

2019 CYO FLAG FOOTBALL RULEBOOK

ELIGIBILITY

- Kindergarten league includes players in Kindergarten who are 6 years old or younger as of August 1, 2019.
- Division 2 league includes players in the 1st and 2nd grade who are 8 years old or younger as of August 1, 2019.
- Division 4 league includes players in the 3rd and 4th grade who are 10 years old or younger as of August 2, 2019.

PLAYER PARTICIPATION

- Every child is required to play a minimum of 4 plays per half of every game in which his team is involved, provided the child has attended practices regularly and has not been a discipline problem.
- Players who are being disciplined or who have been designated as injured or ill will not be allowed to play and will be considered ineligible for that game. The officials will not knowingly permit these players to enter the game. However, the burden of responsibility will rest with the coach.
- When one of the aforementioned impediments applies or when a child is ill or injured, the coach should note on the CYO issued scorecard, which is required to be completed prior to the start of the game. Indicate with a "D" for disciplinary action or "I" for injury or illness. On the reverse of the card the coach must give the player's name and number and the reason for the disciplinary action or the nature of the injury or illness.

PRACTICE TIME

- Practice is limited to a maximum of five (5) hours per week during the school year. (Six 6 hours per to August 14th).
- Team practice may begin on July 29, 2019.

SUMMER CONDITIONING

- Summer conditioning may take place before the official start of fall practice on Monday July 8, 2019. Ball or any other equipment may not be used during the conditioning period. If a supplemental player has not been assigned by the CYO, they may not participate in conditioning.

GAME FORMAT

- A coin toss will determine which team begins on offense. The loser of the coin toss will decide which goal to defend.
- Kindergarten each team will have three players on the field during the game. A coach will serve as quarterback. The center will snap the ball to the quarterback.
- Division 2 each team will have five players on the field during the game. A coach will serve as quarterback. The center will snap the ball to the quarterback.
- Division 4 each team will have six players on the field during the game. A player will serve as quarterback. The center will snap the ball to the quarterback.
- There will be no kickoffs. Every possession will begin at the 5-yard line and the offensive team will have 3 plays to cross midfield for a first down. Once a team crosses midfield, it will have 3 more plays to score a touchdown.
- There will be no running the ball from the 5 yard line to the end zone when attempting to score. All plays must be pass plays in this area of the field (No

Run Zone). However, in D4, if the QB is rushed, the QB is allowed to run.

- There are no punts. If the offense fails to get a first down, or score, the ball changes possession and the offensive team takes over at its own 5-yard line.
- All possession changes will begin on the offense's 5-yard line with the exception of interceptions. After an interception, the football will be placed at the end of the return.
- Teams change directions after halftime and possession goes to the team that started on defense at the beginning of the game.

PLAYERS' EQUIPMENT

- A player shall not wear anything which is dangerous to himself or any other player.
- Metal or metal-tipped cleats are not allowed.
- Mouth guards may be worn but are not required.
- Players may wear gloves, elbow pads and knee pads.
- Players must remove all watches, earrings and any other jewelry that is deemed hazardous by league officials.
- All players on a team must wear the same color uniforms and have identifying number on the **front and back** of the uniform shirt.
- If a player's jersey goes below the waistline, it must be tucked into their pants.
- No towels or other items that may resemble a flag can be tucked into a player's pants.

FIELD REGULATIONS

- Kindergarten field size is 20 yards wide and 30 yards long - including the end zones (5 yards each)
- Division 2 and Division 4 the fields are 53 and 1/3 yards long – including the end zones (5 yards each) – and 25 yards wide.
- The boundary lines will be marked on the sidelines and end zones.
- The mid field line and the no run zone lines will be marked.

DURATION OF THE GAME

- Kindergarten games are played on a 32-minute continuous clock divided into four, 8 minute quarters. There will be one minute between quarters and six (8) minutes between halves.
- Division 2 and Division 4 games are played on a 40-minute continuous clock divided into four, 10-minute quarters. There will be one minute between quarters and eight (8) minutes between halves.
- All Games will begin at the same time (1st Half and 2nd Half).
- First 3 quarters and the first 9 minutes of the 4th quarter will be a running clock. The last minute of the 4th quarter will be a regular clock kept on the field by the officials.
- **Delay of game penalty in the last 2 minutes of the game will result in a loss of down plus penalty yardage.**
- When the ball is spotted by the official, the offensive team has 30 seconds to snap the football.
- With a running clock, the official may add a bonus of one (1) or two (2)

minutes to a given game if there is a significant stoppage of play due to an injury.

