



CITY OF
FOLSOM
PARKS & RECREATION
DEPARTMENT

Youth NFL Flag Football

(2nd – 9th grade)



Fall 2026

Handbook

The draft

1. The Folsom Youth NFL Flag Football League will use a “snake” draft method. Coaches will blindly draw numbers from a box to determine their order. The Recreation Coordinator will then facilitate a rotating pick order, for example 1, 2, 3, 4, 5, 5, 4, 3, 2, 1, until all eligible players are assigned to a team.
2. Coaches will have thirty (30) seconds to make their picks each round.
3. Immediate family members of a volunteer coach will automatically be assigned to their parent/guardian’s team unless otherwise communicated to the Recreation Coordinator.
4. Players that do not participate in their division’s evaluation day will not be eligible to participate in the draft. In this case, players will be assigned to a team at the discretion of the Recreation Coordinator.

Pre-game information

1. Completion of a liability waiver by a parent or guardian is required.
2. Participants must be enrolled in a 2nd through 9th grade class and meet the age requirements to participate.
3. Registered players will receive a reversible NFL Flag football jersey, shorts, and flag set.
4. The Recreation Coordinator reserves the right to add and/or remove players/coaches from teams as necessary.
5. Game schedules, waivers, and the Code of Conduct can be found at www.teamsideline.com/folsom under the “Downloads” tab.
6. The Recreation Coordinator reserves the right to adjust schedules as necessary.
7. During games, all spectators must sit in the designated area on the opposite side of the field from the players and coaches. Coaches may not coach on the field (except in the 2nd/3rd grade divisions).
8. The playing field will be 30 yards wide and 60 yards long, including the end zones.
 - a. The corners of the playing field, goal lines, and midfield will be marked by pylons; five-yard “no-run-zones” will be marked with dashed lines and cones.
 - b. The “no-run zones” do not apply to the 2nd/3rd grade division.

Attire

1. Referees will perform equipment inspections before each game.
2. All players must wear a mouthguard during the game. Players are responsible for providing their own mouthguard. Players who do not have a mouthguard will not be played. **NO EXCEPTIONS!**
3. All players must wear close-toed shoes. Cleats are allowed (no metal spikes).
4. Players must wear the provided NFL Flag shorts or wear shorts/pants with the pockets securely taped closed.
5. All players must wear their official NFL Flag Football jersey during the games. Jerseys must be tucked into shorts while playing.
6. Players must remove all jewelry and hard billed hats during game play. Beanies and other soft, fitted hats will be allowed at the official’s discretion.

Getting started

1. All divisions will play in a six-on-six format.
2. The home team will wear dark-colored jerseys; the visiting team will wear light-colored jerseys.
3. At the start of each game, teams will line up at midfield for an equipment inspection and to receive instruction from the officials. Designated captains will represent their teams in a coin toss to determine starting possession. The visiting team will call the toss. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction.
4. The games are comprised of two 20-minute halves with a running clock. Each team is allowed two (2) one-minute time-outs per half (unused timeouts are lost at the end of each half). An official's timeout may be called at the discretion of the referee. Each game will have a 5-minute halftime.
5. The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. On fourth down, the offense has the option to "punt" the ball to the opposing team's 5-yard line or go for the first down. If the offense fails to cross midfield after fourth down, the ball changes possession at the spot. If the offense fails to score after crossing midfield, the ball changes possession and the new offensive team takes over on its own 5-yard line.
6. The ball must be snapped between the legs, not off to the side, to start the play.

