

# Sierra Valley Sports

## Flag Football Rulebook



## **Team Registration/roster**

1. All league business will be conducted through team Managers and/or coaches only.
2. Registration fee must be paid by the 3<sup>rd</sup> week of games.
3. Entry fees cover the cost of field rentals, field paint, field markers, referees, awards and administrative fees.
4. If a team is removed from the league for any reason, no refund will be given.
5. All rosters, waivers, and coaches code of conduct must be completed to be eligible. Any player not listed is considered ineligible.
6. No player may participate with any team other than the one with which he/she is registered. Players can only register with one team per season.
7. Any falsification of roster information or use of illegal players will result in immediate forfeit of the game in which the illegal player played. It is the team manager and coach's responsibility to know who is on the roster and to confirm their eligibility.
8. Teams can have up to two players on their team that attend other schools, as long as those players attend a school that doesn't have a program.
9. Regardless of Grade level, All players must be no older than 11 in order to participate in the league. Players that turn 12 after October 1<sup>st</sup> will be eligible to finish the season. during the season.
10. Varsity: 3<sup>rd</sup> – 5<sup>th</sup> Graders / J.V.: 3<sup>rd</sup> – 4<sup>th</sup> Graders (5<sup>th</sup> graders that play in JV must be approved) / Freshman: 1<sup>st</sup> – 3<sup>rd</sup> Graders / Gremlins: Kinder – 1<sup>st</sup> Graders.
11. Girls are eligible to play 1 division below their grade level (This does not allow 6<sup>th</sup> grade girls to play).

## **Eligibility / Game Changes**

1. Once the final schedule is posted, teams that need to change game times must contact the opposing coach, set-up the change and then have it approved by the director.
2. All players must have practiced with the team for a full week (Minimum of 2 practices) before they can play in a game.
3. Schools with one team will have to place that team in the Varsity league unless the director declares that the team would be better suited in another division.
4. Schools with two or more teams must have at least one team in the Varsity league and the other teams can be placed in the varsity or Junior varsity league.
5. Players can be moved from varsity to j.v. or j.v. to varsity but cannot be rostered or play in more than one team per Week. All

rosters are final as of October 1<sup>st</sup>, all rosters will be finalized and players can no longer move from J.V. to Varsity unless approved by the director.

6. Players can only play for two teams if the opposing coach and referee are made aware and agrees before the game starts.
7. Teams that have players play illegally will be given a forfeit.
8. Forfeit games will go down as a 28-0 loss
9. Roster check will take place upon opposing coach, referee or directors request. A coach can request a roster check before a game or at half time. This is when questions about illegal players or illegal attire needs to be discussed:
  1. Every player must have a player waiver signed.
  2. Mouthpieces
  3. Every player must be rostered.
  4. Proper flags (3 flags on each belt with correct clip)
  5. Proper shorts

### League Rules

1. League Coordinator will govern any rules not covered.
2. The team manager or coach must have a roster submitted on Team snap in order to be eligible. The roster must have name and DOB.
3. It is the coach's responsibility to make sure his/her players are legal.
4. **Teams must supply their own matching uniform. Uniforms must be numbered on the front and/or back. Any player without a like team uniform will not be permitted to play. Same color shorts as the flags are not permitted.**
5. Only athletic type clothing and accessories are permitted. Any jewelry, doo-rags or other non-athletic type accessory must be removed prior to play.
6. Varsity teams must be filled before the JV teams. If a varsity team does not have enough players to fill an entire team, then the J.V. team will be given a forfeit.

### Game Rules

1. Field Dimensions: 80 yards by 40 yards including end zones
2. 15 yard first downs
3. All teams will use the Pee Wee size ball (no switching balls during the game).
4. Two 24 minute halves
5. 10 players on the field at a time (Teams can play with a minimum of 7 players)
6. Anybody is eligible for a pass and can move in motion before the snap.

