



SIENNA YOUTH FLAG FOOTBALL  
- RULES & REGULATIONS -

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**FREQUENTLY ASKED QUESTIONS...**

1. Game length will be 2 halves 20 minutes in length with a running clock. Half time is 5 minutes.
2. Each time out will be one (1) minute in length.
3. A coin toss will determine receiving team and defending end zone. At halftime, both will be switched. At the beginning of each half and change of possession after scores, teams will begin at the end of the first 20 yard zone. (i.e. NO KICK-OFFS)
4. Each team shall have (3) time-outs PER GAME.
5. Touchdown – 6 points
6. Point After Attempt (PAT) – 1 point (play begins from 3 yd line)
7. Safety – 2 points (Punt ball from 20 yd line)
8. If a team is up by 17 by the 2 minute warning, the ref will call the game.
9. Number of Players On The Playing Field:
  - a. **Teams in the Senior Division (3<sup>rd</sup> – 5<sup>th</sup>) will be composed of SEVEN (7) players on the field.** A minimum of 6 players are needed to field a team. Opposing teams are **NOT** required to play the same number of players as their opponent.
  - b. **Teams in the Junior Division (K-2<sup>nd</sup>) will be composed of FIVE (5) players on the field.** A minimum of 4 players are needed to field a team. Opposing teams are **NOT** required to play the same number of players as their opponent.
10. The playing field will consist of two 10 yard end zones and four 20 yard zones in between. The field will be 53 1/3 yards wide. A first down will be obtained when crossing into the next zone.



11. A team will be allowed four (4) downs to advance the ball from one zone to the next. A zone is 20 yards. If after (4) consecutive downs, a team has failed to advance the ball into the next zone, possession shall go to the defense at that spot.
12. **SENIOR DIVISION:** 4 offensive and 3 defensive players must be at the line of scrimmage at the snap.
13. **JUNIOR DIVISION:** The offensive team must have a minimum of one player on the line of scrimmage (the center). The center is an eligible receiver once the ball has been snapped.

### **CONDUCT:**

All persons associated with the Sienna Youth Flag Football League will be held to the highest standard in terms of sportsmanship.

Abusive language from coaches, players, or spectators will not be tolerated. Game officials and field monitors have been authorized to assess one (1) single warning to any coach, player or spectator determined to be verbally abusive. A second infraction will result in immediate ejection from the game. Failure to leave in a timely manner will result in a suspension from league activities, the duration of which is to be determined in a collaborative effort between the field monitor on-site during time of said altercation, officials on-site during time of said altercation, and league administrator.

Any type of fighting or instigation (taunting) by coaches, players, or spectators is grounds for an immediate ejection (without warning) and in cases where fighting is involved, a lifetime ban league activities (to be determined in a collaborative effort between the field monitor on-site during time of said altercation, officials on-site during time of said altercation, and league administrator).

Coaches, in particular, are expected to exhibit the highest level of sportsmanship.

1) Any coach who is assessed a warning and an unsportsmanlike conduct in a single game (and, by rule, is also ejected from the game) is also ejected from the game. If the individual does not leave to the parking lot, that individual's team will forfeit the game. That coach will also be suspended from all league activity (games and practices) for the following week (subsequent practice AND game).

2) If a subsequent incident occurs, that coach will be suspended from coaching duties for the remainder of the season.

3) If a third incident occurs (as a spectator), the parent will be banned for the remainder of said season, and the child of that individual no longer able to participate in league activities (for that season), and the parent/guardian will no longer be allowed to serve as a volunteer in Sienna Youth Flag Football (no refund will be provided).

4) In any cases where fighting is involved, individuals involved will be banned for life and SPRAI and Sienna Youth Flag Football will cooperate fully with law enforcement agencies to ensure that all information is conveyed involving all persons involved.

5) Officials may apply the "Seatbelt Rule" to Assistant Coaches. In such a situation, Assistant Coaches must remain seated on their team's bench during game play.



Players, as well, must exemplify the highest level of sportsmanship in our league.

