

CCYF

Flag Football

Official Rules

Revised February 2025

Purpose of the program:

Get kids playing football and staying active. Teaching them certain basic football skills.
Sportsmanship above all else.

Table of contents

Game.....	3
Terminology.....	4-5
Eligibility.....	6
Equipment.....	6
Field.....	7
Rosters.....	7
Timing.....	8
Scoring.....	8
Coaches.....	8
Live Ball/Dead Ball.....	9
Running.....	10
Passing.....	11
First Down.....	11
Receiving.....	11
Rushing the Passer.....	11-12
Flag Pulling.....	13
Formations.....	13
Unsportsmanlike Conduct.....	14
Penalties.....	15-16
General.....	15
Defensive Penalties.....	15
Offensive Penalties.....	16

Flag Rules

Game:

1. Visitor team has choice to start as Offense or Defense.
2. The offensive team takes possession of the ball on the short 45 going in for all grades except k-1(Fall) and k-2(Spring) which will start on the 30-yard line, this is the start line.
3. Only 1 running play per 1st down. No consecutive run plays. No run plays within the 15-yard line. (4th thru 8th spring season only)
4. If the offense fails to score, the ball will change possession, and the new offensive team gets the ball at the start line. 45-yard line.
5. After an offensive score, and the ball changes possession, the ball starts on the start line. (45-yard line)
6. At the start of the second half possession changes to the team that started the game on defense.
7. **NO BLITZING ALL DIVISIONS.**
8. **Clear the bench after every possession.**
9. Grades K-1: 5 on 5
10. Grades 2-5: 7 on 7 (Spring Flag only)
11. Grades 6-8: 6 on 7 (Spring Flag only)
12. Soft shell helmets must be worn, all divisions.

Terminology:

Boundary Lines:	the outer perimeter lines around the field. They include the sidelines, and back of the end zone lines.
Line of Scrimmage:	(LOS) an imaginary line running through the point of the football and across the width of the field.
Line-To-Gain:	the line the offense must pass to get a first down or score.
Offense:	the squad with possession of the ball.
Defense:	the squad opposing the offense to prevent them from advancing the ball.
Passer:	the offensive player that throws the ball and may or may not be the quarterback.
Downs (1-2-3-4):	the offensive squad has four (4) attempts or “downs” to advance the ball. They must cross the line to gain another set of downs or to score.
Live Ball:	refers to the period of time that the play is in action. Generally used in regard to penalties, live ball penalties are considered part of the play and must be enforced before the down is considered complete.
Dead Ball:	refers to the period of time immediately before or after a play.
Inadvertent Whistle:	official’s whistle that is performed in error.

Terminology cont:

Charging:	the movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, forearm, or the chest.
Flag Guarding:	an act by the ball carrier to prevent a defender from pulling the ball carrier's flags by stiff arm, lowering the elbow, shoulder, head, or by blocking access to the runner's flags with a hand or arm. Ball carrier holding onto the flag belt.
Shovel Pass	a legal pass attempted behind the line of scrimmage by throwing the ball underhand or pushing it towards a receiver in a shot-put type manner.
Lateral:	a backwards or sideways toss of the ball by the ball carrier.
Unsportsmanlike Conduct:	Is a rude, confrontational, or offensive behavior or language as judged by game official.
Quarterback:	The quarterback is the player who receives the snap from the center. The QB may take the ball directly from behind the cradle.
Center:	The center is the player who snaps the ball directly to another player from the side of cradle.

Eligibility:

All players must have a legal guardian complete a CCYF player application, either online www.ccyf.com or in person with a CCYF representative, and pay the registration fee prior to participating in any practices or games.

Equipment:

1. CCYF will provide each coach with enough flag belts and player shirts for their team.
2. Players must wear shoes. Football cleats are encouraged; however, cleats with exposed metal are not allowed and must be removed.
3. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and knee pads. Braces with exposed metal are not allowed.
4. **Red pants or shorts are NOT allowed due to the flags being red. Red stripes on shorts/pants is also not allowed. Plain black shorts or pants are to be worn.**
5. **Players must remove all hats, watches, earrings, necklaces, electronic devices, and any other jewelry that the officials deem hazardous.**
6. Official CCYF flag game shirts must be worn during the game and must NOT be altered in any way, which includes cutting sleeves.
7. Game shirts must be tucked into the pants if they hang below the belt line.
8. All players must have a mouthguard.
9. All players must have a soft-shell helmet issued by CCYF. Helmets must be worn during practices and games.
10. **Helmets must be returned at the end of each season to CCYF through their coach.** Missing / damaged helmets may be subject to a replacement fee and billed to the player's parent and/or guardian.

