

# ARCHDIOCESE OF PHILADELPHIA CYO FLAG FOOTBALL RULES

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## OVERVIEW

Please note that Archdiocese of Philadelphia (“AOP”) uses an adaptation of NFL Flag football rules, and these rules can also be found [here](#). The rules were created on 2/19/2025 with a next review date 12/31/2025. Unless explicitly stated herein the AOP- General Rules and Guidelines for All Sports apply.

Here’s a quick overview of how flag football is played: Every game begins with a coin toss to determine which team will start with the ball (there’s no kickoff). Games are Two (2) 12-minute halves, and the clock only stops for injuries, half-time and timeouts (each team has Three (3) 60-second timeouts per game).

The starting team begins on its own 5-yard line and has four downs (essentially four plays) to cross midfield for a first down. If the offense fails to advance after three tries, they have two options: they can "punt," which means they turn the ball over to the opposing team who starts its drive from its own 5-yard line, or they can go for it. But if they still fail to cross midfield, the opposing team takes over possession from the spot of the ball.

If the offensive team crosses midfield, they have Three (3) downs to score a touchdown. The rules of flag football only differ slightly from tackle when it comes to scoring: a touchdown is 6 points and a safety is 2 points (1-point conversion from the 5-yard line; 2-point conversion from the 10-yard line).

Here is a high-level overview of basic flag football rules:

- FLAG football is a non-contact sport. There's no tackling, diving, blocking, screening or fumbles.
- All passes must be forward and received beyond the line of scrimmage.
- Pitches, laterals, and backwards passes are permitted behind the line of scrimmage only. Shovel passes are now legal as long as the pass is caught across the line of scrimmage.
- The quarterback has seven-second pass clock to get rid of the ball.
- The quarterback can't run with the ball unless it was handed off first.
- Offensive players must steer clear of the rusher and may not get in his/her way.
- Rushers must now identify themselves by raising their hand and keeping their hand up until the ball is snapped. 1 or 2 designated rushers are allowed per play, starting from behind the 7-yard rush line.
- If the 1 or 2 designated rusher(s) decide to rush, it must be immediate when the ball is snapped. Any delayed rushing will result in a penalty. A rusher or rushers never have to rush the quarterback.
- If the ball is handed off, any defender may rush.
- Interceptions are returnable (even on extra point attempts).
- The ball is dead when it hits the ground, the offensive player's flag is pulled from their belt, the ball-carrier steps out of bounds, or the ball-carrier's body—outside of their hands or feet—touches the ground.
- All offensive flag football penalties result in a loss of down and yardage.
- All defensive flag football penalties result in an automatic first down and some are associated with yardage.

## **COACHES**

All grade school CYO head coaches must be at least 21-years old. All adult head or assistant coaches must be accredited by the Archdiocese.

## **ROSTERS/ PLAYING TIME**

- Team Rosters must consist of at least 5 players with a maximum of 12 players.
  - Teams may play with no more than 5 players and no less than 4 players on the field.
  - In the event of an injury, a team with insufficient substitute players may play with 4 players on the field but no fewer than 4.
- No roster substitutions will be allowed after the final roster is submitted.
- Playing time for AOP CYO flag football is as follows: Junior Varsity- each child must play offense and defense in each half. Varsity "A" Division- no playing time requirements. Varsity "B" Team- "fair" playing time similar to AOP CYO basketball.