During the game

1. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning each before a delay of game penalty is enforced.
2. Coaches for 4th/5th, 6th/7th and 8th/9th grade divisions must return to the sideline before the ball is snapped. Coaches for the 2nd/3rd grade division are permitted to coach on the field so long as they try to stay out of the way of the play.
3. Any time there is a 'PUNT or PLAY' decision on third/fourth down, coaches may use one of their timeouts to change the declaration of "Play" at any time prior to the expiration of the play clock.
4. At halftime, teams change direction and possession is given to the team that started the game on defense.
5. All participating players are required to play at least 50% of the game. Each coach is responsible for ensuring all kids (regardless of ability or circumstance) get equal opportunity. If it is deemed that a coach is not making an adequate effort to play each of their players equally, and is not responsive to feedback from the league, the Recreation Coordinator reserves the right to suspend and/or remove said coach from the league.
6. If the score is tied at the end of the second half, an overtime period will be initiated according to the [Official NFL Flag Football Rules](#) (see page 6 of the Official NFL Flag Rules).

Offense

Scoring

Touchdown	6 points
Extra points	1 point: from 5-yard line, PASS ONLY 2 points: from 10-yard line, PASS OR RUN
Safety	2 points: defensive team receives ball

Running

1. The ball is spotted from where the ball is when the flag is pulled.
2. The quarterback cannot directly run the ball across the Line of Scrimmage (LOS). A player who receives the hand-off can throw the ball from behind the LOS (this is considered a running play).
3. Direct hand-offs behind the LOS are permitted. The offense may use multiple hand-offs behind the LOS.
4. Pitches/laterals are permitted behind the line of scrimmage for the 4th/5th, 6th/7th and 8th/9th grade divisions only.
5. Teams are not allowed to make running plays in the 'NO RUN ZONES' which are marked by a dashed line 5-yards before the midfield marker and goal on either side. The official will announce when the offense is in a no-run zone before spotting the ball.
6. Teams in the 2nd/3rd division must attempt at least one passing play per 4 downs.
7. Spinning is allowed, but players may not leave their feet to avoid a defensive player (i.e. no diving or jumping).
8. Once the ball is in possession past the line of scrimmage (LOS), all offensive players besides the ball carrier must stop motion. Offensive players are not permitted to run with the ball carrier, (shadow) block, or screen.
9. The "center sneak" play is not allowed in NFL Flag Football, meaning the QB is not allowed to handoff to the center on the first handoff of the play.

Passing

1. All forward passes must be overhand and beyond the line of scrimmage.
2. Forward passes made after a hand-off are still considered a running play.
3. The QB has a seven (7) second "pass clock." If a pass is not thrown within seven seconds, the play is blown dead; the ball is placed back at the LOS.
4. Interceptions can be run back for a touchdown. Interceptions made during conversions can also be run back for points equivalent to the value of the attempted PAT.
5. Intentional grounding is not allowed; the QB may throw the ball anywhere past the LOS to avoid a sack.

Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the LOS).
2. Before the snap, only one player is allowed in motion at a time. The player in motion must run parallel to the LOS.
3. A player must have at least one foot or other body part in bounds, contacting the ground first with possession.
4. Players cannot impede the rusher. No offensive player can stand in front of the rusher. There must be clear path from rusher to quarterback (see: *Rushing the Quarterback*).

5. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

Dead Balls

1. Player substitutions may be made on any dead ball.
2. A play is ruled “dead” when:
 - a. the ball hits the ground (if a result of the snap, the next down is spotted where the ball landed);
 - b. the ball carrier’s flag is pulled;
 - c. the ball carrier steps out of bounds;
 - d. a touchdown, PAT, or safety is scored;
 - e. the ball carrier’s knee, shin, leg, forearm or arm hits the ground;
 - f. the ball carrier’s flag falls off;
 - g. the receiver catches the ball while in possession of 1 or 0 flag(s);
 - h. the 7-second passing clock expires;
 - i. an inadvertent whistle is made;
 - j. the ball carrier leaves their feet to dive, jump, or hurdle a player (diving to catch a pass or pull a flag is allowed).

NOTE: If an inadvertent whistle occurs, the offense has two options:

1. Take the ball where the whistle was blown, and the down is consumed.
2. Replay the down from the original line of scrimmage.
If it occurs on the last play of the half or game, the offense will be awarded one untimed down and given those two options.

