Division 2 CYO FLAG FOOTBALL RULEBOOK 2023

9-23-24 - (Rules are subject to change going forward. Any updates will be placed here)

ELIGIBILITY
• Division 2 league includes players in 1st and 2nd grade who are 8 years old or younger as of August 1, 2023.

PLAYER PARTICIPATION
• Every child is required to play a minimum of 4 plays per half of every game in which his team is involved, provided the child has attended practices regularly and has not been a discipline problem.
• Players who are being disciplined or who have been designated as injured or ill will not be allowed to play and will be considered ineligible for that game. The officials will not knowingly permit these players to enter the game. However, the burden of responsibility will rest with the coach.

PRACTICE TIME
• Practice is limited to a maximum of six (6) hours per week before games start and four (4) hours per week after games start.
• Team practice may begin on August 1, 2023.

GAME FORMAT
• A coin toss will determine which team begins on offense. The loser of the coin toss will decide which goal to defend.
• Division 2 each team will have six players on the field during the game. A coach will serve as quarterback. The center will snap the ball to the quarterback.

Division 2
• There will be no kickoffs. Every possession will begin at the 35 yard line and the offensive team will have 4 plays to get 20 yards for a first down. Once a team gets a first down, it will have 4 more plays to score a touchdown.
• There are no punts. If the offense fails to get a first down, or score, the ball changes possession and the offensive team takes over at the 35 yard line. The original line of scrimmage.
• All possession changes will begin on the offense’s 35 yard line with the exception of interceptions. After an interception, the football will be placed at the end of the return.
• Teams change directions after halftime and possession goes to the team that started on defense at the beginning of the game.
• There will be no running the ball from the 5 yard line to the end zone when attempting to score. All plays must be pass plays in this area of the field (No Run Zone).

PLAYERS’ EQUIPMENT
• Players will wear a Velcro Flag Belt with 2 flags on each hip. Pop plastic flag belts are not allowed and results in a disqualification if worn.
• A player shall not wear anything which is dangerous to himself or any other player.
• Metal or metal-tipped cleats are not allowed.
• Mouth guards may be worn but are not required.
• Players may wear gloves, elbow pads and knee pads.
Players must remove all watches, earrings and any other jewelry that is deemed hazardous by league officials.

All players on a team must wear the same color uniforms and have identifying number on the front and back of the uniform shirt.

If a player's jersey goes below the waistline, it must be tucked into their pants.

No towels or other items that may resemble a flag can be tucked into a player's pants.

FIELD REGULATIONS

Division 2 field size is 53 1/3 yards wide and 35 yards yards long - end zones (5 yards each) are then added. Division 2, each team will start at the 35 yard line go one way to the end zone.

Division 4 the fields are 53 1/3 wide and 50 yards wide-- end zones (5 yards each) are then added

The boundary lines will be marked on the sidelines and end zones.

The mid field line will be marked.

DURATION OF THE GAME

Division 2 games are played on a 40-minute continuous clock divided into four, 10 minute quarters. There will be one minute between quarters and five (5) minutes between halves.

All Games will begin at the same time (1st Half and 2nd Half).

First 3 quarters and the first 9 minutes of the 4th quarter will be a running clock. The last minute of the 4th quarter will be a regular clock kept on the field by the officials.

Division 2 and 4 Each team will be allowed one (1) timeout per half.

Delay of game penalty in the last 2 minutes of the game will result in a loss of down plus penalty yardage.

When the ball is spotted by the official, the offensive team has 30 seconds to snap the football.

With a running clock, the official may add a bonus of one (1) or two (2) minutes to a given game if there is a significant stoppage of play due to an injury.

OVERTIME

If the game is tied at the end of 40 minutes, each team will get one possession from 10 yard line with four (4) downs to score.

One (1) overtime period will be played during the regular season. If either team does not score the game will end in a tie.

OFFICIAL GAME BALL

D2 – Wilson GST 1782 (k2) peewee

D4 – Wilson GST 1782 (k2) peewee

SCORING SYSTEM

Touchdown - 6 points

Point After Touchdown (PAT)

1 point (from 5 yard line)

2 points (from 10 yard line)

Safety - 2 points to the defensive team and possession of the ball at their 5 yard line.

COACHES' PARTICIPATION
• In division 2 on offense, a coach will serve as quarterback and on the field coach.
• Only adults are allowed to be the QB. If at any point a kid is a QB the team will forfeit.
• In all divisions a defensive coach may also be on the field to direct players but must be a minimum of 5 yards behind the deepest player or to the sidelines before the football is snapped.
  - Only 1 coach is allowed on the field at a time.
• In ALL divisions after the ball is snapped, the on field coaches cannot instruct.

LIVE BALL/DEAD BALL

• The ball is live at the snap and remains that way until the official whistles the ball dead.
• A player who gains possession in the air is considered to be in bounds if they can get one foot down in the field of play.
• If the ball hits the ground on the snap, the ball is dead when it hits the ground.
• Substitutions can be made between plays.

