



YMCA of Metropolitan of Dallas Youth Flag Football Rules and Guidelines



To put Christian principles into practice through programs that build healthy spirit, mind and body for all.





Dallas YMCA Flag Football Playing Rules, Policies and Procedures

Grade	Pre-K	Kindergarten	1 st Grade	2 nd Grade	3 rd Grade	4 th Grade	5 th and 6 th Grade	7 th /8 th
Number of Players on Field	5v5	5v5	5v5	5v5	7v7	7v7	7v7	7v7
Minimum players to start	4	4	4	4	5	5	5	5
Game Time	20 min halves 5 min halftime	20 min halves 5 min halftime	20 min halves 5 min halftime	20 min halves 5 min halftime				
Field Size (yards)	30x70	30x70	30x70	30x70	30x70	30x70	30x70	30x70
No Run Zone	No	No	No	No	Yes	Yes	Yes	Yes
Coach On Field?	Yes – 1 Offense 1 Defense	Yes – 1 Offense	Yes – 1 Offense	No	No			
Seconds to Snap	45 secs	45 secs	45 secs	45 secs	30 secs	30 secs	30 secs	30 secs
Side Snaps	Allowed	Allowed	Allowed	Allowed	No	No	No	No
Timeouts May carry over if not used	1 Per Half, 45 secs	1 Per Half, 45 secs	1 Per Half, 45 secs	1 Per Half, 45 secs				
# of Referees	1 Referee Line Judge	1 Referee Line Judge	1 Referee Line Judge	1 Referee Line Judge	2 Referee Line Judge Back Judge* ²			
Ball Size	Pee Wee	Pee Wee	Junior	Junior				
Max Roster* ¹	10	10	10	10	14	14	14	14

Note(s):

1. Max roster may change due to number of participants per YMCA sports directors' discretion.
2. Optional Back Judge

Contents

I.Terminology.....	4
II.Equipment.....	5
YMCA Rules and Guidelines.....	6
Discipline Actions.....	8
Procedures	10
Player Eligibility.....	11
Participation/Substitution	12
III.Game and Field.....	13
IV.Timing.....	14
V.Scoring	14
VI.Live Ball/Dead Ball.....	15
VII.Running	16
VIII.Passing	17
IX.Receiving.....	18
X.Rushing the Passer	18
XI.Flag Pulling	20
XII.Formations	20
XIII.Penalties	21
XIV.Coach QB League - Kinder	22
XV.Unsportsmanlike Conduct.....	23

I. Terminology

Boundary Lines	The outer perimeter lines around the field. They include the sidelines and back of the end zone line.
Line of Scrimmage	(LOS) – an imaginary line running through the point of the football and across the width of the field
Line-to-Gain	The line the offense must pass to get a first down or score
Rush Line	An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage
Offense	The team with possession of the ball
Defense	The team opposing the offense to prevent it from advancing the ball
Passer	The offensive player that throws the ball and may or may not be the quarterback
Rusher	The defensive player assigned to rush the quarterback to prevent them from passing the ball by pulling their flags or by blocking the pass
Downs (1-2-3)	The offensive team has three attempts or 'downs' to advance the ball. It must cross the line to gain to get another set of downs or to score
Live Ball	Refers to the period of time that play is in action.
Dead Ball	Refers to the period of time immediately before or after a live play
Whistle	Sound made by an official that signifies the end of a play, a stop in action, timeouts, halftimes and end of games.
Inadvertent Whistle	Sound made by an official that is performed in an error
Charging	An illegal movement made by a defensive player which includes lowering head and initiating contact with body
Flag Guarding	An illegal act of the ball carrier preventing a defender from pulling the ball carriers flags by illegal movement with hands and/or arms
Shovel Pass	A legal pitch attempted beyond the line of scrimmage
Lateral	A backward or sideway toss of the ball by the ball-carrier
Unsportsmanlike Conduct	A rude, confrontational or offensive behavior or language

II. Equipment

1. The league provides each player with an official flag belt and YMCA FLAG team jersey. Home is DARK. Away is LIGHT
2. Players must wear shoes. Cleats may not be allowed at certain locations. However, cleats with exposed metal are never allowed and must be removed.
3. All players must wear a protective mouthpiece; there are no exceptions.
4. Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
5. Players must remove all jewelry, hats, and do-rags. Winter beanies are allowed.
6. Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
7. Players wear shorts or pants that do not have pockets.
8. Kindergarten through 4th Grade will play with a Pee Wee football. 5th Grade and up will play with the Junior football.
9. Flag belts cannot be the same color as shorts or pants.

