



**BOYS & GIRLS CLUB  
OF WESLACO**

**Flag Football League  
Rules & Regulations**

**GAME**

1. Each Team must field a minimum of four (4) players and maximum of five (5) players at all times.
2. Teams will consist of 6-10 players.
3. Each player must play a minimum of 15 minutes per game to ensure that each player will develop his/her skills, teamwork, team sportsmanship, and have fun.
4. Coin flip will determine who receives the football first at the start of the game. The team that did NOT receive the ball at the start of the game will receive the ball at the beginning of the second half. At the coin toss, team captains can not defer. Team captains can only chose either receive or defend.
5. Games for 5-6, 7-8, and 9-12 year old divisions, will consist of two 20 minute halves with a 5 minute half time, clock will only stop on a time out, injury, and the last two minutes of the 1<sup>st</sup> and 2<sup>nd</sup> half (two minute warning) on dead balls. Games for 5-6 year old division will consist of two 15 minute halves with a 5 minute half time, clock will only stop on a time out, injury, and the last two minutes of the 1<sup>st</sup> and 2<sup>nd</sup> (two minute warning) on dead balls.
6. The offensive team has 30 seconds to snap the football after the football has been spotted by the official. Teams will receive one warning before a Delay of Game penalty is enforced.
7. Each time the offense crosses a yard marker, the team will receive an automatic first down. The offense has four (4) plays to cross a yard marker.
8. On a punt, all of the offense and defense players, except for three defensive players, must stand still at line of scrimmage until the punter has punted the ball. The three defenders are the only ones able to receive the punt and can run back the punt if the ball is caught otherwise the ball will be ruled dead.
9. Offensive blocker(s) must have both hands behind back and rushers must go around the offensive blocker(s) without bull rushing, grabbing, and/or pushing the offensive blocker. A penalty will be issued if any of these violations occur.

10. Football will be marked where the player's feet are when the flag is pulled, **NOT** where the ball is.
11. Striping of the football is not allowed.
12. Coaches, players, and spectators must stay within the 20 yard lines.

**MERCY RULE:** If a team is losing by 18 points or more in the last two minutes of the second half, the clock will continue to run.

**SCORING:**

Touchdown = 6 points; Extra points = 1 point (5 yards out) or Extra Point = 2 points (10 yards out); Safety = 2 points. (Defense can NOT return an interception on an extra point conversion play will be ruled dead.)

**OVERTIME:**

If teams are tied at the end of regulation time, teams will directly move into overtime. Each team will only be given four plays to gain as many yards possible or score. No time limit.

- a. If a team scores, the extra point conversion does not count as a play.
- b. If a defender intercepts the ball, the defender may return the interception to gain more positive yards or for his/her team. (Defense can NOT return an interception on an extra point conversion play will be ruled dead.)
- c. If the defender's flag is pulled or falls off during the interception, the football resets at the original 20 yard line at the start of overtime.
- d. If both teams are tied after the overtime, both teams will go into 2<sup>nd</sup> overtime, etc.
- e. Both teams are given one additional time out for each overtime period.

**RUNNING**

1. The quarterback can run with the ball once the football is hiked or the defense begins to rush.
2. Direct hand-offs behind the line of scrimmage are legal. Offense may use multiple hand-offs, laterals, and/or pitches of any kind.
3. The player who takes the hand-off can throw the ball as long as the player does not cross the line of scrimmage.
4. Once the ball has been handed off, all defense players are eligible to rush.
5. Spinning is allowed but, the ball carrier can NOT leave his/her feet to avoid a defensive player (no diving or jumping), play will be automatically ruled dead.
6. **The ball is spotted where the ball carrier's feet are when the player is de-flagged, NOT where the ball is.**
7. Flag guarding is **NOT** allowed.
8. Play will automatically be ruled dead on any fumble and the football will be spotted where fumble occurred.
9. **Center sneaks are NOT allowed at any time. Play will be whistled dead.**

## **RECEIVING**

1. All players are eligible to receive passes including the quarterback if the ball has been handed-off behind the line of scrimmage.
2. ONLY one player is allowed in motion at a time on offense once the quarterback is set to receive the football from the center, either directly from the center or from the shotgun position.
3. Player must have at least one foot in bounds when making a catch or in the end zone.

