

**SHERWOOD YOUTH
FLAG FOOTBALL K-2ND GRADE**



SHERWOOD
FOOTBALL

Official League Rules
Revised June 1st, 2016

I. PLAYERS AND ROSTERS

A. Age Groups

Play is open to boys and girls in grades K through 2nd grade.

B. Team Rosters

A roster of eligible players will be maintained by the Sherwood Youth Football League (SYFA) and may only be modified at its discretion.

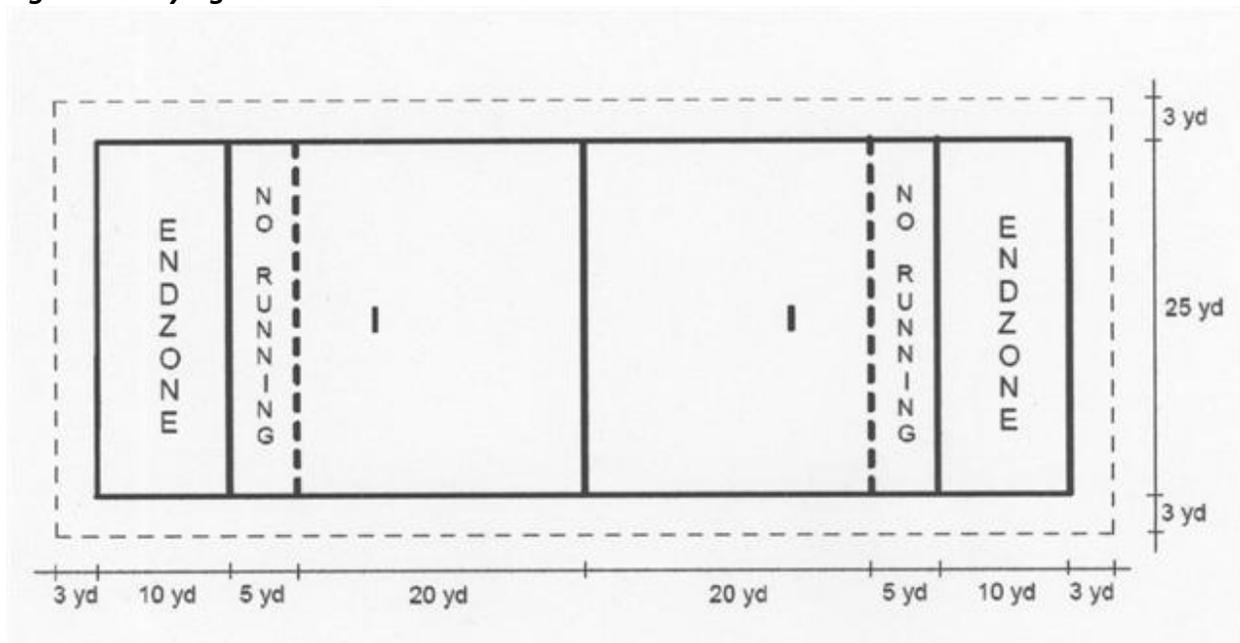
Only players on the official roster may be used in games. Use of non-roster players is prohibited, and at SYFA's discretion

Teams rosters typically consist of between 6 and 10 players.

II. PLAYING FIELD

As depicted in Figure 1, the field is 25 yards wide, 50 yards long and is divided lengthwise into two zones of 25 yards each, which lie between two end zones of 10 yards each. Fields will be marked by colored cones.

Figure 1: Playing Field



III. EQUIPMENT

A. Uniforms

The uniform consists of:

- An official Sherwood Youth Football jersey
- Shorts or pants with no pockets
- Shoes
- A protective mouth guard
- A flag belt

This uniform must be worn at all times on the field of play. Uniforms may not be modified without consent from the league. In the case of a jersey color conflict, a separate coin toss shall determine which team will wear league provided pennies.

Mouthpieces are required.

Uniforms are subject to the following restrictions:

- Jerseys must be tucked in at all times.
- Pennies, undershirts, sweatshirts and any other article of clothing that could impede the defender's access to the flags must also be tucked in.
- Footwear must be sneakers or cleated shoes with no exposed metal parts. Flag belts must be of the type provided by the League.
- Flag belts must remain snug and unimpeded by clothing at all times.
- Flag belts must be of a color that contrasts (in the official's judgment) with underlying clothing.
- Flag belts must be in good condition and have two unaltered streamers attached. Flags must be worn on the sides and must be pointing outward.