OVERTIME

- If the game is tied at the end of 40 minutes, each team will get one possession from midfield with three downs to score. One (1) overtime period will be played during the regular season. If either team does not score the game will end in a tie.

OFFICIAL GAME BALL

- CYO shall furnish the ball of proper size, quality and condition for each game
- K - Franklin Neo Grip (CYO will provide 2 per team)
- D2 - Wilson GST 1782
- D4 - Wilson GST 1782

SCORING SYSTEM (Division 2 and Division 4)

- Touchdown - 6 points
- Point After Touchdown (PAT)
 - 1 point (from 5 yard line) **"NO RUN ZONE"**
 - 2 points (from 10 yard line) **MAY RUN OR PASS**
- Safety - 2 points to the defensive team and possession of the ball at their 5 yard line.
- **Score is not kept in Kindergarten.**

COACHES' PARTICIPATION

- **In Kindergarten** and Division 2, a coach will serve as the quarterback.
- In Division 4 on offense, a coach may also be on the field to direct players but must be a minimum of 5 yards behind the deepest player or on the sidelines before the football is snapped and may not instruct after the ball is snapped.
- In all divisions a defensive coach may also be on the field to direct players but must be a minimum of 5 yards behind the deepest player or to the sidelines before the football is snapped.
- In ALL divisions after the ball is snapped, the on field coaches cannot instruct.
- The maximum number of coaches is limited to three (3).

LIVE BALL/DEAD BALL

- The ball is live at the snap and remains that way until the official whistles the ball dead.
- A player who gains possession in the air is considered to be in bounds if they can get one foot down in the field of play.
- If the ball hits the ground on the snap, the QB has the opportunity to pick up and continue the play. This is the only time the ball is not dead when it hits the ground.
- Substitutions can be made between plays.
Play is "dead" when:
 - the ball hits the ground
 - the ball carrier's flag is pulled

- the ball carrier's flag falls off
- the ball carrier steps out-of-bounds
- a touchdown, PAT or safety is scored
- the ball carrier's knee or elbow hits the ground
- the 6-second pass clock expires
- inadvertent whistle (replay down).
- There are no fumbles, therefore, defensive players should not reach, grab or swat at offensive ball carriers in an attempt to pull the ball loose.

PASSING

- All passes must be thrown from behind the line of scrimmage, thrown forward and received beyond the line-of-scrimmage.
- The quarterback has a six-second "pass clock." If a pass is not thrown within six (6) seconds, the QB is "sacked" and the ball is placed at that spot. If this occurs in the end zone, the defense will be awarded 2 points for a safety and gain possession of the ball at their own 5 yard line.
- Only the quarterback can pass the football. No lateral or reverse passes are allowed to be thrown by other players.
- The quarterback is required to take at least a 1-step drop.
- There is no rushing the Quarterback except in Division 4, in which case the free safety player may rush the quarterback (from a minimum of 3 yards behind the line of scrimmage) after the 3 second count. If the quarterback is rushed he is free to run with the football.
- In Kindergarten one (1) player may be in the backfield and two (2) on the LOS at the snap or all three (3) on the LOS.
- In Division 2 one (1) player may be in the backfield and four (4) on the LOS at the snap or all five (5) on the LOS.
- In Division 4 two (2) players including the quarterback may be in the backfield and four (4) on the LOS at the snap or all (5) on the LOS.
- In all Division defense is required to play man to man.
- In Division 4 defense is required to play man to man except for a free safety who must be head-up on the center at least 3 yards off the LOS.

RECEIVING

- In Kindergarten all three (3) position players are all eligible receivers.
- In Division 2 all five (5) position players are all eligible receivers.
- In Division 4 all position players (5) are all eligible receivers except the quarterback.
- A player must have at least one foot in bounds when making a reception.
- If a simultaneous catch occurs between an offensive and defensive player, the possession will be awarded to the offense.
- Interceptions can be returned and are the only possessions that do not start at the 5-yard line.
- It is the defense's responsibility to avoid contact with the receiver running a route and when attempting to break up a pass.
- No motion is allowed before the snap.

