



## **Cross County Youth Football Flag Football Rules**

In an effort to encourage the largest number of our players to take part in every aspect of the game, and to ensure that all games are played according to the same set of rules, the following rules apply to CCYF Flag Football:

### **Game Play**

1. Start of Game - First possession of the football will be determined by coin toss. The receiving team shall start on their own ten (10) yard line.
2. Downs - First downs shall be awarded when a team advances the ball by ten (10) yards from their own ten (10) yard line on a kickoff. ---OR--- A first down shall be scored when a team advances the ball five (5) yards from their own fifteen (15) yard line from a declared punt/safety or touchback. First downs will then be scored every ten (10) yards until touchdown, loss of ball on downs, a fumble, or a punt is declared.
3. Cones - League approved cones shall mark the field in approximate ten yard increments.
4. Team Makeup - Eleven (11) players maximum may start on each team. If one team has fewer players the opposing team must match players. (I.e. 9 on 9, 7 on 7, etc.)
5. Nose Tackle - no defensive player may line up opposite the center on the line of scrimmage.
6. Center Snap - The center may snap the ball either sideways or between his legs; the offensive coach makes this decision.
7. Center Linebacker - If the defense elects to fill the position of center linebacker, the center linebacker may stand no closer than eight (8) yards in front of the line of scrimmage prior to the snap of the football.
8. Blitzing - Blitzing is prohibited by linemen, however linebackers are free to do so as long as they have started from a position no less than five (5) yards back from the line of scrimmage.
9. Linebackers - Other than the restrictions placed on the center linebacker, no other linebacker may stand closer than five (5) yards away from the line of scrimmage before start of play. When inside the five (5) yard line, linebackers may be moved up to two (2) yards beyond the line of scrimmage and may not blitz.





10. Fields - All practices and games must be played on League-approved properties.

11. Bad Snap (1) - There will be no re-huddle in the event of a bad snap. The teams are to immediately realign on the line of scrimmage and continue with the last play.

12. Bad Snap (2) - In the event of a bad snap, if the ball did not reach possession by the quarterback, it will be called a bad snap and the ball is dead. If the ball was dropped after possession by the quarterback, or during hand off or subsequent play, the ball is live and considered a fumble.

13. Bad Snap (3) - In the event that there is a second consecutive bad snap, the offensive team will lose a down and may re-huddle. The exception to this will occur when a team is in a fourth down situation; the offense will lose three (3) yards, or half the distance to the goal if they cannot give up the yardage without causing a touchback, re-huddle and attempt the play again.

14. Two (2) Touchdown Rule - Any team that leads its' opposition by more than Two touchdowns shall completely change its' backfield players. No player in the original scoring backfield may be allowed into any backfield position until such time as the other team scores and the two touchdown spread no longer exists; Said team may then revert to its' original backfield, again subject to this rule.

16. Safety/Touchback - In the event of a safety / touchback the ball will be turned over to the defensive team on the defensive teams 15 yard line.

17. Chuck Blocking - It shall be permissible for a defensive team player to chuck block a ball carrier out of bounds subject to the following:

- There shall be no holding of the ball carrier.
- The only player(s) that can be chuck blocked are the ball carrier and/or his protection.
- If the ball is fumbled during the block, it does not change hands and is dead where it strikes the ground or goes out of bounds.

18. Holding - Holding shall be called when it is a flagrant violation that affects the outcome of the play. Referees are to exercise sound judgment when calling a holding violation at any other time.

19. Tackling (1) - The coaches shall first address persistent tackling as a





mutually solvable problem. If the problem persists, the offending player is to be benched for 2 consecutive plays. If this does not obtain the desired effect the player shall be subject to further discipline. Notice of this action shall be made to the Flag Coordinator immediately.

20. Tackling (2) - Flagrant or violent tackling shall result in a five (5) yard penalty and immediate notification shall be made to the Flag Coordinator. The Flag Coordinator shall have the option of benching the player for the remainder of the game, the next scheduled game, or any other discipline deemed necessary.