YMCA Rules and Guidelines

All YMCA Sports Rules and Guidelines are reviewed at the end of each season by the YMCA of Metropolitan Dallas Senior and Regional Sports Directors and the Youth Sports lead. Current YMCA rules will be posted on the YMCA of Metropolitan Dallas Sports website for each branch.

YMCA Player's Pledge

WIN OR LOSE, I PLEDGE BEFORE GOD, TO DO THE BEST I CAN, TO BE A TEAM PLAYER, TO RESPECT MY TEAMMATES, OPPONENTS AND OFFICIALS, AND TO IMPROVE MYSELF IN SPIRIT, MIND AND BODY.

YMCA Coaches' Code of Conduct

The YMCA believes that sports should offer competitive fun in a healthy learning environment. All coaches should read and abide by this code of conduct which will play sports more enjoyable for all and help teach children that competition can take place in a friendly and fun atmosphere.

1. I will keep in mind that I am a youth sports coach, and that the youth sports experience should be enjoyable for players and their families, spectators, officials, and all others concerned.
2. I will place the emotional and physical wellbeing of my players ahead of personal desire to win.
3. I will not engage in negative discussions with any game official, player, parent, coach, spectator, or YMCA employee.
4. I will do my best to teach the six pillars of character values (trustworthiness, respect, responsibility, caring, fairness, & citizenship) to my players, with my words and my actions.
5. I will be knowledgeable of the rules and the fundamentals of the game and do my best to teach them to my players.
6. I will abide by all the rules and regulations of the YMCA.
7. I will assure you that my players and I will recite the sports pledge before each game and shake hands with the opposing team after each game.
8. I will see that any disputes are handled calmly and by the proper procedures and officials.

9. I will not allow my team's parents, family and guests to act in a way that demonstrates disrespect for the game officials or any member of the opposing team's players, coaches, parents, or spectators.

At no time shall the following be used as a form of discipline by coaches, staff, or other volunteers in youth sports programs:

- A. Restriction of water
- B. Restriction of use of bathroom
- C. Physical exercise
- D. Harsh, demeaning, or negative yelling
- E. Physical force

YMCA Player's Code of Conduct

1. I will not argue with calls from officials, coaches, parents and or spectators during the game.
2. I will listen and show respect for what my coach asks of me.
3. I will respect my teammates and my opponents.
4. I will not trash talk, including making fun of others.
5. I will always respect officials.
6. I will always have a positive attitude.
7. I will show sportsmanship before, during and after practice and game play.

YMCA Parents' Code of Conduct

1. Do not force an unwilling child to participate in sports.
2. Remember children participate in organized sports for their enjoyment not yours.

3. Encourage your child to always play by the rules.
4. Teach your child that honest effort is as important as victory so that the result of each game is accepted without undue disappointment.
5. Turn defeat into victory by helping your child work toward skill improvement and good sportsmanship. Never ridicule or yell at your child for making a mistake or losing a game.
6. Remember that children learn best by example. Applaud good plays by your team and by members of the opposing team.
7. Do not publicly question the official's judgement and never their honesty.
8. Support all efforts to remove verbal and physical abuse from children's sporting activities.
9. Recognize the value and importance of volunteer coaches. They give their time and resources to provide recreational activities for your child.