- 1) Any player who is assessed two unsportsmanlike conduct penalties in a single game are ejected from the game. If the individual does not leave to the parking lot, that individual's team will forfeit the game.
- 2) If a second incident occurs, said player is ejected from the game and will also be suspended from all league activity (games and practices) for the following week (subsequent practice AND game).
- 3) If a third incident occurs (as a spectator), the player will be banned for the remainder of said season (no refund will be provided).
- 4) In any cases where fighting is involved, individuals involved will be banned for life and SPRAI and Sienna Youth Flag Football will cooperate fully with law enforcement agencies to ensure that all information is conveyed involving all persons involved.

The Sienna Youth Flag Football has zero tolerance for unsportsmanlike behavior from spectators as well.

- 1) Any spectator who is deemed unruly or excessive in their behavior (critical statements towards officiating or coaches) will result in an unsportsmanlike conduct penalty being assessed to the team of which they are a spectator and that individual will be ejected from the game. If the individual does not leave to the parking lot, that individual's team will forfeit the game.
- 2) If a subsequent incident occurs, an unsportsmanlike conduct penalty will be assessed to the team of which they are a spectator, that individual will be ejected, and the individual will be banned from the field for two (2) weeks (the two subsequent practices and games). If the individual does not leave to the parking lot, that individual's team will forfeit the game.
- 3) If a third incident occurs, an unsportsmanlike penalty will be assessed to the team of which they are a spectator, that individual will be ejected, and the individual will be banned from the field for the remainder of the season, and the child of that individual no longer able to participate in league activities (for that season) (no refund will be provided). If the individual does not leave to the parking lot, that individual's team will forfeit the game.
- 4) In any cases where fighting is involved, individuals involved will be banned for life and SRA and Sienna Youth Flag Football will cooperate fully with law enforcement agencies to ensure that all information is conveyed involving all persons involved.

### **PLAYERS AND PLAYING TIME:**

Each player present at the game must play at least two (2) complete quarters or the game will be forfeited by the team in violation this rule. This does not mean the player must play two uninterrupted quarters, but the equivalent of two quarters total playing time. The only exceptions to this rule are:

- a) Illness
- b) Injury
- c) Player fouls out
- d) Suspended player



Coaches found in violation of this rule will result in the forfeiture of said team's game. Recurring violations will result in review of that coach and potential suspension. Sienna Plantation Flag Football game day staff will be cognizant of coaches' substitution tendencies. As such, it is ABSOLUTELY NOT the responsibility of opposing coaches or parents on opposing teams to monitor the substitution tendencies of opposing teams. It is, however, imperative that you ensure that your child plays a minimum of one-half of each and every game.

### **MOUTHPIECES:**

All participants in the league assume the risk of injury. Sienna Residential Association, its volunteers, and employees shall not be liable for injury to person, loss or damage to personal property arising from or in any way resulting from participation in the league. ALL PARTICIPANTS SIGNED A WAIVER OF LIABILITY AT THE TIME OF REGISTRATION. It is HIGHLY recommended that ALL players purchase and wear a protective mouthpiece to all practices and games. Although this is not a tackle football league, the nature of any football league is that it has a higher propensity for impact between competitors and the likelihood of injury is higher than many other sports. Again, it is HIGHLY recommended that you purchase a protective mouthpiece for your athlete.

### **DIVISIONS:**

- K, 1<sup>st</sup>, and 2<sup>nd</sup> Grade (Junior Division)
- 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Grade (Senior Division)

### **TEAMS / ROSTER CHANGES**

Once a player has been assigned to a team, that assignment is FINAL. No roster changes will be made during the season. If a roster change is requested and denied and the parent/guardian is still dissatisfied with their child's team placement the only option they (the parent/guardian) have is to withdraw from the league. **There will be NO REFUND for persons electing to withdraw from the league.**

### **BALL:**

- Junior Division (K, 1<sup>st</sup>, and 2<sup>nd</sup> Grade) - Wilson TD Composite Series K-2 Ball (Pee-Wee)
- Senior Division (3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Grade) – Wilson TD Composite Series TDJ Ball (Junior)

### **RULES:**

### **TIME:**



1. Game length will be 2 halves 20 minutes in length with a running clock. Half time is 5 minutes.
2. Each time the ball is spotted, a team has 25 seconds to snap the ball. Referee will blow the whistle at the spot of the ball starting the 25 sec. play clock. **Delay of Game 5 yd penalty.**
3. Officials can stop the clock at their discretion.
4. Because the game clock is a continuous clock, it will not be stopped during PAT attempts.