Defense

Rushing the Quarterback

1. All players who rush the quarterback must be a minimum of ten (10) yards from the line of scrimmage when the ball is snapped. Up to two (2) players can rush the quarterback. Rushers MUST identify themselves by raising their hand before the snap. Rushers MUST rush the passer immediately (no delayed rush).
2. The offense cannot impede the rusher’s PATH to the QB, regardless of where they line up prior to the snap. The PATH is established pre-snap from the rusher(s) directly to the QB. The PATH does not change if the QB shifts after the snap. It is the offense’s responsibility to avoid the rusher. Any disruption of 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 avoid contact.
3. A special marker on the field will designate the 10-yard rush line.
4. Once the ball has been handed off, all players are eligible to rush the ball carrier.
5. Contact with the QB is strictly prohibited. Defensive players cannot knock the ball out the quarterbacks’ hands or block the pass. The defense must go for the flags.
6. Players not rushing the quarterback may defend on the line of scrimmage but are not permitted to cross over before the handoff or pass.
7. A team winning by three or more touchdowns will not be allowed to rush the quarterback.

Sportsmanship / Player conduct

1. If a referee or program staff member witnesses any unsportsmanlike conduct such as, but not limited to, tackling, elbowing, cheap shots, blocking, or actions deemed inappropriate to the game, play will be stopped, the referee will assess a penalty, and the player may be excused from the game.
2. Trash talking is strictly forbidden. Officials are responsible for determining offensive language, gestures, or actions. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) If trash talking occurs, the referee will assess a penalty for unsportsmanlike conduct and warn the offending player or coach. If it continues, the offender(s) will be excused from the game.
3. The head coach is ultimately responsible for the on-field and sideline behavior of everyone associated with their team: assistants, players, spectators. If proper decorum is not maintained, the offending team will forfeit, and the game suspended.
4. The purpose of the City of Folsom Parks & Recreation Department programs is to promote and encourage safe and positive recreation for all participants.

FOUL PLAY OR LANGUAGE WILL NOT BE TOLERATED!

Penalties

All penalties will be enforced by the official(s). The official's decision is final. Coaches and players are not permitted to protest a call during the game. If a coach wishes to understand why a call was made, they may respectfully approach the official after the game is over. **Further questions may be communicated to the Recreation Coordinator.**

Defense	
<i>Defensive spot fouls (these penalties are made from the spot of the call)</i>	
Defensive pass interference	Automatic first down
Holding / Illegal contact	+5 yards and automatic first down
Stripping / Stealing the ball	+5 yards and automatic first down
<i>Other defensive penalties</i>	
Defensive unnecessary roughness	+10 yards and automatic first down
Defensive unsportsmanlike conduct	+10 yards and automatic first down
Offsides / illegal substitution	+5 yards and automatic first down
Illegal rush	+5 yards and automatic first down
Illegal flag pull	+5 yards and automatic first down
Roughing the passer	+5 yards and automatic first down
Taunting	+10 yards and automatic first down
Offense	
<i>Offensive spot fouls (these penalties are made from the spot of the call)</i>	
Screening or blocking	-5 yards and loss of down
Flag guarding	-5 yards and loss of down
Holding / Illegal contact	-5 yards and loss of down
<i>Other offensive penalties</i>	
Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offsides / False start / Illegal substitution	-5 yards and loss of down
Illegal forward pass	-5 yards and loss of down
Offensive pass interference	-5 yards and loss of down
Illegal motion	-5 yards and loss of down
Delay of game	-5 yards and loss of down
Impeding the rusher	-5 yards and loss of down
Taunting	-10 yards and loss of down

Games cannot end on a defensive penalty unless the offense declines it.

Referees determine incidental contact that may result from normal run of play.

The coach may ask the referee questions about rule clarification and interpretations but is prohibited from questioning judgment of call.

