

# Clayton County Flag Football League: Youth (5-man) Revised December 2019

## **Eligibility/Basics:**

1. There will be one age divisions for youth flag football - U5
2. There will be no more than (12) players on a team
3. If feasible, there must always be at least (1) female on the field
4. At least (2) new players must play every change of possession
5. The age control date will be July 1st

## **League Format:**

1. Each age division will consist of no less than (5) teams
2. The season will consist of an (6) eight game schedule
3. There will be a single elimination tournament to determine a champion
4. All teams will compete in tournament play
5. Teams will be allowed (3) practice sessions per week before school starts
6. During the school year practice sessions will be reduced to (2) per week
7. Games will take place on Saturday mornings starting at 9:00am.
8. Only one coach will be allowed on the field at all times. At the start of play, the coach must be at least 10 yards behind the ball.

## **The Rule Book Field Dimensions:**

1. The playing field will be (50) yards long and (25) yards wide
2. Each end zone will be at least (7) yards
3. There will be a (5) yard no running zone in front of each goal line
4. There will be a (5) yard no running zone on both sides of midfield
5. A coach may serve as quarterback on 4th downs in the no running zones for the first three games of the season only

## **Starting the Game**

1. A coin toss determines first possession
2. A team must have minimum of (5) players to start the game
3. At least (5) players must always remain on the field
4. A legal offensive formation must have (3) players on the line scrimmage and (2) players in the backfield
5. The offensive team takes the ball at its (5) yard line and has (4) plays to cross midfield. Once a team crosses midfield, it has (4) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over from its 5-yard line
6. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from midfield.
7. All possession changes, except interceptions, start on the offense's 5-yard line
8. Interceptions may be returned. The ball will be spotted dead at the spot of a legal defensive stop.

### **Time Periods/Overtime**

1. Games are played to a (40) minute running clock
2. There will be (2) twenty minutes periods, (3) minutes between periods
3. Teams will have (30) seconds to snap the ball
4. Teams will receive (1) warning before a delay-of-game penalty is enforced.
5. Each team will have (2) forty-five second time-outs
6. If the regulation period ends in a tie, teams would move directly to an overtime period. The team that won the opening coin flip will get the ball first at midfield. Each team will get at least one possession during the regular season. If, after each team's possession, the game is still tied, the game will end in a tie. In the post-season, teams will continue play, alternating possessions, until a winner is determined.
7. Officials can stop the clock at their discretion

### **Scoring**

1. A Touchdown will be scored as (6) points
2. Extra point attempts will be played from the eight-yard line
3. A successful extra point attempt will be awarded (1) point for a scoring run and (2) points for a scoring pass
4. A safety will result in (2) points

### **Running**

1. Direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs behind the line of scrimmage
2. No-running zones are designed to prevent short yardage and easy running situations
3. A player that takes the handoff behind the line scrimmage can pass the ball
4. Once the ball has been handed off, all defensive players are eligible to rush
5. Spinning is allowed; no player offensive should leave his feet to avoid a defender
6. The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is

### **Receiving**

1. All players are eligible to receive passes
2. Only (1) player will be allowed to be in motion at a time
3. A player must have at least (1) foot in bounds when making a reception

### **Passing**

1. Shovel passes are allowed
2. The quarterback has (15) seconds to pass the ball. If the ball is not thrown in (15) seconds, play is dead, loss of down.
3. Once the ball is handed off the (15) second rule is no longer in effect
4. Interceptions may be returned

### **Dead Balls**

1. Substitutions may be made on any dead ball
2. Play is rule dead when:
  - \*Ball carrier's flag is pulled

- \*Ball carrier steps out of bounds
- \*Touchdown or safety is scored
- \*Ball carrier's knee hits the ground
- \*An uncontested, dropped flag requires a one-hand tag to stop play.
- \*There Are No Fumbles \* Center Sneaks and "Fumble-rookies" are prohibited.

### **Rushing the Quarterback**

1. Rushing the quarterback is not permitted if he is attempting to pass.

### **Sportsmanship/Roughing**

1. Acts of tackling, elbowing, cheap shots, blocking or any un-sportsmanlike act will result in severe punishment including ejection and or suspension.
2. Trash talking, or other offensive language is punishable by personal foul, ejection and suspension.
3. No parent is to come onto the field of play, except for circumstances deemed appropriate by the head official. If a parent comes onto the field without the permission of the official, that parent will be asked to leave the facility and may be suspended for the following game.

**Penalties The referee will call all penalties.** \* Coaches may receive an un-sportsmanlike conduct penalty for arguing with the officials: Ten (10) yards for the first offense. The coach will be asked to leave the facility on the next offense

### **Defense:**

1. Offsides: (5) yards automatic first down
2. Interference: (5) and automatic first down
3. Illegal contact: (5) yards automatic first down
4. Illegal flag pull: automatic first down from spot of the foul (completed pass); or from the line of scrimmage for an incomplete pass
5. Illegal rushing (5) yards automatic first down

### **Offense:**

1. Illegal motion: (5) yards
2. Illegal forward pass: (5) yards
3. Offensive passes interference or picks plays: (5) yards
4. Flag guarding: (5) yards from line of scrimmage and
5. Delay of game: clock stops, (5) yards and loss of down
6. Referees will determine incidental contact. All penalties will be assessed from the line of scrimmage
7. Games cannot end on a defensive penalty, unless the offense declines it

### **Uniform Code:**

Each player can wear football cleats and matching shorts. All players must always wear their county-issued jersey and a colored mouthpiece to be allowed to participate, unless otherwise stated and/or from another league. Each player must be uniformly dressed alike. **All teams will wear league issued flags for all games.**