## **SCHEDULE**

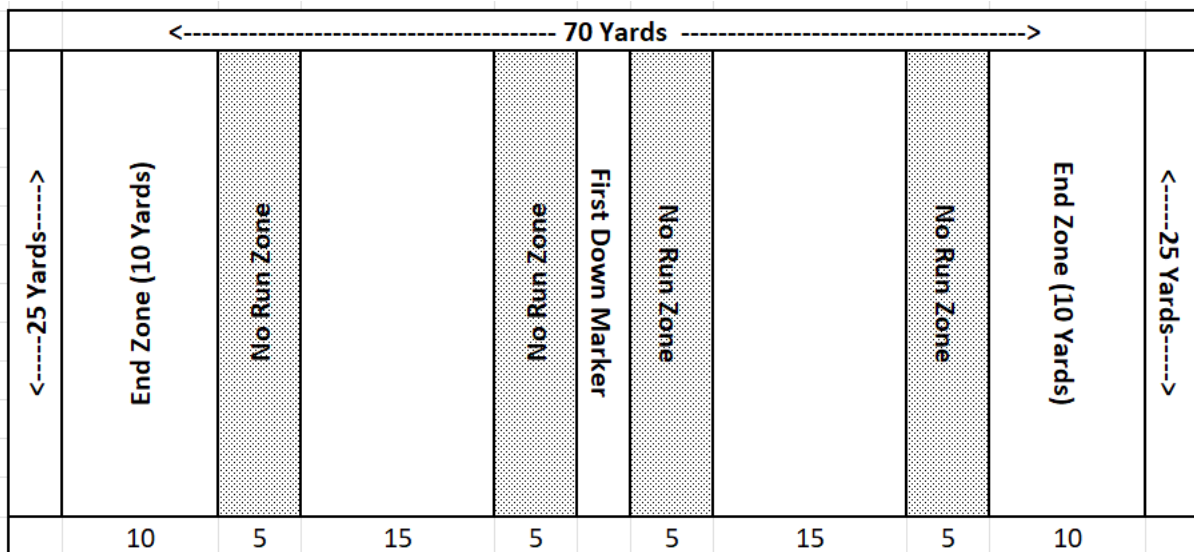
- Season Start and End Dates:
  - Boy's Flag Football: The season starts on August 15<sup>th</sup> and ends on October 31<sup>st</sup>.
  - Girl's Flag Football: The season starts on March 1<sup>st</sup> and ends on June 1<sup>st</sup>.
- Black Out Dates: No teams may practice, play games, compete, etc. on a black out date. The Black Out Dates are as follows:

- Boys Flag Football Season: Assumption of the Blessed Virgin Mary, Labor Day Weekend, and Solemnity of All Saints are BLACK-OUT-DATES that occur during boy's flag football season.
- Girls Flag Football Season: Holy Thursday, Good Friday, Holy Saturday, Easter Sunday, Ascension Thursday, and Memorial Day Weekend are BLACK-OUT-DATES that occur during girl's flag football season.
- Whenever possible, both Junior Varsity and Varsity schedules will be balanced.

**POSTSEASON PLAYOFFS**

- There will be a postseason tournament to conclude the AOP Flag Football season for both the Junior Varsity and Varsity divisions.
- As records are not kept for the Junior Varsity Division, the tournament seeding will be done through a random draw.
- Varsity playoff matchups are determined by seeding with byes handed out as needed based on the number of teams participating.
- All postseason rounds are single elimination.
- Regular Season Tie Breakers (for Varsity Divisions)
  - Two teams tied in the standings.
    - Head-to-head competition.
    - Total points allowed during the regular season.
    - Total points scored during the regular season.
    - Coin toss.
  - Three or more teams tied in the standings.
    - Total points allowed during the regular season.
    - Total points scored during the regular season.
    - Coin toss if two teams are still tied; drawing if three teams are still tied.

**FIELD DIMENSIONS**



- The field dimensions are 25-yards by 70-yards with Two (2) 10-yard end zones, and a midfield line-to-gain. No-run zones precede each line-to gain by 5 yards.
- No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be passing plays, even with a handoff. Each offensive team approaches only TWO no-run zones in each drive (one zone 5 yards from midfield to gain the first down, and one zone 5 yards from the goal line to score a TD).
- Stepping on the boundary line is considered out of bounds. (any player who steps out cannot be the first to possess the ball).

## **EQUIPMENT**

- Participants must have their own flag belts and mouth guards to games. All players MUST wear a mouthguard.
- For safety reasons, players are not permitted to wear shorts or pants that have pockets.
- Players must remove all hanging jewelry. Soft brim bucket hats/beanies are allowed. Players may wear protective eye wear as long as they are worn on their eyes.
- While on the playing field, Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
- Players may wear cleats. However, metal cleats are not permitted.
- Players may NOT chew gum.
- All players must wear flags that are a different color than their shorts. Flags must be at least 14-inches in length from the popper and may not be cut or altered.
- Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
- Players are encouraged to wear soft shell helmets, but they are not required.
- Footballs:
  - Junior Varsity uses Junior Sizes.
  - Varsity uses Youth Sizes.