### **TIME OUTS:**

1. Each time out will be one (1) minute in length.
2. Only the coach may call a time out.
3. Each team shall have (3) time-outs per game.
4. If a team has used their (3) time-outs per game, and tries to call for an additional time-out it will result in a delay of game penalty - five (5) yards.

### **SCORING:**

1. Touchdown – 6 points
2. Point After Attempt (PAT) – 1 point (play begins from 3 yd line)
3. Safety – 2 points (Punt ball from 20 yd line)
4. If a team is up by 17 by the 2 minute warning, the ref will call the game.

### **THE FIELD:**

1. Teams in both divisions will be composed of 7 players on the field. A minimum of 6 players are needed to field a team. Opposing teams are **NOT** required to play the same number of players as their opponent.
2. The playing field will consist of two 10 yard end zones and four 20 yard zones in between. The field will be 53 1/3 yards wide. A first down will be obtained when crossing into the next zone.



3. A coin toss will determine receiving team and defending end zone. At halftime, both will be switched. At the beginning of each half and change of possession after scores, teams will begin at the end of the first 20 yard zone. (i.e. NO KICK-OFFS)
4. A maximum of two coaches from each team will be allowed on the field in the huddle for both the offense and defense. The coach must remain 10 yds behind their offense/defense. The coach cannot interfere with the action in any way. The coach may assign another parent to assume this role should a conflict arise. Please be sure they are familiar with our rules. If a coach interferes with game play (**PENALTY: 10 yds**)

Offensive Coach Interference: A penalty of 10 yards from the line of scrimmage (L.O.S.) and loss of down.

Defensive Coach Interference: A penalty of 10 yards from the line of scrimmage (L.O.S.) and first down will be awarded the offensive team.

5. There will be a 2 yard neutral zone between the ball and the defense.
6. Only players and coaches (i.e. persons who have been designated on the team roster) will be permitted on the designated sideline during games. Sidelines will be designated for teams/coaches, opposite sidelines will be designated for parents/spectators. Any other assistant coaches to be designated post-roster submission will be verified with the league by the head coach. Any persons on the sideline (not related to an injury to a child, etc.) during the game not on the coaching staff will be warned once by officials. If a second infraction occurs, they will be ejected from the game.

### **PASSING REGULATIONS:**

1. Quarterback may not advance the football beyond the line of scrimmage. No QB sneaks. The QB must hand off the ball or pass the ball to advance. Whoever the ball is hiked/snapped to becomes the QB and all above rules will apply.
2. Only one forward pass per play
3. If the passer is beyond the line of scrimmage when the football is released an illegal forward pass has occurred and will result in a 5 yd penalty and loss of down if accepted.
4. Push or shovel passes thrown in any direction are legal if initiated behind the line of scrimmage. Once across the line of scrimmage, push or shovel passes are legal if thrown parallel or behind the ball carrier.



## **RECEIVING:**

1. All players of both teams are eligible pass receivers. Each player is eligible, even if he steps out of bounds or out of the end zone as long as he catches the ball in bounds or comes down first in bounds with at least one (1) foot. If a receiver comes down with one foot in bounds and one foot out of bounds simultaneously, the pass is incomplete. The lines marking the sidelines and the extreme end of the end zone shall be considered out of bounds if stepped on to any degree.

