

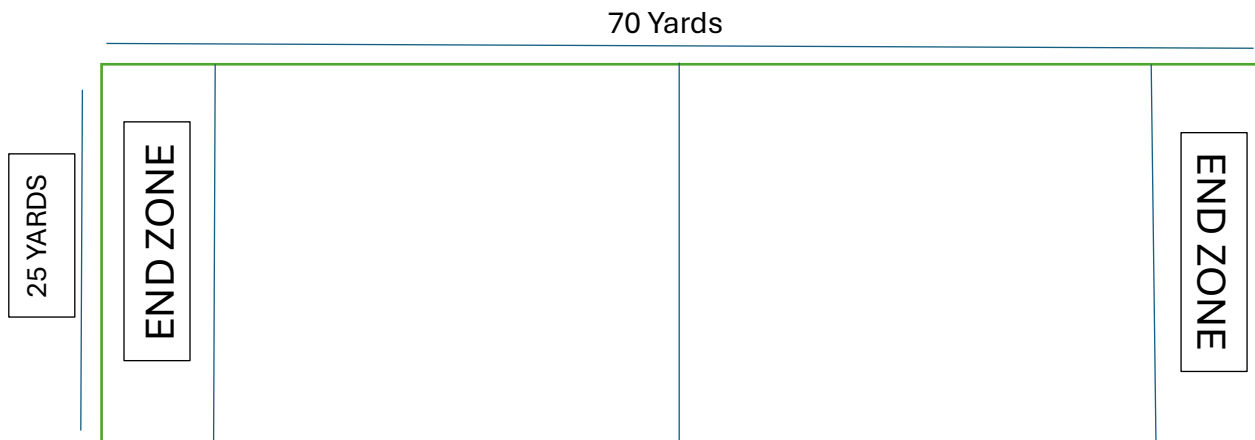
CGYSA 6U FLAG FOOTBALL RULES

Field Diagram and Rules

- The offensive team begins the game and second half by taking possession of the ball at its 5- yard line. *No physical kicks will occur in 5u Flag Football*

Down Format

- The offensive team has four plays to gain a first down by crossing midfield. Once a team crosses midfield, it has four plays to score a touchdown.
- If the team fails to cross midfield in four downs or score a touchdown, the other team takes possession on its own 5-yard line. *There will be no "punts" for this division. All four downs will be used without the concern of giving up field position.*



OFFENSIVE STARTING POINTS

SITUATION	STARTING FIELD POSITION AFTER POSSESSION
After touchdown and extra point attempt	Offenses 5-yard line
After an interception or fumble	At spot of turnover

CLOCK FORMAT

- Games consist of (2) eighteen-minute halves with a five minute halftime.
- You get free subs throughout the game *(when the play finishes substitute quickly if needed)*
- Each team has one 30-second timeout per half. Unused timeouts do not carry over to the second half.
- We will have a **running clock** except for the final minute of each half.
- A 30-second play clock begins after the referee spots the ball as ready for play.

CGYSA 6U FLAG FOOTBALL RULES

- The clock will stop in the final minute of the first half and in the final minute of the game for the following situations:
 - After an incomplete pass
 - After the ball carrier goes out of bounds
 - After a touchdown During an extra-point attempt
 - For an official's timeout
 - After an interception
 - During a called timeout until the ball is snapped
 - On a change of possession

Game Format

- Coaches and referee meet at midfield for the coin flip.
- The visiting team calls the coin toss. The team that wins the coin toss may choose to play offense or defense first or choose which goal to defend. The other team has the choice (possession or end to defend) not made by the team winning the toss. The team that plays defense first will play offense first to start the second half.
- Teams will switch ends of the field at half, not after each quarter.
- Cheerleaders will perform during halftime.
- Each team will have seven players on the field at a time. This equips the offense with an appropriate number of players without crowding the field.
- (1) coach is allowed on the field to set the players up, once the offense gets set, they must be out of the way
- Mercy Rule: Once team goes ahead 20 pts the defense will not be able to rush and will have to stand 7 yards off of line of scrimmage (behind bean bag) and on offense you get 4 downs to score.

Scoring

- Touchdown: 6 points
- Extra point 1 point (played from the 5-yard line with a run) or 2 points (played from the 10-yard line with a run or pass).
- Safety: 2 points the scoring team will also receive possession at its own 5-yard line.

Offensive Basics

CGYSA 6U FLAG FOOTBALL RULES

- A minimum of three players must be on the line of scrimmage at every snap.
- Only one player can be in motion when the ball is snapped. This is intact to keep the integrity of the game.
- Players may use the side snap. The traditional snap can be difficult for the younger players with small hands.
- Before handing off or passing, the quarterback must have complete possession of the ball. This helps clarify the center sneak play. A possession change between the center and quarterback must occur to run the play.
- A low-profile field cone or beanbag may be used to mark the line of scrimmage. There are many ways to accomplish this. You may also use a field marker on this sideline.

