

Cape Cod Youth Flag Football Rules

General Rules:

- 5 on 5 no contact flag football played on a 70 x 25 yard field
- All teams will advance to the playoffs
- The away team (Dark) calls all coin flips

Coin toss determines:

First possession, Goal to defend or defer to 2nd half.

Game Play

- The offensive team takes possession at their 5-yard line.
- The offensive team then has four (4) downs to advance the football to mid-field for a first down.
- After 3 failed attempts, the offense will then have the choice to go for a first down or “punt”.
- If the offense chooses to go for the first down and fails, the opposing team takes over on downs at the line of scrimmage.
- If the offense reaches mid-field it receives 3 more downs to score. If the offense fails to score, the football changes possession and the opposing team starts its own drive from its own 5-yard line.
- If the offense chooses to “punt”, the football changes possession to the opposing team and it starts its drive from its own 5-yard line.
- All possession changes, except interceptions and failed 1st down attempts on 4th down start at the offense’s 5-yard line.
- All players on both teams must start from a spread formation
- Teams have the option to run from the shotgun formation or from under center.

Game Clock/Play Clock/Overtime

- Each game is 40 minutes in length with two 20-minute halves.
- Half Time: There will be a 3 minute intermission.
- There will be a change of possession and direction at halftime. *After halftime, the team who started on defense will start on offense.
- The game clock will not stop at any time during play except for a team timeout or at the referee’s discretion or a delay of game penalty.
- Each team will receive three (3) 30 second timeouts per game.
- **THERE IS NO OVERTIME DURING THE REGULAR SEASON... Only Playoffs and championship games will have overtime**
- Once the referee has spotted the football for play, the offensive team has 30 seconds to snap the football. The referee will announce when 10 seconds remain before calling a delay of game penalty. Please note: **The K-2 division will be allowed 45 seconds.**
- The offensive team may not snap the football until the referee has set the football for play.

Scoring:

- Touchdown = 6 points
- Extra Points:
 - From 5 yard line = 1 point
 - *Interception for a TD on extra point try = 1point
 - From 12 yard line = 2 points
 - *Interception for a TD on extra point try = 2 point
- Safety = 2 points
 - *Dropped snap or shotgun in endzone is a safety

Running:

- The Quarterback (or player who receives direct snap) cannot run except when the football is handed back to the QB by the player who receives direct snap
- There are Absolutely NO pitches, laterals or screen passes of any kind.
- There are no screen passes behind the line of scrimmage.
- “Center sneak” play is no longer allowed. The QB is not allowed to handoff to the center on the first handoff of the play.
- All handoffs must be behind the line of scrimmage and behind the offensive player handing off.
- “No Run Zones” are located 5-yards from the mid-field line and end zones. Once the ball has been spotted in these areas, no running plays are allowed. **(Please note: Does not apply to K-2 division)**
- The football is spotted where the ball carrier’s front foot is when their flag is pulled off the belt.
- Spinning away from a defensive player is allowed. This action must be deemed to be “under control” by the referee and the player’s arms may not swing wildly away from his/her body.
- Offensive players may not guard their flags in any way by shielding, holding, moving, etc.
- Runners may not leave their feet to advance the ball. Diving, leaping, or jumping to avoid a flag pull is considered flag guarding.
- Offensive players may not block in any way. The only acceptable scenario is a, “non-moving screen.” A “non-moving screen” must meet the following criteria to be legal:
 1. The player(s) feet must be stationary
 2. Player(s) hands must be at their side or touching their own body.
 3. The player(s) may not move until the ball-carrier has past them by 2 yards.**A “non-moving screen” may only be implemented to screen for an offensive ball carrier.*

Passing:

- All passes must be thrown with one hand from behind the line of scrimmage, thrown forward and ball out of hand prior to breaching the line of scrimmage.
 - a. All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes, unless touched by a defender.
 - b. The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- The quarterback has a seven-second “pass clock.” If a pass is not thrown within the seven seconds, the play is dead, the down is consumed, and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.
- If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to

- QB's must pass the football within 7 seconds after the snap. If the football is not thrown within 7 seconds, the play is ruled dead. There is no penalty.
- If the football is handed off, lateraled, etc. the 7-second rule is no longer in effect.
- Intentional grounding is not a penalty.
- Interceptions may be returned by the defense. Interceptions downed in the end zone will result in the football being placed at the 5-yard line.
- The intercepting team may not implement a "non-moving screen" during an interception return. the line of scrimmage (LOS).

