



The Rules
Bowl Games 2022

YYAA Flag Football Rules

PLEASE NOTE: While these rules are similar to those of the official NFL Flag rules, certain changes have been made to ensure a more competitive experience for the participants of the Yorkville Youth Athletic Association.

1. BASICS

- A coin toss will determine first possession and direction. The winning team will get to determine either their direction or who has the ball first. The team who loses the coin toss will get the other choice (direction or possession). In the second half the teams will change directions, and whichever team opened the game on defense will be on offense to start the second half.
- The offensive team takes possession of 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 on its 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line. A player can run back an interception and change of possession is at the point at the end of the run back.
- Official Yorkville shirts must be worn during play, and must be tucked into pants.
- Players will have 2 flags, 1 on each hip.
- Parents and spectators will occupy one sideline, while coaches and Players (of both teams) will be on the other sideline.
- Players must wear pants that do not camouflage a flag (yellow and neon green).
- Coaches are permitted to be on the field and in the huddle prior to the play. However, they must move to the sideline or away from the play before the ball is snapped.
Coaches are not permitted on the field in 17U.

2. PLAYERS

A) The Team

- Teams will play with five players on the field
- If a team only has 4 players then the game is played 4 on 4 and it is an official game.
- Teams with less than 4 players will forfeit, however the game can still be played as an exhibition.

B) Substitutions

- Substitutions may be made freely throughout the game and are up to the team's coach to decide

3. TIMING

- Games are played to 36 minutes running time (2 18-minute halves).
- The clock will stop during the following:
 - Time-outs (clock resumes at first snap after TO)
 - Injuries (clock resumes at Official's discretion)
 - At the discretion of the Official (clock resumes at Official's discretion)

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- Each time the ball is spotted, a team has 30 seconds to snap the ball. The referee will announce when there is 15 seconds remaining, 10 seconds remaining, and will count down from 5 seconds in 1 second intervals.
- Each team has 3 30-second time-outs per game.
- If the score is tied at the end of regulation time, the game will continue to a modified overtime procedure until a winner is determined.
 - Each team will have the opportunity to attempt one conversion per overtime period for the point value of its choice (one play)
 - 1 Point - 5 yards from end-zone & no run zone
 - 2 Point - 10 yards from end-zone (run or pass + blitz where applicable)
 - 3 Point - 15 yards from end-zone (run or pass + blitz where applicable)
 - The winner of a coin toss will have a choice to either go first or second in the first overtime period.
 - If the score remains tied after the first overtime, the team that went second in the first overtime will go first in the second overtime.
 - If the score remains tied after two overtime periods, the game will advance to a final overtime period. Each team will attempt 1 play from its own 5 yards line (where a typical drive would start) and whichever team gains more yards on that play will receive 1 point to their score and be declared the winner. The team that went first in the second overtime will go second in the final overtime period.
 - Each team must have the opportunity to possess the ball an equal amount of times in overtime until it occurs that one team has more points than the other after an overtime period.
 - All overtime tries will be attempted facing the same end-zone, selected by the official.
 - Interceptions can be returned to the other end zone for the value of the points of the conversion.
 - Sacks, defined as a defensive flag pull behind the line of scrimmage, or flag guarding behind the line of scrimmage, are worth 1 point.
 - No timeouts carry over nor do teams receive timeouts for overtime.
 - The 30 second play clock is still in use.
 - If there is a defensive penalty on an overtime try and the offense accepts the penalty, the offense can choose to run the play from the prior line of scrimmage or run the play after the penalty yards are marked off. Under both options, the new overtime try will be worth the same points as the original try. The no running zone will be in effect.
 - The overtime procedure may be modified at any time by the on-site director.

4. SCORING

A) Offensive Scoring

- Touchdown:
 - 6 points
- Points After Touchdown:
 - 1 point (played from 5-yard line);
 - 2 points (played from 10-yard line): or
 - 3 points (played from the 15-yard line)
 - If there is a defensive penalty on a point after try and the offense accepts the

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penalty, the offense can choose to run the play from the prior line of scrimmage or run the play after the penalty yards are marked off. Under both options, the new point after try will be worth the same points as the original point after try. The no running zone will be in effect.

B) Defensive Scoring

- Sack (defined as any flag-pull tackle, of any player, behind the line of scrimmage):
 - 1 point (remains in effect during a PAT attempt)
 - A flag guarding penalty committed behind the line of scrimmage will also result in 1 point awarded to the defensive team
- Safety:
 - 2 points
 - *Note: a flag-pull in the end-zone resulting in a safety will be awarded only 2 points for a safety, not 2 points + 1 point for a sack.*
 - Following a safety, the defensive team will take over possession at their own 5 yard line
- Points After Touchdown:
 - Sack: 1 point
 - A defensive interception that is returned to their end zone during an opponent's PAT will result in the defensive team receiving the amount of points that the offense was attempting.

