



CITY OF PLACERVILLE YOUTH NFL FLAG FOOTBALL SUPPLEMENTAL RULES

Updated 4/17/2026

Teams playing in the Placerville Recreation Department NFL Flag Football program will use the NFL Flag Football Rulebook and the City of Placerville Player and Coaches Code of Conduct. In addition, the following rules will be effect.

Players are required to wear a mouthpiece at practice and games!

The Placerville Recreation Department NFL Flag Football Program is offered in three divisions, all of which are COED. Age is determined as of March 12, 2026.

LEAGUE MAKE-UP - Age/Division Breakdown

Division 3 - Boys and Girls Ages 5-7

Division 2 -Boys and Girls Ages 8-10

Division 1 – Boys and Girls Ages 11-14

- A Head coach may only request 1 Assistant Coach prior to the completion of the draft.
- Players may belong to only one team in the City of Placerville, Recreation Department NFL Flag Football League during the season.
- Division 1 and 2 will have awards for Division playoff winners. No playoffs or awards for Division 3.

1. ELIGIBILITY OF TEAMS AND PLAYERS

- A. Each team may carry a maximum of ten (10) players. Only players who have registered during team registration or open registration are eligible to participate.
 1. Coaches will be required to attend draft day to select players for their team.
 2. Please review the Draft Rules.
- B. Players must reside in El Dorado County.
- C. Players requesting a refund after the draft day will automatically forfeit their right to reclaim any part of their entry fee if they drop from the league.
- D. Any participant playing under an assumed name or address will be expelled from further league play.
- E. Head coaches are responsible for the enforcement of, and adherence to, all rules. Head coaches are also responsible for the actions of assistant coaches, players, parents, and spectators on their team.
- F. No team member will be removed from a team until reviewed by the Recreation Coordinator.

2. FORFEITS

- A. A forfeit occurs when there are less than four (4) players at the start of a game. A team may start a game with four (4) players.
- B. Forfeited Games-The Recreation Department must be notified 24 hours prior to a team Forfeiting any scheduled game. Failure to do so will result in possible removal from the league. Upon the 2nd reported absence the team can be removed from the league with no refund to participants.
- C. Forfeited games will not be rescheduled and will result in a 28-0 loss in the standings.

3. MANDATORY PLAYING TIME

- A. Division and Time Breakdown
 - 1. **Division 3:** 10 minutes in both halves
 - 2. **Division 2:** 10 minutes in both halves
 - 3. **Division 1:** 10 minutes in both halves
- B. Each player must play 10 minutes in both halves and share an equal amount of plays in their respected position.
- C. Responsibility for compliance with Rule (4B) lies with the head coach. A coach who violates this rule must be warned and given a chance to remedy this infraction at the time of the violation under direction by the field official or referee. If they continue to knowingly violate this rule, they risk forfeiture of the game.
- D. A team with five (5) players does not have a mandatory sitting rule.
- E. If a player shows up late, the player will be credited for time missed as time played and mandatory playing time will be in effect for the player.
- F. If a player is taken out of the game for an injury, illness, or disciplinary reason in the middle of a half, the player will be credited with playing time for that period.
- G. A player **may** be kept out of the game if they have been ill, missed practice, or for disciplinary reasons but there **must be prior approval from the Recreation Coordinator**. The scorekeeper must be notified of this prior to the start of the game. If the scorekeeper is not notified before the game, a seven (7) point penalty will be assessed against that team.

4. TIMING

- A. No grace period. Teams must show up on time or the game will be forfeited. A team may start the game with four (4) players.
- B. Timing Regulations:
 - 1. Regular Season Games are played on a 40 Minute continuous clock.
 - 2. Two 20 Minute halves.
 - 3. Teams will have 1 60-second timeout per half. They do not carry over.
 - 4. If the offense is down less than 8 points then they will receive 4 extra plays to complete the game.
 - 5. 25 second play clock.
 - 6. One Minute Halftime.
 - 7. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.

5. Overtime

- A. As stated in the NFL FLAG RULEBOOK –(on our website under downloads)

6. Scoring

- A. Touchdown: 6 points
- B. PAT (point after touchdown)
 - 1. 1 point (5-yard line)
 - 2. 2 points (10-yard Line)
- C. Any extra point attempts that are intercepted and returned to opposite end-zone are worth 2 points, this also applies to overtime interceptions.
- D. A team that scores a touchdown must declare whether it wishes to attempt a 1 point conversion or a 2 point conversion. Any change, once decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.
- E. After one team is winning by 28 points or more, no PAT will be attempted.

7. Division Specific Rules

- A. Division 3
 - 1. Coaches are allowed on the field through week 7.
- B. Division 2
 - 1. Coaches are allowed on the field through week 2.
- C. Division 1
 - 1. Coaches are not allowed on the field.