RUNNING

- When a ball carrier's flag is pulled, his forward progress will be marked at the spot of his front foot.

- The quarterback cannot run the football.
- Direct handoffs or designed pitches behind the line-of-scrimmage are allowed. No laterals or pitches downfield are allowed..
- Only one (1) exchange after the snap is allowed.
- Flags cannot be obstructed by "long" jerseys and must be worn at hip level with the flags at their side.
- Ball carriers cannot use a "stiff arm", slap defender's hands away, or lower their head or shoulders to prevent a defensive player from getting to their flags.
- Down field WRs cannot block for the ball carrier. Players do not have to be still but must not intentionally or unintentionally block for the ball carrier.

FLAG PULLING

- A legal flag pull takes place when the ball carrier is in full possession of the ball.
- Flags cannot be pulled before player has possession of the ball.
- Defenders can dive to pull a flag, but cannot tackle, hold, or run through a ball carrier.
- Defensive players cannot attempt to strip or pull the football away from a ball carrier.
- If a ball carrier's flag inadvertently falls off during the play, he will be ruled down immediately and the ball will be placed at that spot.
- If a receiver's flag falls off prior to possession he will be ruled down at the spot of possession.
- If the ball carrier fumbles the ball during the play, he will be ruled down immediately and the ball will be placed at that spot.
- If a jersey comes untucked, or a flag is repositioned, the referee has the option to whistle the play dead at the first attempt at a flag pull.

PENALTIES

- Games cannot end on a defensive penalty.
- All penalties will be assessed from the line-of-scrimmage. (Exceptions: Charging, Flag Guarding, Downfield Blocking)
- Penalties will be assessed half the distance to the goal when they occur inside the 10-yard line.

OFFENSIVE PENALTIES

- **All Kindergarten penalties – 5 yards**
- False Start/Illegal Motion - 5 yards
- Delay of Game - 5 yards
- Illegal Forward Pass - 5 yards
- Illegal Touching (going out-of-bounds, then catching pass in bounds) - 5 yards
- Offensive Pass Interference – 10 yards
- Unnecessary Roughness/Unsportsmanlike Conduct – 10 yards

- Charging (head/shoulders down) – 10 yards
- Flag Guarding – 10 yards
- Downfield Blocking – 10 yards
- Intentional grounding – 10 yards

DEFENSIVE PENALTIES

- All Kindergarten penalties – 5 yards
- Off sides – 5 yards
- Illegal Flag Pull – 5 yards
- Stripping/Grabbing/Swatting – 5 yards
- Holding – 10 yards
- Defensive Pass Interference – 10 yards
- Unnecessary Roughness/Unsportsmanlike Conduct – 10 yards

POST SEASON SEEDING DIVISION 2 and DIVISION 4

- If the higher seed cannot be determined through win-loss record the following criteria will determine the higher seed.
- Head-to-Head Competition. If one team has a superior head-to-head record in games played versus other tied teams, that team will be the higher seed.
- Winning Percentage. If (1) fails to determine the higher seed...
The team which has the highest winning percentage against all the other tied teams during regular season play will be designated the higher seed.
The team which had the highest winning percentage against the highest ranked team in the standings not involved in the tie will be determined as the highest seed.
- Coin Flip. If all above methods fail, the higher seed will be determined by a coin flip.
- Top four (4) teams from each division will advance to the postseason.

Kindergarten Rules

- 3 v3
- Field Size 20 yards x 30 yards
- Coach is the Quarterback
- Man on man coverage
- No run zone 5 yard line
- No score kept
- No PAT
- 8 minute quarters
- 8 minute halftime
- 1 minute between quarters
- No overtime

Division 2 Rules

- 5 v5
- Field size 25 yards x 53 1/3 yards
- Coach is the Quarterback
- Man on man coverage
- No run zone 5 yard line
- 10 minute quarters
- 8 minute halftime
- 1 minute between quarters
- 1 Overtime

Division 4 Rules

- 6 v 6
- Field size 25 yards x 53 1/3 yards
- Kids are the quarterbacks
- May rush the quarterback after 3 second count.
- No run zone 5 yard line
- 10 minute quarters
- 8 minute halftime
- 1 minute between quarters
- 1 Overtime