

## **2018 CYO FLAG FOOTBALL RULES**

### **I. CYO FLAG FOOTBALL**

Instructional flag football is offered to grade school boys in the 3rd and 4th grades. The season will consist of 7 games with no score being kept. Girls are not permitted to play in the CYO flag football league.

### **II. FEES**

The fees for this year are \$30.00 per player and \$150.00 per team. All fees are due by Tuesday, September 4<sup>th</sup>. Payment MUST be made in the form of one check rather than a group of checks and/or cash from individual parents.

### **III. DATES**

Wednesday, August 1 <sup>st</sup>	Coaches' organizational meeting & re-certification at CYO Office @ 6:00
Saturday, August 4 <sup>th</sup>	CYO Day @ Dick's Sporting Goods
Tuesday, September 4 <sup>th</sup>	Deadline for team rosters and all team & player fees
Wednesday, September 5 <sup>th</sup>	CYO Fall Sports Mass (for all Junior teams) 6:30pm @ Rosary Cathedral
Monday, September 10 <sup>th</sup>	League schedule will be posted by 5:00 PM
Wednesday, September 13 <sup>th</sup>	Pastoral Center (CYO Office) closed for a diocesan retreat
Weekends of 9/15 & 16, 9/22 & 23, 9/29 & 30	League games *
Weekends of 10/6 & 7, 10/13 & 14, 10/20 & 21, 10/27 & 28	
Monday, October 1 <sup>st</sup> – October 4 <sup>th</sup>	Rosary @ CYO Complex each night (7:00 PM)
Tuesday, November 6 <sup>th</sup>	29 <sup>th</sup> Annual CYO Fall Sports Banquet at The Pinnacle

### **IV. SITE OF THE GAMES**

- A. The league games will be played at the Monsignor Schmit CYO Athletic Complex (555 S. Holland-Sylvania Road, between Hill Avenue and Angola Road).
- B. Teams are allowed to practice and/or scrimmage at the Monsignor Schmit Complex if advance reservations have been made through the CYO office.
- C. Some general complex guidelines:
  1. There will be an admission charge for all league games (students = 50¢; adults = \$1; family = \$2)
  2. No pets will be allowed in the complex.
  3. The use of tobacco will not be permitted inside the complex.
  4. Alcohol is prohibited both inside the complex, as well as in the parking lot. Anyone found to be in violation of this rule will be banned from the complex for at least one year.
  5. Restrooms and concessions are available at the CYO Complex.
- D. There is a Lightning Predictor in operation at the CYO Athletic Complex. If the warning horn sounds during a game, all games in progress will be canceled immediately. Everyone should proceed to their cars and leave the complex. Canceled games will be picked up from the point at which they were stopped at a later date, which will be determined by the CYO office. Any games which are scheduled to be played later in the day after the warning horn has sounded will remain "on as scheduled" unless the "all clear" has not sounded.

### **V. EQUIPMENT**

- A. Teams will be responsible for supplying each player with a t-shirt style jersey (numbers required on the back of the shirt) and flag belt (3 flag clip style, not ball-in-socket).
- B. Each player must wear a mouth guard while on the field.
- C. The home team will be responsible for providing the game ball (intermediate junior ball (6 inch) composite leather or leather
- D. Tennis shoes or molded cleats are encouraged; however cleats with exposed metal are PROHIBITED.
- E. Players may tape their forearms, hand and fingers. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metal are prohibited. Braces must be covered per OHSAA rules.
- F. No jewelry of any kind is permitted to be worn other than a medical awareness bracelet or necklace and must be taped to the skin.
- G. Players' jerseys must be tucked into the pants if they hang below the belt line.
- H. Pants or shorts with belt loops or pockets must be taped to protect fingers from getting caught in them and the defense from trying to secure the flag. Team members should wear matching colored pants or shorts.

## **VI. FIELD**

Half of a regular football field, advancing inward from the 40 yard line extending from sideline to sideline will be used. Two games will be played simultaneously on the same football field.