## **PASSING**

1. All passes can be forward or laterals. If a ball is dropped on a lateral passes then, play will be ruled dead and the ball will be marked where the dropped ball occurred.
2. Shuffle passes are allowed but, must be beyond the line of scrimmage.
3. Quarterback has the option of running or passing the ball whether there is a rusher(s) or not.
4. All interceptions are allowed to be run back by the defensive team.
5. Passer can not pass or pitch the football to himself. If this occurs, it will be ruled a dead ball and will spotted at the point of infraction.

## **DEAD BALLS**

1. Football must be snapped between the legs of the center, or off to one side, to start play.
2. Substitutions may be made on any dead ball or time outs.
3. Play is ruled "DEAD" when: Offensive players flag is pulled; ball carrier steps out of bounds; touchdown is scored; ball carrier's knee hits the ground, ball carrier fumbles, ball carrier leaves his feet (diving, jumping), ball carrier is flag guarding, offensive/defensive player touches the football with no flags, ball carrier's flag falls off, and center sneaks.

## **RUSHING THE QUARTERBACK**

1. All players that rush the passer must wait 3 Mississippi when the ball is snapped. The official will keep a close eye on the rushers. Any number of players can rush the passer.
2. Players not rushing the passer may defend on the line of scrimmage.
3. Once the ball is handed off, the 3 Mississippi rule and all defenders may go behind the line of scrimmage.
4. The referee will designate the line of scrimmage.
5. Once the quarterback commits to the run or tucks the football under the arm, all defensive players can cross the line of scrimmage and rush the quarterback.

6. The defenders that do NOT wait 3 Mississippi can NOT rush in when there is fake hand-offs passes.
7. If league shirt is altered in any way, shape or form, the player(s) will be asked to not play the game. If a player(s) is not wearing his/her assigned shirt, the player(s) can not play for that game and can not use the coaches' shirt or another player's shirt. Players can not use any type of jean shorts or pants to play in a league game. Players can only use basketball shoes, tennis shoes or running shoes to play in a league game.

### **PENALTIES**

1. Only the team captain may ask the referee questions about rule clarification and interpretations. All other players and coaches cannot question judgment calls.
2. Penalties will be assessed from the line of scrimmage or from point of infraction.
3. Games cannot end on a defensive penalty, unless the offense declines it.

All **penalties** will be called by the officials. Listed are the most common penalties that will be called:

<b>Defense:</b> Offside-----	5 yards
Interference-----	10 yards & automatic first down
Illegal Contact-----	5 yards
Illegal Flag Pull-----	5 yards & automatic first down
Illegal Rushing-----	5 yards
Delay of Game-----	10 yards & clock will resume when whistle is blown.
Unsportsmanlike Conduct-----	15 yards & automatic first down.
 <b>Offense:</b> Offside-----	5 yards
Illegal block-----	5 yards
Illegal Motion-----	5 yards
Illegal Lateral Pass-----	5 yards
Interference-----	10 yards
Flag Guarding-----	10 yards
Delay of Game-----	10 yards & clock will resume when whistle is blown.
Unsportsmanlike Conduct-----	15 yards & automatic first down.

### **ATTIRE**

1. Cleats are allowed, except for metal spikes. Inspections will be made.
2. Official team shirt must be tucked in at all times, **NO EXCEPTIONS!**
3. Teams can NOT alter the official team shirt in any form. Alter will be defined as adding extra logos, words, cutting the sleeves off, cutting the shirt, and any other alteration. . **If league shirt is altered in any way, shape or form, the player(s) will be asked to not play the game. If a player(s) is not wearing his/her assigned shirt, the player(s) can not play for that game and can not use the coaches' shirt or another player's shirt. Players can not use any type of jean shorts or pants to play in a league game.**

