



# 2009 Youth Flag Football By-Laws

*Purpose: The purpose of this league is to provide a competitive environment to play the game of flag football. This league is designed to teach the fundamentals and basics of the game of football, and provide an environment where a new player can be exposed to the game, while returning players can further develop their football skills.*

**1. League Policies**

- a. **Registration-** All teams may register at [www.coast2coastfootball.com](http://www.coast2coastfootball.com). The cost is \$95 per team. The following are the important dates for the upcoming 2009 season:

Registration Dates	Season Start	Team Packets	Game Times
May 1 thru August 8	September 5, 2009	All	Saturdays 8:00am – 4:00 pm

- b. **Rosters-** A team may have up to 10 players listed on a roster. Players are allowed to play in their age group or up one age group. Players are NOT allowed to play down an age group. This is intended to be an instructional league and it will be treated as such. In order to participate in the league, the following information must be submitted to the league by August 8, 2009:

- i. Copy of Birth Certificate for each player on the roster.
- ii. Copy of Association/League Waiver for each player on the roster.
- iii. Copy of Association/League Waiver for each player on the roster.
- iv. Copy of Player Code of Conduct for each player on the roster.
- v. Copy of Parent Code of Conduct for each player on the roster.
- vi. Copy of Coaches Code of Conduct for each coach on the roster.
- vii. Background Check for each coach on the roster.

- c. **Age Groupings-**

Ages	Division	Age Cut-off
5-6	Flag Football	8/01/09
7-8	Flag Football	8/01/09
9-11 & 12-14	Flag Football	8/01/09

- e. **Forfeits-** If you know in advance that your team is not going to be able to attend a scheduled game, please contact [aaron@coast2coastfootball.com](mailto:aaron@coast2coastfootball.com). This will allow us to notify the other team of the forfeit. There will be a \$40 forfeit fee that will apply to all forfeits. This fee is due by the next game to our main office. If the forfeit fee is not paid by the next game, the team will be removed from the league.

- f. **Weather Cancellations-**

- i. We will try to make all weather cancellations by 6:00 am the day of a game.
- ii. All Saturday games will be decided by 6:00 am on the day of the game or at the field
- iii. All weather updates will be placed on the front page of our website
- iv. Some cancellations may be made at the field at the discretion of the officials and field supervisors

- g. **Contact:** Aaron Barksdale, Football Director at 480-560-6641, or by email at [aaron@coast2coastfootball.com](mailto:aaron@coast2coastfootball.com).

## 2. The Game “An Overview”

- a. **The Field-** The game will be played on a field sized 70 yards x 30 yards. The field will be marked. The zones will be G, 20, 30, 20, G. The zones represent the first down lines and the end zones. The neutral zone is the area from the ball and 5 yards toward the defense.
- b. **The Teams-** Each team will play with 7 players on the field at a time. You must have at least 5 players to start and finish a game. Boys and girls may play on the same team in this league.
- c. **Time-** A game will be played with 20 minute halves and a 5 minute half-time. The clock will be a continuous running clock, except in the last 2 minutes of each half. At this point, the clock will be stopped when there is an incomplete pass, the ball carrier goes out of bounds, change of possession, and on a timeout. Each team will have 1 timeouts per half. These timeouts will last 1 minute each
- d. **Scoring-**

Type of Score	Worth
Touchdown	6 points
Extra Point from 3 yard line	1 point
Extra Point from 6 yard line	2 points
Safety	2 points

- e. **Equipment-** Each team will be required to provide their jerseys. The team jerseys must match each other, and they must have numbers on them. The jerseys must with be short cut (mid stomach length) or long enough to tuck in. Each player in the league is encouraged to wear cleats. NO metal cleats are allowed. Player must wear pants/shorts without any pockets or anything hanging out. We will provide flags at the fields. The belts must be worn around the waist and may NOT be tucked in. NO Jewelry may be worn during the game. We will provide age appropriate game balls at the fields. All players are required to wear a mouth piece at all times during the game.
- f. **Mercy Rule-** If a team is leading by 28 points or more the clock will run continuously. Also, at this time no time outs will be allowed. We also request that the leading team not “run up” the score in efforts to practice good sportsmanship

## 3. Game Play

### a. Offense Overview

- i. The field will be marked into zones. These zones represent the first downs. They will be marked as 20, 40, 20. Once a team crosses into a new zone, it results in a first down. The offense will have four downs to get to the next zone for a first down. The offense will start at the 15 yard line at the start of the game/half and after a touchdown. The offense will have the option to punt the ball on 4<sup>th</sup> down. Please see the punting section for specific punting rules. Forward progress and ball placement will be established based on the location of the ball carrier’s hips.
- ii. The offense is allowed to advance the ball by running or passing. Once the flag is removed or falls off, the ball is dead at the spot of the flag removal. If a player’s flags fall off before they catch the ball, then the receiver is down where they catch the ball. NO FLAG GUARDING.
- iii. There are no fumbles. As soon as the ball hits the ground, or the ball carrier’s knee touches the ground, the play is ruled dead.

