

MAGDALENA ECKE FAMILY YMCA
IT'S FOR EVERYBODY
We build strong kids, strong families, strong communities.



YOUTH FLAG FOOTBALL



**Magdalena Ecke Family YMCA
200 Saxony Road
Encinitas, CA 92024**

**For further information or comments please contact:
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Flag Football Rule Book

Rainouts

If it rains the day of the game please call 760.635.3030. The sports hotline will indicate if games are playing. Please call one hour prior to your game. Note: Clinics/Games will be rescheduled if time allows.

Spectators Code of Conduct

As a spectator, we hope to provide a fun and rewarding experience for you and your child. In order to achieve our goal we ask that you adhere to the following criteria:

1. Applaud good plays by your own team AND the opposing team.
2. Never ridicule or scold a child for making a mistake during a game or practice.
3. Encourage players to always play according to the rules.
4. HAVE FUN! Make it enjoyable for you and your child.
5. As a parent you are not aloud to approach the coach and team's bench during a game. If you have a comment for the coach please wait until after the games is over to speak with the coach.

Parent involvement

As a parent or guardian of our leagues, we want you to know we appreciate your help and leadership. We suggest you get involved on your child's team to make the experience more enjoyable for them. Whether it be snack, water, fruit, or high fives the kids DO appreciate you being there!

All parent/ guardian(s) must be on site with the child(ren) who is participating in the program as part of our YMCA policy. Please do not leave your child here at the YMCA too early before their scheduled game or leave them here too late after they have played. We appreciate your help in this matter.

Youth Sports Bathroom Policy

The children's parents or guardian are required to take care of their child's bathroom needs. If a child needs to use the restroom and their parents is not there, a coach or team parent or YMCA YS staff member may take them, but they MUST be accompanied by two additional children.

A staff or coach is never to be alone with one child, and never take a child to the bathroom alone as well. When taking them staff or coach must check and clear the bathrooms and then send all three children in together. This is for protection of the child as well as staff and volunteers.

Playing Time

Our motto at the YMCA is; It's for Everybody! **Everyone** on each team will play and **Everyone** will have an equal amount of time on the field/court.

The Game: Basics

- A coin toss determines first possession.
- The offensive team takes possession of the ball at its 5-yard line and has four downs to cross midfield. Once a team crosses midfield, it has four downs to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposing teams starts its drive from its 5-yard line.
- All possession changes except interception start on the offense's 5-yard line.
- Games are 50 minutes running time with a 3 minute half time (two 25min. halves).

Equipment Rules

- **All players MUST wear a mouth guard at all times! The YMCA Youth Sports staff will not provide them so make sure each player has their own! If a player comes to a practice/game with out a mouth guard it is the player's parents responsibility to make sure they can get one for the child before the game starts or the child will not play.**
- **6/7 yr olds use PW size balls**
- **8/9 yr olds use Junior/Youth size balls**
- **10/12 and up use Intermediate size balls**

Time-outs

- **A timeout can be called at any time by either team, however once the ball is hiked, a time out may not be called, you must carry out the down and call a time out in between downs or when the ball is considered dead (when a play has stopped).**
- Each team has two time outs available per half (one 60-second time out and one 30- second time out).
- Officials can stop the clock on their own discretion.

Players/Game

- Teams consist of 12 players
- Games are 50 minutes running time with a 3 minute half time (two 25min. halves).
- **45 sec play clock between each play (Referee will monitor)**
- **The referee has the right to hurry up the snap of the football to keep the flow of the game.**
- Officials can stop the clock on their own discretion.
- Officials will keep the score, but the officials will not announce the score at the end of the game
- No overtimes are played...games can end in a tie.

Starting a Play

- The game is played 6 v 6. A minimum of 5 players is needed to play. If a team has only 5 players the game will be played.
- The backfield may not have more than 3 players (includes the QB) **and** they all must be at least 1 yd from the line of scrimmage.
- The offensive team must have at least 3 players set on the line of scrimmage. They all must be within 5-10 yds of the ball laterally prior to the snap.
- Players may snap ball from the side or between legs. Shotgun formation is allowed.

