



NORCAL

— YSA —

FLAG FOOTBALL
GAME RULES

Game Format

(how the game is set up)

Games are 6 players v 6 players

All players are eligible receivers

Field is 25-30 yards wide and 70 yards long, including the 10 yard end zones

Coin flip winner determines choice of possession or direction (winner may elect to defer their choice to the 2nd half)

Two 20 minute running clock halves (5 minute break at half)

The clock will only stop for time-outs and injuries unless it is the last minute of the game. (it does not stop for incomplete passes, out of bounds, change of possession)

1. The clock will stop in the final 1 minute of the game on these actions:

Incomplete

Out of Bounds

QB Sacks and Kneel downs

Change of Possession

Penalties, If it's an offensive penalty the clock will start on the official unless dead ball foul.

Two 30 second time outs per half

If a timeout is called after a touchdown, the clock will not start until the play after the conversion attempt.

30 second play clock (45 second play clock for K-2nd Grade Division)

Teams switch sides at Halftime



Basic Rules

(how the game is played)

Each possession starts at the 5 yard line after scores, turnover on downs and/or halftime.

The offensive team has 3 downs to get a first down at mid-field, then 4 downs to score once they have crossed mid-field.

NO RUSHING THE QUARTERBACK. Unless the QB fakes a handoff which will allow a defensive player to cross the LOS and rush the QB.

Center cannot take a handoff from the QB.

If there is a bad snap, the ball is dead and placed at the LOS, loss of down. There is NO loss of yardage.

Ball is placed where the flag pulled, not where the ball is when the flag is pulled, except when:

1. In the judgement of the officials, the ball broke the plane of the goal line before or simultaneous to the flag being pulled, it shall then be ruled a touchdown.

If the ball carrier's flag inadvertently falls without being pulled, player is downed by 2 hand touch

The offense must have 3 players on the line of scrimmage at all times.

Only one player at a time can be in motion prior to the snap.

A receiver must have one foot in bounds when making a reception.

Laterals are allowed but if the ball hits the ground, the ball is spotted at that yard mark.

No tackling or Blocking (Stationary pick is allowed but player cannot move).

Games cannot end on a defensive penalty.



Grade Specific Rules

Kinder, 1st and 2nd Grade

- The offense has to cross the LOS within: **6 seconds**
- 45 Second Play Clock
- Unlimited Runs
- 1 Coach allowed on the field for both Offense and Defense

3rd - 4th Grade

- The offense has to cross the LOS within: **4 seconds**
- 30 Second Play Clock
- One Run per 1st down (series), total of 2 runs max per possession
- No Runs 5 yards from the 1st down marker and End Zone
- No Runs on extra points
- 1 Coach allowed on the field for both Offense and Defense

5th - 8th Grade

- The offense has to cross the LOS within: **3 seconds**
- 30 second play Clock
- No Runs
- No Coaches allowed on the field.



Pass Game Rules

The offense has to cross the LOS within:

K - 2nd Grade - 6 seconds

3rd - 6th Grade - 4 Seconds

7th - 8th Grade - 3 Seconds

The sack count starts on the snap of the ball no matter what the offensive play is attempted.

Forward pass can be underhand or overhand as long as it is beyond the LOS

If the QB does not release the ball before time expires, it is a sack and the ball stays at the LOS, resulting in a loss of down

No screen passes of any kind is allowed

Flea Flicker - The QB can handoff or pitch to one additional player maximum and the ball must be thrown within the allotted time for the grade level. The defense may cross the LOS once the hand-off/lateral has been made to pursue the player with the ball:

1. K-4th - players still have the option to run or pass during a flea flicker
2. 5th-8th - No Run rule still applies, the result of a flea flicker must be a pass

Defense must start 2 yds off the LOS, unless the ball is at the +1 then defense can start at the goal-line.



Run Game Rules

The offense has to cross the LOS within:

- K - 2nd Grade - 6 seconds
- 3rd - 6th Grade - 4 Seconds
- 7th - 8th Grade - 3 Seconds

The play is dead when the following occurs to the ball carrier:

- 1) Flag is pulled
- 2) Runner's knee touches the ground
- 3) Runner steps out of bounds
- 4) Runner dives, jumps or leaps; ball is spotted where the runner left the ground.

No fumbles. (a fumbled, or stripped ball is dead and placed at the spot of the fumble with the offensive team retaining possession.)

No Direct QB Runs.

The ball carrier can spin to avoid their flag being pulled but cannot flag guard.

Scoring

- Touch Down = 6 points
- Extra Point (5 yd line) = 1
- Extra Point (10 yd line) = 2



Special Alert Rules

Defensive players can cross the line of scrimmage to pursue any ball carriers when a handoff, or a fake handoff has occurred. This Deception Rule is applied to assist with the development of the passing game for both offense and defense. This rule applies to all divisions

Interceptions can be returned for a TD. If the intercepting team's flag is pulled before the end zone, their possession begins where the flag has been pulled

PAT interceptions can be returned for 3 points. If the intercepting team's flag is pulled before the end zone, the play shall be ruled dead.

Mercy Rule

If a team is up by 30 or more they only have 2 downs to get a first down and 2 downs to score until that point difference is trimmed below 30 pts. Than regular game rules apply.

The team that is behind by 30 or more points will start their offensive possession at the +10 yard line and get 4 downs to score. If the point difference is trimmed below 30pts, than regular game rules apply.

note 1: If scoreboard is present the scoreboard will be turned off after 50 pts., officials will then run the clock.



Offensive Penalties

Offensive Pass Interference - 10 yard penalty and replay the down.

Illegal Motion (2 players in motion) - 10 yard penalty and replay the down.

Illegal Formation (less than 3 on the LOS) - 10 yard penalty and replay the down.

Illegal Run - 10 yard penalty and replay the down.

False Start - 10 yard penalty and replay the down.

Illegal Forward Pass - (QB steps over the LOS or QB throws a forward pass behind the LOS) 10 yard penalty and repeat the down.

Blocking - 10 yard penalty from spot of foul and loss of down.

Flag Guarding (Including Stiff arms) - 10 yard penalty from the spot of the foul and loss of down.

Unsportsmanlike Conduct - 15 yard penalty (Possible Ejection)

Delay of Game - Clock is stopped and 10 yard penalty.

No intentional Grounding Penalty.



Defensive Penalties

Defensive Pass Interference - 10 yard Penalty and replay down unless it's an offensive catch; offense decides. 1st down can occur depending on the yardage.

Illegal Contact (holding, jams, etc.) - 10 yard penalty and replay down unless it's an offensive catch; Offense decides. 1st down can occur depending on the yardage.

Defensive Holding while pulling flag - 10 yard penalty added to the end of the play and replay down. 1st down can occur depending on the yardage.

Illegal Flag Pull (before player has ball) - 10 yard penalty and replay down. 1st down can occur depending on the yardage.

Off-sides - 10 yard penalty and replay down. 1st can occur depending on the yardage.

Illegal Rushing (before a hand-off has occurred) - 10 yard penalty and replay the down; offense decides depending on the result of the play. 1st down can occur depending on the yardage.

Inadvertent Tackle - 10 yard penalty replay down, 1st down can occur depending on the yardage.

Inadvertent Tackle from Behind w/clear path to end zone - Automatic Touchdown

Unsportsmanlike Conduct - 15 yard penalty and automatic 1st down (possible ejection).

Defensive penalties inside the 10 yard line will result in half the distance to the Goal-line if applicable.

