



FLAG FOOTBALL RULES

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FLAG FOOTBALL RULES

MISSION STATEMENT

Northwest Texas Youth Football Association is a non-profit, amateur, youth athletic association formed for the betterment of the youth of the Association and its member associations for the purpose of football competition and cheerleading activities. The goals of the Association are to allow every child the opportunity to play competitive football and cheerleading; to teach fundamental football skills; to develop good sportsmanship and character within each player; to create an atmosphere of teamwork, dedication, and a healthy, competitive spirit among the players; to encourage athletic participation in future years; and to have fun while learning. The Association's philosophy is "the child's learning experiences first, the outcome of the game second."

PRIMARY RULES

- The Northwest Texas Youth Football Association will follow the Official Football Rules of the NCAA as followed by the Texas University Interscholastic League unless otherwise set forth or altered herein.
- 5U Flag Football divisions will follow the Eight Player Flag Football Rules.
- Refer to NWTYFA General Rules for the following:
 - NWTYFA Certification/Weigh-In Procedures
 - Sidelines Access/Season Passes/Protests
 - Games/Facilities/Draft
 - Team Notebooks
 - Rosters
 - Background Checks
 - Player, Coach & Parent Code of Conduct
 - Rules Changes/Amendments/Conflicts

AGE SPECIFIC

1. The Northwest Texas Youth Football Association will be an Age Specific League. Flag football will have one division for 4 and 5-year-olds, and one for 6-year-olds.
2. Age limits on each division are as follows:
 1. Flag – a player may not be 6 years of age on or before September 1st.
 2. 6U Flag- a player may not be 7 years of age on or before September 1st.
 3. A player may “play up” to one age division above his applicable age, play up form must be completed and shown at certifications for final approval.

JERSEYS/EQUIPMENT

1. A dominant jersey color must be declared by each Member Association on or before the start of the season for consideration and approval by the Association. The purpose of this rule is to ensure jerseys are distinguishable in each and every Association game. The Association designated home team shall wear its designated dominant colored jersey unless approved by the Association and agreed upon by the visiting team. Game jerseys must have visible numbers on the front and back. Only last name and initial shall be allowed on the jerseys, as it appears on the official roster. Advertising may be placed only on the front or sleeves of jerseys.
2. Primary/Secondary jersey colors are as follows:

Burleson (Primary- Silver; Secondary-White); Ferris (Orange) Kennedale (Primary - Green); Lake Worth (Primary – Green, Secondary – Black); LYSA (Primary - Red); Red Oak (red); RYA (red and blue); Saginaw (Multiple Colors, each team is different); Waxahachie (green); Castleberry (white/blue). During regular season and postseason games, teams must wear contrasting jerseys. Same primary colors cannot be worn by opposing teams during game play. *The home team will wear their primary jersey. An exception to this rule is if the visiting team only has one jersey and that jersey is the color of the home team’s primary jersey then the home team shall wear the alternate color jersey.

3. All players are required to practice with and play in games with safety-approved soft-shell helmets.
4. All players must wear a full colored mouthpiece that is attached to the helmet, unless the mouthpiece is doctor prescribed. If such mouthpiece is prescribed, a letter or prescription from a doctor/dentist must be present in the Team Notebook.
5. Player must wear shirts tucked in and shirts may not hinder player in removing flag. No shorts with pockets for any ball carrier.
6. Flag belts will be ordered by the league and reimbursed by the towns. Flags must be purchased from Dennis at GO Team Sports.
 - Flags must have the NWTYFA logo on them. More than one set can be ordered per team. Flags must be sonic popper flags. They cannot be the same color as the uniform shorts the player is wearing.
 - Flag violations, such as altering flags or flag color violations will result in forfeit of game.
7. No metal cleats are allowed.
 - Metal cleats are considered any metal present in the cleat whatsoever, including but not limited to, tips or studs of the cleats. Replaceable cleats are acceptable as long as they do not have metal in or on them. This is a safety rule.

GAME OFFICIALS/REFEREE

1. Regular & Playoffs Season:
 - 4/5U will have 2 referees per game on the field
 - 6U will have 3 referees per game on the field
 - No officiating crew shall call more than (6) tackle games per day. All refs that referee for the association must be TASO certified.
2. Playoffs: will have 1 additional referee to serve as the clock operator

PRACTICES

A team may practice only once per day.

4/5U team may practice 3 hours maximum per week. Organized meetings with no physical activity (i.e., film sessions and/or team parties) are not considered a practice or game and are not limited by this rule.

6U team may practice 4 hours maximum per week. Organized meetings with no physical activity (i.e., film sessions and/or team parties) are not considered a practice or game and are not limited by this rule.

MINIMUM PLAY RULE (REGULAR SEASON, PLAYOFFS & SUPERBOWL)

All players must play a minimum of eight plays (flag) per game. Each player must play a minimum of four plays a half on offense, defense, special teams, or a combination of all 3. Head coach will provide a signed play sheet to the Director on Duty at halftime and immediately upon completion of each game. Any head coach who is determined to violate this rule more than once is subject to discipline by the Association, including but not limited to suspension for games and/or season.

