



WCPR ATHLETICS
NFL Flag Football League

The following local rules and procedures are in addition to, or in lieu of, rules and procedures stated in the NFL Youth Flag Football Program and Williamson County Parks & Recreation. Please refer to www.nflyouthfootball.com for other rule interpretations.

Eligibility and Conduct

1. The date that is be used to determine players playing age shall be September 30th of the current year.
2. Each player must furnish a birth certificate.
3. Any player who meets the age requirements is eligible to play.
4. The head coach is allowed to be on the field, but the assistant coaches must remain in their designated player box or be subjected to a delay of game penalty. All coaches must sign and pass a background check to be eligible to stand on the sideline.
5. Any player or coach receiving two warnings for unsportsmanlike conduct during a single game will automatically receive a one game suspension. They must also leave the property immediately on the second infraction. This suspension will be enforced in the next scheduled game. Any player or coach receiving a total of three unsportsmanlike conduct penalties will be suspended for the remainder of the season, including the post-season tournament.
6. Any player or coach participating in a violent act, such as fighting, biting, kicking, swinging at another player, ect, shall be permanently dismissed from the league. Any spectator involved in fighting will be immediately removed from the facility. In addition, the involved parties will be suspended from all recreational leagues and facilities indefinitely. **FOUL PLAY WILL NOT BE TOLERATED.**
7. Trash-talking and taunting will not be tolerated.
8. Any player or coach under the influence of alcohol or any other illegal drug, participating in any game or practice, shall be dismissed from the league immediately.

The Basics

1. A coin toss determines first possession. The assigned visitor team will call the coin toss.
2. The offensive team takes possession of the ball at its 3-yard line and has four plays to cross midfield for a first down. Once a team crosses midfield, it has four plays to score a touchdown. On the fourth down the offense may elect to go for it or punt. Teams will be allowed to punt the ball on the 4th down. The

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receiving team will be allowed to catch the ball without interference. If a catch is not made the ball will be played where it comes to a stop on its own power. The punt returner can not return the punted ball.

3. Interceptions may be returned, except on extra point conversions.
4. Teams change sides after the first 20 minutes. Possession changes to loser of coin toss unless deferred.
5. The 8 & U will use a Nike Pee-Wee football. The 10 & U will use a Nike Junior football The 13 & U will use a Nike Youth football.
6. Flags used on games will be Triple Threat flag football belts provided by WCPR.

Players/Game Schedules

1. Teams must field a minimum of five players at the start of the game.
2. Each player must play at least 2 quarters. Coaches will have the opportunity to sub in players at the 5 minute mark. Any player on the bench must sub in at this time.
3. ALL FACILITY/ PARK/ ARENA RULES MUST BE FOLLOWED.
4. Players CANNOT change teams and are only allowed to play for one team once the season starts unless approved by the WCPR Staff.
5. All players must be dressed in proper uniform attire at game time.
6. All jerseys must be tucked in.
7. Shorts with pockets and belt loops are prohibited.
8. Mouth guards are required. Knee and elbow pads are encouraged.
9. No cleats or spikes of any kind are allowed.
10. No spitting in the arena.

Timing/Overtime

1. All games will start on time according to the published schedule. First games will have a grace period of five minutes. Five minutes will be put on the clock at the scheduled start time. It will be declared a forfeit when time has expired if one or both teams aren't available for play. NO EXCEPTIONS.
2. The games will consist of four, ten minute quarters. The clock runs continuously except for injury or timeouts until the last 30 seconds of the 4th quarter. The clock will then stop for any dead ball. A dead ball will be considered as:
 - incomplete pass/dropped snap,
 - play going out of bounds,
 - change of possession,
 - first down or a score.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball.
4. **In the last 5 minutes of the 4th quarter if a delay-of-game penalty is called, the clock will stop until the next play is started at the snap of the ball and the offense will lose the down.**
5. Each team has two timeouts per half and can carry timeouts over to the 2nd half.
6. Officials can stop the clock at their discretion.

7. In overtime, the ball will be placed at the 3 yard line. Both teams will have 4 downs to score. After a touchdown an extra point must be attempted. The team that scores in the least number of downs will be declared the winner. If both teams score on the same number of downs and have the same result with the extra point, then the process will repeat with the team that started on defense starting on offense. If a team fails to win after a second overtime the ball will be placed at the 10 yard line. This process will continue until a winner is decided.

Mercy Rule

1. Once a team has gone up by more than 28 points, no points will be added to the scoreboard until the team that is down has scored. In which that case, the team that is up will also receive any additional points they might have scored.