Scoring

Touchdown: 6 points

Extra point: 1 point (played from 5-yard line)

2 point (played from 12-yard line)

*** If a team goes for a two point conversion and the opponent intercepts the ball and runs it back to the opposite end zone they receive a touchdown and have the option to go for extra point(s). The ball then goes back to the other team from their 5 yrd line.**

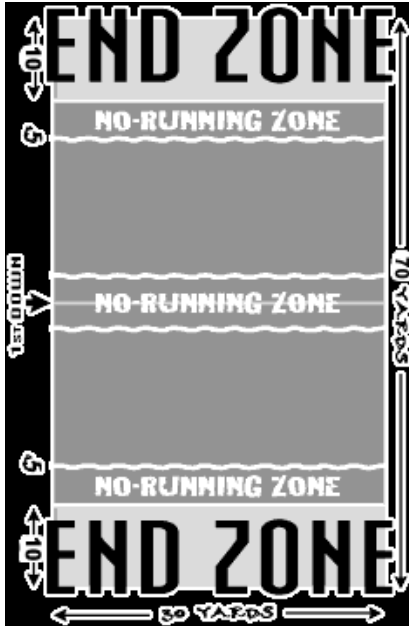
Safety: 2 points

*** If a team scores a safety (defensive end of the ball) they also receive the ball on offense for the next drive.**

Running

- The quarterback **can not** run the ball.
 - Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple hand offs.
 - Laterals and/or pitches are allowed.
- A lateral is pass that is not a forward pass: it is thrown to the side or back field (behind the line of scrimmage).
- A pitch is an underhand toss to the side or back, usually from the QB to the running back. A dropped lateral or pitch is a dead ball from where the ball touches the ground.
- “No Running Zones” are located 5 yards from each end zone and 5 yards on either side of midfield and are designed to avoid short-yardage, power-running situations.
 - The player who takes the hand off can throw a pass from behind the line of scrimmage.
 - Once the ball has been handed off, all defensive players are eligible to rush.
 - The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.

- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- Offensive players are NOT permitted to guard their flags by making contact with the defensive player who is trying to remove the flag (ie: a forearm shiver type movement or blocking arm is not permitted). - Stiff arms are illegal.
- Absolutely NO clipping or hitting a defender from behind.



Blocking

- Blocking is allowed for All Divisions but limited to the below ONLY:
 - Blockers must have arms in and fists closed. If arms push out/or extend a penalty will be called.
 - Blockers can ONLY contact the opposing player between the waist and shoulders.
 - Blockers can no longer block once the ball has gone past them offensively.
 - Blockers may not leave their feet before, during, or after contact is made.
- The following play is NOT allowed to occur on the field by any blocker:
 - Diving to block
 - Grabbing the jersey of an opponent while attempting to block
 - Locking the hands together
 - Swinging, throwing, or flipping the elbow or forearm
 - Contact of any kind to the head of shoulders

Passing

- Shovel passes (underhand) are allowed but must be received beyond the line of scrimmage.
- Interceptions are the only change of possession that do not start on the 5-yard line.
- **Interceptions CAN be run back in ALL Divisions.**

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time prior to the snap.
- Player must have at least one foot inbounds when making a catch.
- **If the player's foot touches the line, it is considered out of bounds.**

Dead Balls

- The ball is 'dead' if the defensive players removes one flag from the offensive player's waist and then raises the flag in the air signaling to the official where the flag was pulled. If the offensive player's flags fall off the play is considered 'dead' at the point where the flags fell off.
- The ball is placed where the ball carrier's feet were when the flag was pulled, NOT where the ball was.
- A ball is also 'dead' when the ball carrier steps out of bounds, ball carrier's knee touches the ground, or a touchdown or safety is scored.
- The defense **CANNOT** recover a fumble. The ball is down either where the person who fumbled the ball is standing or if on a pitch backward, where the ball has hit the ground.
- On the snap, if the ball hits the ground the referee will allow one re-due per snap (then it will be a loss of down).
- Substitutions may be made on any dead ball.
- Play is also ruled 'dead if:

- Ball Carrier's shirts is un-tucked
- Ball Carrier's flags are not off to the side
- Belt strap is not tucked in and is pulled
- Ball carrier's flag falls out.

Rushing the Quarterback

- One player can rush the quarterback. Player rushing the QB **must** be 10 yards from the line of scrimmage. This will be marked off by the referee before every DOWN.
- Players not rushing the quarterback may defend on the line of scrimmage.
- Once the ball is handed off, the 10 yard rule is no longer in effect and all defenders may go behind the line of scrimmage.
- A special marker, or the referee, will designate 10 yards from the line of scrimmage.

Coaches Conduct

- Coaches can only travel within the assigned areas, either on their teams' side of the field during the play of game or on their designated sideline. Not on the opposing side of the field.
- Any comments made to the referees or the staff should be made before the game, at half time, and/or after the conclusion of the game.

Sportsmanship/Roughing

- If the field monitors or referee witnesses any acts of tackling, elbowing, cheap shots, illegal blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game.
- Foul play will not be tolerated.
- Trash talking is illegal.
- Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.
- If trash talking occurs, the referee will give one warning. If it continues, the coach, player(s) or spectators who are trash talking will be ejected from the game.
- Officials have the right to determine offensive language.
- The Officials have the final word on all calls and the coaches need to obey to their call.

