

Dickinson Youth Football League – Flag Football 2020

Goal: Provide a safe environment to learn and practice the basic fundamentals of football

Games: Tuesday and Thursdays at DSU practice fields (1 block east of the Biesiot Activities Center)

5:30 – 6:10 Practice

6:15 Games Start – Earlier starts as needed for daylight

Game Set Up:

- Field Dimensions: 50 yards long x 30 yards wide with 10 yard end zones
- Each team will consist of 7 players and reserves
- Two coaches per team - They may have their child, but all other players will be drafted
- Ideally 10-12 players per team
- (2) 20minute halves - running clock
- 1 time out per half per team
- Halftime will be 5 minutes from the end of the first half.
- Team that wins the coin flip will start game on Offense, the opposing team will start second half on offense.
- Start each drive at the 5 yard line.
- First down achieved by crossing midfield, allowing 4 more downs to score.
- Team must attempt 2 point conversion after each touchdown.
- Change of possession – must start each drive from their 5 yard line.
- Fumbles - dead where the ball hits the ground – offense keeps possession.
- Dropped or fumbled snap (between center and quarterback) can still be picked up and continue the play.
- Dropped laterals - dead where the ball hits the ground – offense Keeps Possession.
- Interceptions are dead – but intercepting team goes on Offense from their own 5 yard line.

Attire:

- Cleats or running shoes are acceptable. No metal cleats.
- Team T-Shirts will be worn during games.
- Football gloves are allowed but not necessary
- Please dress for the changing weather conditions during our season
- All players will wear a flag belt.
- Please bring your own water bottles

Offense:

- 3 lineman
 - 2 Receivers
 - 1 Running back
 - 1 Quarterback
-
- Teams have 25 seconds to put ball in play, starts when ball is spotted.
 - All players must be set at snap of ball
 - Three linemen must start at line of scrimmage each play – but are eligible receivers.
 - Center must snap ball between legs.
 - The person receiving the snap must be a minimum of 3 yards behind the line of scrimmage.
 - The receiver must have one foot down inbounds with complete control of the ball.
 - Can only snap the ball when Defensive coach whistles
 - When the ball is placed less than 5 yards from midfield line (first down mark) or goal line, offense must attempt a pass (If Defense chooses to rush than offense can run for first down.
 - A player can NOT play the same position both halves of a game.
 - It is encouraged that all Players get to try all positions at some point.

Defense:

- 2 lineman
- 2 linebackers
- 2 corners
- 1 safety

- Defense is responsible for spotting ball in middle of field in a timely fashion.
- Defensive players must be 5 yards off the line of scrimmage. (Neutral Zone). Disregard the Neutral Zone if it puts the defense in the end zone – neutral zone becomes the ball.
- Defense must rush at least one man on each play but no more than 3 rushers per play – except Goal line and short yardage situations. Defense may drop all defenders into coverage at that point because offense cannot begin with a running play.
- There shall be no tackling, violent rushing, or stripping of ball from the runner.
- It is a sack if passer is de-flagged while ball is still in contact with his hand (Offensive coaches judgement)

Fumbles:

- All fumbled balls touching the ground are dead immediately at the spot the ball hit the ground.
- The offensive team may not fumble a ball forward in mid-air to advance the ball.
- Laterals behind the line of scrimmage that hit the ground are dead at that spot.

Flag Belts & Tackles:

- Every player must have their shirt tucked in their pants.
- If a player loses his flag belt and has possession of the ball, the defense must touch them with one hand in the waist area.
- A flag guarding penalty will be called if a ball carrier uses his hands, arms, the ball, or clothing to hide or prevent an opponent from pulling the flag belt.
- Any player caught wearing the belt illegally will result in a change of possession
- The ball is dead if any body part other than the foot or hand touches the ground.

Blocking:

- All blocking must be made with the blocker in an upright position with both hands clasped in front.
- Hands can only be placed on the front of the defensive player.
- No player may use his hand to go through, over, or around an opponent.
- No body blocks, roll blocks, knee blocks, or shoulder blocks are allowed at anytime.

Inadvertent Whistle:

- The team with the ball at the time of the whistle has the option of replaying the down, or taking the ball at the spot where it was when the whistle was blown.

Penalty Enforcement: - All Penalties are 5 yards.

- Both offensive and defensive players are entitled to their established positions.
- Defense cannot block or chuck any offensive player at any time.
- Offense cannot initiate direct contact with any defensive player.
- Both offensive and defensive players must try to avoid contact when running or defending pass routes.

Pass interference offensive or Defensive

Flag guarding (Spot of foul-back 5 yards)

Illegal contact by offense (Running over or through defender)

Illegal flag pulling

Illegal blocking (block below waist or in the back)

Offensive or Defensive Holding

Off sides

False start

Determines if Sack occurred while ball is in the quarterbacks hand

Illegal rushing

Offensive Holding

- Defensive penalty move ball forward 5 yards for offense and replay the down
- Offensive penalty move back 5 yards and repeat the down
- Spot fouls –**Flag guarding** and **Offensive illegal contact** (Running over or through defense rather than around) result in dead ball at spot of incident, move back 5 yards, re-play down.
- Penalties occurring in the end zone will place the ball at the one yard line

Unsportsmanlike conduct will not be tolerated

- Each coach is responsible for the behavior of their own players
- First time offense will be done for the remainder of the game
- Second time offense will be done for two games
- Third time will be done for the remainder of the season

Running With The Ball: (Penalty - 5 yds from spot of foul)

- Ball carrier cannot flag guard.
- Ball carrier cannot initiate contact or run over/into defensive player.
- Defense must go directly for the flag.
- Defense cannot grab ball carrier in any way to slow him down, etc. to grab the flag.

Items needed for each game:

10 cones to mark boundaries

Flag belts for all players

Clock/phone timer for game

2 footballs