B. Game Ball

The game ball shall be a conventional football constructed of leather, rubber, or similar material. The ball must be inflatable and have seams. SYFA will provide 2 footballs for each team.

The allowable size:

- Pre-K through 2nd Grade: PeeWee (i.e., Mikasa Model 5505)

The offensive team has the option of substituting another ball in place of the standard one, subject to approval by the SYFA. In general, a conventional football which is no smaller than the standard one will be approved. Unconventional balls will not be approved; this includes Nerf balls and others constructed of unusual materials.

C. Prohibited Equipment

- Shorts or pants with pockets, belt loops, belts, or exposed draw strings
- Shoes with exposed metal
- Padding of any kind, including hard surface padding such as shoulder pads, hip pads, or helmets
- Any hard substance on a player's clothing or person
- Hard casts, even if covered by soft material
- Sticky substances such as grease or glue on a player's clothing or person Jewelry of any kind, except for medical alert bracelets
- Barrettes or other hard objects worn on the head
- Anything that the official feels could endanger or confuse players

IV. RULES OF PLAY

A. Game Timing and Flow

- A game consists of two halves, each of 20 minutes in duration, separated by a 5-minute halftime period.
- Each game includes a 30-minute practice before the game.
- The game clock runs continually.

A coin toss determines which team takes first possession of the ball. The winner of the toss has the option to begin on offense or defense. The team that begins on offense in the first half will begin on defense in the second half.

The team that begins on defense is allowed to choose which goal to defend. Teams switch directions at the beginning of the second half.

B. Playing Time

It is the goal of the SYFA to provide every child the opportunity to develop as an athlete. With this in mind, it is required that all players receive at least one half playing time during each game and that each player be actively utilized and touch the ball once. Coaches are required to abide by the spirit of this rule.

C. Number of Players

Play shall be five on five. In the event that only four players are present for a given team, they shall be allowed to play with four, although the opposing team shall still be allowed the option to play with five.

D. Player Substitutions

Players may be freely substituted after any dead ball.

E. Location of Coaches

Two coaches per team are allowed on the field to instruct players. The coaches must move at least 15 yards away before the ball is snapped. Coaches on the field must remain on his/her team's side of the line of scrimmage.

It is the responsibility of the coach to avoid interfering with play. Officials may take appropriate action, including issuing a warning, re-playing a down, imposing penalties, or removing a coach from the field, if he/she believes the coaches' presence has interfered with play.

Also, coaches are not allowed to make contact with their own players during the course of a play (i.e., giving them a nudge in the right direction). This will be considered coach's interference, and will be penalized.

F. Coach's Conduct

All coaches are required to abide by the Sherwood Youth Flag Football Code of Conduct.

G. Offense

Snapping the Ball

The offense must wait for the referee to be in position and for the ready for play whistle to be blown by the official before they snap the ball.

After a change of possession, the defense must be given a reasonable amount of time to get into position before the offense is allowed to snap the ball.

The center must snap the ball between the legs and must release the ball to the quarterback for a legal play to begin. Shotgun snaps are allowed but not required. Prior to the snap, the ball must be resting on the ground.

Handoffs to the center are **not** allowed.

If the ball hits the ground on a snap, the play is called dead, and the ball is spotted at the point where it hit the ground.

In the event of a bad snap, teams will be given a second chance to snap the ball successfully. The re-try must take place immediately -- no huddle or other meeting is allowed.

Number of Downs

Each team will have 4 downs to advance the ball across the first down marker or into the opposing end zone. After a team crosses the first down marker, it receives 4 more downs in which to score.

Ball Position

The location of the runner's hips (not the ball) at the end of the play determines where the ball is to be spotted.

Running

The player who receives the snap (the quarterback) may not run the ball beyond the line of scrimmage until it has been given to another player. After the ball has been handed off to another player, then this restriction no longer applies; the quarterback becomes eligible to run, pass, or receive the ball. The hand-off may occur in front of or behind the ball carrier -- the player receiving the hand-off is eligible to pass as long as they have not crossed the line of scrimmage.

The offensive team may run the ball after performing a **valid** hand-off, so long as the line of scrimmage is not located within a no-running zone. The offensive team **may not** hand the ball off to the center.

Spin moves are allowed.