Running the Football

- Quarterbacks are allowed to run the ball.
- A pitch from the quarterback can be executed immediately after the snap or on a delay (like an option play without the quarterback being able to advance the football).
- Once the pitch is received, the ball carrier can run the ball, hand-off the ball (behind the line of scrimmage) or pass the ball (halfback pass)
- Direct handoffs behind the line of scrimmage are legal. Multiple handoffs may be used. After the ball crosses the line of scrimmage, handoffs and laterals are not permitted.
- A ball carrier may not dive. A dive will result in a penalty. Diving for advancement of football can bring on injury.
- The ball carrier's feet determine the spot of the football when a flag is pulled, not the location of the football. This rule discourages a dive for advancement.

Receiving the Football

- All seven players are eligible to receive passes. (The quarterback becomes eligible after a handoff or immediate pitch.) With the no contact rule, no blockers can be used thus allowing all offensive players to be eligible.
- Completion consists of a receiver gaining control of the football while having at least one foot in bounds. This rule is to keep the integrity of the game.

CGYSA 6U FLAG FOOTBALL RULES

- If a player catches a pass with his knee(s) on the ground, the play is dead, and the ball is spotted at the point of the completion. This rule helps to keep the no contact rule intact.

Passing the Football

- All forward passes can be completed behind or beyond the line of scrimmage. Only one forward pass may be Completed per play. Once the ball leaves the quarterback's hand, the defender can make a play on the ball. The defender must avoid contact with the receiver.
- The quarterback has 7 seconds to throw a pass, there is no rushing during a pass attempt!! Failure to throw after 7 seconds will be ruled an incomplection.

Dead Balls

Play is ruled dead when one of the following occurs:

- The ball carrier's flag is pulled or falls out.
- The ball carrier steps out of bounds.
- The ball carrier's knee hits the ground.
- A touchdown or safety is scored.
- A pass falls incomplete.
- A defender intercepts the ball at the point of the interception (see defensive basics).
- The ball hits the ground as a fumble. The ball will be spotted at the point of the fumble.

Defensive Basics

- Teams may run man-to-man, zone defenses or a combination of both. This rule allows for defensive schemes and helps equal ability matchups.
- Interceptions may not be returned. Change of possession will be awarded at the point of the interception. This rule will force a substitution so players will not sit out more than one possession at a time.

CGYSA 6U FLAG FOOTBALL RULES

- An interception in the end zone will result in a touchback and the ball will be spotted at the 5-yard line.

Rushing the Passer (very important)

- Before each snap, the referee will designate the 7-yard rush line.
- Defenders not rushing the quarterback may line up on or off the line of scrimmage. (3) defenders Must line up 7 yards behind the line of scrimmage with the other 4 on the line. Having three players line-up 7 yards from the line of scrimmage keeps the congestion from forming along the line of scrimmage. This is key since most plays are running plays. This also helps the defense disguise the rush, since it could be anyone of the three players lined up at the rush line.
- Once the ball is snapped, rushing is allowed.

Penalties

- If a penalty happens near the end zone, where the penalty yardage would place the ball in the end zone, then the penalty will be half the distance to the goal.

Defense

- **Illegal contact** (pulling the jersey, holding, blocking, pushing): The penalty is 10 yards from the spot of the foul and an automatic first down.
- **Illegal flag pull** (before the receiver catches the football): The penalty is 10 yards from the line of scrimmage and an automatic first down.
- Tackling (wrapping another kid up and taking them to the ground): Personal Foul and will be a 15 yard penalty.

Offense

- **Illegal motion** (more than one person moving): The penalty is 5 yards from the line of scrimmage and replay of down.
- **Illegal formation** (false start, not enough men on the line of scrimmage): The penalty is 5 yards from the line of scrimmage and replay of down.
- **Illegal pass** (a pass thrown after the ball carrier has crossed the line of scrimmage): The penalty is 5 yards from the line of scrimmage and a loss of down.
- **Delay of game:** The penalty is 5 yards from the line of scrimmage and replay of down.

CGYSA 6U FLAG FOOTBALL RULES

- **Flag Guarding** (intentional or unintentional use of hands to prevent flag from being pulled): The penalty is 5 yards from the spot of the foul and a loss of down.
- **Illegal use of the hands** (stiff arming, blocking): The penalty is 10 yards from the spot of the foul and a loss of down.
- **Diving** (diving toward the end zone or first down)
- **Holding** (Grabbing and holding on to another player): The penalty is 10 yards from the spot of the foul.