21. Ball Stripping - Stripping the ball is permitted at any time that is not prohibited by these rules.

22. Huddle - During game play, huddles cannot last more than one (1) minute. If a team persists in abusing this limit it may be subjected to a three (3) yard penalty.

23. Punt - In a fourth down situation, it will be the decision of the possessing team as to whether they will attempt to make a first down or punt. If a punt is declared by the possessing team, the defensive team will then start the next series of downs from its' own 15 yard line.

24. Stiff-arm - Stiff-arming of another player, in any manner, is prohibited.

25. Line of Scrimmage, Game Play - The line of scrimmage shall line up according to the play; as dictated by the offensive team; to wit:

- The offensive line must use a balanced 7 man line; Center, 2 tackles, 2 guards, 2 ends. Adjustments to this rule will apply should there be fewer players available on a team.
- The offense may split ends to either side of the tackles or may decide on a strong side offense. (Both ends off of one tackle.)
- The defense shall line up opposite the offense in a nose-to-nose configuration. All other players are subject to the linebacker rules or are to be positioned as safeties.
- No offensive player is to be left unprotected, except the center.
- Ends may be split and may stand.





- If the ends are not split, they must be in the down position.
- Tackle to tackle must not be more than finger tip to finger tip apart.
- Tackle to tackle will be in the down position.
- The Down position means a player must be in a 3 or 4 point stance.
- Defensive linemen from tackle to tackle must be in a 3 or 4 point stance.
- Defensive linemen, from tackle to tackle, must be lined up directly opposite the offensive player.
- The defense may not line up in the gaps.
- The defensive unit including linebackers must set along with the offensive unit.
- The ends can be positioned head up or anywhere outside the offensive end and can be standing or in the down position. If the offensive end is split, the defensive end can be lined up anywhere outside the offensive tackle.
- Outside linebackers must be lined up outside the tight end position and cannot be stacked behind the defensive end.
- Linebackers and lineman will not be allowed to stunt, loop, or stack.
- The defensive line is permitted to rush.
- The defensive unit cannot shout, yell or clap their hands in order to disrupt the offensive cadence.
- Offensive linemen are not allowed to go into motion.
- Offensive backfield may go into motion prior to the snap but will not turn up towards the line of scrimmage until after the ball is snapped.
- The offense may not use a silent snap count.
- No defensive player may shoot the 1-2 gap at the snap of the ball.
- Gloves, pads and other non League issued equipment are prohibited.
- The positioning of the other players is at the discretion of their coach,





providing that it conforms to the Official Game Rules

- Protecting the flag is prohibited.
- All players are to have their shirts tucked in for game and practice sessions.

26. Eligible Receivers - All players will be considered eligible receivers, once a play has started.

### **General Rules**

27. Equipment - Games and practices shall be conducted using only approved equipment. (I.e. Ball, flags, tackle aids and clothing.)

28. Thunder Storms – In the event that there is a thunderstorm in the area, no practice shall commence within twenty (20) minutes from the time of the last visible lightening discharge.

29. Field Occupants - No family members / spectators are allowed on the field, sidelines or adjoining spaces. Parents / spectators are to remain outside of the Edwards Middle School Field fence at all times. Coaches will initially attempt to advise parents that they are not permitted on the field. Should this present a problem, or the problem persist, the Flag Coordinator is to be advised and will then handle the situation.

30. Game Dates - Games shall be played mainly on Tuesday nights' and will begin precisely at 6:30 P.M. Teams will play according to a schedule contained elsewhere in these rules.

- Starting time may be adjusted due to daylight and field lighting conditions. Changes will be announced to the Head Coach as soon as available.

31. Playing Time - Games shall consist of two (2) twenty-five (25) minute time periods with a ten (10) minute intermission between halves.

