

## LYF FLAG FOOTBALL RULES

1. This is an instructional and fun league.
2. TEAMS: Teams will be put together, using a blind draft system (consideration will be made for siblings playing on the same team).
3. COACHES CONDUCT: Coaches are responsible for the conduct of themselves, players, and parents. Coaches are advised to control the emotions of the game.
4. BOUNDARIES: Teams, players, and parents must remain on the sidelines, in designated boundaries during the game.
  - a. The field is 50 yards (endzone to 50-yard line) long.
    - K/1 field width is from one sideline to the furthest harsh mark.
    - 2/3 field width is entire field.
5. CARRYING THE BALL: Coaches are encouraged to use their best efforts in accomplishing the following during each game:
6. Make sure each player gets to carry the ball.
  - a. Every effort to allow each player to run the ball per game. ANY player not getting the chance should be the first to carry the ball in the NEXT game.
7. Substitute players often.
  - a. It is advised that one of the sideline coaches keep track of players going in and out to ensure fair play, or the head coach has a plan ahead of time, for who will play for what particular time periods
  - b. Make sure each player gets to play offense and defense throughout the game.
8. UNIFORMS: Jersey, shorts or pants, and mouth guard. Jerseys must be tucked in during the game. There are to be no over-garments covering jerseys. No bandannas or hats are permitted.
  - a. Snow hats or head protective gear are allowed at players discretion.
9. FOOTWEAR: Tennis shoes or rubber molded cleats only.
10. EQUIPMENT: Mouthpiece – Mouth guard is required of all players; they must always be in a player's mouth during the game. Players without required equipment will not participate in game or practice.
11. FLAGS: The type and/or style of flag worn during the games must be consistent across the league. Players will not bring their own flags; the league will provide them.
12. All flags shall be located on the sides of the outer hips and on the backside of each player.
  - a. Any player without the proper flags may not advance the ball.
  - b. The offensive center may remove his flags during play.

### GAMEPLAY

13. NO KICKOFFS: There will be no kick-offs, play will begin from the designated yard line of the team gaining possession of the ball (determined by coin toss).
14. Each game to be played on 50-yard length field going towards end zone.
  - a. Play shall begin from the 40-yard line (heading towards the end zone).
15. Ball Rule: Football used for games shall be a Wilson K or equivalent. Teams may switch to their own ball for offensive possession if so inclined. The game ball is to be provided by the home team unless the league provides.
16. First Down Zones: There are two first down zones and then the goal line. The 25 & 10-yard lines represent First Down Zones (15-yard increments).
  - a. Each team has four (4) downs to reach each First Down Zone.

17. Change of Possession: Offense will always gain Coin Flip possession at their 40-yard line. Coin flip to determine who gains possession of the ball first. Teams will always take possession starting at the 40-yard line going towards goal line.
18. Each game will have a referee.
19. Referees will keep the official time.
20. The game will consist of two (2) twenty-five (25) minute halves with clock running continuously.
  - a. Half time will be five (5) minutes long.
  - b. Clock stops on injuries and change of possessions.
21. Teams may have up to two (2) time-outs per half.
  - a. Maximum sixty (60) seconds/timeout.
  - b. Injury time outs will not be assessed against a team.
    - In case of injury, a player must exit the field and is not permitted to reenter the game without the permission of the head coach and the parents. A parent **MUST** give permission for an injured player to return to the game.
22. Teams will have approximately forty-five (45) seconds from the time the ball is spotted to put the ball back in play. (Referees should encourage timely play).
23. Each team is permitted two (2) coaches on the field; they must be at least ten (10) yards behind the ball during play.
24. Offensive coaches must be behind the running backs or near sidelines.
25. Defensive coaches must be behind the free safety or near the sidelines.
26. There will be no intentional stripping of the ball, tackling, holding or in any way trying to stop the ball carrier other than by pulling their flag.
  - a. Referees are to give "warning" to offending players.
  - b. After a second intentional infraction, the player will be removed from the game.
    - Referees will determine if it was intentional, not coaches (SEE STEP 66B)
27. Penalties will result in down over.
28. For K/1, no more than 8 (eight) players on the field during the play.  
For 2/3, no more than 8 (eight) players on the field during the play.  
All designated positions must be filled.
  - a. If a team is short players, the other team must field the same number.
29. In the event of an interception, the ball will be awarded to the defense upon where the flag was grabbed and there will be a change of possession.
  - a. In other words, an intercepting player may advance the ball after the interception.
    - It'll be marked off from the 40-yard line heading towards the end zone.
30. Any fumble touching the ground is a dead ball. The next play is from the spot of the fumble.
  - a. Any fumble NOT touching the ground may be advanced/returned.
31. A fumble between the center and quarterback is an automatic do-over from the line of scrimmage.
  - a. If on the second attempt a fumble occurs, it is a loss of down
32. Ball carriers may use spin moves, however, any attempt to use their arms to deflect anyone pulling a flag (stiff-arm) will result in the play being whistled dead and the ball spotted at the infraction.
33. All shirt tails/Flag Belt straps must be tucked in.
  - a. If a player's jersey is untucked to intentionally cover the flags, and the player is carrying the ball, the play will be whistled dead, and the team will incur a loss of down.
    - Each team will receive one warning for jerseys untucked
    - Coaches, please help monitor to keep the game moving