## **PASS INTERFERENCE:**

1. After the pass is in the air, neither the pass receiver nor the defender may touch the other player until one of them touches the ball, or else offensive or defensive pass interference may be called. If contact occurs after one of them catches the ball, then pass interference cannot be called unless one of them catches the ball and the other player “strips” or attempts to “strip” the ball from his hands.
2. Receiver stripping is attempting to take the ball from the grasp of the receiver after he has caught the ball, but before he has brought the ball into a possessive position. In which case, Pass interference will be called: If a player established possession of the football, the defender must go for the flag and not the ball. **(PENALTY: 5 yds from point of infraction whether complete or incomplete. If flagrant 10 yds)**
3. Pass Interference **(PENALTY: Offensive pass interference plays will be marked 5 yds from the line of scrimmage with a loss of down or play number; Defensive pass interference plays will be marked 5 yds from the point of infraction, automatic first down and play number will be run again; Defensive pass interference which occurs in the end zone will be placed on the one yard line and first down; Defensive pass interference that occurs during the Point-After-Touchdown and accepted: ball will be placed on the one yard line Point-After-Touchdown will be rerun.)**

## **RUNNING WITH THE BALL:**

1. Responsibility of avoiding contact rests with the ball carrier. He must show the officials he made an effort to avoid contact. The ball carrier will not deliberately run or drive into a defensive player. A ball carrier may spin to avoid being deflagged, however he may not jump in any way. If a ball carrier leaves his feet, the ball will be called dead at the point of infraction **(PENALTY: 10 yds from the point of infraction)**
2. Stiff Arm is illegal. **(PENALTY: 10 yds from point of infraction)**



3. Flag guarding is illegal. **(PENALTY: 5 yds from point of infraction)**
4. “Fumble-rooskie” - In the Sienna Youth Flag Football League, all players (including the center) are eligible receivers, so this play is legal. HOWEVER, there MUST BE a clear snap of the ball, a pass of the ball from the center’s hands to the quarterback’s hands, and back to the center (i.e. the ball cannot be in both the center and the quarterback’s hands at the same time or a tap or touch of the ball from the quarterback does not qualify as a snap or pass of the ball from center to quarterback. There MUST BE a clear separation of possession from center to quarterback first. **(PENALTY FOR UNCLEAR SEPERATION BETWEEN QUARTERBACK AND CENTER: dead ball, loss of down)**

### **DE-FLAGGING THE RUNNER:**

1. The ball carrier is down and the ball is dead when either flag is detached from his belt or when the ball or either knee touches the ground. A defensive player may NOT leave his feet to pull the offensive players flag. **(PENALTY: 10 yds from point of infraction)**. However, if a defensive player’s momentum, while pulling an offensive players flag, makes him fall to the ground, this will not be considered leaving his feet and a penalty should not be called in this case. Offensive players must align their belts prior to the snap of the ball and have their shirts tucked in. Flags cannot be wrapped around the belt.
2. Flags may not be pulled off of an offensive player unless he has made contact with the football first. If a player prematurely de-flags an offensive player it will be a 5 yd penalty from line of scrimmage or point of infraction.
3. If a quarterbacks arm is in the forward motion when his flag is pulled, the pass is allowed. If the passer is legally de-flagged and later in that play receives the ball back he shall be downed at that spot. If he is de-flagged after he has released the ball and he then receives the ball back a de-flagging penalty shall be called.
4. A defender may not push or knock a ball carrier out of bounds. **(PENALTY: 10 yds from point of infraction)**

### **FUMBLES:**

1. **Any fumble is a dead ball from the point at which the fumble occurs.** When a backwards pass, hand-off, or pitch hits the ground between the goal lines or a fumble occurs, the ball becomes dead, and belongs to the team last in possession at the spot where the ball hits the ground or at the spot the ball goes out of bounds (if in the air). When a forward fumble occurs and hits the ground, it is considered dead. If the offense fumbles forward and the ball crosses or hits the ground beyond the next line-to-gain, or goal line, the result will bring the ball back to where the fumble occurred and next down will be played.





### **NO-HUDDLE OFFENSE:**

1. The offense will be required to huddle between each offensive play if they are substituting any players. If no substitution is made between plays then the offense will be allowed to run consecutive plays w/o an offensive huddle unless the defense calls a time out or the officials stop the game for any reason at their discretion.

### **Center Snap:**

1. A center snap that touches the ground will be called dead immediately and the ball will be marked back at the original line of scrimmage and loss of down.
2. All center snaps must be made between the centers legs – shot gun snaps are legal so long as they are executed correctly (i.e. between the legs).
3. No snap is required on a punt...the punter simply pick up the ball and assumes his 7+ yard deep kicking position.

