**RULES**

**GAME:**

1. 6 Man flag football with 3 players required to be on the line of scrimmage and 3 players lined up in the backfield. There is a center that will be snapping the ball backwards, behind the line of scrimmage. The quarterback will not be “under center” at any time and must be at least one yard behind the line of scrimmage to receive the snap. If the ball hits the ground when it is snapped, it is the ONLY time when a player (only the quarterback) is allowed to pick up a fumble to try to resume the play. The 7 second “pass clock” (see “passing”) will start on the snap.
2. At the start of each game captains and the head coach from each team will meet at midfield for a coin toss to determine who starts with the ball. The visiting team calls the toss. The winner then chooses offense or defense to start the game and the loser of the toss will have the choice on which direction they want to go to start the game. Possession changes to start the second half to the team that started the game on defense.
3. Teams change sides after the first half. Possession changes to the team that started the game on defense for the start of the second half.
4. The games will consist of two 20 minute running clock halves with a 5 minute halftime. The clock will only stop for scores, injuries and timeouts. The clock will not run during a team’s PAT attempt. Each team will get two timeouts per half. Timeouts do not carry over, use them or lose them.
5. There will be **NO KICKOFFS, FIELD GOALS** OR **PUNTS**.
6. The offensive team will then take possession of the ball on their own 5-yard line and they will three plays to cross midfield. Once the team crosses midfield they will have three plays then to score a touchdown.
7. If the offense fails to score or fails to cross midfield then the ball changes possession and the defensive team starts its drive on its own 5-yard line.
8. **ALL** possession changes, except interceptions, start on the offense’s 5-yard line.

**SCORING:**

1. **Touchdown:** 6 points
2. **PAT** (point(s) after touchdown): **1 point** (5-yard line) or **2 points** (10-yard line)
	1. **Note:** 1 point PAT is a pass only and a 2 point PAT can be either a run or pass.
	2. A team that scores a touchdown must declare whether it wishes to attempt a 1 point conversion or a 2 point conversion. Any change, once a decision is made to try for an extra point, requires a charged timeout. A decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.
3. **Safety:** 2 points
	1. 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/belt falls off, 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 beyond the end zone.

**RUNNING:**

1. The ball will be spotted where the runner’s feet are when the flag is pulled, not where the ball carrier has the ball. Forward progress will be measured by the player’s front foot.
2. The quarterback cannot directly run the ball. He is allowed to hand the ball of, then receive the ball back to run by either another hand off back to him, by a pitch backwards behind the line of scrimmage or by a forward pass beyond the line of scrimmage.
3. The offense may use multiple hand offs but there are no laterals of any kind allowed downfield. The offense may, however, use a pitch behind the line of scrimmage.
4. Any player who receives a handoff can throw the ball behind the line of scrimmage.
5. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
6. There is no “center sneak” allowed. The quarterback cannot hand the ball of directly to the center at any time nor can the center run the ball. The center CAN receive a forward pass (see receiving).
7. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered guarding. Runners may only leave their feet if there is a clear indication that he/she has done so to avoid a collision with another player without a flag guarding penalty enforced.
8. Spinning is allowed, but players cannot leave their feet to avoid a flag pull. However, players spinning out control will be called for flag guarding.
9. No blocking or “screening” (players running alongside a ball carrier to prevent the defense from getting to the runner) is allowed at any time.
10. No-run Zones are located 5 yards before each endzone and 5 yards on either side of midfield and they are designed to avoid short yardage, power running situations. Teams are not allowed to run in these zones if the subsequent line is live (meaning if the 5 yard line or anywhere inside the 5 yard line is established as the line of scrimmage by a player being ruled down there prior to reaching the endzone).

**RECEIVING:**

1. All players are eligible to receive a pass (including the quarterback if the ball has been handed off behind the line of scrimmage). The center can only receive a pass that is more than 1 yard beyond the line of scrimmage.
2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.
3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and a defensive player, possession will be awarded to the offensive player.
5. Interceptions change the possession of the ball AT THE POINT OF INTERCEPTION. Interceptions are the only changes of possession that do not start on the 5 yard line.
6. Interceptions are returnable but not on conversions after touchdowns.
7. After a defensive player makes an interception they are allowed to return the interception until their flag is pulled, in which case they will then be ruled down at that spot where the flag was pulled.

**PASSING:**

1. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
	1. All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes.
	2. The quarterback may throw the ball away to avoid a sack. The pass must go beyond the line of scrimmage.
2. Shovel passes are allowed but must be received beyond the line of scrimmage.
3. The quarterback has a 7 second “pass clock”. If a pass is not thrown within the seven seconds, the play is dead, the 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.
	1. If the quarterback is standing in the end zone at the end of the 7 second clock, the call is returned to the line of scrimmage. No safety will be awarded for this occurrence.