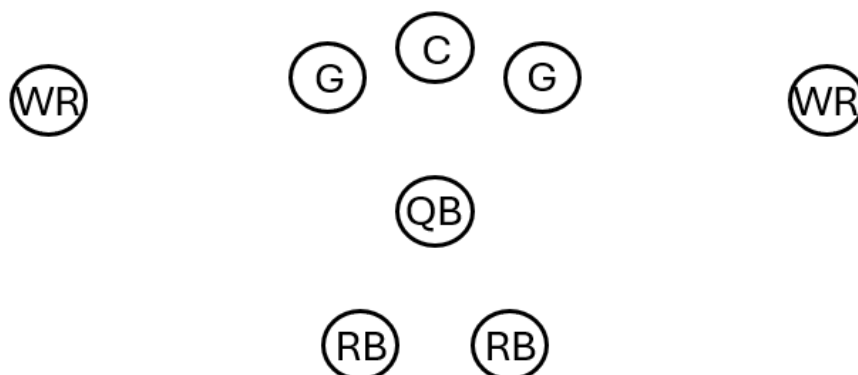
34. The ball carrier is down when any part of their body, other than their feet or hand to balance, touch the ground, including football.
35. Running plays are not permitted “up the middle” or off center. Running plays are permitted off guards.
  - a. Quarterback Sneaks: Are not permitted. A QB sweep is permitted.
36. The center may snap the ball sidesaddle, shot gun, or between their legs but their body and feet must be behind the ball.
37. No cut blocks will be allowed. Any blocking above the shoulders will be considered an illegal block.
  - a. “Open hands should be in the middle of the chest of the defensive player, thumbs should be close together facing up (towards 12 O’clock on a clock), with the offensive player driving with his feet using small choppy steps with his head up looking at the other players numbers.”
  - b. Holding would only occur if the offensive player is grabbing the defensive players shirt and the shirt is pulling away from the body or the hands are on the outside of a defensive players shoulders and prohibiting him from moving in the direction he is attempting to go.

#### SCORING

38. A touchdown is 6 points
39. Points after touchdowns (PAT) attempts will be from the 3 (three) yard line.
  - a. A successful run for conversion will be 1 point.
  - b. A successful forward pass will be 2 points.

