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## City Sports Local Rules- Flag Football

*The City of Greenville Parks & Recreation Department reserves the right to change and implement new rules at any time. We are committed to provide the best programs possible to ensure the best environment for the players, coaches, and their respective families.*

This is only an overview of the playing rules, and each coach is responsible for reading the TAAF playing rules furnished by City Sports except for the 5 & under league. In case of inclement weather, it will be the manager's responsibility to contact the City Sports to verify game status. (903) 451-7111 **Decisions on game cancellations will be made after 3:00 p.m.**

- A. **Players:** All players must be officially registered with Greenville Parks and Recreation Department.
  - a. All players will play in the age division their age designates unless they have a sibling playing in that division and are within 1 year of the higher age division
- B. **Teams:** Teams will be formed through a combine/draft process.
  - a. Unless that team is a Select team.
- C. **Uniforms:** Team uniforms jerseys will be supplied by the Greenville Parks and Recreation Department. Any size changes must be reported to the Greenville Parks and recreation offices prior to combine. (Participant sizes are ordered based on the registration form.) Teams may coordinate socks/shorts if desired.
- D. **Coaches:** Are volunteers in nature, selected and background checked by the parks and recreation department through TAAF.
- E. **Officials:** Are recruited and trained for at least 6 weeks and scheduled by the Greenville Parks and Recreation Department.
- F. **Practices:** Practices will be held at The Greenville SportsPark; they will be held on Mondays and Thursdays. Practice balls, game balls, and flags will be provided by Greenville Parks and Recreation Department.
- G. **Standings:** (1) Win% (2) Head-to-Head (3) Points Allowed & Points Scored vs Head-to-Head Team (4) Points Allowed/Season (5) Points Scored/Season
- H. **Regional/State:** TAAF, State tournament will be held at Greenville SportsPark November 8<sup>th</sup>- 10<sup>th</sup>. Teams that place 1<sup>st</sup> and 2<sup>nd</sup> will go to state.
- I. **Governing Body:** Any rules not specified by Greenville Parks and Recreation Department, will revert to the governing body rules through Texas Amateur Athletic Federation (TAAF).

## Local Playing Rules: 7u - 9u - 11u - 13u

Teams consist of eight (8) players on the field. However, teams will be permitted to play with fewer than eight (8) players, but not less than six (6) players. Any team appearing with less than six (6) players will forfeit that game BUT will even up teams and be allowed to scrimmage. Teams competing against other teams with less than eight (8) players will have the option of playing with eight (8) players or playing with the same number of players as the other team.

1. **Participation Rule:** Any child that attends half the scheduled practices in a week MUST play offense or defense for the entire game.
2. Spectators must remain on the opposite side of the field as the players and 5 yards away from the out of bounds line that will be marked.
3. Length of game is two (2) – 18 (18) minute halves with a five (5) minute halftime. At the end of each 18-minute period, teams will be instructed that the 7-play period has begun. Officials will give down, distance, and play number. If team fails to get the first down, then the ball will be turned over and the other team will continue to play until seven plays are up. 25 sec game clock still in effect. Exception: if a team is leading by seventeen points or more at the end of the second half, the game is over.
4. League play will consist of 6 league games and end with a Consolation tournament. Placement in tournament will follow league standings procedure as outlined in our Constitution and By-Laws. All league games and tournament games will be played until a winner is declared (flag football games cannot end in a tie).
5. League Age is as of September 1<sup>st</sup> of the current year.
6. Players, coaches, and spectators on the playing field area are prohibited from the use of tobacco products or alcohol.
7. City Sports will provide each team with game equipment (flag belts and footballs).
8. Teams advancing to championship play are subject to the playing rules and regulations of T.A.A.F and will play in the uniforms City Sports provides for the tournament teams.
9. **Ball sizes for leagues are as follows:**
  - 5U & 7U (PEE WEE) Nike Spiral Tech or equal
  - 9U & 11U (JUNIOR) Nike Spiral Tech or equal
  - 13U (YOUTH) Nike Spiral Tech or equal

### 10. PLAYING FIELD

- Field Size - The playing field is 80 yards by 40 yards. 80 yards from goal line to goal line.
  - First Down - There are four zones that are marked 20 yards apart.
  - Extra points will be 3 yards for 1 point, 10 yards for 2 points.
11. **Coin Toss:** Winner of toss will have the choice of offense, defense, defer to 2<sup>nd</sup> half or direction. Loser of the toss will have first option in the second half. **(Away team calls the coin toss)**

