

West Liberty-Salem

FLAG FOOTBALL RULES

This program exists to serve the needs of our youth. All involved should be allowed to participate on an equal basis in a competitive atmosphere. The primary focus should be on individual development (learning all the positions), FUNDamentals and teamwork. The main emphasis is on having fun, involving the family, and developing a positive self-image. Good sportsmanship is expected at all times from the players, coaches and parents.

The West Liberty-Salem youth flag football league is set up for participation and development, and is intended to safely prepare each athlete for junior high football.

COACH / PLAYER / SPECTATOR CONDUCT

Coaches whose conduct conflicts with league philosophy will be reprimanded and/or removed! Coaches are responsible for their own conduct as well as the conduct of their players and spectators. Coaches, spectators, and players are expected to adhere to school/league rules – remain positive, don't use language or behavior that's unacceptable in school, and treat everyone around you with dignity and respect.

SPORTSMANSHIP

In order to keep up with the West Liberty-Salem Athletic Department philosophy and sportsmanship, all involved should remember to control your emotions, support all stakeholders (athletes, fans (both teams), coaches, and officials, and to shake hands with your opponents at the conclusion of the game.

FLAG FOOTBALL RULES

A coin toss determines first possession.

The offense takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.

If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.

All possession changes, except interceptions, start on the offense's 5-yard line.

Teams change sides after the first 25 minutes. The team which started the game on defense, starts the second half on offense.

PLAYERS/GAME SCHEDULES

All players on the team should play an equal number of snaps (or close to it). The coach will have a plan (rotation) for each player to get sufficient playing time.

Teams consist of 5-on-5 on the field.

TIMING/OVERTIME

Games are (2) 25-minute running time halves.

If the score is tied at the end of 50 minutes, the game is considered a tie. There is no overtime.

Each time the ball is spotted a team has 45 seconds to snap the ball. The official(s) will monitor this closely. Delay of game is a 5-yard penalty.

The quarterback has 8 seconds to throw the ball. The official(s) will monitor this closely. It's considered a sack if the 8 second runs out and the ball is dead at the spot of the QB's feet.

Each team has one 60-second time out and one 30- second time out per half. Officials (Coaches) can stop the clock at their discretion.

SCORING

Touchdown: 6 points

Extra point: 1 point played from 5-yard line (must pass), 2 points from the 7-yard line (run or pass)

Safety: 2 points

RUNNING

The quarterback cannot run with the ball.

Offense may use multiple handoffs behind the line of scrimmage.

Absolutely NO laterals or pitches of any kind beyond the line of scrimmage.

"No-running zones" located 5 yards from each end zone and 5 yards on either side of midfield, are designed to avoid short- yardage, power-running situations to obtain a first down across midfield. This is a pass only location.

The player who takes the handoff can throw the ball from behind the line of scrimmage.

Once the ball has been handed off, all defensive players are eligible to rush.

Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving or jumping over another player).

The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

RECEIVING

All players are eligible to receive passes including the center, and the quarterback if the ball has been handed off behind the line of scrimmage.

Only one player is allowed in motion at a time. Shifts are legal.

A player must have at least one foot inbounds when making a reception. An interception can be returned, and the offense takes over where the defensive player (who intercepted the ball) gets their flag pulled.

PASSING

The quarterback has an (8) second "pass clock."

If a pass is not thrown within 8 seconds, play is dead at the location of the QB's feet, loss of down. Once the ball is handed off, the 8-second rule is no longer in effect.

Interceptions are returnable. Interceptions are the only changes of possession that do not start on the 5-yard line.

DEAD BALLS

The ball may be snapped between the legs (QB-C are of the same gender) or off to one side (C-QB of opposite genders) to start play. Shotgun formation is allowed.

Substitutions may be made on any dead ball.

Play is ruled "dead" when:

- Ball carrier's flag is pulled.
- Ball carrier steps out of bounds.
- Touchdown or safety is scored.
- Ball carrier's knee hits the ground.
- Ball carrier's flag falls off.

Note: There are no fumble recoveries. The ball is spotted where the ball hits the ground with the team who fumbled – offense retains possession. If it was on 4th down, and the ball carrier did not attain the line to gain, it's a turnover on downs (new offense takes over on their own 5-yard-line).

RUSHING THE QUARTERBACK

There will be no rushing of the quarterback. The quarterback has (8) seconds to pass the ball, or they are automatically down. Players may defend on the line of scrimmage. Once the ball is handed off, all defenders may rush and go behind the line of scrimmage.

Remember, no blocking, tackling, stiff arming, or flag guarding is allowed.

SPORTSMANSHIP/ROUGHING

If the official's (or coaches) witness any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act the game will be stopped, and the player will be asked to sit out for the rest of the game. FOUL PLAY WILL NOT BE TOLERATED.

Sportsmanship and Development are the Primary Concerns

ATTIRE

Players MUST have shirts tucked in at all times – untucked shirts will interfere with flag pulling and will be an automatic “down” (as if the flag was pulled) at the time and location the player first touched the ball.

Cleats are encouraged, except for metal spikes. Inspections must be made.

It is MANDATORY that all players are to wear a protective mouthpiece!

INCLEMENT WEATHER / RAINOUTS

All games must be played on their scheduled dates unless weather or conditions or the playing field warrant postponement. Coaches use discretion. If thunder or lightning is observed (seen or heard), everyone (fans, players, coaches, and officials) must leave the field.

RESCHEDULING

The West Liberty-Salem Youth Football Association may reschedule postponed games based on availability. The Association will notify coaches regarding the make-up date.

PENALTIES

5th & 6th grade level only - the officials will call all penalties. All other leagues, the coaches will call the penalties – no officials will be on the field.

REMINDER: There are no kickoffs or punts. Blocking, flag guarding, pushing or shoving are not allowed.

DEFENSE:

Offsides - 5 yards and automatic first down.

Pass Interference - 10 yards from line of scrimmage and automatic first down.

Illegal contact - holding, blocking, etc. - 10 yards from line of scrimmage and automatic first down.

Illegal flag pull - before receiver has ball -10 yards from line of scrimmage and automatic first down.

Illegal rushing - rushing the quarterback before they have thrown the ball or handed off - 10 yards from line of scrimmage and automatic first down.

OFFENSE:

Illegal motion - more than one person moving or false start - 5 yards from line of scrimmage & loss of down.

Illegal forward pass – forward pass received from beyond line of scrimmage - 5 yards from line of scrimmage & loss of down.

Pass interference - illegal pick play, pushing off/away defender - 10 yards from line of scrimmage & loss of down.

Flag guarding - 10 yards from line of scrimmage from line of scrimmage & loss of down.

Delay of game - 5 yards from line of scrimmage and loss of down.