VIOLATION OF MINIMUM PLAY RULE

Any head coach who is determined to not keep an accurate 8 down sheet will be suspended for one game to include practice, and second offense will be full season suspension.

Minimum play rule violations during playoffs and Super Bowl will lead to suspension from playoff or super bowl and will be extended to following season if indicated.

GAME BALLS

The official ball of Flag Football shall be the brown Wilson K-2 leather/composite, or the Big Game Ball brand equivalent peewee size.

Member Associations shall provide their Director on Duty with a sufficient number of such official balls to provide the head official for all games at a game field. Visitor team has option to provide Director on Duty, prior to start of game, with alternate material football. Each

team maintains the option and right to choose leather or composite football during offensive possession.

The Director on Duty at a game field shall provide the official game ball(s) to the head official prior to the start of each game. No other game ball shall be used other than a ball(s) provided by the Director on Duty.

SPORTSMANSHIP (MERCY RULE)

For the purposes of good sportsmanship, upon a 30-point lead or more by any one team at the beginning of the third quarter, the then losing team's Head Coach can request for the score to be frozen and final score will be recorded. If the losing coach does not agree to stop the score at the 3rd quarter, and the winning team is still up by 30 points, it is automatically frozen and recorded at the beginning of the 4th quarter.

At the point of the request, the Director on Duty shall be notified, and the game will be an official game with the score as it was at the time of the request. Once the clock is running, the 3 down-rule will not be enforced due to time constraints.

The Director on Duty shall monitor and report any perceived actions by any team regarding running up the score which will be considered as a potential unsportsmanlike action by the Head Coach as determined by the Association.

GAME CLOCK

Each facility must have a working game clock visible to both teams. The game clock must be run by an adult who first consults with the head referee as to start and stop signals. Director on Duty of the facility will oversee clock functioning. During playoffs, an extra referee will run the game clock.

TEAM SIZE

5U FLAG

1. Team rosters must have a minimum of 8 players and a maximum of 20 players. Teams are allowed to split prior to reaching 20 players, but once 21 players are reached, they are required to split teams. More than 40 players will be required to split to 3 teams.
2. If a team falls under 10 players, a team may add a maximum of 3 players through the 5th week of the season. NO players may be added after the 5th week, including playoffs.
3. Games are played with eight players maximum and a minimum of five players on the field.

6U FLAG

1. Team rosters must have a minimum of 11 players and a maximum of 25 players. Teams are allowed to split prior to reaching 25 players, but once 26 players are reached, they are required to split teams. More than 50 players will be required to split to 3 teams.
2. If a team falls under 13 players, a team may add a maximum of 3 players through the 5th week of the season. NO players may be added after the 5th week, including playoffs.
3. Games are played with 11 players maximum and a minimum of 9 players on the field.

FLAG GAME SCORING

5U FLAG:

- Touchdown is 6 points
- Point after attempts will be one down from the 5 yard line for 1 point and 15 yard line for 2 points.

6U FLAG:

- Touchdown is 6 points
- Point after attempts will be one down from the 5 yard line for 1 point and 15 yard line for 2 points.

GENERAL RULES

1. Only the head coach or coach on the field may communicate with game officials during a game.
2. Two coaches may remain on the field to assist their team during the entire game. Coaches may give verbal assistance only until Team A is under center or starts their cadence.
3. If any team arrives at their scheduled facility with 15 or more minutes after the game time, the game shall be considered a forfeit.
4. Behind the line of scrimmage, the ball may be handed to another eligible player in any direction and beyond the line of scrimmage it must be lateral or backwards.
5. The ball carrier is down when one of the player's flags is removed or falls off at the point where the flag first came off. The ball becomes dead whenever it comes into possession of a player without two flags.
6. Each offensive player is to be in a set position with hands on their knees upon snapping the ball except, the center, the quarterback, and up to one player in motion. The motion player does not have to come to a stop prior to the snap. Defense can move anytime.
7. If the runner's knee touches the ground the ball is dead at that spot.
8. A centered ball that touches the ground or a fumbled ball is dead at the spot it touches the ground with possession going to the team in control of the ball prior to the fumble.
9. Plays begin with the snap passing between the legs from center that may line up offside. A handoff, lateral, or forward pass between the offensive team members is required or the quarterback may run the ball on a sweep play that is clearly around the

end. All players but the center are eligible receivers and ball carriers. Exception: Quarterback sneak can't be through the A gap. Only allowed if the quarterback shotgun formation is at least 3 yards back.

10. At the end of the 4th quarter if teams are tied, team captains and Head Coaches will meet with Referees in in the middle of the field at the 50 yards line to briefly go over the Over Rules and understandings.