## **VII. THE GAME**

- A. Teams will play with 8 players on offense and defense on the field at a time. Teams must have a minimum of 6 players to start the game. In the event of an injury, a team with insufficient substitute players may play with 5 players on the field, but no fewer than 5.
- B. All teams must start out each offensive play in a guard-center-guard formation and these three players are eligible to receive a pass. Any player may line up at any position, but the play must start out in this formation. The offense can add one tackle if desired to start an offensive play. The tackle will be considered a tight end and be eligible to receive a pass.
- C. The first team listed on the schedule will be designated as the home team. The visiting team will start the game on offense and the home team will start the second half on offense. The home team will take the team bench on the north side of the field (at the CYO Complex). Spectators for each team will sit on their respective sides of the field, with at 10 yard buffer between the players and the spectators.
- D. Immediately prior to the start of the game, team captains and coaches will meet for a pre-game conference with the game officials. Then both teams and their coaches will meet at mid-field to recite the "CYO Prayer" (all four teams if two games are being played on one field). The players and the coaches from both teams will kneel at mid-field and recite the prayer together. Immediately after the prayer, the two teams will face the flag and recite the Pledge of Allegiance.
- E. The team on offense will take possession of the ball on the 40 yard line and has 7 plays. The team will stay on offense until their 7 plays expire. No turnovers on fumbles or interceptions will be called.
- F. For each 7 plays in a series, the offensive team must use two different quarterbacks and take three of their 7 play series in a direct snap formation.
- G. Each team must use at least three different quarterbacks during the game who take a minimum of 7 snaps per game.
- H. At least three different offensive players for each 7 play series must handle (run) the ball.
- I. At least five different offensive players must have run the ball before the completion of the game.
- J. Possession changes to the home team (that started the game on defense) to begin the second half.
- K. A maximum of three coaches from each team will be allowed on the field to instruct his/her players and assist with play line-up. At least one certified coach must remain with team members on the sidelines to help with substitutions.

## **VIII. TIMING**

- A. Each team will have four 7 play offensive and defensive series to complete a game. There will be 28 plays in each half and two halves will complete a game.
- B. Half-time will be 2 minutes long.
- C. Each time the ball is spotted, a team has 25 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- D. Each team has one 60-second time out per half.
- E. Officials can stop the play at their discretion.
- F. In the event of any injury the game will be stopped and then restart when the injured player is removed from the field of play.
- G. No score will be kept, as this is an instructional league.

## **IX. FORMATIONS**

- A. Offense must have a minimum of 5 players on the line of scrimmage (the center and four interior players).
- B. No motion is allowed at any time.
- C. Offensive players must come to a complete stop for one second before the ball is snapped.
- D. Movement by a player after he is set is considered a false start.
- E. The center must snap the ball with a rapid and continuous motion between his legs to a player in the backfield, and the ball must completely leave his hands.

## **X. LIVE BALL/DEAD BALL**

- A. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- B. 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. The official may give both teams a “courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage.
- C. A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.
- D. The defense may not mimic the offensive team’s signals by trying to confuse the offensive players, while the quarter back is calling out signals to start the play. This will result in an unsportsmanlike penalty.
- E. Substitutions may be made on any dead ball.
- F. Any official can whistle the play dead.
- G. Play is ruled “dead” when:
  - 1. The ball hits the ground.
  - 2. The ball carrier’s flag is pulled.
  - 3. The ball carrier steps out of bounds.
  - 4. A touchdown is scored.
  - 5. The ball carrier’s knee or arm hits the ground.
  - 6. The ball carrier’s flag falls out/off.
  - 7. The receiver catches the ball while in possession of no flag. It will be considered a caught ball and dead at the spot.
  - 8. Inadvertent whistle.
- H. There are NO fumbles. The ball is spotted where the ball carrier’s feet were at the time of the fumble.
- I. For interceptions, the ball will move back to the 30 yard line or the previous spot, whichever is further from the goal line. The ball cannot be moved back further than the 40 yard line at any time.
- J. In the case of an inadvertent whistle, the offense has two options:
  - 1. Take the ball where it was when the whistle blew and the down is consumed.
  - 2. Replay the down from the original line of scrimmage.

## **XI. RUNNING**

- A. The ball is 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.
- B. Any player who has the ball can throw the ball from behind the line of scrimmage as long as he has not initially crossed the line of scrimmage.
- C. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
- D. Runners may not leave their feet to advance the ball. Diving, leaping, or jumping to avoid a flag pull is considered flag guarding.
- E. Spinning is allowed, but players may not leave their feet to avoid a flag pull. Jumping in the air in a forward motion to advance the ball, while attempting to avoid a flag pull, is not allowed. Lateral moves to the left or right are permitted.
- F. Runners may leave their feet if there is a clear indication that he has done so to avoid collision with another player without a flag guarding penalty enforced.
- G. Blocking rules will follow OHSAA blocking rules.
- H. 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.

