

Pompano Beach Youth Flag Football Rules

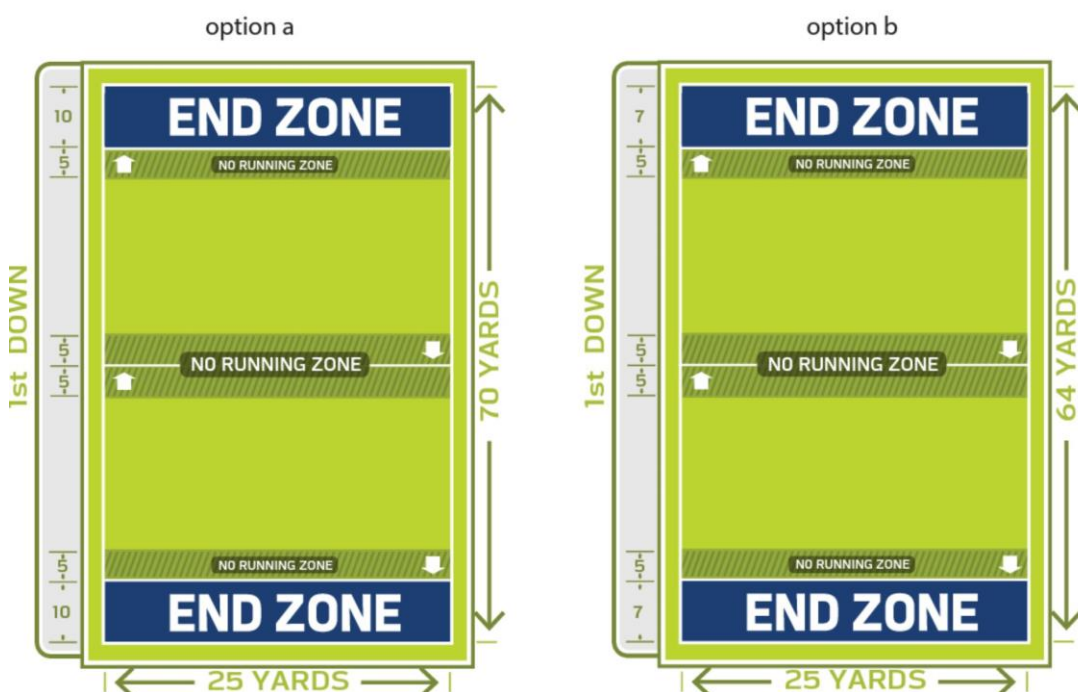
This rulebook governs the City of Pompano Beach's Youth Flag Football League. All participants, coaches, officials, and spectators are expected to abide by these rules to ensure a safe, fair, and fun environment for all players.

I. Age Divisions

- 5–6 Division
- 7–9 Division
- 10–12 Division

II. Field Dimensions

- 7–9 & 10–12 Divisions: 50 yards long by 35 yards wide with one 10-yard end zones and two 20-yard zones.
- 5–6 Division, the playing field will be 40 yards long by 25 yards wide.
- No Run Zones: 5 yards from the goal line and midfield unless removed by age-group modification.



III. Team Requirements

- 5-6 & 7-9: 7v7
- 10-12: 6v6
- The offensive team must have 4 players on the line of scrimmage at the snap of the ball.
- All players must play at least 50% of the snaps in a game.

Coaches allowed on field per age division

- 5-6: 1 offense coach and 1 defense coach
- 7-9: 1 coach on the offensive side
- 10-12: 1st two weeks of games, 1 coach on offensive side is allowed. After the 3rd week of games, **NO** coaches are allowed on the field during the game.

IV. Uniforms & Equipment

- Full uniform is required to play:
 - Jersey, shorts w/o pockets, socks and shoes, flags & mouth guards
 - **NO** metal cleats
- Jerseys must be tucked in
- Mouth guards are **REQUIRED** for all players and must be worn during game play
- **No** jewelry may be worn
- Flags must be worn over the jersey and may not be tied.
 - Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.
- Ball size for age divisions:
 - 9u Pee Wee
 - 10-12 Junior

V. Timing & Timeouts

- Games consist of two 20-minute halves with a running clock.
- During the last 2 minutes of each half, the clock stops for incomplete passes, out-of-bounds plays, scores, change of possession, penalties, and timeouts.
- On first downs, the clock stops until the ball is set, then restarts.
- Each team receives 2 timeouts per half.
- Halftime is 5 minutes.

VI. Coin Toss & Possession

- The winner of the coin toss may choose to receive, defend an end, or defer to the 2nd half.
- The offensive team starts each possession from their 5-yard line and has four (4) downs to cross midfield. Once across midfield, the team has three (3) downs to score a touchdown.
- If the offense fails to cross midfield or score, the other team takes possession at the spot or at their own 5-yard line, depending on the down and decision to 'punt' or 'play'.

VII. Gameplay Rules

Live Ball/Dead Ball

- The play is live from the snap until the official's whistle. The ball is dead when it hits the ground, the ball-carrier's flag is pulled, they step out of bounds, a score occurs, or the ball-carrier's knee/elbow touches the ground, the ball carrier's flag falls out, the receiver catches the ball while in possession of 1 or 0 flag(s) or, the 7-second pass clock expires.
- NOTE: Fumbles / loss of possession: Ground contact must be made for the play to be dead at that spot.
- A player who gains possession of the ball in the air is considered in bounds, as long as the first foot or a body part other than the hand, contacts the ground in the field, while maintaining possession.
- Substitutions may be made during any dead ball period.