If the ball carrier's hand touches the ground, play will continue. If the ball carrier's elbow or knee touches the ground, the play will be whistled dead at the spot where they touched the ground.

It is the ball carrier's responsibility to avoid colliding with defenders that lie in his/her path. Unintentional contact shall not be penalized, provided the ball carrier makes an effort to avoid it. Failure to attempt to avoid contact with a defender (charging) will be penalized, even if it does not result in a collision. **Intentional contact will not be tolerated**, and may also result in an unsportsmanlike conduct penalty.

Once the ball carrier crosses the line of scrimmage, his/her teammates must stop running. Any offensive player who continues running and impedes the progress of a defensive player who is attempting to pull the ball carrier's flag will be called for illegal blocking.

Restrictions

- Ball carriers are prohibited from using hands, arms, or the ball to impede access to the flag belt.
- If the ball carrier impedes access to the flag belt, even if it is in his/her "natural running motion", a flag guarding penalty shall be assessed.
- The ball carrier shall not lower his/her head to charge or run into a defensive player.
- No intentional contact of any kind is allowed. This includes charging or running directly into a defensive player or stiff-arming.
- The ball carrier is not allowed to dive. If he/she dives into the end zone, it is not a score; a diving penalty shall be imposed from the goal line.

No-Running Zones

There are 5 yard no-running zones on the near side (from the offensive point of view) of the end zone. When the line of scrimmage lies within this zone, no running plays are allowed. This means that the offense must attempt a forward pass beyond the line of scrimmage. Handoffs are allowed, but must lead to a pass attempt. The one-point extra point line is within the no-running zone.

Laterals and Pitches Laterals and pitches are allowed.

Handoffs

Handoffs may occur only behind the line of scrimmage. There is no limit on the number of handoffs that may occur during a given play. Handoffs may be forward or backward and do not limit the offense's option to throw a subsequent forward pass.

Handoffs may not occur after a completed forward pass.

Special Cases: Running Eligibility After Multiple Handoffs

In order for a handoff to be considered legal, the player with original possession of the ball (Player A) must completely relinquish control of the ball to another player (Player B). By *completely relinquishing control of the ball*, it is meant that Player A would not have any contact with the ball whatsoever after handing the ball to Player B. Therefore, in order for Player A to gain the ability to run the football, he or she would have to hand the ball to Player B, clearly ceasing all contact with the ball, and then Player B could hand the ball back to Player A, giving Player A the ability to run.

The act of placing the ball on the center's back and retrieving it is not considered a legal handoff.

Passing

No more than one forward pass is allowed on the same play. All players (including the quarterback) are eligible receivers.

A forward pass must be completed behind the line of scrimmage. If the pass is completed beyond the line of scrimmage, the play will be whistled dead, the offensive down will be consumed, and the ball will be spotted at the previous line of scrimmage.

Blocking

Blocking is not allowed. Once a ball carrier has possession of the ball beyond the line of scrimmage, the other offensive players must stand still. If an offensive player moves and impedes the progress of a defender who is making an attempt to pull the ball carrier's flag, an illegal blocking penalty shall be assessed.

Receiving

A completion results when the receiver has control of the ball with at least one foot in bounds. If a receiver catches a pass while not wearing a flag belt, the ball shall be down at the point of the catch.

Offensive players are not allowed to intentionally bat a passed ball forward to a teammate. A pass that is intentionally batted forward (in the referee's judgment) that is caught by an offensive player shall be ruled as an incomplete pass.

Motion

No more than one player at a time is allowed to be in motion, and a player in motion may not move toward the line of scrimmage while the ball is being snapped.

H. Defense

Flag Pulling

- To stop the ball carrier, the defensive player must remove the flag or force (without contact) him/her out of bounds.
- No intentional contact is allowed. This includes tackling, pushing, grasping, and bumping. This also includes touching the face or head in any way or contacting a passer's arm or the ball while he/she is holding the ball.
- Incidental contact to the ball carrier's body while reaching for the flag belt is not a violation.
- If a ball carrier's flag falls off without being touched, he/she is down at the spot it touched the ground.

Rushing the Quarterback

Any defensive player is eligible to rush the quarterback if he/she is **behind the rushing line** when the ball is snapped. The rushing line is marked by the official and is 10 yards from the line of scrimmage. This 10-yard distance applies even if the first down line or goal line is less than seven yards from the line of scrimmage.

Any number of players may rush the quarterback, provided they comply with the listed restrictions.