Penalties

- All penalties will be called by the referee.
- All penalties will be assessed from the line of scrimmage.
- Defense:
 - Offsides-5yards and automatic first down;
 - Pass Interference-10 yards and automatic first down;
 - Illegal contact (holding, illegal blocking, etc.)-10 yards and automatic first down;
 - Illegal flag pull (before receiver has ball)-10 yards and automatic 1st down;
 - Illegal rushing (starting rush from inside 10 yard marker)-10 yards and automatic first down.
- Offense: **(all penalties are from the line of scrimmage unless otherwise stated)**
 - Off sides – 5yards, enforced from the line of scrimmage and loss of down.
 - Illegal motion (more than 1 person moving, false start, etc.)-5yards and loss of down;
 - Illegal forward pass (pass received behind line of scrimmage)-5yards and loss of down;
 - Offensive pass interference (illegal pick play, pushing off/away defender)-10 yards and loss of down;
 - Improper Blocking **(10-12 yr old division ONLY)** – 10 yards from line of scrimmage and loss of down.
 - Stiff arming – 10 yards and loss of down.
 - Flag guarding-5 yards and loss of down.
- Referees determine incidental contact, which may result from normal run of play.
- Games cannot end on a defensive penalty, unless the offense declines it.

Pass Patterns

Curl

Square out

Slant

Streak

Post

Corner

Curl: When the defensive player retreats too fast, use the curl pattern. The receiver drives deep and then curls back for the football.

Square out: This pattern is successful when the defensive player is playing off the receiver. The receiver runs downfield 5-10 yards and then cuts sharply to the sideline, catching the ball just before stepping out of bounds.

Slant: Similar to the square out, but the cut is not as sharp. Run a quick 45 degree route, towards the ball

Streak: Use the streak if the defensive back is playing tight on a receiver with speed. The receiver shows a curl move and then breaks to the outside and sprints up field.

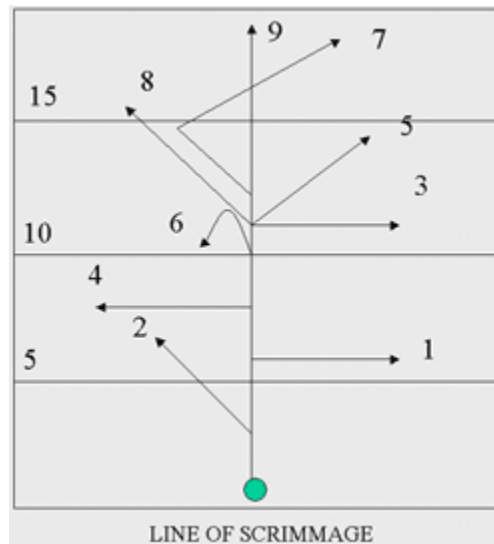
Post: Similar to the streak, but the receiver breaks to the middle and heads toward a goal post (chose a side and make a movement once you've gone down the middle).

Corner: Similar to the post; the receiver heads towards a corner of the endzone.

The Passing Tree is a numbered system used for the passing routes.

The passing tree system is designed so that all even-numbered routes (2,4,6,8) are run towards the middle of the field and all odd-numbered routes (1,3,5,7,9) are be run towards the sideline.

- Slant – 2
- Drag / In – 4
- Curl–6
- Post– 8
- Quick Out- 1
- Deep Out- 3
- Flag– 5
- Post Corner – 7
- Fly – 9



NOTE: For younger participants the passing routes can be reduced

Quick Out

(1): This is a 5-8 yard route forward then the receiver cuts out towards the sideline then looks for the ball.

Slant (2):

This is a 3-5 yard route forward then the receiver breaks towards the middle of the field on a 45 degree angle and looks for the ball.

Deep Out

(3): This is a 10-15 yard route. It should be run exactly like the quick out only deeper.

Drag/In

(4): This is a 5-8 yard route forward then the receiver breaks into the middle of the field on a 90 degree angle and looks for the ball.

Flag (5):

This is a 10-15 yard route forward then the receiver breaks at a 45 degree angle towards the sideline and looks for the ball.

Curl (6):

This is a 5-8 yard route forward then the receiver stops and turns to the ball.

Post

Corner (7): This is a 12-20 yard route forward then the receiver cuts on a 45 degree angle to the middle of the field for a few steps then the receiver cuts on a 45 degree angle towards the sideline and then looks for the ball.

Post (8):

This is a 12-20 yard route forward then the receiver breaks on a 45 degree angle towards the middle of the field and looks for the ball.

