

***PARKS AND RECREATION DEPARTMENT
2019 ATHLETIC RULES AND POLICIES***

**SPRING 7 ON 7 YOUTH FLAG
FOOTBALL RULES**

City of Chesapeake



ANTI-DISCRIMINATION STATEMENT

"As a recipient of Federal financial assistance, the Chesapeake Parks and Recreation Department's programs and activities are open to all persons regardless of race, sex, religion, color, national origin, age or handicap."

"If anyone believes he or she has been subjected to discrimination on the basis of race, color, national origin, age or handicap, he or she may file a complaint alleging discrimination with the Equal Employment Opportunity Specialist, Department of Human Resources, Post Office Box 15225, Chesapeake, Virginia 23328, telephone 382-6492; or Director, Office for Equal Employment Opportunity Commission, World Trade Center, 101 West Main Street, Suite 4300, Norfolk, VA 23510."



FLAG FOOTBALL RULES

10.1 PLAYER ELIGIBILITY

Age Requirement - Boys ages **8-10**, **11-13**, and **14-16** as of March 31 of the current year.

10.2 TEAMS AND COACHES

Each team will consist of a maximum of 14 players assigned to a roster; seven players on a field (**minimum 5 on field**).

10.3. SCHEDULE

- A. Number of Games - Games will be played in accordance with the schedule set by the Parks and Recreation Department. Teams will play as close to 8 games as possible.
- B. Championships and Post Season Play – Currently, all teams will be eligible for postseason play.

10.5 FLAG LEAGUE PLAYING RULES

A. Offensive and Defensive Rules

1. Offensive player can receive the ball from the center anywhere behind the line of scrimmage.
2. All players are eligible to receive a pass.
3. The set position for an interior lineman is hand on knees in a two-point stance. The set position for an uncovered lineman other than an interior lineman and/or all other players is either the two-point stance or standing.
4. The center shall be allowed sufficient time to snap the ball. Determination of “sufficient time” shall be at the discretion of the referee whose sole purpose is to protect the safety of the child centering the ball. To prevent neck injuries, center attempting “shotgun snaps” shall be afforded a safe distance by the defender. A defensive player who fails to adhere to the official’s definition of “sufficient time” to allow the center snap the ball shall be penalized “Unsportsmanlike Conduct Dunking the Center.”
Penalty: 15 yards.

5. 3 or 4 point stances are prohibited and shall result in an “Illegal procedure” penalty.
6. Center cannot carry the ball from scrimmage but can receive a pass.
7. The ball carrier must run to avoid tacklers. Deliberate charging of an opponent is a 10 yard penalty. Brushing contact and unavoidable contact is not willful charging.
8. A ball carrier may not stiff arm a defender or protect his flags by deflecting the defender with the use of his hands. A ball carrier that impedes the legal attempt by the defender to de-flag him by protecting his flags with his hands shall be penalized for “Flag Guarding.”
Penalty: 10 yards.
9. No forceful charging or aggressive blocking by players is permitted.
Penalty: 10 yards.
10. If a defensive player tackles a ball carrier, **penalty is half the distance to the goal if offensive team is across midfield (40 yard line), if prior penalty is 10 yards and an automatic first down.** If the runner was in the clear, and in the opinion of the referee would have scored except for being tackled, a touchdown shall be allowed.

If a defensive player reaches across the body of the ball carrier to pull flag and contact is made which impedes the progress of the runner, the responsibility of the contact lies with the defensive players. Penalty 10 yards.
11. An offensive player in front of the ball carrier must stop or alter his run to avoid intentional contact with a defender. Penalty: 10 yards.
12. The ball carrier is down at the spot where the tackler pulls out one of the flags. Unnecessary roughness by tackler or elbowing by runner is 10-yard penalty. In the event of a flag dropping without being pulled by a tackler, the runner must be tagged with one hand to be ruled down.
 1. Flag Guarding – Ball carriers shall not use hands to guard their flags. Penalty 10 yards.
13. Offensive Line - A minimum of 3 players must be on the line of scrimmage. Defensive Line - A minimum of 2 players must be on the line of scrimmage.
14. Players may not interlock their legs at the line of scrimmage. The defense

shall position themselves in a “heads-up” position when lining up across from an offensive interior lineman.