## **GAME**

- Before each game, both teams will meet for a team prayer.
- Games may be live streamed. Be sure your teams are aware of this.
- At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
- The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.
- The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it is awarded a first down and has three (3) downs to score a touchdown.
- If the offensive team fails to cross midfield, on 3 downs, and elect to "punt" on 4th down, possession of the ball changes and the opposition starts its drive from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross field, the opposing team will start its possession from the spot.

- Offensive Teams MUST declare 4th down intent; “Play or Punt”, when asked by the referee and prior to the ‘Ready for Play’.
- Teams may use a timeout only to change the declaration of “Play” at any time prior to the expiration of the play clock.
- If the declaration is “Punt” the ball changes possession and will be placed at the opposing Team’s 5-yard line, 1st down, with NO option to change the declaration.
- If the offense fails to score, after crossing midfield, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.
- Halftime is 2 minutes.
- Teams change sides after the first half. Possession changes to the team that started the game on defense

## **TIME**

- Tournament Games are played on a 24-minute continuous clock with Two (2) 12-minute halves.
- Clock stops only for halftime, time outs, injuries and the Officials discretion.
- Halftime is 2-minutes.
- Each time the ball is spotted and Referees are set, a team has 25 seconds to snap the ball.
- Each team has Three (3) 30-second timeouts per game.
- Officials can stop the clock at their discretion.
- In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.

## **OVERTIME**

- If the score is tied at the end of regulation play, an overtime period will be used to determine a winner.
- Overtime format is as follows:
  - Home team calls the toss to determine the team that chooses to be on offense or defense first.
    - If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who gets to choose to be on offense or defense to start out during every round of overtime.
    - The referee will determine which end of the field the overtime will take place on.
  - Each team will take turns getting one (1) play from the defense’s 5-yard line for one point or the defense’s 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of their own.
    - Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.

- If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.
- Starting with the 2nd overtime, both teams must "go for two" from the 10-yard line.
- Starting with the 3rd overtime, each team will get 1 play from the 5 yard line going out from the endzone. The team with the most yards will be the winner. The team with the most yards will be awarded 1 point added to their final score.
- Final Score will be recorded to include all points scored for each team.
- All regulation period rules and penalties are in effect.
- There are no timeouts.
- Interceptions are returnable in OT, and worth 2 points.

## **SCORING**

- Touchdown: 6 points.
- PAT (point after touchdown) 1 point (5-yard line) or 2 points (10-yard line)
  - Note: 1 point PAT is pass only;
  - 2-point PAT can be run or pass.
- Safety: 2 points.
  - A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.
- Extra points that are returned equals 2 points
- A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.
- After one team is winning by 28 points or more, the game is over. Once a 28 or more-point advantage is gained, no PAT will be attempted.
  - During the regular season, we will continue to play and finish the game, but we will no longer keep track of the score.
  - During the playoffs, the game is over.
- Forfeits are scored 28-0 for the winning team.
- The officials keep track of the score, and once scorecards are turned in, the score is FINAL.

## **LIVE BALL/ DEAD Ball**

- The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- The official will indicate the neutral zone and line of scrimmage.
  - It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a "courtesy" neutral zone notification to allow their players to move back behind the line of scrimmage.
- A player who gains possession of the ball in the air is considered in bounds as long as the first foot or other body part contacts the ground in the field of play.

- The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.
- Substitutions may be made on any dead ball.
- Any official can whistle the play dead.
- Play is ruled “dead” when:
  - The ball hits the ground.
  - If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground.
  - The ball-carrier’s flag is pulled.
  - The ball-carrier steps out of bounds.
  - A touchdown, PAT or safety is scored.
  - The ball-carrier’s knee or arm hits the ground.
  - The ball-carrier’s flag falls out.
  - The receiver catches the ball while in possession of one or no flag(s).
  - The 7 second pass clock expires.
  - Inadvertent whistle.
  - Ball-carrier leaves their feet diving or to hurdle a player

\*NOTE: There are no fumbles. The ball becomes a dead ball. (If the ball is fumbled forwards then it will be spotted where the ball carrier lost possession.

