



Switzerland County YMCA Flag Football

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

General Information:

- 6 v 6 (HS 5v5 no center)
- Games will start at time posted on schedule – any warm up must occur prior to if time permits
- 20 min. running clock halves with last min. stop clock. Clock Stops after change of possession or after touchdown
- Two 30 second timeout per team per half
- Ball sizes (10U, 12U, TDJ), (MS TDY) (HS IHSAA Regulation size)
- Mouth pieces are mandatory
- If worn, baseball hats must be on backwards

General Rules:

- Field is 50 Yards long by 30 yards wide with ten yard end zones (Playing field 40X30).
- Game starts with coin flip
- Team gaining possession will start with the ball on the 40 yard line
- 4 downs to get to mid field (20 yard line) for a first down
- If turnover on downs before or after mid field, then defense gets the ball on the 40 yard line.
- After crossing mid field, then 4 downs to score
- No punting

When on Offense:

- 30 second snap clock
- All snaps between the legs
- All eligible receivers
- No blocking
- No direct hand offs – must be pitched or thrown
- Offensive teams may rush the ball only ONCE per set of downs:
 - a rush constitutes any offensive player advancing the ball over the line of scrimmage without a pass being completed.
 - a quarterback may advance the ball over the line of scrimmage only if the defense has crossed the line of scrimmage AND the offensive team has not already rushed during that set of downs (No QB sneaks)
 - a quarterback may pitch the ball to another offensive player who may then attempt a pass. It is NOT considered a rush until that ball carrier crosses the line of scrimmage.
- Touchdown results in 6 points:
 - 1 point conversion from the 5 yard line
 - 2 point conversion from 10 yard line
 - 3 point conversion from 20 yard line



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- 1, 2 or 3 point conversion must be forward pass
- Fumbles are a dead ball at the spot of fumble & offense retains possession
- The offense will have 7 seconds (High School 4 seconds) after the snap to advance the ball beyond the line of scrimmage or the play will be whistled dead and the ball will be marked at the spot where the play was blown dead.

When on Defense:

- Only defenders beyond 7 yard cushion can rush the QB:
 - There is no limit to the number of defenders that can rush
- All defensive penalties result in spot of foul and automatic first down
- Interception will be a turnover, and worth 2pts. Interception will be blown dead, and the ball returned to the 40 yard line with the intercepting team retaining possession.

Sportsmanship Rule (One team up by 20 points or more):

- LEADING TEAM:
 - must go for 1 point conversion when scoring
 - can not rush the QB
 - with possession of the ball in the last minute of stop clock will result in the end of the game since it's unlikely trailing team would be able to come back

SCORING:

- Touchdown = 6 points
- 20-yard PAT = 3 points
- 10-yard PAT = 2 points
- 5-yard PAT = 1 point
- Defensive Interceptions = 2 points

OVERTIME:

- If the game is tied at the end of regulation play, a tiebreaker will be in effect to determine the winner. Team captains will meet with the officials for a coin toss to determine possession of the ball. The winner of the coin toss has the choice of starting on offense or defense.
- Both teams are given four plays to score from the opponent's 10-yard line. There are no timeouts in overtime.
- If the team on offense is unsuccessful in scoring, the opposing team takes possession at the 10-yard line and has four plays to score a TD. If the opposing team scores, they win.
- If the first team is successful in scoring a TD, they have the option of selecting a 1PAT, 2PAT or 3PAT. The opposing team then tries their four plays to score and, if successful, attempts a conversion to either tie or win the game. If the opposing team does not score a TD or does not match the first team's extra points, the game is over and the first team wins.
- In the case of an interception in overtime The defense will be awarded two points and the game is over. (Maxim of 2 overtime periods, if teams are still tied game will result in a tie)



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GAME PLAY:

1. When snapping the ball, there must be at least one player on each side of the center. Teams may line up with four receivers on one side of the center but at least one receiver must motion out of that formation before the ball is snapped.
2. No diving. The ball carrier must not leave their feet to advance the ball forward or to avoid a flag pull or sack. The play will be blown dead at the spot.
3. The receiver must have control of the ball with at least one foot (the first foot to contact the ground with the ball) in bounds.
4. It is a legal play for the quarterback to intentionally ground the football.
5. No downfield blocking of any kind is allowed; whether it is on receptions, a run play or on interceptions. The play will be blown dead and the offending player may be called for an unsportsmanlike conduct penalty at the discretion of the official.
6. The ball must cross the line of scrimmage (whether it's a run or pass play) within the 7 (4 for HS) seconds of the ball being snapped. If the ball is not thrown within 7 seconds, it is a loss of down at the spot.
7. The 7 second rule is in effect during a muffed snap, which remains a live ball and may be recovered by the offense and thrown within that same 7 seconds or if recovered by the defense will be downed at the spot. Offense will retain possession.
8. The center may snap the ball to any player on offense; not just the player lined up as the quarterback, so long as there is a receiver on each side of the player who is snapped the ball.
9. All players are eligible to receive a forward pass.
10. It is illegal for the offensive or defensive team to count the 7 seconds out loud, even from the sidelines. Officials will first issue a warning. Teams will then be assessed a 15-yard penalty for unsportsmanlike conduct on the second offense.
11. In the event of an inadvertent whistle, the offense has the option to either replay the down or accept the play at the point where the whistle was blown.
12. The pass rusher must start at least 7 yards back from the line of scrimmage. If the rusher jumps the snap count, he must go back behind the rush mark before continuing to rush the quarterback (but the player may still rush). The rusher must go for the quarterback's flags.
13. Any player may rush as long as they start 7 yards from the line of scrimmage. In the event of a throwback (double-pass) anyone may rush the ball carrier.
14. No impeding the rusher. This is only in effect beyond the line of scrimmage. Receivers may not interfere with the pass rusher's path to the quarterback as long as the rush is a straight and direct path.
15. Absolutely no stripping or attempting to knock the ball out of the quarterback's hands. Players must attempt to pull the ball carrier's flags. The defender is allowed to try and knock the ball away if the receiver is trying to establish possession, however once the ball is secured, it may not be stripped.
16. Double passes are allowed as long as the first pass is thrown laterally or backwards and the second pass is released prior to the five second play clock expiring and behind the line of scrimmage. A dropped double pass is down at the spot.
17. Flag guarding is illegal and will result in a 10-yard penalty and loss of down. If, however, the flag is still pulled during the live play, the flag guard penalty will not be enforced. Flag guarding by the quarterback in the end zone is a safety.
18. If a player only has one flag on when playing or if a flag falls off when a player has possession of the ball, then that player only needs to be touched for the play to be whistled dead.



