they can legally be de-flagged. It is illegal for a defensive player to intentionally pull a flag from an offensive player who is not in possession of the ball. In cases where a flag belt is removed illegally, play will continue until a legal flag pull is made. A 10-yard penalty will be added to the end of the play.

PERSONAL FOULS

A personal foul will result in a 15-yard penalty and the player may be asked to sit out the rest of the half. Personal fouls are listed under the Penalty Summary, these and any other acts of unnecessary roughness is a personal foul.

PENALTY SUMMARY

LOSS OF 5 YARDS

1. Offside – any player lining up in the neutral zone or crossing the line of scrimmage prior to snap of ball.
2. Not wearing proper equipment (mainly mouth guards).

LOSS OF 10 YARDS

1. Guarding the flag belt.
2. Stiff arming.
3. Offensive Pass Interference (loss of down)
4. Defensive Pass Interference (automatic first down)
5. Illegal defensive rushing/blitzing (offensive team can let the play stand or take the 10-yard penalty)
6. Illegal removal of flag belt

LOSS OF 15 YARDS

1. Personal fouls, including those listed below or any other act of unnecessary roughness:
 - a. Punching, striking, stripping, stealing, or attempting to steal the ball from a player in possession.
 - b. Intentionally tripping an opponent.
 - c. Contact with an opponent who is on the ground.
 - d. Throwing the runner to the ground.
 - e. Hurdling another player.
 - f. Contact with an opponent either before or after the ball is declared dead.
 - g. Making contact with an opponent which is deemed unnecessary.
 - h. Deliberately diving or running into a defensive player.
 - i. Clipping an opponent.
 - j. Celebrating and/or Taunting.
 - k. Throwing equipment at opposing players.
 - l. Tackling the runner or opposing players (warrants automatic ejection).
 - m. Any foul language, gestures, spitting, etc.