Receiving:

- All offensive players are eligible to receive passes.
- Players must have at least one-foot inbounds when making a catch.
- Players who run out of bounds are not eligible to make a reception.
- Only ONE offensive player can be in motion when the football is snapped provided, they do not cross the line of scrimmage.
- In the case of a simultaneous catch/possession by both an offensive and defensive player, possession is awarded to the offense

Defense/Rushing the Quarterback:

- Any defensive player(s) that rushes the QB must start 7 yards off the line of scrimmage when the football is snapped. Any number of players may rush the QB or none at all. Players not rushing the QB may line up anywhere and/or defend at the line of scrimmage. Please note: Defensive players must stay 7 yards off the line of scrimmage in the 3-5 and 6-8 divisions until the football is snapped. **If a player "jumps the snap" but resets before the snap, he/she cannot rush the quarterback.**
****The K-2 division must line up 5 yards off the line of scrimmage and CANNOT BLITZ.***
- Once the football has been handed off to an offensive player, by the QB, the 7-yard rush rule is no longer in effect.
- Defensive players defending the line of scrimmage may not follow offensive players behind the line of scrimmage. Defensive players who are not 7 yards off the line of scrimmage may only cross the line once the ball has been handed off by the QB.
- The referee will designate the 7-yard (or 5) mark before the ball is set each play.
- There is no tackling, blocking, pushing or contact of any kind allowed.
- Defenders are not allowed to "bump" receivers at any time.
- Defensive players may not charge thru an offensive player in a "non-moving screen," they must go around.
- Defensive players may not attempt to strip the ball from the ball carrier.
- The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. The PATH is set pre-snap from the rusher or rushers directly to the QB. PATH does not move once the quarterback moves. If the "path or line" is occupied by a moving offensive player, then it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and to avoid contact.

Flag Pulling

- A legal flag pull takes place when the ball-carrier is in full possession of the ball. 2

- Defenders can dive to pull flags from the side only but cannot tackle, hold or run through the ball-carrier when pulling flags. Defensive players may not dive from behind to pull the flag. Doing so will result in a 10 yard penalty (from the spot of the foul) and a first down for the offense. In the event that the player crosses the goal line, a touchdown will be granted.
*Sometimes a player will go to the ground while attempting to pull a flag. The referee and only the referee will determine if it is a dive or not.
- It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
- If a player's flag inadvertently falls off during a play while that player has possession, the player is down immediately and the play ends. The ball is placed where the flag lands.
- If a player who has one or no flags in their belt takes possession of the ball, the play is dead at that spot on the field.
- A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- **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 football jersey.

Dead Balls:

- The football can be snapped between the legs or off to the side, to start play.
- Substitutions may only be made during dead ball situations.
- Dead ball results include:
 - o Ball carrier's flag is pulled
 - o Ball carrier steps out of bounds
 - o Touchdown is scored
 - o Ball carrier falls on the ground or if their knee or the ball touches the ground.
 - o Incomplete pass
 - o A timeout is called
 - o 7-second QB pass rule violation
 - o Any player who starts the play without a flag belt and touches the football
 - o Any time the ball is fumbled the play is dead where the football hits the ground

Attire:

- All players must wear their official NFL Flag Jersey, official flag belt, shorts or pants and a protective mouthpiece must be worn on every play! No exceptions!
- Players may wear wristbands and gloves.
- Players may not wear head gear (including sunglasses), any type of padding or metal cleats.
- Seeing eyeglasses or goggles may be worn but only with a tightened head strap.
- All players' shirts must be tucked in at all times and their flag belt worn properly with no obstructions to the flags.

Penalties

- **Defensive:**

Off sides/Illegal Rush - 5 yards + 1st Down

Pass Interference - Spot of penalty + 1st down

Holding - 5 yards from spot + 1st down

Illegal Contact - 10 yards from spot + 1st down

Illegal Flag Pull - 5 yards from spot + 1st down

Illegal Attire - 10 yards from spot + 1st down

Roughing QB - 5 yards from LOS + 1st down

Delay of Game - 10 yards + 1st down + clock stops

Unnecessary Roughness – 10 yards + 1st Down

Unsportsmanlike Conduct – 10 Yards + automatic 1st down

- **Offensive:**

Off sides/Illegal Motion - 5 yards from LOS + Loss of down

Pass Interference – 5 yards + Loss of Down

Illegal Forward Pass - 5 yards from LOS + loss of down

Flag Guarding - 10 yards from spot of foul + loss of down

Illegal Attire - 10 yards from LOS + loss of down

Impeding Rusher - 10 yards from LOS + loss of down

Illegal Motion – 5 yards from LOS + loss of down

Illegal Screen - 10 yards from spot of foul + loss of down

Unnecessary Roughness - 10 yards from LOS + loss of down

Delay of Game - 10 yards from LOS + loss of down

Unsportsmanlike Conduct – 10 yards from LOS + Loss of down

Coaches Code of Conduct

Coaches will be given 2 warnings for unsportsmanlike behavior at the referees' discretion. After 2 warnings a coach may be ejected from the game.