



## YMCA FLAG FOOTBALL RULES: 2021- 2022

### Metropolitan YMCA Contacts and Resources

---

Game Schedules and Updates will be posted on

<https://www.teamsideline.com/sites/ymcams/home>

Metropolitan YMCA of Mississippi Phone Number: 601-992-9118

Thomas Bontrager Email: [reservoiryexec@metroymcams.org](mailto:reservoiryexec@metroymcams.org)

All practices & games will be held on Sundays at the Reservoir Family YMCA or the Flowood YMCA. The league may extend by one week if there are too many cancelations, due to extreme weather.

All players must be registered and have completed the online waiver (Google Form) to participate-NO EXCEPTIONS!

### Rosters

- Attendance is very important. It is important that every player make it to every game and practice on time. Coaches will be going over plays and doing various skill building each meeting.
- Players will rotate positions on both offense & defense.
- Poor attendance will result in less offensive playing time.
- The director of the league has the responsibility to keep the teams as fair and equal as possible. If changes in team rosters are necessary, the director and staff will do so by the third game of the season.

### Conduct

- This is a non-contact league; it is the COACHES RESPONSIBILITY to make sure that the PLAYERS do not TACKLE, PUSH or USE STRONG CONTACT. The players must only aim for the flags.
- Intentional tackling, fighting, swearing, inappropriate gestures, taunting, and unsportsmanlike conduct will be penalized and in severe cases dealt with on an individual basis according to the situation.
- Players will be subject to one or more of the following for conduct violations: team penalized 15-yards; the offending player(s) may not be allowed to participate for half of the game, ejected from participating in the game, suspended from participating in multiple games, or ejected from the league.
  - Parents will be contacted in cases of severe conduct violations.
  - Please see the Code of Conduct packet given by the Sports Department for more information

All Coaches, Parents and Guests are expected to adhere to the Code of Conduct of the YMCA.

**Coaches:** Are responsible for ALL contact and communications to parents about Game Times, Practice Times and any changes the Sports Department communicates. The Sports Department will also send out important messages and changes.

All rule updates have been highlighted in yellow.



## GAME RULES

**Important:** *Players who miss several practices or consistently forget offensive formations & plays will have their offense participation limited. For safety issues, these players will be restricted to defensive positions until they learn the offensive system.*

### Equipment

- Ball - "junior" sized football
- A flag belt will be provided onsite.
  - The flag belt must be on the outside of the uniform.
  - A player cannot wrap a flag around the belt.
    - Violating this rule will be considered unsportsmanlike conduct.
  - Offensive players cannot block or cover their flag with anything.
- All players can wear gym shoes, but plastic/rubber cleats are recommended. NO METAL OR STUDED cleats are allowed. Players with metal cleats or metalstudded cleats will have to sit out the game or continue with another pair of shoes/cleats.
- Mouthpiece, knee pads and elbow pads can be used, but not required.

### Players and Substitutions

- K-1st: 5v5
- All other leagues are 7 on 7
- Games can start with a minimum of 6 players (K-1st 5 players) on each team. If a team only has 6 players, then the opposing team can only have 6 players on the field at a time. If a team starts with 7 players, the opposing team can only have 7 players on the field at a time.
- Substitutions: Players will be in constant rotation throughout the game, but can only substitute after a down has finished.
- Each player must have a minimum of 10 plays each half and 20 plays' each game.
- A player MUST be in the game at least 2 PLAYS before he/she rotated or substituted out after entering the game. Basically, each player will be in the game for two plays before being rotated.

### Time

- Games will start at their scheduled time. A game must be completed within 45 minutes, unless a shorter game time is scheduled due to multiple division games in a day.
- Games will consist of two 20-play halves or two 20-minute halves, whichever comes first, with a 3-minute intermission between halves. Total game play time - 43 minutes.
- Timeouts: Each team gets one time out per half. The referee may call a timeout for any reason regarding time, score, and safety of the players and all guests.

### Scoring

- K-1st League: The league will NOT keep an official score or team record.
- 2-6th Leagues: The league will keep an official score.
  - Touchdown: 6 points
  - Scoring will stop after a 21 point lead or until the lead is below 21.
  - Extra Points (the scoring team chooses one):
    - 1-point conversion: 3-yard line - if missed, no additional points awarded.
    - 2-point conversion: from 20 yard marker - if missed, no additional points awarded.
- The defense may NOT return an interception.
- The current score at the 45 minute time limit will be the final score.
- A game cannot end on a defensive penalty. The offense will be awarded the proper yardage and another play.



