

CYO Flag Football Rules

(updated 8/23)

Rules

- Teams are 8 vs 8 players on each team
- Possession starts at the 10-yard line; First downs occur at the 25yd line and the defensive 10yd line.
- The offense has 4 downs to achieve a first down, or declare their intent to PUNT. If the decision to punt has been made, the offense must tell the referee ahead of time.
- Punting rules: Ball is thrown
- A ball which hits the ground on a snap or during a play is DEAD, if a ball touches the ground BEHIND the line of scrimmage, the ball is brought back to the line of scrimmage. This rule applies to field goal attempts.
- If a Ball Carriers Flag Falls off on its own, the defense must touch the runner with at least 1 hand.

Scoring

- Touchdown = 6 points
- Safety = 2 points (Please see penalty section)
- Extra point from the 10-yard line = 2 points (Pass or Run)
- Extra point from the 3-yard line = 1 point (Pass or Run)
- Run back of an attempted extra point (runs only) = 2 points

The "1 player run per possession rule", applies to the extra point as well! The extra point is an extension of the scoring possession!

A QB run off of a pass rush after a 3 count is considered a run play and will count towards the run for that set of downs

Game Rules - Offense

- A team must have 3 players in the BOX, and a total of at least 5 players on the line of scrimmage.
- The BOX consists of a Center and 2 Tight End's on each side of the Center; The Tight Ends can be NO more than 3yds from the Center in both directions.
- Running the football is not allowed inside the BOX at any time during the play behind the line of scrimmage.
- Has to be distinct distance between box and other receivers.
- All Players are eligible receivers!

Game Offense (Con't)

- There is NO jumping or Diving to advance the Ball, or to avoid being downed. An offense player who jumps or dives will be penalized.
- There is no guarding the belt with your hands - this is called FLAG Guarding and will be considered a penalty.
- There must be a snap from the center to another player at the start of the play. The snap is very liberal and can be a direct touch, a direct toss, or a snap between the legs.
- There is NO BLOCKING, NO TACKLING, and NO using your body to SHIELD off an opponent; all of these are penalties!
- The offensive player cannot "Charge", or lower their shoulder in an effort to run over, or intimidate a defensive player from making a quality attempt at removing the ball carriers flag; this will be penalized!
- Although there are no ineligible receivers, intentional grounding will be called if the passer does not attempt to throw to a receiver. (There is no beyond tackle consideration)

Game Rules - Defense

- Once an offensive player takes a handoff, a forward pass, or goes outside the BOX area, all Defensive players are free to rush.
- Also, the Defense can rush from any position, with any amount of players AFTER a count of 3 by the referee. Once the Box has been broken, all players are free to rush.
- A rushing defender Must be at least 3yds from the line of scrimmage in order to be eligible to rush after a 3count by the referee. In situations consisting of less than 3 yards to go for a 1st down or a touchdown, the maximum yards to line of scrimmage will be the yards to go! (Ex. If the ball is on the 1yd line, the rush line is now the 1yd line). The referee will place a rush PUCK on every play, to identify the rush line.
- There is NO Blitzing before a 3 count! Any player crossing the line of scrimmage before a 3 count is considered offside.
- A tackle is made when the flag is separated from the player with the ball in possession. If a ball carrier has no flags or if the flag has fallen off, he or she is considered down.
- The line of scrimmage is spotted by the location of the BALL; NOT the Flag.
- There is absolutely NO pushing out of bounds; Doing so will result in a penalty. The defensive player must grab the flag of the ball carrier, and NOT push the offensive player out of bounds.