5. OFFENSE

- In the case of an inadvertent whistle, the offense has two options
 - Take the ball where it was when the whistle blew and the down is consumed
 - Replay the down from the original line of scrimmage

A) Running

- After 5 seconds, the quarterback may run with the ball beyond the line of scrimmage.
- Handoffs, laterals, and pitches are permitted only behind the line of scrimmage.
- Offense may use multiple handoffs, laterals, and pitches.
- “No-running zones,” located 5 yards from each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations.
- The player who takes a handoff, lateral, or pitch behind the line of scrimmage can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, lateralled, or pitched, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot dive, slide, or jump to avoid being tackled.
 - Jumping in the air in a forward motion to advance the ball, or to avoid a flag pull is not allowed. However, lateral moves to the left or right are permitted. Jumping over players is only permitted to avoid stepping on a player who is off his feet and on the ground.
- The ball is spotted where the ball carrier's front foot is when the flag is pulled, not where the ball is. If a ball carrier is ruled down because he runs out of bounds or his knee hits the ground, the ball is spotted wherever his feet were when ruled down (even if his feet were ahead of the ball).
- A ball carrier cannot charge into a defensive player who is not mobile.

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- An offensive player cannot block a defensive player. A block occurs when an offensive player, who is not the ball carrier, hinders a defensive player from making a tackle by contacting the defensive player, running between the ball carrier and the defensive player, or other similar act.
- The quarterback may hand the ball off to the center but only by wrapping the ball around to the center's front. If the quarterback exchanges the ball back through the center's legs it will be deemed an illegal procedure, 5-yard penalty and loss of down.

B) Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off, lateralled, or pitched behind the line of scrimmage).
 - The quarterback may not throw the ball off the center or another receiver's body part, catch the ball, and advance the ball. Should this play happen, the referee will blow the whistle and the down will be consumed.
- A player must have at least one foot in-bounds when making a reception.
 - In the case which one foot is in-bounds and one foot is out of bounds simultaneously, the receiver is ruled out of bounds
- If an offensive player's flag falls out, they are eligible to receive a pass but cannot advance the ball after the reception. The play is dead at the spot of the reception.
- In the case of a simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

C) Passing

- A forward pass may be thrown to a receiver who is either behind or beyond the line of scrimmage.
- A forward pass may be thrown either underhand or overhand as long as the passer is behind the line of scrimmage when the ball is released. A passer is considered to be beyond the line of scrimmage if any part of the passer's foot is in contact with the ground beyond the line of scrimmage.
- Only one forward pass may be thrown during a play.
- Intentional grounding will be called when a passer, who is about to be sacked, intentionally drops the ball or throws a pass that is not in the direction and general vicinity of a receiver.
 - Intentional grounding will not be called if the passer throws a forward pass that lands out of bounds (including out of the end zone) beyond the line of scrimmage.
 - A passer may intentionally spike the ball to stop the clock in the last two minutes of a game if he is under center and immediately, after receiving the snap, throws the ball directly to the ground in front of him.
- The quarterback has a 5-second "pass clock." If a pass is not thrown within the 5 seconds, any defensive player may rush, and the quarterback may run beyond the line of scrimmage. Once the ball is handed off, lateralled, pitched, or passed forward, the 5-second rule is no longer in effect.
 - In the no-run-zone, the referee will sound the whistle in lieu of announcing the 5th second if the ball has not been thrown, and the play will be ruled dead
- If a QB's flag falls out prior to a pass being made, the ball is dead and the next play begins from the spot that the flag fell out (including in a no-running zone).

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- In a no-running zone, if a pass is not thrown within 5 seconds, the play is dead and will be considered an incomplete pass.
- Only the quarterback can throw a forward pass in the no-run zone. Handoffs, laterals, and pitches are not allowed in a no-running zone.
- A forward pass thrown in the no-running zone must be thrown beyond the line of scrimmage.
- Note: Kneeling is allowed in the no-run zone ... including a kneel-down to move the ball back to a position where running can be allowed on the following play
- If an offensive penalty is called on a team while they are in the non-running zone, the offense will be moved back and they will not be permitted to run.

D) Formation

- The ball must be snapped between the legs, not off to one side, to start play.
- At least 2 receivers in addition to the center must line up at the line of scrimmage on every play.
- Only one player is allowed in motion at a time. A player in motion cannot be moving forward at the time of the snap.