- If inadvertent whistle occurs the offense has two options:
  - Take the ball where the whistle blew and the down is consumed.
  - Replay the down from the original line of scrimmage. If it occurs on the last play of the half or game, the offense will be awarded one untimed down and given those two options.
- A team is allowed to use a timeout to question an official’s rule interpretation. If the official’s ruling is correct, the team will be charged a timeout. If the rule is interpreted incorrectly, the timeout will not be charged and the proper ruling will be enforced.
- Officials should all agree upon any controversial call in order to give each team the full benefit of each call.

## **PASSING**

- Only 1 forward pass thrown from behind the line of scrimmage is permitted each offensive play. The ball must be out of hand prior to breaching the line of scrimmage.
  - Passes may be thrown forward or backwards behind the line of scrimmage.
  - There is no intentional grounding.
  - All passes, except backwards passes, that do not cross the line of scrimmage, whether received or not, are illegal forward passes, unless touched by a defender. Pass must go beyond the line of scrimmage.
  - The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage.
- Shovel passes are allowed but must be forward from behind the line of scrimmage, and received beyond the line of scrimmage.

- The quarterback has a seven-second “pass clock.” If a pass is not thrown within the seven seconds, the play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.
  - If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).
  - If the quarterback throws the ball and then catches it, the play is dead and treated like an incomplete pass.

## **RUNNING**

- The ball is spotted where the ball is when the flag is pulled.
- The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap.
- Direct handoffs, pitches, and laterals are permitted behind the line of scrimmage only. If this takes place after the ball carrier crosses the line of scrimmage, the play is to be blown dead by the official. The ball shall be placed at the spot possession was lost for the succeeding play.
  - “Center sneak” play is no longer allowed. The QB is not allowed to handoff to the center on the first handoff of the play.
  - Any player who receives a handoff can throw the ball from behind the line of scrimmage.
  - Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush and the 7 second clock is eliminated.
- Definition of a Legal Handoff, Total loss of possession directly from 1 offensive player to another.
- No-run Zones are located 5 yards before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive team approaches only TWO no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD).
- Runners are not permitted to jump, leap or hurdle, in the officials judgement, while advancing the ball. The play is to be blown dead and ball spotted where it was when they left the ground.
- Ballcarriers may leave their feet and the play will continue for spinning, jump cuts, QB’s passing progression or if there is a clear indication that he/she has done so to avoid a collision with another player and the play will continue without stoppage. However, if while leaving the ground, contact is made unnecessary roughness penalty may be enforced by the official.
- No blocking or “screening” is allowed at any time.
- Offensive players in close proximity of the ball-carrier must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.
- Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player’s hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.
- Once the ball is advanced beyond the LOS, the current ball-carrier is the only player allowed to have possession of the ball until the play is dead.

## **RECEIVING**



- All players are eligible to receive passes (including the quarterback if the ball has been handed off, pitched or lateraled behind the line of scrimmage).
- Only one player is allowed in motion at a time. Player **MUST** be off the line of scrimmage at least one (1) yard. All motion must be lateral to the line of scrimmage and no motion is permitted toward the line of scrimmage at the snap.
- A player must have at least one foot or other body part in bounds, contacting the ground first with possession.
- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- Interceptions are returnable. If returned for a score during regular game play, the score will be worth six points, two points if returned during an extra point try and/or overtime.

### **FLAG PULLING**

- A legal flag pull takes place when the ball-carrier is in full possession of the ball.
- Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
- It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
- If a player's flag inadvertently falls off during a play while that player has possession, the player is down immediately and the play ends. The ball is placed where the flag lands.
- If a player who has one or no flags in their belt takes possession of the ball, the play is dead at that spot on the field.
- A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder or intentionally covering the flags with the football jersey.

### **RUSHING THE PASSER**

- All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Up to two (2) players can rush the quarterback. Rushers **MUST** identify themselves by raising their hand before the snap. Rushers **MUST** rush the passer immediately after the snap. Delayed rush is **NOT** permitted, by rule. Players not rushing the quarterback can defend the line of scrimmage.
- Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
- A special marker, or the referee, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
  - A legal rush is as follows:
    - Any rush from a point 7-yards from the defensive line of scrimmage.
    - A rush from anywhere on the field **AFTER** the ball has been handed off by the quarterback.
    - If the offense draws the rusher(s) to jump the seven-yard marker prior to the snap of the ball, that rusher(s) **CANNOT** rush during that play. However, any

other defender that is seven yards back may rush instead. Jumping the rush is not a penalty until the rusher crosses the line of scrimmage prior to the handoff or passed ball.