Ejections and Suspensions

1. Any player ejected from a game will be suspended for a minimum of one game. In addition to the ejection, the suspension will be served at the next scheduled game.
2. Any coach/spectator ejected from a game will be suspended for a minimum of one game and may be removed entirely from the program and future programs if necessary.
3. The program coordinator reserves the right to remove any player/coach/spectator from the program that creates an unsafe or negative atmosphere during the program time.

CONTRACT OF UNDERSTANDING

- Any individual suspended has the right to appeal to the Recreation Coordinator in charge of the Youth Sports League facilitated by the City.
- Any Code of Conduct violation involving a physical attack will result in an immediate suspension and will remain in effect until the time of the appeal hearing.
- Individuals violating more than one code infraction can be assessed a combination of all.
- Individuals on probation for a Code of Conduct violation that are reported for another violation of the Code of Conduct, will face double the normal penalty for the new violation. Any probation or suspension included in the penalty for the new violation will run consecutively with the former penalty.
- Any violations not specifically listed are at the discretion of the Recreation Coordinator.
- The City of Folsom reserves the right to make changes to the Code of Conduct at any time.

For questions, contact Folsom Parks & Recreation at (916) 461-6650.

YOUTH SPORTS LEAGUE CODE OF CONDUCT

The City of Folsom – Parks and Recreation Department, has established the following player rules of conduct. Any person(s), including coaches and spectators, involved in the following offenses may be penalized. Penalties for violations may range from the minimum to the maximum, depending on the individual's prior violations, the degree of the violation and the circumstances surrounding the incident. The Recreation Coordinator will determine the length of all suspension.

No Person Shall:	At any time, push, shove or threaten another player, spectator, or staff member.
Minimum Penalty:	Removal from game and premises; one game suspension; one year probation.
Maximum Penalty:	Ten-year suspension from all Department sponsored programs.
No Person Shall:	Be guilty of a physical attack (striking or punching) as an aggressor upon any Department staff member, official, player or spectator.
Minimum Penalty:	One-year suspension and one year probation.
Maximum Penalty:	Ten-year suspension from all Department sponsored programs.
No Person Shall:	Discuss the decision of any matter reached by an official, except the manager/captain. Refuse to abide by any officials or Department staff's decision.
Minimum Penalty:	Warning from the official or Department staff member.
Maximum Penalty:	One-year suspension and one year probation from all Department sponsored programs.
No Person Shall:	Be guilty of using unnecessary rough tactics in the play of a RECREATIONAL game against the body or person of another player. Be guilty of taunting or degrading anyone. Be guilty of an abusive verbal attack upon any player, official or spectator.
Minimum Penalty:	Removal from game and three months' probation.
Maximum Penalty:	One-year suspension and one year probation from all Department sponsored programs.
No Person Shall:	Be guilty of discussing his/her personal opinion of any player, spectator, official, Department staff, play or decision publicly with spectators in a derogatory manner. Use language that is offensive and/or contains profanity.
Minimum Penalty:	Warning from the official or Department staff member.
Maximum Penalty:	One game suspension and three-month probation.
No Person Shall:	Play under another individual's name, falsify name or address on official roster form; appear on the field at any time in an impaired condition; follow a Referee off the field in a threatening manner.
Minimum Penalty:	Removal from game and one-year probation in all Department sponsored sports programs.
Maximum Penalty:	One-year suspension and one year probation in all Department sponsored sports programs.
No Person Shall:	Appear on the field under the influence of drugs or alcohol. Follow a referee off the field in a threatening manner.
Minimum Penalty:	Removal from game and three months' probation.
Maximum Penalty:	One-year suspension and one year probation from all Department sponsored programs.
No Person Shall:	Participate in the program with a financial debt outstanding to the league.
Minimum Penalty:	Suspension from all Department Sponsored Programs.
Maximum Penalty:	Suspension from all City of Folsom Leagues, programs and activities.