### **Series of Downs/Line to Gain:**

1. A team will be allowed four (4) downs to advance the ball from one zone to the next. A zone is 20 yards. If after (4) consecutive downs, a team has failed to advance the ball into the next zone, possession shall go to the defense at that spot.
2. The line to gain is the established line designating the 20 yard zones as well as the 10 yard end zones. The zone shall be considered reached when the flags are on or in advance of the line marking the next zone.

### **Positioning, Motion, Shift:**

1. Lining up: 4 offensive and 3 defensive players must be at the line of scrimmage at the snap. Defensive line must be 2 yards off of the ball at the snap. All players are eligible to catch a pass. **(PENALTY: 5 yds)**
2. The offensive team must huddle prior to a play if any player substitutions are made. It is not necessary to huddle after a play if a team wishes to use predetermined plays or audible signals are employed, or if no substitution is made between plays then the offense will be allowed to run consecutive plays w/o an offensive huddle (unless the defense calls a time out, or the officials stop the game for any reason at their discretion). **(PENALTY: 5 yds)**
3. Sleepers (i.e. sub's lingering on/near the sideline that do not check into the offensive huddle) will not be allowed on any play **(PENALTY: 5 yds)**
4. Motion: Only one player is allowed to be in motion at the snap and his movement must be parallel or away from the L.O.S. and must be continuous. **(PENALTY: 5 yds)**



5. Shift: Two or more offensive players may be shifting their position at the same time prior to the snap. Their movement may be in any direction but they must become set for one full count before the ball is snapped or before another player can go in motion prior to the snap. **(PENALTY: 5yds)**

### **Encroachment/Offsides:**

1. Shall be called if either the offense or defense passes over the plane of their line of scrimmage before the ball is snapped. A false movement of the football by the center shall constitute offensive encroachment. **(PENALTY: 5 yds, dead ball fouls and the play shall be immediately whistled dead before play begins)**
2. If a player on either side lines up off sides, the official will point toward the player's team side. If the player does not get back on-sides before the ball is snapped, he will be considered as having been off sides at the moment of snap. If an official has not "offsides warned" a team for lining up off-sides, by pointing at them, he should not call off-sides on them at the snap of the ball. Play continues and becomes a choice penalty **(PENALTY: 5 yds)**

### **Screening & Rushing:**

1. Only screen blocking is permitted. Screen Blocking shall be defined as obstructing the rusher's path to the quarterback or ball carrier with any part of the body except head, hips, and legs. There can be no independent movement of the elbows.
2. Techniques: The screener must use one of the two following methods: 1) Screener must have his thumbs hooked in his pants and holding the flag belt with each hand OR 2) Screener must hold his arms behind his back with arms locked together in some manner. **A screener may not leave his feet to screen!!** Drive blocking, wherein the offensive player initiates and attempts to maintain bodily contact with a defender for the purpose of changing the defenders position or direction of motion, is expressly PROHIBITED. Even with arms placed properly in the "torso box", a screener may not push the defender around to create a hole or running lane. **(PENALTY: 5 yd penalty if a screeners hand leaves his pants or flag belt or if arms are separated from behind his back while in the process of screening within 2 yds of the rusher)**
3. **SENIOR DIVISION:** A maximum of 3 defensive rushers are allowed per play. **(PENALTY: 5 yds)**
4. **JUNIOR DIVISION:** A maximum of 1 defensive rusher is allowed per play **(PENALTY: 5 yds)**



5. The rusher may not run over the screener. The rusher may not pull the screener toward him or push the screener away from him.
6. Roughing the passer: If the rusher touches the quarterback in the head while attempting to block a pass a penalty will be called. This will also go for striking the passers arm when in a forward motion while attempting to block a pass. Roughing the passer will be called if while trying to block a pass or de-flag the quarterback the rusher lets his momentum carry him into the passer. EXCEPT for contact at or below the waist in an attempt to de-flag the quarterback, a defensive player may not have any contact with the passer when he is passing. **(PENALTY: If incomplete pass, 10 yds from line of scrimmage; if complete, 10 yds from end-of-run and automatic first down in either case)**