Play is "dead" when: Division 2 and 4:

• the ball hits the ground
• the ball carrier's flag is pulled
• the ball carrier's flag falls off
• the ball carrier steps out-of-bounds
• a touchdown, PAT or safety is scored
• the ball carrier's knee or elbow hits the ground
• the 6-second pass clock expires (div 2 only)
• inadvertent whistle (replay down).
• There are no fumbles, therefore, defensive players should not reach, grab or swat at offensive ball carriers in an attempt to pull the ball loose.

PASSING

Division 2:

• All passes must be thrown from behind the line of scrimmage, thrown forward and received beyond the line-of-scrimmage.
• A 5 yard rope or will be provided that will dictate neutral zone
• The quarterback has a six-second "pass clock." If a pass is not thrown within six (6) seconds, the QB is "sacked" and the ball is placed at that spot. If this occurs in the end zone, the defense will be awarded 2 points for a safety and gain possession of the ball at their own 5 yard line.
• Only the quarterback can pass the football. No lateral or reverse passes are allowed to be thrown by other players.
• In Division 2, two (2) players may be in the backfield in addition to the coach as QB and four (4) on the LOS at the snap.

BLOCKING AND RUSHERS (Division 2)
No Blocking Allowed, only incidental contact

RECEIVING
• In Division 2 all six (6) position players are all eligible receivers.
• A player must have at least one foot in bounds when making a reception.
• If a simultaneous catch occurs between an offensive and defensive player, the possession will be awarded to the offense.
• Interceptions can be returned and are the only possessions that do not start at the 5-yard line.
• It is the defense’s responsibility to avoid contact with the receiver running a route and when attempting to break up a pass.
• Division 2 no motion is allowed before the snap.

RUNNING
Divisions 2:
• When a ball carrier’s flag is pulled, his forward progress will be marked at the spot of his front foot.
• The quarterback cannot run the football unless being rushed.
• Direct handoffs or designed pitches behind the line-of-scrimmage are allowed. No laterals or pitches downfield are allowed.
• The ball can only be handed off one (1) time.
• Flags cannot be obstructed by "long" jerseys and must be worn at hip level with the flags at their side.
• Ball carriers cannot use a "stiff arm", slap defender’s hands away, or lower their head or shoulders to prevent a defensive player from getting to their flags.
• Down field WRs cannot block for the ball carrier.
• Run blocking in the neutral zone is allowed only through the form of shielding

FLAG PULLING
• A legal flag pull takes place when the ball carrier is in full possession of the ball.
• Flags cannot be pulled before player has possession of the ball.
• Defenders can dive to pull a flag, but cannot tackle, hold, or run through a ball carrier.
• Defensive players cannot attempt to strip or pull the football away from a ball carrier.
• If a ball carrier’s flag inadvertently falls off during the play, he will be ruled down immediately and the ball will be placed at that spot.
• If a receiver’s flag falls off prior to possession he will be ruled down at the spot of possession.
• If the ball carrier fumbles the ball during the play, he will be ruled down immediately and the ball will be placed at that spot.
• If a jersey comes untucked, or a flag is repositioned, the referee has the option to whistle the play dead at the first attempt at a flag pull.
• If a player’s flags are not positioned properly (one on each hip and one in the back), player can be ruled down by one hand contact.

***Violation of Conduct Penalty
The 1st violation of conduct penalty is a warning. The 2nd violation results in a 15 yard unsportsmanlike penalty and dismissal from the game. (This applies to Coaches, Players and Parents).

PENALTIES
• Games cannot end on a defensive penalty.
• All penalties will be assessed from the line-of-scrimmage. (Exceptions: Charging, Flag Guarding, Downfield Blocking)
• Penalties will be assessed half the distance to the goal when they occur inside the 10-yard line.

OFFENSIVE PENALTIES
• All Division 2 penalties – 5 yards
• False Start/Illegal Motion - 5 yards
• Delay of Game - 5 yards
• Illegal Forward Pass - 5 yards
• Illegal Touching (going out-of-bounds, then catching pass in bounds) - 5 yards
• Offensive Pass Interference - 10 yards
• Unnecessary Roughness/Unsportsmanlike Conduct - 10 yards
• Charging (head/shoulders down) - 10 yards
• Flag Guarding - 10 yards
• Downfield Blocking - 10 yards
• Intentional grounding - 10 yards

DEFENSIVE PENALTIES

• All Division 2 penalties - 5 yards
• Off sides - 5 yards • Illegal Flag Pull - 5 yards
• Stripping/Grabbing/Swatting - 5 yards
• Holding - 10 yards
• Defensive Pass Interference - 10 yards
• Unnecessary Roughness/Unsportsmanlike Conduct -10 yards
• Charging (head/shoulders down) - 10 yards
• Referee Discretion penalty – if it appears that the offensive player is going to score a TD and the defensive player tackles the “scoring” offensive player (intentions are irrelevant) the referee can throw a flag an award a TD to the offensive team

Division 2 Rules

• 6v6
• Field size is 40 yards x 53 and 1/3 yards
• 4-10 minute quarters
• 5 minute halftime
• 1 minute between quarters
• 1 minute overtime

Division 4 Rules