### b. Defense Overview

- i. Tackling is strictly prohibited. All players must go for the flags and not the body of the ball carrier. If a defensive player tackles a ball carrier that, in the judgment of the officials, had an open field for a touchdown, a touchdown will be awarded. The officials have the power to eject any player that intentionally tackles another player.

- ii. Defensive players will be allowed to defend the line of scrimmage. Defensive players must be 3 yards off the line of scrimmage (see neutral zone). Defensive players defending the line of scrimmage will be allowed to rush according to the "Rushing Specific Rules".

**c. Rushing Specific Rules**

- i. The defense can only rush a maximum of two players on any down.
- ii. The QB can only run the ball if at least one defensive player crosses the line of scrimmage rushing.

**d. Passing/Receiving Specific Rules**

- i. A pass that is intentionally thrown away (where there is no receiver near the ball, called at the discretion of the game official) will result in a 5 yard penalty (intentional grounding).
- ii. Interceptions are allowed and can be returned by the defense.
- iii. All offensive players on the field are considered eligible receivers.
- iv. The QB can be considered an eligible receiver if he pitches, tosses, or hands off the ball behind the line of scrimmage. The lateral must be backwards. If a forward pass is thrown by the QB, he is then an ineligible receiver.
- v. Players must have at least 1 foot inbounds when making a catch.
- vi. Players who run out of bounds during a play are not eligible to come back onto the playing field to make a reception. This will result in the play being called an incomplete pass.

**4. Penalties**

**a. 5-yard Penalties**

- i. **Illegal Procedure**-Either team moving into the neutral zone before the ball has been snapped, lining up in the neutral zone or the quarterback in motion before the ball is snapped.
  - 1. **Enforcement:** dead ball-5 yards from the line of scrimmage-replay the down
- ii. **Delay of Game**- Not snapping the ball within the allotted 30 seconds, taking too long to keep the game from proceeding
  - 1. **Enforcement:** dead ball-5 yards from the line of scrimmage-replay the down
- iii. **Illegal Equipment**- An offensive player not having his flags on, an offensive player that has his flags illegally placed on his body (such as tucking in flags in shorts)
  - 1. **Enforcement:** Live ball-5 yards from the spot of the foul-replay the down.
- iv. **Batting or stripping the ball**-any attempt to strike or grab the ball away from the ball carrier
  - 1. **Enforcement:** Live ball-5 yards from the spot of the foul-replay the down
- v. **Holding**- Keeping the ball carrier from advancing the ball without getting the flag
  - 1. **Enforcement:** Live ball-5 yards from the end of the run

vi. **Illegal Forward Pass**-Throwing the ball from in front of the line of scrimmage

1. **Enforcement:** Live ball-5 yards from the spot of the foul and a loss of down

vii. **Illegal Forward Lateral**-Handing or pitching the ball forward down field (past the line of scrimmage)

1. **Enforcement:** Live ball-5 yards from the spot of the foul and loss of down

viii. **Defensive Flag Guarding**- pulling the offensive player's flags before the player receives the ball

1. **Enforcement:** 5 yards from the line of scrimmage if the play is incomplete-replay the down. If the pass is complete-5 yards from the end of the run, or result of the play

ix. **Leaving your feet**- Hurdling or diving to gain yardage

1. **Enforcement:** Live ball- 5 yards from the spot of the foul- replay the down.