- All Flag players shall play a minimum of three (3) plays per half.
- Players arriving late will play a minimum of (3) plays during the second half of the game.

32. Make-up Games (1) - Makeup games will be scheduled as possible, and the players and their parents will be notified as soon as scheduling is complete.





- This is not intended to guarantee that make-up games will be scheduled.

33. Make-up Games (2) - Makeup games will be subject to these rules the same as regularly scheduled games.

34. Field Size - The playing field shall be twenty (25) yards wide by fifty (50) yards long. The field will be set up so that one end zone complies with the end zone marking and the adjacent side complies with the out of bounds line. The fifty (50) yard line shall be the opposite end zone and the field shall be coned off accordingly under the direction of the team Head Coach.

- A diagram of the field is provided by the League and shall be supplied to each Head Coach prior to the beginning of the season.

35. Practice Limitations - Flag teams will practice on Monday, Tuesday, Wednesday (optional) and Thursday for the first three (3) weeks. Once games begin Tuesday practice will end and the rest of the season will consist of Monday practice, Tuesday game and Thursday practice.

- All teams shall begin practice on Monday, August 4, 2008 at 6PM.
- Equipment will be provided by the league at the first practice or at a time set by the Equipment Coordinator.
- No unauthorized equipment shall be worn/used without the permission of the Flag Coordinator.
- No player whose fees are not paid up at this time will be issued equipment or permitted on the practice field.

36. Practice Prohibited - League rules prohibit practice on Fridays, Saturdays or Sundays.

37. Head Coach Responsibilities to the League - It is the responsibility of the Head Flag Coach to notify the Flag Coordinator of the following before the first practice session:

A. All Assistant Coaches: (Maximum 4 permitted) (additional Junior Coaches will be allowed with the approval of the Flag Coordinator):

- Names
- Addresses
- Home Telephone Numbers
- Shirt size
- E-mail address





- Copy of current NYSCA Coaching card for all Coaches.
- Weekly practice schedule
- Any other information that may be pertinent

38. NYSCA Certification - No Flag Coach, Head or Assistant coach, shall be allowed to participate in game play, until they have completed the NYSCA Initial Coaching and Sports Specific Training Courses.

- There will be NO exemption for practice dates. All Coaches must complete the NYSCA online certification prior to participation. If a card has not been obtained, it will be the individual Coach's responsibility to provide the printed receipt. Once a card has been received, it must be worn as stated below.

- Coaches are required to wear their NYSCA membership cards on a suitable lanyard that will be worn around their neck during all practices and games. Coaches not displaying their cards will not be permitted on the playing field until the situation is corrected.

39. Number of Coaches Permitted - Each team shall be permitted five (5) Coaches in total. All five (5) may participate within the designated field. A maximum of two on-field coaches will be permitted at any one time, if more than one (1) Coach arrives for the game, the Head Coach or his designee must appoint one (1) Coach as a referee for that game.

- Head coaches are not to serve as referees.
  - Referees are not to Coach.
  - Field Coaches are not to referee.
    - They may bring flagrant violations to the attention of the referees.
  - Referees decisions are final.
    - Ball positioning is up to the referees and not the Coaches.
    - If the referees do not agree on the final position of the ball, the play is to be repeated from the original line of scrimmage.
  - Appeals are to be made by the Head Coach or his designee only.
  - Once the next play has begun, appeals are moot and will be discussed with the Flag Coordinator immediately following the conclusion of the game.





- The remaining two (2) coaches must be assigned to the sidelines in order to maintain oversight of any players not in the game.
- Junior Coaches are not included in the total Coach count nor are they counted as a Coach, for purposes of this section, while on the field.

41. Unacceptable Behavior - Poor sportsmanship, violence, profanity, obscene gestures and offensive mannerisms on the part of league participants will not be tolerated. League participants in violation of this rule are subject to discipline and / or dismissal from the League. All instances of this type of behavior are to be immediately reported to the Flag Coordinator.