- A penalty may be called for any of the following scenarios:
  - The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass and/ or any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off (Collectively “Illegal Rush”). An Illegal Rush results in a penalty of 5-yards from the line of scrimmage and a first down.
  - Any defensive player crosses the line of scrimmage before the ball is snapped (“Offsides”). An Offsides results in a penalty of 5-yards from line of scrimmage and a first down.
  - Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed, pitched, lateraled or handed off – illegal rush (5-yards from the line of scrimmage and first down)
  - If the offense draws the rusher(s) to jump the seven-yard marker prior to the snap of the ball, that rusher(s) CANNOT rush during that play. However, any other defender that is seven yards back may rush instead. Jumping the rush is not a penalty until the rusher crosses the line of scrimmage prior to the handoff, pitch, lateral or passed ball.
- Other Special circumstances regarding the rusher:
  - Teams are not required to rush the quarterback, and the seven second clock is in effect.
  - Teams are required to identify their rushers before the play.
- Players rushing the quarterback may attempt to block a pass; however, contact to the QB, unless ruled incidental by the official, would result in a roughing the passer penalty.
- The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. The PATH is set pre-snap from the rusher or rushers directly to the QB. The path does not move once the quarterback moves. If the “path or line” is occupied by a moving offensive player, then it is the offense’s responsibility to avoid the rusher. Any disruption to the rusher’s path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher’s responsibility to go around the offensive player and to avoid contact.
- A sack occurs if the quarterback’s flags are pulled behind the line of scrimmage. The ball will be spotted where possession of the ball is once the flag is pulled.
  - A Safety is awarded if the sack takes place in the offensive team’s end zone.

## **FORMATIONS**

- Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
  - Teams may shift formations prior to the snap as long as they are set for at least 1 second before the ball is snapped.
  - One player at a time may go in motion at least 1 yard behind the line of scrimmage.

- Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
- The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

## **PENALTIES**

- The referee will call all penalties.
- Referees determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage, except spot fouls as noted.
- Only the head coach may ask the referee questions about rule clarification and interpretations. Assistant Coaches and Players may not question calls.
- Games or halves may not end on a defensive penalty unless the offense declines it.
- Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
- Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.
- Spot fouls in end zone: Defensive (Ball on one-yard line, first down)/Offensive (Safety).
- Defensive spot fouls:
  - Defensive Pass Interference- Automatic first down.
  - Holding- 5 yards and automatic first down.
  - Stripping- 5 yards and automatic first down.
- Offensive spot fouls:
  - Blocking, Running with the Ball, and/ or Screening- 5 yards and loss of down.
  - Charging- 5 yards and loss of down.
  - Flag Guarding- 5 yards and loss of down.
- Defensive penalties:
  - Defensive Unnecessary Roughness- 10 yards and automatic first down.
  - Defensive Unsportsmanlike Conduct- 10 yards and automatic first down.
  - Illegal Flag Pull (Before the receiver has the ball)- 5 yards from line of scrimmage and automatic first down.
  - Illegal Rush (Starting rush from inside 7-yard marker)- 5 yards from line of scrimmage and automatic first down.
  - Offsides- 5 yards from line of scrimmage and automatic first down.
  - Roughing the Passer- 5 yards from line of scrimmage and automatic first down.
  - Taunting- 5 yards from line of scrimmage and automatic first down.
- Offensive penalties
  - Illegal Forward Pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage) -5 yards from line of scrimmage and loss of down.
  - Illegal Motion (More than one person moving) -5 yards from line of scrimmage and loss of down Delay of game -5 yards from line of scrimmage and loss of down.
  - Illegal Procedure -5 yards from line of scrimmage and loss of down.
  - Impeding the Rusher -5 yards from line of scrimmage and loss of down.
  - Offensive Pass Interference -5 yards from line of scrimmage and loss of down.