Discipline Actions

The YMCA reserves the right to warn, suspend, expel, terminate any member, guest, or program participant in the following situations:

1. Failure to follow YMCA behavior standards or from violation of any other posted, published, or communicated rules or policies at a YMCA branch or program/event.
2. If a person has been convicted of any crime involving sexual abuse, is or has been a registered sex offender, has been convicted of any offense relating to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs, or is presently or habitually under the influence of dangerous drugs or chemicals, narcotics, or intoxicating beverages.
3. If a person requires an inordinate amount of attention from the staff thereby causing inadequate levels of supervision for the remainder of the participants or members.
4. If a person's behavior is determined to be inappropriate within the scope and spirit of the YMCA values.
5. For any reason within the discretion of YMCA management.

Prohibited actions specifically include but are not limited to:

- a) Unlawful, abusive, derogatory, harassing, unwelcome and/or obscene language or behavior.
- b) Threats of harm, verbal abuse, physical aggression, or violent acts. Physical assault of an official, player, coach, or spectator.
- c) Behavior which poses a direct threat to themselves or others.
- d) Actions based on an individual's sex, race, ethnicity, age, religion, disability, sexual orientation, or any other legally protected status.
- e) Openly carrying or concealing of any weapons, devices or objects which may be used as a weapon at a YMCA location or at a YMCA sponsored event or activity. All YMCA facilities have \$30.06 and \$30.07, Texas Penal Code signage posted.
- f) Smoking, the use of tobacco, or the use of products intended to mimic smoking or tobacco products while in, on, or around YMCA property, program, or events.
- g) Using or possessing alcohol or illegal chemicals on YMCA property, in YMCA vehicles, or at YMCA sponsored programs/events.
- h) Theft or behavior that results in destruction or loss of property.
- i) Harassment/intimidation by words, gestures, body language, or menacing behavior.
- j) Sexually explicit conversation or behavior.
- k) Unsafe, inappropriate, immodest, or sexually revealing attire.
- l) Loitering within or on the grounds of the YMCA.
- m) Accessing or permitting access to the YMCA facility without signing-in.
- n) Using equipment for other than its intended purposes or not following safety instructions. Equipment orientations are available to all members. YMCA staff members are eager to be of assistance.

Procedures

1. If there is an incident during any game the official and/or gym supervisor shall report the incident at the earliest possible time to the Sports Director or designated Y staff member.
2. The Sports Director shall review and investigate the report(s) as submitted, and upon proper investigation shall determine the seriousness of the alleged incident in a timely manner.
3. While an incident is being reviewed, involved parties may be suspended to allow all parties to cool off and ensure adequate time to reach a decision.
4. The nature, degree and circumstances of behavior will be considered on a case-by-case basis.
5. The Sports Director has the right to warn, suspend, expel, restrict, or terminate a person's involvement with the YMCA.
6. If one branch suspends/terminates a volunteer/contractor, the decision shall apply to all YMCA of Metropolitan Dallas locations. For this reason, volunteers or contracted officials who are suspended/terminated will have a flag (DNR) placed on their volunteer/contractor file so other YMCA branches do not utilize that volunteer/contractor.
7. If a parent or spectator is suspended/terminated they will receive a written notice, referencing the YMCA behavior standards which will detail any restrictions to the person's involvement with the YMCA and/or program

Appeals

Any person who has been suspended and/or terminated may submit an appeal to the YMCA Sports Director within a week of the decision. Appeals should be delivered to the Sports Director via email and will be reviewed by the YMCA Leadership to determine if an appeal will be granted. If an appeal is granted, YMCA Leadership will hear the appeal.

Player Eligibility

1. Only players who are registered in the YMCA registration system and assigned to the team's roster by YMCA staff are eligible to play in a game. Exceptions can only be given by YMCA Sports Director or assigned sports staff.
2. If a team is found to have an ineligible player on their team, the following actions will take place:
 - a. The team will forfeit all games played with the illegal player on their team.
 - b. The coach will be suspended from two games for the first offense. On the second offense the coach will be suspended the remainder of the season, including any tournament.
 - c. The ineligible player will be suspended from the league for the remainder of the season.