42. Review Board - In the event that the actions of a League participant make it necessary, the Flag Coordinator shall have the power to convene a review board of three (3) members. (Two (2) team Head Coaches and Chaired by the Flag Coordinator.) Their duty will be to determine if any discipline action is to be initiated by the League. The decision of the review board, after review by the League Director, shall be final.

43. Head Coach Responsibility for Compliance to Rules- All Coaches are to review the rules with their assistants. Head Coaches shall enforce them and be bound by them whenever going about their League duties.

44. Canceling a Practice Session - If, due to weather conditions **only**, it becomes necessary to cancel a practice session and the Flag Coordinator has not been in contact with the team, the following will apply:

- The Head Coach, or his designee, will arrange for messages to be given to the player's parents instructing them that the practice is cancelled.
- The Head Coach, or his designee, will make arrangements for someone to be at the practice field to notify their player's parents who arrive there that practice has been cancelled.
- The Head Coach, or his designee, will notify the Flag Coordinator that practice has been cancelled.

45. Canceling a Regularly Scheduled/Makeup Game - If, in the estimation of the League, it becomes necessary to cancel a regularly scheduled or makeup game the following shall apply:

- The League Director, along with the Flag Coordinator, shall make the determination that it is prudent to cancel.
- Notice of the cancellation will be on the 1-888-517-6428 League





telephone.

- The League Director, Cheer Coordinators and Flag Coordinator will notify Head Coaches, to the extent possible, that there has been a cancellation and that the Coaches need to begin to notify their players.
- It will then be the individual team Coaches responsibility to notify the players or their families that the game has been cancelled.

46. Disagreements on/off the field - It is the responsibility of all League representatives to set a good example for the players and their families. Therefore any disagreement that cannot be solved among the affected parties is to be immediately brought to the attention of the Flag Coordinator who will make the final judgment.

47. Makeup Games - In the event that it becomes necessary to reschedule a regular game to a make-up game the following will apply:

- The League will set make-up games as needed.
- The League will furnish as much advance notice as possible before games are re-scheduled.
- The League will notify the Head coaches of the make-up games and it will be their responsibility to notify their players.
- The League will furnish completely new schedules if it becomes necessary.
- This section does not guarantee that the League will schedule a make-up game for any pre-empted game.

48. League Fundraiser - Participation in the League fundraiser is mandatory.

- Any player not fulfilling his/her obligation to the League will be subject to removal from the League as the fundraiser fulfillment is considered part of the overall cost of participation.

49. Discipline – All Coaches and members of the League are at-will volunteers and not guaranteed any method of due-process. Disciplinary matters and actions are strictly within the pervue of the League and all decisions are final, there is no provision for appeal.

50. All Coaches and League representatives are to familiarize themselves with the current year Cross County Youth Football Policies and Procedures and are not to violate them.

- Violations of the CCYF Policies and Procedures are subject to disciplinary action up to and including immediate cancellation of your volunteer status with CCYF..

A. - Additions/changes to the rules – As the season progresses additions and changes to the rule may become necessary. They will be given to the Head





Coach of all teams and it is their responsibility to disseminate the rules to their Assistants, Junior Coaches, players and their families.

B. - Game Schedule – Game schedules are posted on the League website (www.brunswickccyf.com) prior to the beginning of the current season.

C. - Snack Tables - Snack tables will be assigned to teams on a weekly game basis.

- Any team that does not wish to participate in the schedule shall advise the Flag Coordinator the earliest time so that other teams may take advantage of the schedule opening.
- The concession table assignments will be attached to the football schedule and it shall be the responsibility of the Team Mom, Cheer Coach and Flag Head Coach to assure that their team table is ready on the assigned date.
- All fundraisers must abide by the requirements of the CCYF League Fundraiser Policy, any failure to do so may result in the suspension or dismissal of both Head Coaches.
- The team conducting the fundraising table will be the team assigned to the bye week for that game.