7. Sub anytime.
8. 45 second huddle time between each play
9. 2 timeouts of 1:30 minutes each half.
10. All flags must be worn the correct way over the shirt with shirts tucked in and either has the alligator clip or sliding clip, *shorts must be a different color than flags*. Players not wearing flags will still be eligible players and but can't advance the ball while it's in that player's possession.
11. If two teams are wearing the same color it is up to the home team to change or put on pennies. The home team is always the first team listed.
12. Time stops for injuries, timeouts, NFL rules for time in the last 3 minutes of the each half. If more than 16 point difference, then time doesn't stop.
13. Games can end in a tie except for the playoffs. If games are tied in the playoffs, then there is college style overtime. Each team will get a chance to score from the 20 yard line with no first downs and you must go for 2 if you score.
14. There is a Head referee and asst. referee for every game. The head referee makes final decision on calls and keeps official time.
15. Each Team is required to run the chains for ½ of the game and at least one of the people must be an adult.
16. Every player must wear a mouthpiece when in the game. Any player who participates in the game without a mouthpiece will either be warned or given a 10 yard unsportsmanlike conduct penalty. Will not result in a loss of down or automatic first down.
17. Teams must be on opposite sides of the field with the home team (who is listed first on schedule) getting to choose their side.
18. All situations that take place during the game and are not listed in these set of rules will refer back to the high school rulebook.

## Offense

1. Every play must start with Hut or hike
2. Every play must have the ball snapped to the quarterback either between the legs or center standing sideways. Players snapping the ball sideways is allowed a two foot area in front of the line of scrimmage for their foot.
3. If the ball is badly snapped or the QB drops the snap, then the ball is dead where it lands with a loss of the down and yardage of the snap.
4. When the ball carrier falls or touches one knee to the ground they are down.

5. All blocking is done with hands inside of your elbows. Arms **don't** have to be crossed
6. No flag guarding
7. Stiff arms are illegal and considered flag guarding
8. Referee must set the ball to start each play.
9. Spinning and jumping are legal moves.
10. **Fumbles** are the same as high school rules except on kickoff and punts.
11. Laterals and pitches are live balls if dropped. Forward passes are incomplete.
12. Safeties are the same as high school, college, and professional rules.
13. All players must be on the field of play by the time the quarterback starts his snap count.
14. Any attempt to hide a player within bench players that are standing on the sideline will be flagged as an unsportsmanlike penalty. This call will be at the referee's discretion.

### Defense

1. There is a mandatory 5 second count before you cross the line of scrimmage on pass plays, the count must be done out loud by the referee. (Crossing the line of scrimmage before 5 seconds will be strictly enforced)
2. The defense can rush in pass the line of scrimmage once the ball moves from the QB to any other player on the offense whether that be a handoff, fumble or pass.
3. If before or after the 5 second count, the defense crosses the line of scrimmage, then the QB does have the option to run. If the defense does not cross the line of scrimmage the QB cannot run and must make a pass or hand the ball off.
4. No rushing the punter or blocking the punt.
5. Attempting to intentionally strip or knock the ball loose from the offensive player is not allowed and will result in an unsportsmanlike penalty.
6. No defensive player can initiate contact with the center while snapping the ball

### Kick Offs / Punts

1. Kickoffs are done from the **20** yard line.
2. Touchbacks go to the **10** yard line. If the ball goes out of bounds, then the ball is placed where it went out.
3. A tee must be used for the kickoff.

4. There cannot be a turn-over on a punt or kickoff, unless the referee rules that there was possession and a fumble.
5. If the ball is dropped on the kickoff or punt, the returning team can pick up the ball and run. If the defense touches the ball then it is down at that spot. Onside kicks are only allowed in the last 3 minutes of the game and will not have to be announced.
6. If the ball enters the end zone on a punt or kickoff then it is an automatic touchback, but if a player receives the ball in the playing field and while running goes back into the end zone, then it can be a safety.
7. Blocking the punt is prohibited.
8. You must announce that you are going to punt
9. The ball does not have to be snapped to the person punter, the punter simply says hike or hut and punts the ball.
10. No player on either team can cross the line of scrimmage before the ball is punted.

### Scoring

1. When a touchdown is scored the team will get an automatic six points. They will then go for either 1 point from the 5 yard line or 2 points from the 10 yard line.

### Penalties

1. Rushing before 5 seconds
2. Flag Guarding (swinging motion at flag level, stiff arm of any kind, flags turned inappropriately, shirt covering the flag are all considered flag guarding and **this penalty is assessed at the spot of the flag guard with the loss of a down**)
3. Grabbing when blocking
4. Offsides
5. Pass interference
6. Forward Lateral
7. Unsportsmanlike conduct
8. Illegal blocking, pass interference and flag guarding are spot fouls.
9. If the penalty occurs after a turnover or during a kickoff/punt return, then the penalty is assessed from the spot of the foul.
10. Every foul is 5 yards penalties.
11. Unsportsmanlike conduct which is 10 yards.
12. You are allowed to decline a penalty if you choose to.