Protests

1. All protests involving staff/referee judgement will be null & void.
2. If there is a rule interpretation that is not being applied appropriately, head coaches can protest during the game using a timeout. Once concluded you cannot protest rule interpretation applications. The coach must call a time out & indicate to the referee, "I want to protest the rule application." If it is overturned, the team will not be charged a timeout. If not overturned, the team will be charged a timeout. If the team is out of timeouts, the coach cannot protest rule interpretation applications and can be charged a technical foul.
3. Player eligibility is the only item that can be protested before, during, or at the conclusion of a game. To overturn a game, the player eligibility protest must be submitted by the head coach AND emailed within 24 hours of the scheduled game. If overturned, the offended team will lose all points for that game played with the ineligible player.

Attire

1. All Players must wear our YMCA uniforms to participate. Teams who do not wear YMCA jerseys will not be allowed to participate unless authorized by the Sports Director.
2. No jewelry, earrings, necklaces, bracelets, etc. Jewelry that is taped down will not be allowed. Religious and medical-alert medals are not considered jewelry. These items may be worn but must be taped down.

3. Anything on wrist other than wrist/sweat bands is prohibited.
4. No hard or soft casts are allowed.
5. Knee and ankle braces are permitted but all exposed hinges must be covered.
6. Rubber, cloth, or elastic bands may be used to control hair. Hard items including, but not limited to, beads, barrettes, and bobby pins, are prohibited.

Participation/Substitution

1. Each player is required to play 50% of the game.
2. If due to injury or fouling out a player is substituted in or out of a quarter, it shall be noted that even though the player(s) may have only played in a fraction of a quarter, it will be counted as a full quarter.
3. Substitutions may be made at any dead ball. Each player must receive opportunities for equal playing time. If a coach/team is found in constant violation of this rule, then the Sport Director or designated staff may enforce substitutions to be made at the midpoint of each quarter.

III. Game and Field

1. The field dimensions are 30 yards by 70 yards. This will depend on the field availability for each YMCA. Most fields will be 30 yards by 70 yards. Each will have two 10-yard end zones, and a midfield line-to-gain. No-run zones precede each line-to-gain by 5 yards. However, some tournaments may use smaller fields because of field space available or to complete tournament scheduling on time.
2. 3rd and up: No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff. Each offensive team approaches only TWO no-run zones in each drive (one zone 5 yards from midfield to gain the first down, and one zone 5 yards from the goal line to score a TD).
3. K – 2nd **DOES NOT** have "NO RUN ZONES", defense must line up 5 yards from the Line of Scrimmage and defense can not rush.
4. At the start of each game, Teams will recite the YMCA Pledge. Afterwards, captains from both teams will conduct the coin toss to determine who starts with the ball. The visiting team calls 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. Possession changes to start the second half for the team that started the game on defense.
5. The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown. If the offensive team fails to cross midfield after the 3rd down and elect to "punt" on the 4th down, possession of the ball changes and the opposing team will start a new possession from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross midfield, the opposing team will start a new possession from the spot where the 4th down ended.
6. Anytime there is a 'PUNT or PLAY' decision after the 3rd down, the referee will ask the offense's Head Coach to declare 'PUNT or PLAY'. After crossing midfield, if the offense fails to score on 4th down, the ball changes possession and the new offensive team start at its 5-yard line
7. Teams change sides after the first half. Possession changes to the team that started the game on defense.
8. MERCY RULE: When a team is up by 21 or more, defense must line up at there respective defensive cone and cannot rush

IV. Timing

1. Games are played on a 40-minute continuous clock with two 20-minute halves. Clock stops only for timeouts or injuries.
2. Halftime is five minutes.
3. Each time the ball is spotted, a team has 30 seconds (45 seconds for K-2nd) to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
4. Each team has One (1) 45 second timeouts per half. Time outs can carry over to the second half.
5. Officials can stop the clock at their discretion.
6. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.

