

San Angelo Recreation

Youth 5/5Flag Football

For further information contact:

Youth 5/5 FLAG FOOTBALL SPORT COMMISSIONER:

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The following rules and regulations apply to all sports and all participants must meet these requirements. Unless a rule specifically names an exception for one of the divisions member city, independent, affiliate, The following rules and regulations apply to all sports and all participants must meet these requirements. Unless a rule specifically names an exception for one of the divisions (member city, independent, affiliate, etc.), the following Sports General Regulations pertain to all teams and participants. See the specific sports sections for any special regulations that may exist.

Supervision and Administration

1. The head of the league shall be the Recreation Program Supervisor.
2. In all matters not covered by TAAF Rules, or City League Rules, the Recreation Program Supervisor shall have jurisdiction.
3. **If a coach, player, or parent is ejected from the game, he/she must call and schedule an appointment with the Recreation office to review their conduct prior to their team's next practice or game.**

DIVISIONS AND ELIGIBILITY

All players must be registered with the San Angelo Recreation Division to be eligible to participate. (Current Year - 2023)

A Player can only be on one roster.

2. **5 & Under Division** – consists of boys and girls who are at least 4 years of age and no more than 5 years of age as of September 1st of the current year. (The Recreation Supervisor has the right to change a child's division).
3. **7 & Under Division** - consists of boys and girls who are at least 5 years of age and no more than 7 years of age as of September 1st of the current year. (The Recreation Supervisor has the right to change a child's division.)
4. **9 & Under Division** - consists of boys and girls who are at least 7 years of age and no more than 9 years of age as of September 1st of the current year. (The Recreation Supervisor has the right to change a child's division.)
5. **11 & Under Division** - consists of boys and girls who are at least 9 years of age and no more than 11 years of age as of September 1st of the current year. (The Recreation Supervisor has the right to change a child's division.)
6. **13 & Under Division** – consists of boys and girls who are at least 10 years of age and no more than 13 years of age as of September 1st of the current year. (The Recreation Supervisor has the right to change a child's division.)

Section 1 – The Ball

- Pee Wee K-2 Wilson (or its equal) Recommended for 7 & Under Mixed, 5 & Under Mixed..
- Junior Size (or its equal) Recommended for 9 & Under
- Youth Size (or its equal) Recommended for 11 & Under
- An infraction of using too small of a football will be an automatic penalty of reversing possession of the football at the place of the last snap prior to discovery of the illegal ball, if the ball was used for one play. If the illegal ball is discovered prior to snap, there will be a **10 yard penalty**, no reversal of possession and removal of ball. (S-19)

Section 1 – The Game

- Games consist of two 14-minute halves. Halftime will consist of 2 minutes. Teams will flip sides at the beginning of the 2nd half. At the end of the second half, there will be a 5-play period.
- A coin toss determines first possession. The team who wins the toss can elect to have offense, defense, or choice of goal to defend. There are NO DEFERMENTS. Loser of the coin toss can choose one of the remaining options. The team that started the 1st half on offense will begin the 2nd half on defense.
- The game clock will continuously run except for injuries or time-outs. The clock will stop in the last minute of the game for all dead ball situations (out of bounds, incomplete pass, a scoring play, etc.).
- The offensive team takes possession of the ball at their 5-yard line and has 3 plays to cross midfield. Once a team crosses mid-field, they have 3 plays to score.
- If the offensive team fails to cross mid-field or score, the ball changes possession and the opposite team starts their possession from their 5-yard line.
- All possession changes start on the offenses 5-yard line except on Interceptions. Interceptions may be returned, and the ball will be marked where the play ends.
- Each time the ball is spotted a team has 25 seconds to snap the ball. Officials will warn the offense when there are 10 seconds to snap the ball. Teams must wait until the referee is set or a referee acknowledges they are prepared to start the play.
- No contact allowed.
- Blocking/Screening is allowed behind the line of scrimmage, but it is NOT allowed at any time down the field.
- Mercy Rule: "17 Point Rule"-If either team is ahead by 17 points at the 5-play period of the 2nd half, the game is over.

Section 2 – Fields

- The field dimensions will be 25 x 64 yards (two – 7-yard end zones).

Section 3 – Attire

- Cleats are allowed, except for metal spikes. Inspections will take place before every game by the officials.
- Shirts must be tucked in shorts, pants, etc.
- All shorts, pants, etc. must not have any pockets of any kind.
- Mouth pieces are **REQUIRED** for, 5U, 7U, 9U, 11U, and 13U players.
- Flags –Flags must be a minimum of 12 inches in length and 1.5 inches in width and must be a different color than the player's shorts, pants, etc.
- Teams can use their own flags. (Flag a tag, sonic)

Section 4 – Rosters

- Official Rosters must be approved by a San Angelo Rec representative.
- Team rosters are not to exceed 10 players.

RULE 2: PLAYERS/GAME SCHEDULES, SCORING, & TIME OUTS

Section 1 – Players/Game Schedules

- Teams must field a minimum of 4 players at all times.
- If a team or teams are not “ready for play” at the scheduled game time the game will be forfeited.
- San Angelo Recreation reserves the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances.