When the ball leaves the quarterback's hands (for a handoff or pass), then all defensive players immediately become eligible to rush, regardless of whether they lined up behind the rush line.

I. Change of Possession

A team failing to advance beyond the first down marker or into the end zone after three downs loses possession of the ball. The opposing team takes possession on its own 5-yard line.

Interceptions are marked dead at the spot of the interception, and can not be advanced.

J. Dead Ball

The ball shall be declared dead when:

- The ball touches the ground
- Any part of the ball carrier other than hands or feet touches the ground A run is attempted from a no-running zone
- The ball carrier's flag belt falls off or is removed
- The ball carrier scores
- The ball carrier steps out of bounds The seven second clock expires

K. Score Values

- Touchdown: 6 points
- Point after touchdown
- From 5 yards: 1 point
- From 12 yards: 2 points

L. Ejections

At the official's discretion, a player may be ejected from the field for unsportsmanlike conduct or any flagrant violation of the rules. To eject a player, the official shall notify the coach, who is responsible for removing the player within two minutes to avoid a forfeit.

Any player ejected may be put on probation with possible suspension, depending upon the severity of incident. The Sherwood Youth Football Board shall have full discretion when imposing penalties.

Our league is intended to provide a family-oriented environment for the enjoyment of children. All coaches, players, and spectators are expected to show good sportsmanship at all times. The Sherwood Youth Football Board, at its sole discretion, reserves the right to eject, suspend, or dismiss anyone for any inappropriate behavior.

M. Penalties

All defensive penalties are five yards, and result in an automatic first-down for the offense.

All offensive penalties are five yards, and result in a loss-of-down for the offense.

Penalties are either imposed from the line of scrimmage or from the point at which the foul occurred.

For fouls that occur before or during (prior to the catch) a legal forward pass, the foul shall be marked from the original line of scrimmage.

Otherwise, the foul is spotted from the point of the infraction.

The offended team always has the option to decline any penalty. When the penalty is greater than the distance to the goal line, it shall be assessed half the distance to the goal line.

A period of play cannot end on a defensive penalty, unless the offense chooses to decline it. In the event of a defensive penalty that is not declined at the end of a half, the offense receives another un-timed play (along with an extra point attempt, if they score).

Unsportsmanlike conduct penalties can be called at the discretion of the official. Screaming at an opponent in an effort to distract them (i.e. when they are trying to catch the ball or when the rusher is rushing the quarterback) shall be considered unsportsmanlike conduct.

Offensive Penalties - 5 Yards from Line of Scrimmage and Loss of Down

- Delay of Game
- Off-Sides
- False Start
- Illegal Motion
- Illegal Blocking
- Attempting to Run from a No-running Zone Offensive Pass Interference (Loss of Down)
- Charging (depending on degree) Interference by a Coach on the Field
- Using Profanity, Taunting, or Using Insulting or Vulgar Language or Gestures
- Disrespectfully Addressing any Person
- Stripping or Attempting to Strip the Ball
- Intentionally Contacting an Official
- Fighting

Offensive Penalties - 5 Yards from the Spot of the Infraction, consumption of down

- Jumping
- Diving
- Flag Guarding
- Charging (depending on degree)

Defensive Penalties - 5 Yards from the Line of Scrimmage, Automatic First Down

- Defensive Pass Interference (Automatic First Down)
- Roughing the Passer
- Removing Receiver's Flag Belt Before he/she Contacts the Ball Tackling, Hitting, or
- Shoving the Ball Carrier
- Obstructing or Holding the Ball Carrier
- Illegally Rushing the Quarterback
- Unsportsmanlike Conduct
- Spiking, Kicking, or Inappropriately Throwing the Ball
- Spiking or Throwing Flag
- Unsportsmanlike Conduct
 - Using Profanity, Taunting, or Using Insulting or Vulgar Language or Gestures

- Disrespectfully Addressing any Person
- Stripping or Attempting to Strip the Ball
- Intentionally Contacting an Official
- Fighting
- Too Many Players on the Field
- Equipment Violation

On extra-points only, pass interference occurring in the end-zone will result in a successful extra point conversion. Pass interference occurring in the end-zone during the regular course of play will result in a five-yard penalty from the original line of scrimmage, and an automatic first-down.

Defensive Penalties - 5 Yards from the Spot of the Infraction, Automatic First Down

- Holding