7. No Overtime for the Regular Season.

V. Scoring

- Touchdown = 6 points
- Extra Points:
 - 5 yards out = 1 point (Pass ONLY Plays from the 5-yard attempt.)
 - 12 yards out = 2 points (Pass or Run Plays allowed from 12 yards out.)
- Safety = 2 points
 - Safety happens ONLY when one of these occurs:
 - When ball carriers' flag is pulled or flag falls out in their own end zone
 - Players go down in their own end zone or step out of bounds
 - Knee or arm touches the ground
 - A fumble occurs in the end zone
 - The ball is thrown out of the back or side of the end zone
 - Snapped ball lands in or beyond the end zone

VI. Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead. Snaps Between the legs 3rd Grade and up, side snaps allowed in k-2nd Grade (Kinder can snap with or without QB exchange)
2. The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. Regarding the neutral zone, the official may give both teams a "courtesy" neutral zone notification to allow their players to move back behind the line of scrimmage.
3. A player who gains possession in the air is considered inbounds as long as one foot comes down in the field of play.
4. The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.
5. Substitutions may be made on any dead ball.
6. Any official can whistle the play dead.
7. Play is ruled "dead" when:
 - a) The ball hits the ground (3rd and UP)
 - b) K-2nd: The Quarterback may pick up an errant or dropped snap in the area where they are standing (one second max). If the quarterback takes more than one second to get the ball, the referee will mark it down.
 - c) Snaps over the QB's head are spotted where the ball lands and loss of down. This is up to the referee's discretion.
 - d) The ball-carrier's flag is pulled.
 - e) The ball-carrier steps out of bounds.
 - f) A touchdown, PAT or safety is scored.
 - g) The ball-carrier's knee or arm hits the ground.
 - h) If The ball-carrier's flag falls out.

- i) The receiver catches the ball while in possession of one or no flag(s).
- j) The 7 second pass clock expires. Dropped Snaps does not delay the 'Pass Clock'.
- k) Inadvertent whistle.

NOTE: There are no fumbles. The ball is spotted where the ball-carrier's feet were at the time of the fumble.

- 8. In the case of an inadvertent whistle, the offense has two options:

- a) Take the ball where it was when the whistle blew, and the down is consumed.
- b) Replay the down from the original line of scrimmage.

VII. Running

- 1. The ball is spotted where ball is when the flag is pulled

- 2. **The QB may not run the ball**

- 3. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs. "Center sneak" play is no longer allowed. The QB is not allowed to handoff to the center on the first handoff of the play.

- 4. Absolutely NO pitches or laterals of any kind past the line of scrimmage.

- 5. No-run Zones are located 5 yards before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE.

- 6. Any player who receives a handoff can throw the ball from behind the line of scrimmage.

- 7. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.

- 8. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.

- 9. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.

- a) Players spinning out of control will be called for flag guarding.

10. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
11. No blocking or "screening" is allowed at any time.
13. 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.

VIII. Passing

1. Shovel passes are allowed
2. Passes for Kinder will be defined as a forward pass 1 yard in front of the QB. Cannot be a direct handoff.
3. Passes for 1st-8th grade will be defined as a pass received beyond the line of scrimmage
4. The quarterback has a seven-second "pass clock" in grades 1st – 8th. If a pass is not thrown within seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule no longer is in effect.
5. 15 second pass clock in grades Kinder. If the ball is not released the play will be blown dead with loss of down from the previous spot.
 - a) a. If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the LOS.
 - b) If the QB throws the ball and then catches it, the play is dead and treated as an incomplete pass.
6. Interceptions change the possession of the ball. All interceptions may be returned. Interceptions are the only changes of possession that do not start on the 5-yard line.
7. If the interception occurs during an extra point and is returned to the opposite end zone, the play will be counted as a defensive 2-point conversion.
8. There is no limit on backward passes

IX. Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage, and no motion is permitted toward the line of scrimmage.
3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

X. Rushing the Passer

1. All players who rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Players not rushing the quarterback can defend on the line of scrimmage.
 - a) **MAX OF TWO RUSHERS AT ONE TIME (3rd Grade and Up)**
 - b) **NO RUSHING THE PASSER until 3rd grade. [K-2nd Grade will line up a minimum of 5 yards]**
2. Once the ball is handed off all defenders may go behind the line of scrimmage.
3. A special marker, or the referee, will designate a rush line 7 yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.