Scoring

Touchdown:

6 points

Extra Point:

1 point (played from 3-yard line) or
2 points (played from 10-yard line)

Safety:

2 points

The ball will be spotted at offensive 10 yard line

Running

1. The quarterback cannot run with the ball.
2. Running plays may include backward laterals, pitches, or direct handoffs; as long as they are behind the line of scrimmage.
3. Offense may use multiple handoffs.
4. “No-running zones” located three yards from each end zone and three yards on either side of midfield. They are designed to avoid short-yardage, power-running situations. If the ball is spotted in these boundaries, they must advance the ball by using a pass play.
5. The player who takes the handoff can throw the ball from behind the line of scrimmage.
6. Once the ball has been handed off, all defensive players are eligible to rush.
7. Spinning is allowed, but player cannot dive to advance the ball.
8. The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is. (If one foot is over the line-to-gain then either a touchdown or first-down is awarded.)

Note: There are no fumbles. The ball is spotted where the ball hits the ground or the forward progress of the runner.

9. Absolutely NO laterals or pitches of any kind allowed beyond the line of scrimmage.
10. Runners shall not flag guard by using any part of the body or ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes but is not limited to:
 - Swinging the hand or arm over the flag belt to prevent an opponent from pulling their flag.
 - Placing the ball in possession over the flag belt to prevent an opponent from pulling their flag.
 - Lowering the shoulders in such a manner that flag guards.

Blocking

1. THIS IS A NO CONTACT LEAGUE.
2. Screen blocking is permitted. No moving screens (basketball screen applies).
 - a. The offensive screen block shall take place without contact.
 - b. The screen blocker shall have their hands and arms at their side, below their waist, or behind their back.
 - c. Any use of the arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal.
 - d. A blocker may use his/her hand or arm to break a fall or to retain his/her balance.
 - e. A player must be on his/her feet before, during, and after screen blocking.

Note: Once the offensive player with the ball advances beyond the line of scrimmage (run or pass), all other offensive players must stop. This is to prevent downfield blocking.

Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage.)
2. As in the NFL, only one player is allowed in motion at a time.
3. A player must have at least one foot inbounds when making a reception.
4. When the offense has possession of the ball, absolutely no swatting, batting, or trying to strip the ball from the offensive player is allowed.

Passing

1. Shovel passes are allowed. (No underhand passes will be allowed!)
2. The quarterback has a seven-second “pass clock.” If a pass is not thrown within the seven seconds, play is dead, loss of down, and is treated like an incomplete pass. Once the ball is handed off, the seven second rule is no longer in effect.
3. When in the “No Run Zones” the offense must attempt the pass at or beyond the line of scrimmage.
4. A pass that is attempted behind the line of scrimmage in the “No Run Zones” will be whistled dead by the officials and will result in a three yard walk-off and loss of down.

Offensive Snapping/Line

1. The ball must be snapped between the legs, not off to one side, to start play.
2. The offense may take snaps from the shotgun formation or directly under the center.
3. The offense must have at least three players on the line of scrimmage. This includes the center.

Punting

1. If the offense has elected to punt on 4th down then all players on offense and defense should take a knee along the line of scrimmage, with exception to the center, punter, and return person.
2. Punts must be snapped in the shotgun formation.
3. If the snap is dropped or muffed, the ball will be marked where it lands on the ground.

Rushing the Quarterback

1. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. The line judge should line up at this spot.
2. Any number of players can rush the quarterback as long as they are seven yards back and have acknowledged to the back official that they are rushing.
3. Players not rushing the quarterback may defend on the line of scrimmage.
4. 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. A special marker will designate seven yards from line of scrimmage. Remember, no blocking or tackling is allowed.

Penalties

Defense:

- Offside

Three yard walk-off and repeat the down

- Pass Interference

6 yards and automatic first down

- Illegal Contact

(holding, blocking, etc.)

6 yards and automatic first down

- Illegal FLAG pull

(before receiver has the ball)

6 yards walk off and repeat the down

- Illegal Rushing

(starting rush from inside 7-yard marker)

6 yards walk-off and repeat the down

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Offense:

- Illegal motion
(more than one person moving, false start, etc.)
Three yard walk-off

- Illegal forward pass
(pass thrown beyond line of scrimmage)
Three yards and loss of down

- Offensive pass interference
(illegal pick play, pushing off/away defender)
6 yards and loss of down

- Flag guarding
6 yard walk-off from spot of the foul

- Delay of game
Clock stops, 3 yard walk-off

- Intentional Grounding
6 yards from the line of scrimmage and a loss of down

Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

Only the field coach may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.

Games cannot end on a defensive penalty, unless the offense declines it.