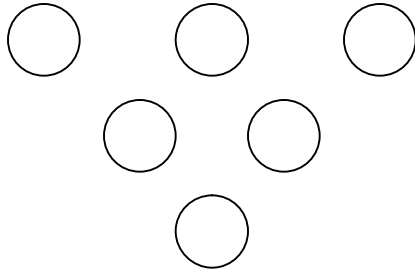
Fly (9):

This route is run straight up the field with the receiver looking for the ball after he gets past about 15 yards.

Pass Plays and Run Plays

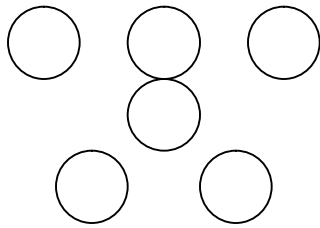
Pass Play 1: End Square Outs

The players begin in a looser formation with bigger holes in the line. The QB receives the ball in shotgun formation. The center runs a slant; the two ends run a square out. The running backs block for the QB.



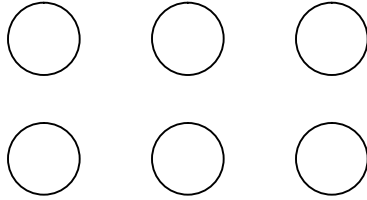
Pass Play 2: QB Bootleg

The players begin in a tight formation. The QB 'bootlegs' to the right (runs back and towards the right sideline). The center runs a square out. The left end blocks. The right end runs a slant. The left RB runs a curl. The right RB runs out to the left. The QB can hit the center, the right end, or the RB curling.



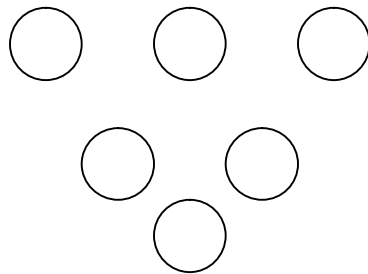
Pass Play 3: Spread Half Back Slant

The players start in a spread formation with the QB in the shotgun. The ends and the left halfback block. The center runs a square out. The right halfback runs a slant.



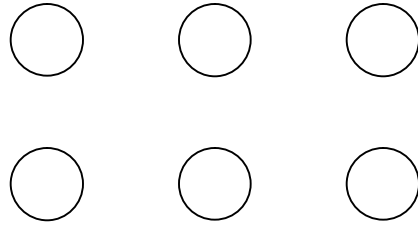
Pass Play 4: 23 fake TD

The QB receives the ball in a shotgun formation. The left end runs a corner; this player is the primary receiver. The center and right end block. The left RB runs a square out over the middle. The QB fakes a hand off to the right RB towards the left side of the field.



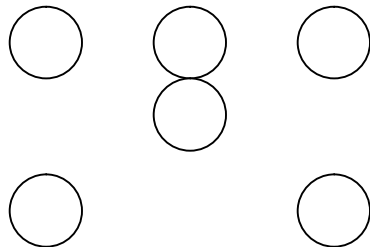
Pass Play 5: Post

The QB, in the shotgun formation, receives the ball. The RBs block. The left end does a square out. The center does a curl. The right end does a post.



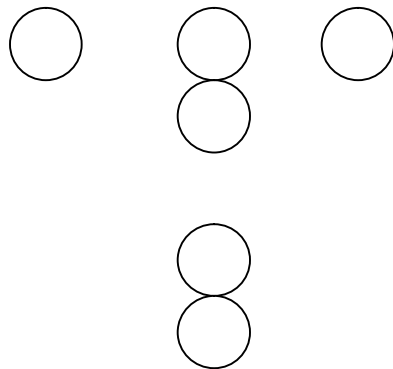
Run Play 1: 34 Sweep

The players begin in a tight formation. The QB hands off to the left RB, who sweeps toward the right side of the field



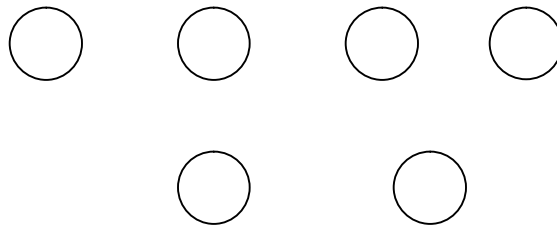
Run Play 2: 32 Dive

The QB fakes the pitch to the RB, who sweeps to the right. The halfback takes the hand off from the QB and runs up the middle.



Run Play 3: 24 Power

Start with a four player line. The QB, in the shotgun formation, pitches to the RB. The left end pulls out to block on the right. The others block as shown.



These are just sample plays that you are more than welcome to use or modify. Hopefully it will give you some ideas to create your own plays.