A. A legal rush is:

- a) Any rush from a point 7 yards from the defensive line of scrimmage.
- b) A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
- c) If a rusher leaves the rush line early (breaks the 10-yard area), they may return to the rush line, reset, and then legally rush the quarterback.
- d) If a rusher leaves the rush line early and the ball is handed off before he/she crosses the line of scrimmage, he/she may legally rush the quarterback.

B. A Penalty May Be Called If:

- a) The rusher leaves the rush line before the snap crosses the line of scrimmage before a handoff or pass – illegal rush (5 yards from the line of scrimmage and first down).
- b) Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (5 yards from line of scrimmage and first down).
- c) Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – illegal rush (5 yards from the line of scrimmage and first down).

C. Special circumstances:

- a) Teams **are not required** to rush the quarterback with the seven second clock in effect.
- b) Teams **are not required** to identify their rusher before the play.

4. Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then contacting the passer will result in a roughing the passer penalty.

5. The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. If the “path or line” is occupied by a moving offensive player, then it is the offense’s responsibility to avoid the rusher. Any disruption to 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 to avoid contact.

XI. Flag Pulling

1. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
2. Defenders can dive to pull flags but cannot tackle, hold, or run through the ball carrier when pulling flags.
3. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
4. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.
5. A defensive player may not intentionally pull the flags from a player who is not in possession of the ball.
6. Flag guarding is not allowed.
 - a) 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, arm, or shoulder or intentionally covering the flags with the football jersey.

XII. Formations

1. Offenses must have a minimum of one player on the line of scrimmage (the center counts as one). A maximum of four players is allowed on the line. The quarterback must be off the line of scrimmage.
1. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
2. No motion is allowed toward the line of scrimmage.
3. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
4. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.
5. Snaps Between the legs 3rd Grade and up, side snaps allowed in k-2nd Grade (Kinder can snap with or without QB exchange)

XIII. Penalties

1. The referee will call all penalties.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted. (spot fouls)
4. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.
5. Games may not end on a defensive penalty unless the offense declines it.
6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
7. Penalty Yardage:

A. All Offensive Penalties

- a) -5 yards and loss of down

B. All Defensive Penalties

- a) +5 yards and automatic first down

C. Spot Fouls will be assessed where the penalty took place.

- a) Offense: screening/blocking, charging, flag guarding
- b) Defense: Defensive pass interference, holding, stripping

D. Unsportsmanlike Penalties

- a) Offensive will result in -10 yards and loss of down.
- b) Defensive will result in +10 yards and automatic first down.

XIV. Coach QB League - Kinder

- 1. QB has 15 seconds throw or hand off
- 2. Coach may snap the ball without the center/QB exchange
- 3. No Rushing the Coach QB - Ball must always be visible
- 4. No fake handoffs or fake passes
- 5. No defensive player may pass the line of scrimmage until a handoff has been taken
- 6. QB cannot pass the Line of Scrimmage (LOS) at any time.

XV. Unsportsmanlike Conduct

1. If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!
2. Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player(s) will be ejected from the game.
3. Players may not physically or verbally abuse any opponent, coach or official.
4. Ball-carriers MUST make an effort to avoid defenders with an established position.
5. Defenders are not allowed to run through the ball-carrier when pulling flags.
6. Fans must also adhere to good sportsmanship as well:
 - a) Yell to cheer on your players, not to harass officials or other teams.
 - b) Keep comments clean and profanity free.
 - c) Compliment ALL players, not just one child or team.
7. Fans are required to keep fields safe, and child friendly:
 - a) a. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area.
 - b) Stay in the end zone area, not between fields.
 - c) Dispose of ALL trash in designated trash cans.