## **XII. PASSING**

- A. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
- B. Shovel passes are allowed, but must be received beyond the line of scrimmage.

## **XIII. RECEIVING**

- A. All players are eligible to receive passes (including the quarterback, if the ball has been handed off behind the line of scrimmage).
- B. No player is allowed in motion at any time.
- C. A player must have at least one foot inbounds when making a reception.

- D. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- E. On interceptions the ball will be moved back to the 30 yard line or previous spot, whichever is further back from the goal line. The ball cannot be moved back further than the 40 yard line at any time.
- F. Interceptions are not returnable (see E above).

#### **XIV.RUSHING THE PASSER**

- A. All players who rush the passer must be a minimum of one yard from the line of scrimmage when the ball is snapped. Any number of players may rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
- B. Once the ball is handed off, all defenders may go behind the line of scrimmage.
- C. A special marker, or the referee, will designate a Rush Line one yard from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
  - 1. A legal rush is:
    - a. Any rush from a point one yard from the line of scrimmage.
    - b. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
  - 2. A penalty may be called if any defensive player crosses the line of scrimmage before the ball is snapped – Offside (+ 5 yards LOS).
  - 3. Special circumstances:
    - a. Teams are not required to rush the quarterback.
    - b. Teams are not required to identify their rusher before the play, however, if they do send a rusher, the rusher must verify with the official that they are in the correct position.
    - c. If rusher leaves the one yard line before the snap, he may immediately drop back to act as defender with no offside penalty enforced.
- D. Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty.
- E. A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball is placed where the quarterback's feet are when the flag is pulled.
- F. There are NO safeties.

#### **XV. FLAG PULLING**

- A. A legal flag pull takes place when the ball carrier is in full possession of the ball.
- B. Defenders can dive to pull flags, but cannot tackle, hold, or run through the ball carrier when pulling flags.
- C. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
- D. If a player's flag inadvertently falls off during play, the player is down immediately upon possession of the ball and the play ends.
- E. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- F. 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.

#### **XVI.UNSPORTSMANLIKE CONDUCT**

- A. If the field monitor or 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. Foul play will not be tolerated.
- B. Offensive or confrontational language is not permitted. 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.
- C. Players may not physically or verbally abuse any opponent, coach, or official.
- D. Ball carriers MUST make an effort to avoid defenders with an established position.
- E. Defenders are not allowed to run through the ball carrier when pulling flags.
- F. Fans must also adhere to good sportsmanship as well:
  - 1. Yell to cheer on your players, not to harass officials or those associated with the opposing team.
  - 2. Keep comments clean and profanity-free.
  - 3. Compliment ALL players, not just one child or team
- G. Fans are required to keep fields safe and kid-friendly: Keep younger kids and equipment such as coolers and chairs a minimum of 10 yards off the field in the end zone area.

## **XVII. TERMININOLGY**

<b>Boundary Lines</b>	the outer perimeter lines around the field. They include the sidelines, and back of the end zone lines.
<b>Line of Scrimmage</b>	(LOS) an imaginary line running through the point of the football and across the width of the field.
<b>Rush Line</b>	an imaginary line running across the width of the field one yard (into the defensive side) from the line of scrimmage. Anyone rushing the passer must have started behind this imaginary line.
<b>Offense</b>	the squad with possession of the ball.
<b>Defense</b>	the squad opposing the offense to prevent them from advancing the ball.
<b>Passer</b>	the offensive player that throws the ball and may or may not be the quarterback.
<b>Rusher</b>	the defensive player assigned to rush the quarterback to prevent him from passing the ball by pulling his flag or by blocking the pass.
<b>Downs</b>	the offensive squad has 7 attempts or “downs” to advance the ball. The offense will keep the ball until all 7 plays have been exhausted.
<b>Live Ball</b>	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.
<b>Dead Ball</b>	refers to the period of time immediately before or after a play.
<b>Whistle</b>	sound made by an official using a whistle that signifies the end of the play or a stop in the action for a time-out, half-time, or the end of the game.
<b>Inadvertent Whistle</b>	official’s whistle that is performed in error.
<b>Charging</b>	the movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, forearm, or the chest.
<b>Flag Guarding</b>	an 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 or arm.
<b>Shovel Pass</b>	a legal pass attempted beyond the line of scrimmage by throwing the ball underhand or pushing it towards a receiver in a shot put type manner.
<b>Lateral</b>	a backwards or sideways toss of the ball by the ball carrier.
<b>Unsportsmanlike Conduct</b>	a rude, confrontational, or offensive behavior or language.