**b. 10-yard Penalties**

i. **Illegal Contact** (on the line of scrimmage or incomplete pass) any contact initiated by a player, pushing a player out of the way or to the ground, or contact preventing players from running their routes

1. **Enforcement:** Live ball-10 yards from the end of the run-replay the down, or result of the play (incomplete pass-penalty will be assessed from the line of scrimmage).

ii. **Illegal Contact (completed pass)**- Any contact initiated by any player, pushing a player out of the way, pushing a player out of bounds, screen blocking (setting a pick) at the line of scrimmage or down field

1. **Enforcement:** Live ball-10 yards from the spot of the foul-replay down or result of the play.

iii. **Picking/Screen Blocking**- Making contact near a stationary opponent by taking a position in front of or at the side of an opponent, .taking a position too close to a moving opposing player so the player can't avoid contact, taking a stationary position then moving before the opposing player does to force contact or block them from grabbing another player's flag, running near the player with the ball to prevent the defense from getting to the ball carrier's flags

1. **Enforcement:** Live ball-10 yards from the spot of the foul-replay the down

iv. **Flag Guarding**-The ball carrier using parts of their body to prevent the defense from getting to their flags. This includes the ball carrier batting the hand of defenders going for the ball carriers flags. (Try to run with the ball in front to prevent arms hanging by the waist)

1. **Enforcement:** Live ball-10 yards from the end of the run. If the ball carrier made the first down, then the ball is spotted back 10 yards from the first down (the first down will count at this point).

v. **Pass Interference**- Illegally contacting a player so they are unable to catch a pass. When a pass is thrown, any eligible receiver from either team has a right to catch the ball. If two or more players go to catch the ball, they are both eligible, but if one player pushes the other player out of the way or contacts the other player at less than a vertical angle, then pass interference will be called on the player that made the illegal contact. If the ball is caught by 2 players in the air and they fall to the ground, the possession and catch will be awarded to the offense (with the ball being dead at the spot).

1. **Enforcement: A.** Defensive: 10 yard from the end of the play or the line of scrimmage-automatic first down.

2. **Enforcement: B.** Offensive: 10 yards behind the line of scrimmage-loss of down

vi. **Roughing the Passer**- Contact made by the defense on the QB before, during, or after he throws the ball. This does not include incidental contact made by the defensive player going for the flags. If the defensive player is overly aggressive going for the flag resulting in knocking down the QB, then roughing the passer will be called.

1. **Enforcement:** 10 yards from the line of scrimmage and automatic first down, or 10 yards from the end of the play and automatic first down.

**c. 15-yard Penalties**

- i. **Unsportsmanlike Conduct-** Excessive, intentional contact, over aggressiveness during a play, or disrespectful conduct to the game officials and other players.

1. **Enforcement:** 15 yards from the spot of the foul.
2. This penalty could be as severe as a player being ejected from the game and possible suspension for the rest of the season. The game officials have full authority to make this decision.

- ii. **Tackling-** Tackling of another player. This includes excessive contact as determined by the game officials. The officials have final authority to determine if contact is incidental or intentional.

1. **Enforcement:** 15 yards from the spot of the foul.
2. This penalty could be as severe as a player being ejected from the game and possible suspension for the rest of the season. The game officials have full authority to make this decision.

- iii. Any type of fighting will result in immediate expulsion from the league for the rest of the season. Any other behavior such as cursing, disrespect to game officials, or any other action deemed inappropriate by game officials or league officials will not be tolerated. Any of these behaviors can result in the following: ejection from the game, suspension for the rest of the season, and expulsion from all GCRD leagues indefinitely.

**5. Rules of Conduct**

- a. Field Supervisors, Game Officials, Security, or other officials that work for Coast to Coast Football will make reports to the Executive Board on any of the infractions listed below by anyone in attendance at a Coast to Coast Football event.

i. Ejection from Game	Minimum 1 game suspension
ii. Unsportsmanlike Conduct	10 day suspension
iii. Profanity	10 day suspension
iv. Threatening an Official	Season suspension
v. Hitting an Official	Indefinite suspension (no less than 1 year)
vi. Drinking/Public intoxication	Season suspension
vii. Fighting (on/off field)	Season suspension (minimum)
viii. Second offense #1 and 2	Season suspension
ix. Playing an Ineligible player-	Loss of game or games in which player participated and possible action against the coach, team, and association.

- b. The Executive Board, after review of reports, will carry out the above penalties and suspensions.
- c. In the event a team fails to respect the official's authority or decisions, officials have been instructed to call a forfeit in favor of the opposing team after 1 warning has been given.
- d. If an official ejects a coach or spectator from a game, that person will be placed in the parking lot by security. If there is no security then the game will be forfeited if that person refuses to leave.
- e. Any player, coach, or team associated with a person caught and proven guilty of cheating or misrepresenting any record will be suspended indefinitely.