## Offense

- Silent counts are not allowed – Counts must be heard by all.
- “Man in Motion” is NOT allowed – All players must remain “frozen” before the play starts.
- **OFFENSE– There needs to be 3 players on the line of scrimmage**
- Every time the offense crosses a “coned” 20-yard line, they are awarded a first down.
- Offense will have 30 seconds between plays.
- Blockers cannot block beyond the line of scrimmage before the quarterback passes.
- The league director and the coaching staff have the responsibility of naming quarterbacks or deciding if the coaching staff will quarterback during games until participant quarterbacks have completed training.
- Extended First Down **(2-6<sup>th</sup> ONLY)**
  - The offense must reach the first down line, plus the next first down line. For example, if the offense must reach the 20-yard line for a 1<sup>st</sup> down now they must reach the 40-yard line.
  - Turn over possession of the ball at new 1<sup>st</sup> down line (midfield or the 20 yard line) if the offense does not reach the new first down line

## Quarterback

- **K-1<sup>st</sup>**: Coaches play quarterback. **2-6<sup>th</sup>**: Players will be the quarterback.
- **Quarterback must have a vocal snap count.**
- Quarterback sneaks or blitzing is allowed by not encouraged more than once in a set of downs.
- **K-1<sup>st</sup>**
  - The coach cannot run across the line of scrimmage with the ball.
  - The coach must release a pass within 10 seconds of the snap. After 5-seconds the play is over and ruled an incomplete pass

## No Kickoffs

- **Ball will be spotted at the 20 yard line**
- Punting/4<sup>th</sup> Down Rule: offense must go for it, and attempt to reach the next first down line.

## Defense

- **Defense will setup 5 yards from the line of scrimmage (official will mark with cones).**
- **3 players are required on the line**
- **K-1<sup>st</sup> Will not be allowed to blitz, may pull flags after a handoff has crossed the line of scrimmage.**
- **2-3<sup>rd</sup>**
  - **2<sup>nd</sup>-3<sup>rd</sup> down players are NOT allowed to rush the quarterback, quarterback is not allowed to run the ball. A pass or handoff must take place**
  - **4<sup>th</sup>-6<sup>th</sup> down 1 player may rush; quarterback may run**
- **Defense is NOT allowed to contact the quarterback besides pulling the flag**
- Tackling (pulling the offensive player’s flag): A player in possession of the ball is tackled when the flag belt is pulled from their waist.
- **If an offensive players knee or body touches the ground they are down at the spot**
- Defensive players must grab the belt & immediately release. If a defensive player does not grab the flag, they must release the offensive player immediately.
- Defensive players cannot wrap-up the ball carrier and then pull the flag. (5-yards or half- the-distance added to end of play)
- **If the offensive player’s flag falls off without a defensive player pulling the flag off, the defensive team must touch the player in possession of the ball with one hand.**



- Last Man Back: A touchdown or extra point will be awarded if in an official's judgment, an offensive or defensive player who has obviously broken loose and has an apparent touchdown made is tackled, held, or deliberately pushed out of bounds. The penalty will be unsportsmanlike conduct, and it will be enforced on the next down.
- Defensive line: 3 players must be on the line

### Blocking

- The blocking player must put both hands directly across his/her chest, with hands against their chest
- The blocking player may screen a defensive player by standing in front of them and being set. Excessive contact will be called
- Both players CANNOT grab, or stick parts of their body (knee, leg, arm, etc.) out in a means to stop the opposing player.
- The Blocking player cannot hook or wrap their arms around a defending player.
- Turnovers: if the ball is intercepted it can be advanced, besides on extra points
- There are no fumbles; once the ball hits the ground it is dead

### PENALTIES

- Off sides: 5 yards from the line of scrimmage (either team)
- Illegal Formation: 5 yards from the line of scrimmage (offense)
- Illegal Procedure/False Start: 5 yards from the line of scrimmage. Play whistled dead (offense)
- Illegal Blitz: 5 yard from the line of scrimmage, replay down (LB, CB, or S)
- Illegal Receiver Downfield: 5 yards from the line of scrimmage (offense)
- Block in the Back: 5 yards from the point of the foul (offense)
- Stiff Arming, Flag Guarding or Blocking the Flag: Ball carrier is whistled down where a defensive player attempted to pull flag. Unsportsmanlike conduct foul may also be called (offense)
- Holding: 5 yards from the line of scrimmage (either team)
- Pass Interference: 10 yards from the line of scrimmage (offense)
- Pass Interference: Ball spotted at the point of the foul. If this penalty occurs in the end zone, the ball is spotted at the 3 yard line and a 1st down is awarded (defense)
- Unsportsmanlike Conduct: 15 yards from the point of the foul and automatic 1st down (either team)
- Diving into a Ball Carrier/Contact Tackling: Unsportsmanlike Conduct\* (defense)
- Holding a ball carrier in the act of tackling: 5 yards added on the end of the play (defense)
- Forward dive by a ball carrier to prevent tackling: Down at the point of foul (offense)
- Officials may give issue warnings to the field, instead of applying a penalty. Coaches are expected to help educate players.

\* See first page regarding Unsportsmanlike Conduct

---



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Weather

**Rain:** Game play will continue, until the rain is causing the players to slip/fall. The judgment will be made by the Y Staff on sight and the referees.

**Lightening:** If lightening is spotted by a Y Staff, Referee or Coach, game play will resume within 30 minutes of NO LIGHTENIN STRIKES. If lightning strikes twice, during one game slot, that game will be cancelled and rescheduled. The decision to cancel or continue MUST come from the league Director or Sports Coordinator.

**Extreme Weather:** High Winds, Storms and High Temperature/Humidity: The decision to cancel or continue will come from the league Director. Communication will be sent out via Team Sideline.

The league Director reserves the right to nullify any rule at any point during the season if it will benefit the quality of the program. If there are any questions or concerns please reach out to Thomas Bontrager.