**RUSHING THE PASSER:**

1. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback as long as they are seven yards from the line of scrimmage. Players not rushing the quarterback can defend on the line of scrimmage.
2. Once the ball is handed off, the seven yard rule is no longer in effect and all defenders may go behind the line of scrimmage.
3. A special marker, or the referee, will designate the rush line seven yards from the line of scrimmage. Defensive players should verify with the referee that they are in the correct position (seven yards back from the line of scrimmage) every play.
	1. A legal rush is:
		1. Any rush from a point seven yards from the defensive line of scrimmage.
		2. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
		3. If a rusher leaves the rush line early (breaks the seven yard area) then they may return to the rush line, reset and then legally rush the quarterback.
		4. If a rusher leaves the rush line early and the ball is handed off before he/she crosses the line of scrimmage, then he/she may legally rush the quarterback or ball carrier and make a play.
	2. A penalty of 5 yards from the line of scrimmage will be assessed if the referee deems that the seven yard line was broken.
	3. Special Circumstances:
		1. Teams are not required to rush the quarterback with the seven second clock in effect.
		2. Teams are not required to identify their rusher before the play.
4. Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking a pass or attempting to block the pass and then making contact with the passer sill result in a 15 yard roughing the passer penalty.
5. 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 as long as they at or beyond the designated seven yard rushing line. If the path or line is occupied by a moving offensive player, the, it is the offense’s responsibility to avoid the rusher. Any disruption to the rusher’s path and/or contact will result in a 5 yard impeding the rusher penalty against the offensive player. 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.
6. A sack occurs if the quarterback’s flags are pulled off behind the line of scrimmage. The ball is placed where the quarterback’s feet are when the flag is pulled.
	1. A safety is awarded if the sack takes place in the offensive team’s end zone.

**FLAG PULLING:**

1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
2. Defenders can dive to pull flags but cannot tackle, hold or run through the ball carrier when pulling flags. If this occurs a 5 yard obstruction penalty from the spot of the foul will be assessed.
3. It is illegal to attempt to strip or pull the ball from the ball carrier’s possession at any time. If this occurs a 10 yard stripping penalty from the spot of the foul will be assessed.
4. If a player’s flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.
5. A defensive player may not intentionally pull the flags off a player who is not in possession of the ball. If this occurs there will be a 10 yard penalty assessed and added to the end of the run or catch or if the results in an incompletion, then it will be assessed from the spot of the foul.
6. 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. This will result in a 10 yard penalty on the offensive player.

**PENALTIES:**

1. Only the team captain or coach may respectfully communicate with the referee about questions or rule clarification and interpretation. Players MAY NOT QUESTION CALLS.
2. Games may not end on defensive penalties unless the offense declines it.
3. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before the play is considered complete.
4. Penalties will be assessed half the distance to the goal yardage when the penalty is more than half the distance to the goal.

**Defensive spot fouls:**

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| Defensive Pass Interference | Automatic first down |
| Holding | Automatic first down |
| Stripping | +10 yards and an automatic first down |

**Offensive spot fouls:**

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| --- | --- |
| Screening, blocking, running with the ball carrier | -10 yards and loss of down |
| Charging | -10 yards and loss of down |
| Flag guarding | -10 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 |
| Offside | +5 yards from line of scrimmage |
| Illegal rush (Starting rush from inside 7-yard marker) | +5 yards from line of scrimmage |
| Illegal flag pull (Before the receiver has the ball) | +5 yards from line of scrimmage |
| Roughing the passer | +15 yards from line of scrimmage or end of run and an automatic first down |
| Taunting | +10 yards from line of scrimmage or end of run and an automatic first down |

**Offensive penalties:**

|  |  |
| --- | --- |
| Offensive unnecessary roughness | -10 yards and loss of down |
| Offensive unsportsmanlike conduct | -10 yards and loss of down |
| False Start | -5 yards from the line of scrimmage |
| Illegal forward pass | -5 yards from the line of scrimmage |
| Offensive pass interference | -5 yards from the line of scrimmage loss of down |
| Illegal motion (more than one player in moving) | -5 yards from the line of scrimmage |
| Impeding the rusher | -5 yards from the line of scrimmage |
| Taunting | -10 yards from the line of scrimmage and loss of down |

**PURPOSE**

The purpose of the youth sports league program in the John Day/Canyon City Parks and Recreation District is to provide a quality experience through active participation for elementary aged children, and to involve the Community in a volunteer program to benefit all and have FUN, competitiveness that ruins the fun of the sport is not allowed.

**GOALS**

1. To provide an opportunity for young athletes in the JD/CC Parks and Rec. area to participate in a sports program that will fulfill their personal needs in terms of physical, mental and social development.

2. For participants to learn the rules and fundamental of sport through practice and games situations.

3. For participants to learn good sportsmanship and to have an: enjoyable experience while

 playing in a stabled "controlled" competitive atmosphere.

4. To train and involve volunteer coaches in a youth sports program that ensures learning and participation for all.

**COACHING RESPONSIBILITIES:**

As a registered volunteer with the JD/CC Park District, each individual is considered an employee of the District. Although there is no monetary reimbursement, the responsibilities are the same as those persons in the District's employment.

**SAFETY:**

Participant Safety - During program hours it is the responsibility of the designated volunteer to remind participants about their own safety and to be aware of situations that might be a potential safety threat. Prevention and Precaution are key words.

**Alcohol and Tobacco:**

Coaches are not allowed to drink alcoholic beverages or use tobacco products while on duty or on Parks and Recreation facilities while participants are present at the programs. Remember, you are setting examples for all youth when you come in contact with them. Chewing Smokeless Tobacco is also PROHIBITED!

**OVERTIME:**

1. If the score is tied at the end of the second half, an overtime period will be used to determine a winner. Overtime format is as follows.
	1. A coin flip will determine the team that chooses to be on offense or defense first.
		1. 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.
		2. The referee will determine which end of the field the overtime will take place on.
	2. Each team will take turns getting one 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. The no run zone still applies at the 5 yard line so the offensive team must complete a pass if they choose to go for one. Whether or not the team who 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.
	3. Both teams must go for two from the 10 yard line starting with the third round of overtime. After a third overtime, the game will be declared a tie, no fourth overtime will be played.
	4. There are no timeouts during any overtime periods.