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19. Hook and ladder plays are legal. A receiver may pitch the ball to another player as long as the second player is even with or behind the initial receiver. If the defense intercepts the pitch, it is a live ball and may be returned. If the ball hits the ground, it is dead at the spot.
20. "Bump and run" coverage is permitted by the defense as long as the initial bump occurs within the first five yards. The contact must be made after the receiver(s) takes one step beyond the line of scrimmage and must be initiated from within the first yard from the line of scrimmage. The defender cannot make contact after the initial five yards or when the ball is in the air. The receiver may use release moves to escape the bump. All checking/bumping must be done with open hands and arms extended between the waist and shoulders. Any contact to the receiver's head or face is strictly prohibited. Defensive holding is a penalty. If the receiver is bumped out of bounds by the defender, the receiver must immediately re-enter the field of play in order to be eligible to catch the ball. If, in the official's discretion, the receiver does not immediately enter the field of play, it will be ruled an incomplete pass.
21. Interceptions are a dead ball with the defensive team awarded 2 points and possession at the 40 Yard line
22. There are no fumbles (except on a bad snap). Fumbles are blown dead at the spot of the fumble. There is no change of possession on the play (no piling on).
23. If a ball carrier falls to the ground without being contacted by a defensive player, he may get up and run, unless touched while down.
24. Offensive players must be set for one second before the snap. Only one player may be in motion at the snap. Motion must be lateral (no forward motion). If two or more players shift, they must be set for one second before the snap.
25. When determining the spot of the ball when a flag is pulled, the spot will be where the ball is, not where the flag has been pulled.
26. Simultaneous Catch: If a pass is caught simultaneously by two eligible opponents, and both players retain it at the same time, the ball belongs to the passers (offense). It is not a simultaneous catch if a player gains control first and an opponent subsequently gains joint control.

Running Play

- One run play is allowed (but not mandatory) per four down series, except when the offensive team is within the 5-yard line of scoring.
- A run qualifies as any play where the ball is carried over the line of scrimmage.
- A pitch, "QB sneak" may be utilized for the one run play per four downs
- During a run play, the defender does not need to be five yards back from the line of scrimmage in order to pull the player's flag.
- If a second run play attempt is made in the same four down series, the result of the play is a five yard penalty and loss of down.



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M. PENALTIES:

Offensive:

- Offsides: 5 yards and replay the down
- Offensive pass interference: 5 yards and loss of down
- Delay of Game: 5 yards and replay the down
- Offensive Holding/Illegal Block/Impeding the Rusher: 5 yards and loss of down
- Illegal procedure (shift, motion, "trips"): 5 yards and replay the down
- Unsportsmanlike conduct: 15-yard personal foul from end of play (down counts).
- Flag Guarding: 10-yard penalty from spot of infraction. Any resulting yardage is credited to the receiver prior to marking off the penalty. 1st down yardage prior to the penalty results in the first down.
- Illegal Forward Pass: 5 yards and loss of down (i.e. any part of the quarterback's body that crosses the line of scrimmage prior to the pass).
- Failure to wear proper equipment: 5 yard loss, replay the down

Defensive:

- Offsides: "free play" for the offense. 5 yards, replay the down (or take the result of the play).
- Pass Interference: Spot foul and automatic first down
- Pass Interference in the end zone: 1st and goal at the one-yard line
- Stripping: 5-yards from the spot of the foul.
- Illegal Rush (defender is not 7 yards back): 5 yards and replay the down
- Illegal contact: 5 yards and replay the down
- Holding the ball carrier/Illegal flag pull: 5-yards (added to end of the run)
- Unsportsmanlike Conduct: 15-yard personal foul (automatic 1st down).
- Failure to wear proper equipment: 5-yard loss, replay the down

NOTES

- Season will run from the first week in March to the last week in April, Games will be played on Saturday.
- The goal is an 8-game round robin style season with top two teams in each age group competing for Championship in Final week.
- One official per Game. (*argumentative behavior will not be tolerated*)
- Recommend a minimum of 8 players per team with a maximum of 12. All players on a team must start on either offense or defense. Goal should be 10 players per team.
- Maximum of 9 teams per age group, Minimum of 4.
- Teams may wear their own uniforms and approved flags or use provided pennies and flags.
- Practice time one day per week will be scheduled for each team.
- 25 Dollars per Player or 250 per team. If you submit to a team with less than 10 players the YMCA may assign additional players to your team. If an individual player is added to your roster by the YMCA Individual player fee will be deducted from your team cost.