Game Administration

- There are two, 20 minute, halves (Running Time) with the exception of injury timeout, a scoring play (after a scoring play the clock stops until the 1st play of the next series), and the last 2 minutes of 2nd half.
- During the last 2 minutes of the 2nd Half, the Clock stops as it would in HS Football (Ex: after an incomplete pass/out of bounds/1st Down until the ball is set) / and a defensive penalty (an offensive penalty the clock runs after the administration of the penalty).
- Time Outs: (4) time outs per team, for the entire game (Each time out is 1 minute each).
- Play starts when the snapped ball touches the 2nd player.
- The Offensive team has 35 seconds to snap the Ball, after the setting of the line of scrimmage by the referee.
- Only 1 Foot is needed in bounds to be a complete catch.
- The referee can stop the clock on excessive time stops - Injury, equipment malfunction, weather, etc.
- NO Overtime

Sportsmanship Rules

- A Player can run with the ball only 1 time per set of downs. After running with the ball, this player can catch an unlimited number of forward passes (beyond the Line of scrimmage), however lateral passes are considered runs.
- A team leading by more than 18 points CAN NOT achieve a 1st down. They must score on 3 downs or are forced to punt on the 4th down. This rule only applies in the 2nd half.
- Interceptions by a team leading by more than 21 pts are automatically considered dead balls, with the trailing team retaining possession at the line of scrimmage with a 1st down.
- Parents/Fans of a team are not allowed to yell or be unruly towards the opposing team or refs. Refs will be Able to give warnings and /or enforce a 15-yrd Penalty.

Penalties

- Offside: Offensive and Defensive; 5-yds lost or gained respectively.

- Delay of Game: Occurs when a 35 second clock expires, or after a 3 count expires, 5-yds lost by the Offense.
- Diving or jumping: A 5yds from the spot of the dive/jump and the loss of a down.
- Pass Interference: Defense: The Ball placed at the spot of the foul; Offense, A 5yd loss, and the loss of a down.
- Blocking / Tackling / Shielding /Charging/ or pushing out of bounds: Ball is spotted 10-yds from the spot of occurrence.
- Personal foul: To be taken extremely seriously! 10-yd penalty, usually dead ball (In the case of 2 personal fouls on each team, yards are offsetting BUT both players sit out the series!)
- QB over line:5-yd loss - loss of down.
- Flag guarding: 5-yd loss from spot of occurrence, and the loss of a down.
- Intentional Grounding: A 5-yd loss from the line of scrimmage, resulting in the loss of a down.
- Taunting: A 10 Yard Penalty. To be handed out extremely liberally to avoid escalation.
- Fighting: Automatic ejection, suspension for the next game. The CYO Office must be made aware of any fights and the surrounding circumstances!
- Flag Belt obstruction: Either knotting, tucking or securing the belt to inhibit the flag from being removed - 15yd penalty. The perpetrating player is out for the full series, and forewarned of second time game suspension.
- Flag placement: The flag must be connected in the front of the player with the flags on side and back of the player. First time is a warning second time is a 5yd loss form the line of scrimmage repeat the down. (One warning per team)
- Offense running through the "box" – 5yd Penalty loss of down.
- Safety: punt from your own 5-yard line.

Miscellaneous

- Each team can have 3 (Total of 1 head coach, and 2 assistant coaches) active coaches participating at every game. All non-participants must be on the opposite side of the field as the players and coaches.
 - A Penalty will be assessed for extra Coaches or Parents on your sideline!!! It is the Head Coach's responsibility to clear the sideline; NOT THE REFEREE'S.
- Coaches on the field are as follows:
 - 1 Coach in the huddle prior to the start of play, but must return to the sideline before the play begins.
- Coin Flip Choices - Ball / Direction or Defer. If you defer choice in the 1st half you get choice in the 2nd half.

Coaching regulations

- All Players must play at least 1/2 a game (It is advisable to have 1 coach who is
- responsible for substitution only!)
- Have written Plays so while in the huddle you can Flash a play and get in and out fast! Referee's will call delay of game.

Player Safety

- ALL Participants must wear a mouthpiece. A player without a mouthpiece CAN NOT Play! No exceptions can be made to this rule.
- The wearing of Jewelry, including all chains and earrings, will not be permitted.
- For players that wear glasses, safety glasses or goggles are highly recommended.