Division 4 CYO FLAG FOOTBALL RULEBOOK 2023
8.12.2023- (Rules are subject to change going forward. Any updates will be placed here)

ELIGIBILITY

• Division 4 league includes players in the 3rd and 4th grade who are 10 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 4 each team will have seven players on the field during the game. A player will serve as quarterback. The center will snap the ball to the quarterback.

Division 4

• Team will have 4 plays to get a first down. First down is every 20 yards. Coach can punt on 4th down or go for it. If you punt, the ball will be moved 20 yards. There will be no actual kickoffs or punts.
• Possession will be dictated on how the ball is moved, not by starting on each 5 yard line and crossing midfield.
• 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 3 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). However, if the QB is rushed, the QB is allowed to run.

PLAYERS’ EQUIPMENT

• 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 50 yards wide and 53 1/3 yards long - end zones (5 yards each) are then added
• Division 4 the fields are 50 wide and 53 1/3 yards long – 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 4 games are played on a 40-minute continuous clock divided into four, 10-minute quarters. There will be one minute between quarters and eight (8) 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 the 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 4 on offense, a coach may be on the field to direct players but must be a minimum of 5 yards behind the deepest player or on the sidelines before the football is snapped and may not instruct after the ball is snapped.
• 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.
• 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 4:

• All passes must be thrown from behind the line of scrimmage, thrown forward and received beyond the line-of-scrimmage.
• 3 yard rope or cone will be provided that will dictate neutral zone
• Pitching/laterals are allowed passed the LOS as long as they are backwards.
• Halfback Passes, Reverse Passes, and Double Passes are allowed as long as the double pass occurs behind the LOS and the first pass is backwards. In Division 6, a minimum of 4 players must be on the LOS. A player on the LOS may NOT go in motion.
• Pitching/laterals are allowed passed the LOS as long as they are backwards.
• Halfback Passes, Reverse Passes, and Double Passes are allowed as long as the double pass occurs behind the LOS and the first pass is backwards.
• Motion is allowed if not on the LOS
• Pass blocking is allowed in the form of shielding only (shielding requires hands to be together behind the back of the blocker)

BLOCKING AND RUSHERS (Division 4)

• Blockers (if used) must block with their hands behind their back. They must attempt to “shield” the defender with minimal contact.
• There are no limits to number of rushers.
• Rushers must avoid heavy contact with blockers. No bull rushing.
• Rushers must lineup 3 yds off of the LOS.

RECEIVING

• In Division 4 all position players (7) 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 4, motion is allowed before the snap, but you cannot make advancement to the line until the ball is snapped.

RUNNING

Division 4:
• When a ball carrier's flag is pulled, his forward progress will be marked at the spot of his front foot.
• Direct handoffs or designed pitches behind the line-of-scrimmage are allowed 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 players flags are not positioned properly (one on each hip and one in the back), player can be ruled down by one hand contact.
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 50 yards x 53 and 1/3 yards
• 4-10 minute quarters
• 5 minute halftime
• 1 minute between quarters
• 1 minute overtime

Division 4 Rules
• 7v7
• Field size 50 yards x 53 1/3 yards
• 4-10 minute quarters
• 5 minute halftime
• 1 minute between quarters
• 1 minute overtime