6. BLITZING THE QB (FOR THE 12U, 14U, and 17U)

- Players may blitz by rushing the quarterback prior to 5 seconds.
- All players who blitz the quarterback must be a minimum of 10 yards from the line of scrimmage when the ball is snapped.
- Any number of players can blitz the quarterback, as long as they are 10 yards from the line the scrimmage.
- Once a defensive player crosses the line of scrimmage on a blitz, the quarterback can run beyond the line of scrimmage.
- Once the ball is handed off, lateralled, or pitched the 10-yard rule is no longer in effect, and all defenders may rush.
- Teams are limited to one blitz per set of four downs. Teams may also blitz on PATs (unless it is a no-run, no-blitz situation).

7. PENALTIES (NOTE: All penalties will be called by the Official.)

A) Defensive Penalties

- *5 Yards and Repeat Down*
 - Offsides
 - Illegal Rush (rushing prior to 5 seconds)
 - Illegal Blitz (starting blitz from inside 10--yard marker)
 - Illegal flag pull (before receiver has ball)
 - Too Many Players on the Field (this includes defensive coach)
 - A defender may not attempt to strip the ball from the ball carrier
- *5 yards and automatic first down*
 - Holding
 - Illegal Contact
 - Roughing the Passer
- *Automatic first down at point of penalty*
 - Pass Interference

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- *15 yards from point of penalty and automatic first down*
 - Tackling
 - A clear-path tackle, defined as an illegal tackle or “trip” by the defense as the offensive player, in the judgement of the referee, has a clear path towards the End-Zone, will result in an automatic first down and the ball to be placed at the defense’s 1-yard line.
 - Unsportsmanlike Conduct

B) Offensive Penalties

- *5 yards and repeat down*
 - Illegal formation (3 players not on line of scrimmage, more than one player in motion or the player in motion moving forward at the time of snap)
 - Offsides
 - Too Many Players on the Field
- *5 yards from the point of the penalty and loss of down*
 - Intentional Grounding
 - Flag guarding
 - A flag guarding penalty committed behind the line of scrimmage will also result in 1 point awarded to the defensive team
 - Blocking
- *5 yards from the line of scrimmage and loss of down*
 - Offensive pass interference (illegal pick play, pushing off/away defender)
 - Impeding the blitzer - The blitzer’s path is occupied by a moving offensive player
 - Delay of game (now a loss-of-down penalty)
- *15 yards from the point of the penalty and loss of down*
 - Charging
 - Unsportsmanlike Conduct
- An illegal run (early QB run or run in the “no run zone”) is a loss of down at the spot of the foul. If the quarterback steps over the line and proceeds to throw a pass, the whistle will sound and the play will be ruled dead. The down will be consumed. The ball cannot be intercepted.

Notes:

- Referees determine incidental contact that may result from normal run of play.
- A half cannot end on a defensive penalty, unless the offense declines the penalty.
- Loss of down means that the penalty is assessed and the play moves to the next down.
- If an offensive penalty is called on a team while they are in the non-running zone, the offense will be moved back, and they will not be permitted to run.

8. DEAD BALLS

- Play is ruled “dead” when:
 - The whistle blows.
 - Ball carrier’s flag is pulled.
 - Ball carrier steps out of bounds.
 - A touchdown or safety is scored.
 - Ball carrier’s knee, elbow, or other body part other than the foot or hand hits the ground.

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- The ball hits the ground. There are no fumbles. If the ball carrier fumbles the ball backwards, the ball is spotted where it first hits the ground. If the ball carrier fumbles the ball forward, it is spotted where the ball carrier's feet were at the time of the fumble.
- If the ball is dropped by an offensive player in their own end zone, it is not a safety. The down will be lost and, unless it was fourth down, the offensive team will retain possession, and the ball will be spotted on their 1 yard line.
- Ball carrier's flag falls out. (Note: If a ball carrier's lead on his belt is out so that it appears to be a flag, it will be treated as if his flag fell out.)
- An illegal forward pass is thrown. (Note: An illegal forward pass is a dead ball as soon as it is released. Therefore, the pass cannot be intercepted.)
- An illegal run. (Note: An illegal run is a dead ball as soon as the QB's foot lands across the line of scrimmage or as soon as there is a handoff, lateral, or pitch.)

9. SPORTSMANSHIP

- After each game, teams (players and coaches) are expected to form a line at midfield, shake hands, and congratulate the opposing team regardless of the outcome of the game.
- If the official witnesses any acts of elbowing, cheap shots, 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. Officials have the right to determine offensive language. (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 player or players will be ejected from the game.
- There will be a Zero Tolerance policy with regard to the behavior of volunteer adult coaches. Any coach who exhibits unsportsmanlike conduct while in attendance at any YYAA sports contest will be immediately relieved of his coaching responsibilities for the duration of the season.

PLEASE NOTE: THE ON-SITE DIRECTOR HAS THE DISCRETION, AND FINAL SAY, ON ANY RULE DECISIONS OR MODIFICATIONS DURING THE COURSE OF A GAME OR TOURNAMENT.