Section 2 – Scoring

- Any touchdown scored is worth 6 points.
- Any safety scored by a defensive team is worth 2 points.
- Any extra point scored from the 5-yard line is worth 1 point.
- Any extra point scored from the 12-yard line is worth 2 points.

Section 3 – Time-Outs

- Each team has 1 time-out per game. This time-out will last 60 seconds once the clock is stopped.
- Officials can stop the clock at their own discretion at any time.

RULE 3: RUSHING THE QB, CENTER SNAP, RUNNING, PASSING, & RECEIVING

Section 1 – Rushing the Quarterback

- All players that rush the passer must be a minimum of 7 yards and 1 yard over from the center position (either side) from the line of scrimmage when the ball is snapped. Any number of players can rush the QB.
- Players that are not 7 yards from the line of scrimmage when the ball is snapped may not enter the backfield until there has been a change of possession.
- The rusher is allowed a direct line to the quarterback as long as they rush from either side of the center or a bunch formation. The offense must avoid interfering with the rusher if they have established a lane.
- A special marker, or the referee, will designate 7 yards from the line of scrimmage.

Section 2 – Center Snap

- A center snap may touch the ground before it gets to the quarterback and remain playable if the quarterback fields it cleanly off the bounce (one or more) from the ground. However, if the quarterback muffs the ball to the ground or the ball goes past the quarterback it is dead where the ball touches the ground.
- All center snaps must be made between the center’s legs. A false movement of the football by the center after they are set shall constitute an illegal snap. At all times the ball shall be snapped from the spot marked by the official ball marker.

Section 3 – Running

- The quarterback may not run unless the ball has been thrown back, handed, or pitched to the quarterback in the backfield.
- Teams may handoff, pitch, or throw back the football in the backfield.
- The player who receives the pitch or handoff may throw the ball as long as they are not beyond the line of scrimmage.
- Multiple handoffs are allowed behind the line of scrimmage but only one pitch or throwback is allowed before a forward pass.
- Pitching (backward) is allowed downfield.
- “No running zones” are located 5 yards before mid-field and 5 yards before the end zone in each offensive direction. You may not run the ball in these no run zones, only forward passes. “No running zones” are designed to avoid short yardage power running situations.
- Spinning is allowed but players cannot leave their feet to avoid a defensive player.
- Players may screen block behind the line of scrimmage but are not allowed to block down field.
- The ball is spotted where the ball carriers belt is when the flag is pulled, not where the ball is. Ball and flags must break the plane for a 1st down and touchdown.

Section 4 – Passing

- All passes must be forward and received beyond the line of scrimmage. A forward pass/lateral is defined as a live ball thrown towards the opponent’s goal line.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- The quarterback has 5 seconds to pass the ball if there is no rush (“pass clock”). If the pass is not thrown within the 5 seconds, the play is dead, it will be a loss of down, and the ball returns to the line of scrimmage. Once the ball is handed off or pitched the “pass clock” rule is no longer in effect.
- Interceptions may be returned. Interceptions during extra point attempts may be returned for 2 points. Interceptions that occur in the end zone will be brought out to the 5-yard line.
- The rusher may not hit the quarterback’s arm or knock the ball out of the quarterback’s hand. The rusher must play the flags.

Section 5 – Receiving

- All players are eligible to receive a pass, including the quarterback, if the ball has been pitched back or handed off behind the line of scrimmage.
- Only one player is allowed to be in motion at the same time.
- Players must have at least one foot in bounds when making a catch.
- Players that run out of bounds during a play cannot be the first player to touch a ball when attempting to make a catch.
- A pass may not be intentionally tipped in any direction to another teammate.

RULE 4: DEAD BALLS, OVERTIME, & SPORTSMANSHIP/ROUGHING

Section 1 – Dead Balls

- Play is ruled “DEAD” when:
 - If an offensive player loses a flag unintentionally, the defense only has to touch the ball carrier to be deemed a dead ball.
 - Players may not start a play without a flag.
- There are no fumbles. Ball is spotted where it hits the ground. Anytime the ball touches the ground it is deemed dead. Exceptions:
 - Any ball dropped in a forward motion will be brought back to last point of contact.
 - Quarterback may field the ball off of a bounce cleanly.

Section 2 – Overtime

- If the score is tied at the end of regulation, teams move directly into overtime.
- Teams will follow the same coin toss procedure as they did at the beginning of the game to determine possession.
- Each team receives the ball at the 5-yard line with one possession. If a team scores they can choose to go for a 1-point or 2-point extra point attempt. This will continue until a winner is declared.
- Interceptions will end the series.

Section 3 – Sportsmanship/Roughing

☒ If the field monitor or officials witness any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped, and the player can be ejected from the game. The Recreation may decide to eject players for the remainder of the league/tournament. **FOUL PLAY WILL NOT BE TOLERATED.**

- Trash talking is illegal. The officials have the right to determine language that is offensive (Trash talk is that which may be offensive to an official, opposing team, or spectators). The officials can eject players from the game for trash talking.