## **OFFENSE: (Only 1 coach will be allowed in the huddle)**

1. 7U- QBs are allowed to run. 9U-11U-13U QBs must throw the ball across the line of scrimmage.
2. Each Team has four downs to advance the ball 20 yards for a first down. When a team takes possession, they must advance the ball beyond the next line in 4 downs to get a new set of downs.
3. If not reached after the third down the team has the option to punt or go for it. Team must declare choice to official. (NO FAKES)
4. If they choose to go for it and do not make it, the ball is turned over at that spot
5. All snaps must be between the legs from the ground and must travel 5 yards.
6. If the ball bounces before it gets to the quarterback and it is fielded cleanly, it is still a live ball. If the ball is muffed or if it goes past the quarterback, then it is a dead ball and placed at the spot of the ball. Muffed will be defined as a ball that hits the hands and then goes to the ground. It will be ruled dead as soon as it contacts the ground following contact with the hands.
7. The only type of blocking is screen blocking.
8. Player must have hands grasped behind back or hands holding the belt.
9. Moving screens are only legal behind the line of scrimmage.
10. A screener may not step into a rusher
11. All players are eligible receivers
12. Only 2 exchanges in the air can be made per play behind the LOS. If three are made it should be considered forward pass
13. Only one player can be in motion during the snap and motion must be parallel to line of scrimmage.
14. If a player spins, he is responsible for avoiding contact and controlling his body. If contact occurs the runner will be penalized and considered out of control.
15. No attempt to defend or guard flags will be allowed. It is to the discretion of the official. No stiff arms, swatting, leaning over to guard flags, or swinging arms while running with intent of guarding flags.

## **DEFENSE: (Only 1 coach will be allowed in the huddle)**

1. Rushing is the active pursuit of a player with the ball
2. Player may not run over another player to get to the ball
3. May not push or pull player to get to the ball
4. If they hit an upright player in the head automatic penalty
5. Pass interference shall be called on either a receiver or a defender. The defender must not go through the offensive player to get to the ball or knowingly shield or screen the receiver's eyes while pass is in the air.

6. Tackling is prohibited
7. Pushing a ball carrier out of bounds without going for flags is prohibited
8. Defense must line up 1 yard off the ball or 3 yards if any part of body is over center
9. Player may not attempt to strip or take the ball from the grasp of a player in possession.
10. No Fumbles may be returned. A fumbled ball is dead once it makes contact with the ground and belongs to the team last in possession (if team has downs remaining)

## PUNTING

1. Offensive team must declare to the official on fourth down to either punt or go for it.
2. Punt returning team must have five players lined up within five yards of the line of scrimmage and they must stay in that zone until it is reached by the ball returner.
3. Those five players are not allowed to screen punting team as they pass through that zone.
4. There can only be stationary screens by members of the returning team or they can position themselves for backward laterals.
5. No quick kicks.
6. If the receiving team is receiving ball in the area no one may touch him until he has touched the ball, if ball rebounds into the air all players can intercept it before it hits the ground.
7. The ball cannot be muffed after the snap. Once a punt is declared it must be kicked.

## OVERTIME

1. Coin toss – Winner - choice of offense or defense. Both teams will go the direction chosen by the loser.  
(Away team calls the coin toss)
2. Ball will be placed on the 40-yd. line
3. Each team will be given 4 consecutive plays unless terminated by an interception which cannot be returned.
4. An interception will negate any yardage you have accumulated.
5. Whichever team scores most points or gains most positive yards gained from 40 wins.
6. If still tied on yardage and score, additional downs will be played alternating one at a time until a winner is determined.

## **5U DEVELOPMENT LEAGUE RULES**

1. Two coaches will be allowed on the field for each team
2. 5 and Under will use a Nike spiral tech pee wee or equivalent Football
3. Coin flip will determine who gets the ball first.
4. No more than 6 defensive players and 6 offensive players will be on the field at one time.
5. Playing Field is 40 yards by 20 yards.
6. All offensive possessions will begin from the 3-yard mark outside each end zone. Each team must drive the length of the field to their end zone.
7. A team will have 4 plays to cross mid field to obtain a first down. If the offense fails to make the line to gain, the defense will take possession at their 3-yd. line.
8. No punts allowed.
9. Snaps CAN be taken directly from the center.
10. Defense must remain 5 yards from the line of scrimmage prior to the snap. The defense will not be allowed to have any more than two players lined up to rush. Everyone must play a 2-3-1 defense. This is to allow the offense a chance to advance the ball.
11. A team will be awarded 6 points for a touchdown and will only have the option to go for 1 point for the extra point.
12. There will be NO Draft for the 5U league. These teams are assigned. We will split all the registrations by age, by request, and will assign accordingly.
13. This league is a developmental one and therefore no scores or standings will be kept.