## **TIME OUTS**

1. Each team will have two 60 second time outs per half. Officials can stop the clock on their own discretion.

## **SPORTSMANSHIP**

1. Any player/coach/spectator involved in a fight will be automatically ejected from the game and will be suspended for a minimum of one game. If the incident is serious, the player/coach will be suspended additional games or removed/ejected for the remainder of the season upon discretion of the Superintendent of Recreation, regardless if its regular season games or tournament games.
2. Vulgar language, obscene gestures, threats and physical violence - regardless which player(s)/coach(s), spectator(s) or volunteer(s) started it will result in a minimum suspension of one game to removal from league play or a maximum of life suspension from any Boys and Girls Club Of Weslaco leagues, regardless if its regular season games or tournament games.
3. Every coach, player or spectator is responsible for his/her own conduct on and off the playing field. Coaches are responsible for their team player's parent's conduct on and off the playing field. Unsportsmanlike conduct by coaches, spectators, or participants will not be tolerated, regardless if its practice, regular season games or tournament games. Individuals may be suspended due to unsportsmanlike conduct at the discretion of the Superintendent of Recreation.
4. Any coach, player or spectator that is ejected from the game or facility has one minute to leave the park and two minutes to leave school/city grounds and will be suspended for one game, regardless if its regular season games or tournament games. Should a player, coach or spectator be ejected on a second occasion, the offender(s) will automatically be suspended for the remainder of the season. The league supervisors/officials have the authority to eject any player, coach or spectator at any time for unsportsmanlike conduct. Failure to adhere to the rule, the Edinburg Police Department will be notified and the game will be determined a forfeit for that team.
5. Any assault or physical violence directed toward a league official and/or staff will result in a five (5) year to life suspension from further participation of any program sponsored by the Boys and Girls Club of Weslaco Inc. Department.
6. If the program monitor or referee witnesses any act of tackling, elbowing, cheap shots, blocking, or any other unsportsmanlike act, the game will be stopped and the player will be given a warning then ejection from the game.
7. Taunting or "trash talking" to opposing player(s) or coaches will not be allowed. Profanity by any player/coach will NOT be tolerated. Referee has the right to determine language which is offensive. The referee will give one warning to each team and if the taunting or "trash talking" continues the player/coach will be ejected from the game.
8. When a warning is given to the head coach or assistant coach, the warning pertains to both coaches.
9. Any player/coach that is ejected from the game will have to sit out one game. If player/coach is ejected a second time, player/coach will be removed from the league. If player is removed from league, player will not receive a refund. If coach is removed from league, coach will not be able to coach any youth league in Boys and Girls Club of Weslaco for one year.

10. Referees will determine incidental contact which may result from normal play.
11. If a parent or parents are getting out of line, the game official will call time during the game and warn all the parents that are on the sideline that 1.) if parent(s) can not keep their comments to themselves or behave in an appropriate manner, that they will be asked to leave the park. 2.) If the parent(s) does not want to leave the park, then the police department will called to escort them out. 3.) If the official(s) feels that continuing the game poses a threat to their safety, the game will end at that moment and whichever team is winning at that point will receive the win or the loss. If the teams are tied, it will be considered a tie.
12. Tournament Play: Any player, coach or spectator that is ejected from the game or facility will not be able to play or enter the park for the remainder of the tournament.

### **PROTESTS**

1. Protests will not be accepted on any judgment call by an official.
2. Eligibility Protests must be presented to the Boys and Girls Club of Weslaco Inc. in writing within 24 hours after completion of the game in question, on weekend games is next business day. Eligibility Protest will be investigated by the Boys and Girls Club of Weslaco Inc. and will rule at its discretion. **Only Coaches and Assistant Coaches will be allowed to request an eligibility protest.**
3. Protests on team's won/loss record will be thoroughly investigated by the league director.

### **OFFICIALS**

1. Officials have the final authority on all matters concerning league play. Officials will not accept abusive language or rough play and may forfeit games at any time if deemed necessary for the safety of the players, coaches, spectators, officials, and employees.
2. If a warning is given to the head coach or assistant coach, the warning applies to **BOTH** coaches.