### Player Conduct

1. **Casual Profanity** – Casual profanity pertains to expletives and verbal unsportsmanlike language not necessarily directed at officials or opposing players. This type of behavior will not be tolerated and will result in a Unsportsmanlike Penalty.
2. **Taunting or “trash talking”** as determined by the officials or staff is not permitted and may result in an unsportsmanlike penalty.
3. It is at the sole discretion of the league official and/or representative from the SVSL staff, that should they determine a player/parent to be intoxicated or suspect a player/parent to be under the influence of a controlled substance, that the player/parent will be asked to leave the facility.
4. **1<sup>st</sup> unsportsmanlike penalty within the season**, including tournament play – Player will be required to sit for **(5) minutes** of clock time during the game as a cooling down period, regardless of how many players are eligible to play. Players who kick, throw or deface equipment will be assessed an unsportsmanlike penalty.
5. **2<sup>nd</sup> unsportsmanlike penalty within the season**, including tournament play - player will receive a (1) game suspension in addition to being ejected from the game in which the penalty was received.
6. **3<sup>rd</sup> unsportsmanlike penalty within the season**, including tournament play - player will receive a (3) game suspension in addition to being ejected from the game in which the technical was received.
7. **4<sup>th</sup> unsportsmanlike penalty within the season, including tournament play - player will be suspended immediately from all SVSL programs, not limited to football for up to(1) calendar year. Depending on the severity, stiffer penalty may apply.**

## **Suspensions**

1. Any player ejected from two games in the same season, for unsportsmanlike conduct will be suspended for the remainder of the season.
2. A player may be ejected from a game or league without receiving two unsportsmanlike fouls, depending on the severity of the offense.
3. Depending on the severity of the offense, **players may be required to serve more than a one game suspension.** The league coordinator has the authority to administer a stiffer suspension as deemed necessary.
4. Players who participate in a fight will automatically be suspended for the remainder of the season

5. Any player or coach, who strikes an official or staff member before, during or after a game, will be suspended for life from all Sierra Valley Sports. Assault charges may also be filed with the Metropolitan Police Department.
6. Any player or coach, who harasses or threatens an official or staff member before, during or after a game, will be suspended for anywhere from 1 game to the rest of the season from the date of the incident.
7. Any derogatory statements made before, during, or after a game, will be regarded as harassment, whether in the gym, on the field or in the parking lot. ***The final buzzer/whistle does not mean a player or coach may belittle or degrade officials or staff members.***
8. If a parent is ejected from a game, then they must leave the property for the entire day. They may **not** return if the team has a second game.
9. A parent that is ejected twice in one season will not be allowed to attend any games for the remainder of the season at any field.
10. Only two coaches from the same team are allowed on the field at the same time
11. Coaches or parents that come onto the field without referee permission will be dealt with accordingly and is completely up to the referee's discretion.
12. Each field is run by the referees and all decisions pertaining to that field are made by the referee and may only be overturned by the director of those fields.

### **Tournament Play**

1. A single elimination tournament will be held at the conclusion of the regular season for each division. Team eligibility will be determined by league standing.

### **Standings**

1. Standings and seeding for the tournament will be determined by win-loss record.

#### **Tie-Breaker:**

1. Winner in head-to-head competition.
2. Point differential in all games.
3. Point differential in common opponent against team ranked right behind you.



## Freshman and Gremlin Rules:

1. The field will be 40 yards long by 25 yards wide
2. Touchdowns are worth 7 points
3. The offense will have 4 downs, one of which has to be a pass, to get to midfield for a first down and then 4 more downs to score a touchdown.
4. Turnover on downs will result in the other team starting from the spot of the turnover.
5. If the turnover on downs takes place on the opponents side, then the ball is brought back to the midfield line.
6. NO fumbles,
7. NO Punting
8. Once the ball hits the ground, it is a dead ball.
9. Gremlins:5 vs 5. Freshman 7 vs 7
10. Teams will start from the 5 yard line.
11. 7 second count until the quarter back can be rushed.
12. 20 minute halves
13. 2 time outs each team, each half
14. Running clock