

Fishers-HSE Youth Football Flag Football Rules and Regulations 2010

Code of Conduct:

All non-tackle league rules apply to the Flag divisions including the Coaches Code of Conduct. Coaches and parents should review the league rules and the Code of Conduct – see www.hseyouthfootball.com .

Starting the Game:

A coin toss will determine who starts on offense. The other team will start the second half on offense. The game and the second half will begin with the ball at the 10 yard line.

Time Clocks:

The game will consist of two twenty (20) minute halves. The clock will run continuously except for injury time outs. Half time will be five (5) minutes.

Equipment:

All players will wear mouthpieces while on the field. **Players will not be able to participate unless they have mouthpieces.**

Only molded cleats are allowed to be worn. No screws in cleats or baseball spikes are allowed.

All players must wear league issued flags while they are participating on the field. The flags must be on the players' hips. All shirts/jerseys must be tucked in the players' pants.

Playing Time:

Each player must start one side of the ball and play the entire game (e.g. if a player does not start and play on offense, he must start on defense). Substitutions are encouraged so players get experience on both sides of the ball but the coaches must ensure the players all have equal playing time.

Tackling:

Tackling is prohibited. The player is considered “tackled” or down when the flag is detached from the belt, the flag falls off or the players' knee touches the ground.

Coaching:

One coach will be on the field with his team during play, one for the offense and one for the defense. These two coaches will also act as referees. Penalty yardage will not be marked off against the offending team. An offensive penalty will result in a loss of down and a defensive penalty will result in a re-playing of the down. It is the coaches/referees responsibility to explain to the players the rules infraction that occurred.

Formations:

Each team will have eight (8) players on the field.

The offensive team must have a minimum of five (5) players on the line of scrimmage when the ball is snapped. The formation is 1 QB, 2 running backs and 5 linemen.

The quarterback can take direct snap or shotgun and the backs may line up anywhere in the backfield.

The defense must have a minimum of three (3) linemen on the line of scrimmage. Linemen must be head up, no "gap" defenses. The nose guard must be 1 yard off the line of scrimmage.

There are two (2) linebackers and two (2) cornerbacks, they must be a minimum of two (2) yards off the line of scrimmage. There is one (1) safety.

In order to let pass plays to develop, only four (4) players may rush the QB, the 3 linemen and 1 of the linebackers. The cornerbacks are not permitted to blitz. Once the QB hands off the ball, the defense may pursue the ball carrier.

First Down and Change of Possession:

There will be no kick-offs or punts.

Game will start with ball on the 10 yard line.

The offensive team will have four (4) downs to make it to the next cone. If the offense fails to make the first down, the opposing team will take over on their 10 yard line.

The ball will be spotted where the player is downed.

Fumbles and interceptions are live until the ball carrier is downed by flag or knee touching the ground.

The Field:

Cones are lined up along each sideline 10 yards apart.

First Downs and Score:

There will be no score kept for the flag games.

There will be no safeties. Start from the 2 yard line after a safety.

Practice:

Coaches will be given a list of approved fields for practice, only these fields can be used.

Each team is permitted five (5) practices before the first game. Once the season begins two (2) practices per week are permitted. No exceptions.

There will be no Sunday practices.

There will be a 90-minute time limit for practices; most should be about 60-75 minutes.

School Facilities:

Each head coach and all parents are responsible to have their team clean up the game field and practice area after each practice and game. We are guests at all school facilities – please respect all school property.

Also each Saturday, after the final game of the day, the cones from each field should be gathered and stacked.