### Punts:

1. If a punt is to be made, the offense must announce it to the referee before the ball can be declared ready for play. Offense has 10 seconds once asked by the referee on 4<sup>th</sup> down play. Punter will punt the ball from 7 yds behind the line of scrimmage.
2. Punts are guaranteed (Defense cannot rush the punter) punts, and only if a defensive penalty occurs after the offense declares punt can the offense reconsider due to change in field position.
3. The offense may have any number of players on the line of scrimmage but may not cross the line of scrimmage until the ball has been kicked.
4. **The receiving team must have 3 players (Junior Division) or 5 players (Senior Division) within 5 yds of the line of scrimmage.** These players must remain at the line of scrimmage until the ball has been kicked.
5. The punt receiving team MUST be given the opportunity to field the ball in the air; therefore there will be a 10 yd penalty will be enforced if contact is made by the coverage team before the ball is fielded by the punt receiver.
6. A punted ball is live until caught or picked up from the ground and advanced by the receiving team, is downed by the kicking team, or goes out of bounds or into the end zone (touchback). The kicking team may not advance a punted ball, even if a player on the receiving team has touched it.
7. A touchback will result in the ball being placed at the end of the first 20 yard zone, with possession going to the receiving team.
8. Undeclared “quick punts “ are legal if kicked at least 7 yards behind the line of scrimmage and no coverage player releases down-field before the punt. The defensive/receiving team is allowed to rush/block these punts.



### **Overtime:**

1. If regulation time ends in a tie, an OT period will be used to determine a winner.
2. Each team will receive one series of 4 plays (possibly more pending penalty enforcement) starting 20 yards from the goal line.
3. First possession choice goes to the winner of the regulation coin toss.
4. There is no sudden death, each team gets a minimum of one possession.
5. All regulation period rules and penalties are in effect.
6. There are no time outs.
7. Change of possession takes place when the Team A's forward progress is halted on downs or scores a touchdown.
8. At change of possession, Team B's series will begin with the ball placed 20 yards from the goal line.
9. If after one series the score remains tied, each team will receive once more series each.
10. If the score remains tied after 2 overtime series, the game will end in a tie.

### **Tackling & Tripping**

Tackling is explicitly prohibited. Tackling, in a flag football league, is not a defensive tactic---it is illegal and presents a threat to injuring a child who is not anticipating such actions. Tackling is defined as grasping or encircling the body of the ball carrier with a hand or arm, grabbing the ball carriers clothing, reaching across the ball carriers body to pull a flag and contact occurs. Tripping, as a means to prevent additional yardage, also has no place in flag football and presents great opportunity for injury to a player. Tripping is defined as extending one's leg or foot in or between another person's legs or feet so as to cause them to fall or stumble. **(PENALTY: 15 yd penalty and automatic first down. If penalty occurs within 5 yards of goal line, ball is placed on ½ yard line and automatic first down. A subsequent penalty by the same player in the same game will result in ejection of that player from the game. Any coach instructing his/her players to tackle or trip another team's players will immediately be ejected. A second infraction by the same coach will result in indefinite suspension of that coach.)**

### **COMMON PENALTIES:**

#### **5 yard penalties:**

1. Off-sides/illegal procedure



2. More than 3 players in the backfield
3. Delay of game
4. Intentionally grounding a pass
5. Fewer than 4 players on the line of scrimmage (offensive line) / fewer than 3 players on the line of scrimmage (defensive line)

**10 yard penalties:**

1. Leaving feet for blocking or running the ball.
2. Offensive/Defensive holding, roughing or illegal use of hands
3. Stiff arming
4. Flag Guarding/illegal arrangement of flags/loose clothing over flag
5. Unnecessary roughness
6. Pass Interference (defensive or offensive)
7. Illegal forward pass
8. Defensive Charging
9. Tripping (offense or defense)
10. Unsportsmanlike conduct

**15 yard penalty**

1. Tackling & Tripping