- Offensive Unnecessary Roughness -10 yards and loss of down.
- Offensive Unsportsmanlike Conduct -10 yards and loss of down.
- Offside / False Start -5 yards from line of scrimmage and loss of down.

## **UNSPORTSMANLIKE CONDUCT**

- Unsportsmanlike Conduct can include any physical acts, like intentional tackling, elbows, or cheap shots, as well as verbal, such as confrontational language. These flag football penalties are designed to teach youth players the importance of respect and good sportsmanship.
- If the referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered.
- Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
- Players may not physically or verbally abuse any opponent, coach or official.
- Ball-carriers MUST make an effort to avoid defenders with an established position.
- Defenders must give free releases off the line of scrimmage to offensive players and are not allowed to run through the ball-carrier when pulling flags.
- Unsportsmanlike conduct penalties:
  - Defense- 10 yards from line of scrimmage and automatic first down.
  - Offense- 10 yards from line of scrimmage and loss of down.
  - Two (2) unsportsmanlike penalties on any player or coach in a game is automatic disqualification from that game and may lead to additional discipline.
- Any incident or infraction by players, coaches, parents or spectators that take place before, during, or after a game must be reported by BOTH coaches and BOTH officials within 24 hours (4 individuals are reporting). Coaches must control their team parents and spectators.

<b>GLOSSARY OF TERMS</b>	
<b>Description</b>	<b>Definition</b>
Blocking/ Running with the Ball Carrier/ Screening	A player uses physical attempts to gain yardage by obstructing the path of their opponent.
Boundary Lines	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
Charging	A player challenges their opponent for space without using their arms and/ or elbows.
Charging	An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.
Dead Ball	Refers to the period of time immediately before or after a play.
Defense	The team opposing the offense to prevent it from advancing the ball.
Defensive Pass Interference	A player significantly hinders an eligible receiver's opportunity to catch the ball.
Delay of Game	A team fails to snap the ball and put it in play.
False Start	A player charges or moves in a way that indicates the start of a play before the ball is snapped.
Flag Guarding	A ball-carrier obstructs the defender's access to their flag.
Flag Guarding	An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand, arm or ball.
Holding	A player restrains another player who is not in possession of the ball.
Illegal Flag Pull	A player pulls the flag of an opponent before they have full possession of the ball.
Illegal Forward Pass	A player throws the ball forward once they are past the line of scrimmage.
Illegal Motion	Players shifting and not coming to a complete stop before the ball is snapped.
Illegal Procedure	A technical rules violation such as an illegal formation.
Illegal Rush	A rusher is not lined up at least seven yards off the line of scrimmage.
Impeding the Rusher	The rusher's path or line is occupied by a moving offensive player.
Inadvertent Whistle	Official's whistle that is performed in error.
Lateral	A backward or sideway toss of the ball by the ball-carrier.
Line of Scrimmage- (LOS)	An imaginary line running through the point of the football and across the width of the field.
Line-to-Gain	The line the offense must pass to get a first down or score. Rush Line - An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage.
Live Ball	Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
Offense	The team with possession of the ball.
Offensive Pass Interference	An offensive player significantly hinders the defensive player's ability to intercept the ball.
Offside	A player crosses the line of scrimmage before the ball is snapped.
Passer	The offensive player that throws the ball and may or may not be the quarterback.
Quarterback	The offensive player who receives the snap.
Roughing the Passer	A player makes contact with the passer after they've thrown a forward pass.
Rusher	The defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by blocking the pass.
Shovel Pass	A legal forward pass across the LOS underhand, backhand or by pushing the ball forward.
Spot Fouls	Spot fouls are penalties that are assessed from the spot on the field where the foul occurred.
Stripping	A player smacks or grabs the football out of a ball carrier's possession.
Taunting	A type of unsportsmanlike conduct where the player purposely creates ill will between teams.
Unnecessary Roughness	Using methods beyond what is necessary to pull the flag of the opponent.
Unsportsmanlike	Conduct A rude, confrontational or offensive behavior or language.
Unsportsmanlike Conduct	Examples include excessive celebration, using abusive language, kicking and/ or punching an opponent.
Whistle	Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime or the end of the game.