8. SNAPPING THE BALL

Due to this being a COED league, the ball may be snapped to the side, with a direct handoff, as opposed to between the legs. This eliminates any uncomfortable contact. This is also beneficial for players that are still developing fundamental skills.

9. CONDUCT OF COACHES AND SPECTATORS

- A. The Site Supervisor, Scorekeeper and officials assigned to games shall have complete charge of the field and will have the power to eject players, coaches, sponsor, or any other person from the sideline or the field for misconduct, delay of game, or any other reason deemed necessary for the good of the game.
- B. Any disrespect shown to an official, Site Supervisor, or scorekeeper will result in that coach or spectator being ejected from the field.
- C. Coaches are responsible for the conduct of their assistant coaches, players, and spectators. Coaches must make every effort to see that their team and spectators adhere to all Youth NFL Flag football rules for conduct.
- D. All coaches must conform to the Youth NFL Flag football Coach's Code of Conduct.
- E. All schools are tobacco-free zones. Smoking/Vaping is always prohibited on school grounds.
- F. Spectators must remain on the sidelines or seating area during games. At no time will a spectator be allowed on the field or at the scorer's table.
- G. At no time will a spectator or coach question a judgment or decision given by an official or field supervisor.
- H. Questions from coaches or spectators on decisions made by the officials must be directed to the Site Supervisor after the game.
- I. Unsportsmanlike conduct by a spectator or coach (abusive language, inappropriate yelling, derogatory mannerisms, or not following any of the rules stated) will not be tolerated at any time.
- J. At no time will a coach or player or spectator act in a physical or threatening manner toward another person. **This type of action will result in immediate dismissal from school grounds and suspension from future games.**
- K. At the conclusion of the game, teams will clean their sideline and team area of water bottles and trash.
- L. **SPORTSMANSHIP**
 - 1. Sportsmanship and participation is of the utmost importance. Who wins or loses is of secondary importance. Therefore, there will be no protested games. All disputes will be settled at the time with the Site Supervisor.

- M. The following are possible procedures used for anyone (spectators, participants, or coaches) who violates rules governing the operation of a Placerville Youth NFL Flag Football event and/or the authority of any City representative on duty:
1. City Representative will issue a verbal warning. In addition, the City Representative has authority to:
 1. Issue personal fouls against a coach or player for conduct violations committed by coaches, players, or spectators. Ask the violator to leave the school/park grounds for the remainder of the game.
 2. Issue a written statement (stating the event(s) leading up to the removal of the violator; the violator's name and address; and any other pertinent information to the incident) to the Recreation Coordinator by 5:00 pm on the first working day after the game.
 2. The Site Supervisor/Recreation Coordinator has the authority to:
 1. Issue a verbal warning to the violator stating the next infraction will result in immediate dismissal from school/park grounds and could result in suspension from subsequent games.
 2. Issue a written warning to the violator stating the next infraction will result in immediate dismissal from school/park grounds and could result in suspension from subsequent games.
 3. Place the violator on probation for specified number of games. While on probation, additional infractions will result in suspension from future league events (as a participant, coach, or spectator).
 4. Suspend the violator for a specified number of games and place on probation for any remaining games. During suspension, violator will not be allowed on school/park grounds during any league practice or game.
 5. Suspend the violator from any future league events (as a participant, coach, or spectator) at any City of Placerville Youth NFL Flag Football programs.
 3. The violator has the right to:
 1. Submit a written statement to the Recreation Coordinator (stating the event(s) leading up to his/her removal, or any other pertinent information to the incident).
 2. Appeal the decision of the Recreation Coordinator at a hearing with the Disciplinary Action Review Committee with the understanding that the decision of the Committee will be final with no further appeals.
 4. The Disciplinary Action Review Committee is comprised of the City of Placerville Recreation and Parks Commission. (5 members)

League rules may be added, deleted or amended during the season by the Recreation Coordinator as deemed necessary.

NFL DRAFT RULES

1. Order Selection

- A. Draft order will be selected from a hat.
 - 1. One (1) will have first pick.
 - 2. Highest number will have final pick.
- B. Head coaches' child will be their first pick. If coach has more than one child, every other pick.
 - 1. If a head coach does not have a child participating, they will pick any child that isn't a coach's or assistant coach's child.
- C. Assistant coach's child will be their third pick.
 - 1. If a team does not have an assistant coach the team's first pick will be in the second round.
- D. Team requests
 - 1. There will be no team requests.
 - 2. Siblings will be placed on the same team, unless they request otherwise.
 - 3. If siblings are selected, they will be placed in consecutive rounds.
- E. **Registered participants not there on draft day will be randomly placed on a team based on the number of kids and needs of the team.**

2. Draft Structure

- A. Snake Draft- ex. In an eight (8) team draft 1-8,8-1, 1-8...

3. Team Name Selection

- A. Team name selection will be done in reverse order. Ex 8-1
 - 1. Highest pick will get first section in team name.

Evaluation Day Field Structure- Each station will be a 10 minute and then rotate.