15. A player leaving his feet to go over an opposing player shall be penalized for “Hurdling.” In the open field, game officials shall determine if the offensive player gained an unfair advantage by hurdling. Penalty: 10 yards.
16. Quarterback may run prior to or after rusher crosses line of scrimmage

Rushing the passer

1. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
2. Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
3. A special marker, or the referee, will designate a Rush Line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
4. If a rusher leaves the 7-yard line before the snap, he/she may immediately drop back to act as defender with no offside penalty enforced.
5. Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty.
6. The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. If the “path or line” is occupied by a moving offensive player, then it is the offense’s responsibility to avoid the rusher. Any disruption to the rusher’s path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher’s responsibility to go around the offensive player and to avoid contact.

- B. Unsportsmanlike Conduct - 10 yards and/or ejection.
- C. First Downs- A team makes the first down when the ball advances to or beyond the field designated 20 yard markers in four downs or less.
- D. Scoring - After touchdowns an extra point try may be permitted. Only passing and running attempts - no kicks. A team can start at the 10 yard line for 2 extra points, or at the 5 yard line for 1 extra point.
- E. **Possession – All drives will begin from the 20 yard line – exception interceptions – exception if the defense stops the offense prior to the offense crossing midfield, the next drive will begin at the 40 yard line.**
- F. Fumbles
 - 1. A fumble is dead at the point the ball touches the ground after coming in contact with offensive player and goes to the team who fumbles or dropped the ball.
 - 2. The ball cannot advance forward on a fumble.
- G. Blocking
 - 1. **No blocking is allowed, no screening allowed.**
 - 2. A defensive player must go around an offensive player at all times. They may touch the screener with their hands only to maintain their balance in going around the screener. Pushing, pulling or charging across a legal screener is a charging violation. Penalty: 10 yards.
- H. Length of Games
 - 1. All games will consist of 2 halves 20 minutes each
 - 2. In the event a game must be suspended because of conditions which make it impossible to continue play, the head referee shall declare it an official game if one complete half or more of the game has been played. If less than one-half of the game has been played, the game will be rescheduled from the start.

3. The game clock will run continuously without stop until the 2 minute mark of each half.

I. 2-Minute Policies and Mechanics:

The clock will stop in the final 2 minutes of the second half for:

1. Team time-out - clock restarts on the snap
 2. Incomplete legal or incomplete illegal forward pass - starts on the snap
 3. Out-of-bounds - starts on the snap
 4. Safety - starts on the snap
 5. First down – starts on the snap
 7. Penalty and administration - dependent on previous play (EXCEPTION: Delay of game ALWAYS starts on the snap)
 8. Referee's time-out - starts at his/her discretion
 9. Team A is awarded a new series - dependent on previous play
 10. Team B is awarded a new series - starts on the snap
 11. Either team is awarded a new series after a legal punt - starts on the snap
 12. Team attempting to conserve time illegally - starts on the ready whistle
 13. Team attempting to consume time illegally - starts on the snap
 14. Inadvertent whistle - starts on the ready whistle
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4. Time period between halves - There will be a seven-minute period between the halves.
 5. Time outs - Each team will have two one-minute time outs per half. Time outs do not carry over.

J. Officials - There will be two officials per game.

K. Equipment

1. Shoes - Official rubber molded shoes or tennis shoes may be worn.
2. Jerseys – Must be provided by team.
3. Mouthpieces – are required and may be transparent or in color. Elbow pads and kneepads are optional.
4. Flags will be provided by the Department.
5. Shorts or pants with belt loops and/or pockets must be tapped.

L. **Playing Field – 80 yards long and 40 yards wide.**