#### OFFENSE

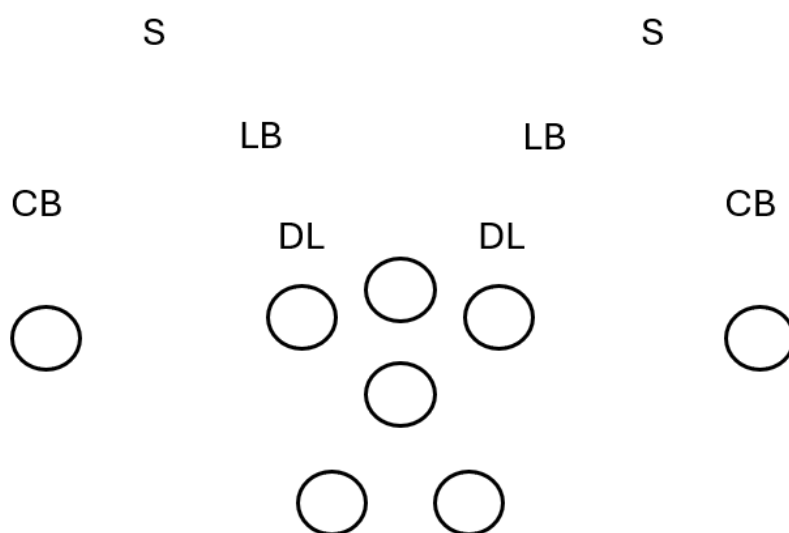
40. Multiple passes are legal as long as they are behind the line of scrimmage when second pass is thrown.
41. Offense must have three (3) players on the line (Center, Left Guard and Right Guard), two (2) Wide Receivers (1 on each side of the line) and **two (2) running backs for both K/1 & 2/3** along with one (1) QB.
  - a. Offensive linemen are **NOT** eligible receivers.
42. No Twins, trips or stack formations allowed.
43. Receivers are not permitted to go in motion.
44. **See Example of offensive scheme below:**



45. Line of Scrimmage: There must be at least 1 yard between the defensive and offensive line, off the line of scrimmage.
46. Quarterback must call the sequence to put the ball in play. "Set, Go/ Set, Hut" will be the QB's call, and play will begin on ball movement.
  - a. If movement on either side starts before ball movement, replay the down.

## DEFENSE

47. Defense must have two (2) defensive linemen (DL) directly across from the offensive guards' players. Lineman cannot line up in the gaps. There will be no players lined up across from the center.
  - a. DL will not bull rush or crash the QB/RB exchange.
    - All defenders must go laterally with the line and may pursuit once the RB breaks outside the guards.
    - Passing situations; if the QB remains in the pocket you will not rush the QB for 5 seconds. If the QB rolls out or breaks outside the guards, you may free rush.
48. No Blitzing by Linebacker, Cornerback or Safeties at any time.
  - a. They will remain on the defensive side of the line of scrimmage until the ball breaks outside the guards.
  - b. No shooting gaps. First steps must be lateral unless the ball is coming directly at the linebackers.
49. Linebackers must be at least 3 yards off the line of scrimmage and behind the defensive linemen.
50. No more than two (2) linebackers on any defensive formation.
51. Linebackers cannot play over the center.
52. Two (2) defensive cornerbacks must be at least 3 yards off the line of scrimmage and outside the offensive guards.
  - a. If a wide receiver is lined up outside, the CB will be lined up across from the WR.
53. Two (2) defensive safeties for both K/1 & 2/3 must be at least 7 yards off the line of scrimmage.
54. See Example of defensive scheme below:



### Goal Line Defense

- 55. A goal line defense may be used only between the 10-yard line and the goal line.
- 56. Linebackers must play directly behind the defensive lineman and not in the gaps.
- 57. Corners may play on the line of scrimmage (press), but outside the guards.
- 58. Safeties may play 3 yards off the line of scrimmage.
- 59. No blitzing by defensive players is permitted.
  - a. Defense is not allowed to cross the line of scrimmage until the ball breaks outside the guards.

### General

- 60. The referee will call all penalties.
- 61. All penalties will be assessed from the line of scrimmage.
- 62. Only the head coach may ask the referee questions about rule clarification and interpretations.
  - a. Players may not question judgement calls.
- 63. Games may not end on a defensive penalty unless the offense declines it.
- 64. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

### Unsportsmanlike conduct by coaches

- 65. 1st Offense- 15-yard penalty and warning.
  - a. 2nd Offense- 20-yard penalty assessed, and coach ejected.
    - *If a coach is ejected in a game, then he/she will not be permitted to return as a coach for the remainder of the season and their name will be forwarded to the LYF Board with a recommendation from the Flag Commissioner.*
  - b. If penalty results in ball being placed in the endzone, ball will be placed at the 1-yard line.

### Unsportsmanlike conduct by player

- 66. 1st Offense- 10-yard penalty and warning.
  - a. 2nd Offense- 10-yard penalty assessed, and player ejected from the game.
    - *If a player is ejected in a game, then he/she will be required to meet with their coach and the LYF Board with a recommendation from the Flag Commissioner.*
  - b. If penalty results in ball being placed in the endzone, ball will be placed at the 1-yard line.