Running Game

- The ball is spotted where the ball is when the flag is pulled.
- Direct handoffs, pitches, and laterals are permitted behind the line of scrimmage only. If this takes place, after the ball carrier crosses the line of scrimmage, the play is to be blown dead by the official. The ball shall be placed at the spot possession was lost for the next play.
 - "Center sneak" play is NOT allowed. The QB may NOT handoff, pitch or lateral the ball first to the center.
 - Any player who receives a handoff, backward pass, pitch or lateral can throw the ball from behind the line of scrimmage.
 - Once the ball has been handed off, in front, behind or to the side of the quarterback, or a backward pass, pitch or lateral has occurred, the 7-second passing clock is eliminated and all defensive players are eligible to rush.
- Definition of a "Legal Handoff" - Total loss of possession directly from 1 offensive play to another.

- Runners are not permitted to jump, leap or hurdle, in the officials' judgement, while advancing the ball. The play is to be blown dead and the ball spotted where the jump, leap or hurdle occurred.
- Ball carriers may leave their feet and the play will continue for spinning, jump cuts, QB's passing or if there is a clear indication that he/she has done so to avoid a collision with another player. The play will continue without stoppage. However, if while leaving the ground, illegal contact is made, a penalty may be enforced by the official.

Offensive Rules

- Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
- Movement simulating the snap, by a player who is set, is considered a false start.
- The center must snap the ball with a rapid and continuous motion to a player in the backfield, and the ball must completely leave his/her hands.
- Offensive players in close proximity of the ball carrier must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.
- Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.
- Once the ball is advanced beyond the LOS, the current ball carrier is the only player allowed to have possession of the ball until the play is dead. (No laterals)
- Formations: At least one player (the center) must be on the line of scrimmage.
- No blocking or screening is allowed
- Passing/Receiving
 - Passing: One forward pass is allowed per play, thrown from behind the line of scrimmage. The quarterback has a 7-second pass clock.
 - Receiving: All players are eligible. A catch requires one foot or body part in bounds, contacting the ground first with possession.
 - In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
 - Interceptions are **not** returnable.
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Defensive Rules

- Rushing the QB (blitz count, rush zones)
 - Rushing the Passer: Rushers must start 7 yards off the line of scrimmage and may not delay rush.
 - 5-6 & 7-9 division no rushing quarterback
 - Up to (2) players can rush the quarterback
 - Rushers MUST rush the passer immediately after the snap. Delayed rush is NOT permitted.
 - Players not rushing the quarterback can defend the line of scrimmage.
 - Once the ball is handed off, pitched or lateraled backwards behind the line of scrimmage, all defenders may cross the line of scrimmage to defend and pull the flag.

Flag Pulling

- A legal flag pull takes place when the ball-carrier is in full possession of the ball.
- Defenders can dive to pull flags but cannot tackle, hold or run through the ball carrier when pulling flags.
- 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 must be touched down.
- If a player who has one or no flags on 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 flag(s) off 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, ball, arm or shoulder or intentionally covering the flags with the football jersey.
- No Physical Contact
 - No tackling, blocking or "screening" is allowed at any time.

VIII. Scoring

Touchdown = 6 points

NO Safeties

PAT (5-yard line) = 1 point (pass only)

PAT (10-yard line) = 2 points (run or pass)

Games end if one team leads by 35 points or more.

IX. Penalties

All penalties will follow City-specific penalty yardage:

5-yard penalties:

- Off sides
- False Start
- Illegal Formation
- Illegal Motion
- Illegal Forward Pass
- Too Many Players on Field
- Flag Guarding (spot foul)

10-yard penalties:

- Pass Interference
- Illegal Use of Hands
- Illegal Block
- Tackling
- Unsportsmanlike Conduct

Automatic first downs result from: Defensive Pass Interference, Holding, Tackling, and Unsportsmanlike Conduct.

City staff reserves the right to impose additional penalties as necessary

X. Ejections

- 1st ejection = 1 game suspension
- 2nd ejection = 3 game suspension
- 3rd ejection = removal from the league
- Unsportsmanlike Conduct: Confrontational language, intentional contact, or unsafe play will result in penalties and possible ejection.

XI. Sportsmanship & Conduct

- Coaches, players, and spectators are expected to maintain good sportsmanship at all times.
- Officials have the authority to penalize or eject individuals for unsportsmanlike behavior, including offensive language, excessive celebration, or interference with play.
- Fans must remain in designated spectator areas and keep fields safe.
- Coaches are responsible for the behavior of their players and fans.

XII. Overtime

Overtime format **ONLY** during playoffs (does not apply to regular season):

- Home team calls the coin toss to determine the team that chooses to be on offense or defense first.
- If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating the choice to be on offense or defense to start every round of overtime.
- 1st OVERTIME: Each team will get one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Each team has the choice to go for 1 or 2 points in the first **OVERTIME PERIOD ONLY**.
- If the second team on offense in an overtime round fails to beat or match the team that went first, the game is over.
- Starting with the 2nd overtime, both teams must attempt a 2 point conversion from the 10-yard line.
- Starting with the 3rd overtime, each team will get 1 play from the 5 yard line going out from the end zone. The team with the most yards will be the winner. The team with the most yards will be awarded 1 point added to their final score.
- The Final Score will be recorded to include all points scored in the overtime periods.
- All regulation period rules and penalties are in effect.
- There are no timeouts in overtime. Each team will be afforded one (1) 'coaches challenge' for the entire overtime session. Challenge **MUST** be a misapplication of a rule, **NOT** a judgement call by an official.
- Interceptions are returnable for a score in OT and are worth 2 points.
- Interceptions returned for a score in the first or second overtime period, the game is over.
- Interceptions advanced in the third overtime period, the game is over.