## **XVIII. “ALL PLAY” PARTICIPATION RULE**

- A. The CYO Advisory Committee developed an “all play” participation rule for each CYO sport during the 2001-02 year, which was implemented during the 2002-03 CYO season. These rules were developed after a series of meetings, as well as input from parish athletic directors.
- B. CYO Flag Football began in the Fall of 2016 and at that time the CYO Advisory Committee determined that playtime would be distributed equally among team members. Each player must play in both halves of the game (14 plays per half, with a minimum of 5 plays on offense and 5 plays on defense per half).
- E. If a player is being disciplined by the coach for a team violation (missing practice, fighting at practice,...) the player, as well as the players parents, must be notified by the coach prior to the game.
- F. Any coach who is found to be in violation of the “all play” rule will be suspended for one game.

### **COMMENT:**

This rule remains in effect for all games throughout the season. Coaches must have a plan before the game begins to make certain that every player is allowed his minimum playing time (as required by the rules).

## **XIX. CONCLUSION**

These rules were written by CYO Staff to start an instructional flag football league and will be enforced with the health and well being of the athletes as the number one concern. Youth athletics need coaches who want to teach proper techniques, and follow all rules and guidelines which govern their league. The CYO program will not tolerate any blatant violation of the league rules outlined in this handbook. Any coach and/or team found in violation will be penalized.

Any violation of these rules must be brought to the attention of the CYO Director of Athletics, or CYO Assistant Director of Athletics, or other CYO Staff Member. This should be done according to the procedure set in the protest section of the current CYO Policies & Procedures.

The CYO Flag Football Staff at the present time (8/1/18):

Julie Dubielak	Director of CYO Athletics	Craig Meinzer	CYO Flag Football Consultant
Jack Jordan	Assistant Director of CYO Athletics	Rev. Phil Smith	CYO Chaplain
Kathy Rakay	CYO Athletics Administrative Assistant		

**XX. PENALTIES**

- A. The referee will call all penalties.
- B. Referees determine incidental contact that may result from normal run of play.
- C. All penalties will be assessed from the line of scrimmage, except as noted. (spot fouls)
- D. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not question judgment calls.
- E. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
- F. 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**

Defensive Pass Interference	At the spot
Holding	+5 yards
Stripping	+10 yards
Defensive Unnecessary Roughness	+10 yards
Charging	-10 yards
Flag Guarding	-10 yards
Offensive Unnecessary Roughness	-10 yards

**Defensive Penalties**

Offside	+5 yards from line of scrimmage
Illegal Rush (Starting rush from inside 1-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	+10 yards from line of scrimmage
Taunting	+10 yards from line of scrimmage
Defensive Pass Interference	SPOT FOUL
Holding	SPOT FOUL, + 5 yards
Stripping	SPOT FOUL, + 10 yards
Defensive Unnecessary Roughness	SPOT FOUL, + 10 yards

**Offensive penalties**

Offside / False Start	-5 yards from line of scrimmage & Loss of Down
Illegal Forward pass (Pass received behind the line of scrimmage or throwing a pass beyond the line of scrimmage)	-5 yards from line of scrimmage & Loss of Down
Offensive Pass Interference	-5 yards from line of scrimmage & Loss of Down
Illegal Motion (Anyone moving after being set before the ball is snapped)	-5 yards from line of scrimmage
Delay of Game	-5 yards from line of scrimmage
Impeding the Rusher	-5 yards from line of scrimmage & Loss of Down
Screening, Blocking or Running with the Ball Carrier	SPOT FOUL, -5 yards & Loss of Down
Charging	SPOT FOUL, -10 yards & Loss of Down
Flag Guarding	SPOT FOUL, -10 yards & Loss of Down
Offensive Unnecessary Roughness	SPOT FOUL, -10 yards & Loss of Down