Field:

1. **Field use rules (for coaches/players/fans):**
 - a. Tobacco/Vape pens/Alcohol/Marijuana/Any illegal drugs are **NOT** permitted.
 - b. No firearms
 - c. **No animals**, unless permitted as a service animal for disabled persons, per School District policy.
 - d. No sunflower seeds
 - e. All trash needs to be removed from the field and placed in proper garbage receptacles.
 - f. Fans should remain in bleachers when available. If there are no bleachers, fans must stay on the track or designated areas and stay off the game field.
2. The field dimensions are standard tackle field for grades 3 – 8, and play short 45 and in. NOTE; K-1, K-2, field will be 30 yards by 40 yards.
3. Stepping on the boundary line is considered out of bounds.

Rosters:

1. K thru 1st grade teams must consist of at least 5 players, with a maximum of 14 players.
2. K, 1st and 2nd grade teams must consist of at least 5 players, with a maximum of 14 players.
3. 2nd thru 3rd grade teams must consist of at least 7 players, with a maximum of 16 players.
4. 4th thru 5th grade teams must consist of at least 7 players, with a maximum of 16
5. 6th grade teams must consist of at least 7 players, with a maximum of 16 players.
6. 7th thru 8th grade teams must consist of at least 7 players, with a maximum of 16 players.

** Divisions may change annually based off of registrations. **

**In the event of kids, no showing or injury, teams may play 1 player down as long as both coaches and CCYF field representative agrees.

Timing:

1. Grades K-1: Games are played on a 40 minute continuous clock with two 20 minute halves.
2. Grades 2-8: Games are played on a 44 minute continuous clock with two 22 minute halves. (Spring Flag only)
3. The clock stops for timeouts for all grades
4. Halftime is 5 minutes long.
5. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
6. Each team has two 30-second time outs per game. One per half.
7. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.

Scoring:

Scores will not be kept.

Coaches:

Coaches are volunteer parents or family members helping the players learn and enjoy the game. Parents are encouraged to always support the coach.

All coaches, assistant coaches and team parents are required to pass a background check with CCYF prior to working with the players during practices and games, no exceptions. (Application available at www.ccyf.com or at in person registrations)

1. Coaches are allowed on the field to direct players (1 offensive and 1 defensive).
K-1, k-2 ,2nd - 3rd Only
 - a. Defensive coaches need to be at least 10 yards back from the deepest defender.
 - b. 4th-5th, 6th,7th, and 8th, no coaches on the field,**
2. Coaches are expected to adhere to CCYF coaching guidelines and codes of conduct.
3. Coaches may be asked to officiate with the opposing Coach, to officiate their games.

Live Ball/Dead Ball:

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead. (No snap will take place behind the start line) The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. Regarding the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage.
2. A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.
3. The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike penalty.
4. Substitutions may be made on any dead ball.
5. Any official can whistle the play dead.
6. Play is ruled “dead” when:
 - a. The ball hits the ground.
 - b. The ball carrier’s flag is pulled.
 - c. The ball carrier steps out of bounds.
 - d. Touchdown is scored.
 - e. The ball carrier’s knee or arm hits the ground.
 - f. The ball carrier’s flag falls off.
 - g. The receiver catches the ball while in possession of no flags.

- h. The 7 second pass clock expires.
- i. Inadvertent whistle.

NOTE: There are no fumbles. The ball is spotted where the ball carrier's feet were at the time of the fumble.

- 7. In the case of an inadvertent whistle, the offense will replay the down from the original line of scrimmage.

Running:

- 1. The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. Forward progress will be measured by the player's front foot.
- 2. The quarterback cannot directly run with the ball. The quarterback does have the ability to scramble in the back field but cannot advance the ball beyond the line of scrimmage. The quarterback is the offensive player that receives the snap.
- 3. Only direct handoffs/pitches behind the line of scrimmage are permitted. Handoffs may be in front, behind, or to the side of the offensive player, but must be behind the line of scrimmage. The offense may use multiple handoffs.
- 4. Absolutely NO lateral or pitches of any kind beyond the line of scrimmage.
- 5. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
- 6. Runners may not leave their feet to advance the ball. Diving, leaping, or jumping to avoid a flag pull is considered flag guarding.
- 7. Spinning is allowed, but players may not leave their feet to avoid a flag pull. Jumping in the air in a forward motion to advance the ball, while attempting to avoid a flag pull, is not allowed. Lateral moves to the left or right are permitted.
- 8. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
- 9. No blocking or "screening" is allowed at any time.

10. Offensive players must stop their motion once the ball has crossed the line of scrimmage. Unless you are the player in possession of the ball.
11. Flag Obstruction – All game shirts MUST be tucked in before play begins. The flags must be on the player’s hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

Passing:

1. All passes must be from behind the line of scrimmage.
2. Shovel passes are allowed.
3. The quarterback has a FIVE-second “pass clock”. If a pass is not thrown within the 5 seconds, play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 5-second rule no longer is in effect.

First Down:

1. All drives will start on the start line.
2. First downs may be achieved at or inside the 30-yard line and at or inside 15-yard line.

Receiving:

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.
3. A player must have at least one foot inbound when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions change the possession of the ball, and the play is dead. Intercepting team will take possession of the ball at the start line.
6. Players may dive to gain possession of the ball. Ball is dead at the point of the catch.

Flag Pulling:

1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
2. Defenders **CANNOT** dive to pull flags.
3. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
4. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
5. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
6. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm, or shoulder, or intentionally covering the flags with the game shirt or ball, the play is dead, and the player is down at the spot of the flag guarding.
7. Any defensive player grabbing or holding an offensive player or player's garment to allow another defender or self to pull the flag is an illegal act, and the offense will be awarded a 1st down or touchdown if foul occurs inside the redzone.

Formations:

1. Offense must have a minimum:
 - a. Grades K-1 two players on the line.
 - b. Grades K-2 two players on the line. (Spring Flag only)
 - c. Grades 3-8 three players on the line. (Spring Flag only)
 - d. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
 - e. No motion is allowed towards the line of scrimmage.
2. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
3. Grades K-3: The ball will start in a ball stand/cradle; play begins when ball is removed from stand/cradle. 4TH -8TH have the option of using the cradle. (Spring Flag seasons)
4. Grades 6th-8th may bring a 7th offensive player onto the field to play center if you are running from a shotgun or pistol formation. That player is connected to the tee or spot they snap the ball from because they are a non-participant of the play. This position does not count towards play time.
5. Snap count may vary but must be vocalized – NO silent counts. Only player calling out snap count is the designated QB. Clapping is considered a non-silent snap count.
6. The depth of defensive players can be no closer than 4 yards deep. Once the ball is at or inside the 5-yard line defensive players may be 2 yards deep.

Unsportsmanlike Conduct:

1. If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!
2. Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will remove the offender(s) for the remainder of the possession. If it continues, the player(s) or coach(s) will be ejected from the game.
3. Players may not physically or verbally abuse any opponent, coach or official.
4. Ball carriers MUST make an effort to avoid defenders with an established position.
5. Defenders are not allowed to run through the ball carrier when pulling flags.
6. Fans must also adhere to good sportsmanship, as well:
 - a. Yell to cheer on your players, not to harass officials or other teams.
 - b. Keep comments clean and profanity free.
 - c. Compliment ALL players, not just one child or team.
7. Fans are required to keep fields safe and kid friendly:
 - a. All fans need to be on the track or in the stands.
 - b. No fans are allowed in the team box.
 - c. If a player or coach is ejected from the game, they will be suspended for the following week's game.

Refs will have a red flag that will be thrown to indicate that a player and/or coach needs to be ejected from the game field and sidelines.

The rules subject to change at the discretion of Clark County Youth Football board of directors

Penalties:

I. General

1. The referee will call all penalties.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
4. Any questions about rule clarifications and interpretations need to be directed to the commissioner. Coaches or Players may not question judgment calls of game officials.
5. Games may not end on a defensive penalty unless the offense declines it.
6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.

II. Defensive Penalties

Offside	5 yard penalty, replay down
Illegal Rush	Automatic First Down, next line to gain
Illegal Flag Pull (Before the receiver has the ball)	Automatic First Down, next line to gain
Roughing the Passer	Automatic First Down, next line to gain
Taunting	Automatic First Down, next line to gain
Defensive Pass Interference	Automatic First Down at the spot of the foul
Holding	Automatic First Down at the spot of the foul
Stripping	Automatic First Down at the spot of the foul
Defensive Unnecessary Roughness**	Automatic First Down at the spot of the foul
Defensive Grasping (holding garment, flag, or body part of ball carrier)	Automatic First down. Within redzone touchdown
Penalties within the Redzone	Half the distance to the goal, Automatic First Down

Player out for 2 plays

Offensive Penalties

Offside / False Start	Ball on 41- 45-yard line=loss of down. Ball on 40+ yard lines, 5-yard penalty.
Illegal Forward Pass (Pass received behind the line of scrimmage or throwing a pass beyond the line of scrimmage)	Loss of Down, Next play from original line of scrimmage
Offensive Pass Interference	Loss of Down, Next play from original line of scrimmage
Illegal Motion (More than one person moving)	Loss of Down, Next play from original line of scrimmage
Delay of Game	Loss of Down, Next play from original line of scrimmage
Impeding the Rusher	Loss of Down, Next play from original line of scrimmage
Screening, Blocking or Running w/ Ball Carrier	Loss of Down, Next play from original line of scrimmage
Charging	Loss of Down, Next play from original line of scrimmage
Flag Guarding	Spot Foul and Loss of Down. If down is gained, ball will be placed on the last 1 st down line to gained.
Offensive Unnecessary Roughness**	Loss of Down, Next play from original line of scrimmage

Player out for 2 plays

- An offensive penalty that happens on 4th down will be a turnover on downs.