PENALTIES

- Regular 5 and 10 yard penalties apply
- Intentional body contact with a player who is on the ground or who is passing or attempting to catch the ball (10 yard)
- Players that intentionally leave their feet to roll block or cut in an attempt to block will result in a 10 yard penalty.
- Players that hold or grasp opponent or use arms to circle opponent (10 yards)
- Ball carrier may not deliberately drive or run into a defensive player or use a stiff arm to ward off the defense (10 yard)
- Ball carrier protecting flag (10 yards from spot of foul)
- After official sets ball- play clock is 45 seconds to snap (loss of downs) – if final down Turnover on Downs- Referee warn when 10 seconds left
- No defensive lineman may line up directly in front of the center. They may line up in the gap. Linebackers in front of the center must be at least one yard from the line of scrimmage (5 yard)
- Offensive pass interference is 10 yards from the line of scrimmage and loss of down. Defensive pass interference is an automatic first down at the spot of the foul.
- Verbal assistance by the on-field coaches after the snap of the ball (Play blown dead at the spot of foul and 10 yard)
- Unnecessary roughness will be strictly enforced (15 yard)
- Repeat flagrant fouls will be a 15-yard penalty and ejection from the game.

5 U FLAG SPECIFIC RULES

- Games will have a continuous game clock with four ten (10) minute quarters and a 5-minute half time. Teams will have two 1-minute time outs per half and clock will stop during time outs. During playoffs, the last two minutes of the 2nd and 4th quarters, clock will be stopped at all penalties and starts at the snap of the ball.
- Field shall be from the 45-yard line working in towards the goal line and regulation width. This will allow for multiple games to be played at the same time.
- If two games are being played, the referees oversee their own game clock and keeping score of each game.
- No yards to gain markers are needed, only line of scrimmage marker.
- Teams are allowed 3 downs to reach the 30-yard line, 3 downs to reach the 15-yard line, and 4 downs once inside the 15-yard line.
- There is no safety. A play made past the 45-yard line puts the ball in play from the 45-yard line with the down just played being lost. Any ball that goes beyond the 50 yard line will be declared dead. Ball will be placed on the 45 yard line and will be a loss of a down. If this play occurs on the 3rd or 4th down, it will be a turnover on downs and team B's ball 1st down on the 45 yard line.
- Interception is a dead ball. Team who takes possession gets ball on the 45 yard line.

5 U FLAG OVERTIME RULES:

- Follow NCAA overtime rules.
- After the 3rd overtime the game will end on a draw. opportunity to attempt an extra point just as in regular play. Ball is LIVE and RETURNABLE during extra point attempts.

6U FLAG SPECIFIC RULES:

- Field shall be regulation size
- No punting or kickoffs are allowed. The ball will be started on the 20-yard line of the receiving team on kickoffs. When a punt is declared the ball is advanced 15 yards from the line of scrimmage with no further penetration than the 10 yard line of the receiving team.
- For a safety, the ball is placed at midfield (50 yard line). 6U only.
- Interception is a live ball.
- Game will consist of four 8 minute quarters, running clock only stops on change of possessions, extra points and timeouts (each team will have 2 timeouts per half, clock to stop during timeouts). Half-time 5 minutes.

6U FLAG OVERTIME RULES: REGULAR SEASON

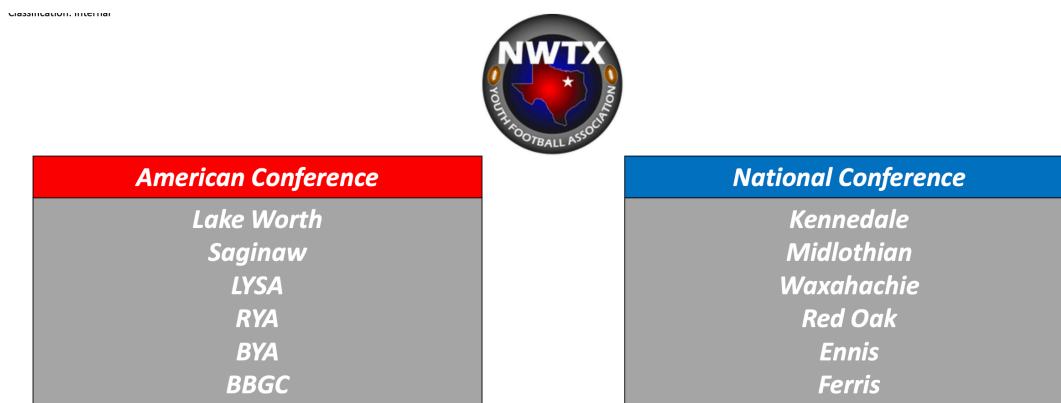
- Follow NCAA overtime rules.
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PLAYOFFS

PLAYOFF STRUCTURE



CONFERENCES & DIVISIONS



* In the event a town does not field a team in an age group, that spot will be filled by an organization that has a second team in that age group. Priority would be given to the towns in the conference first to allow for continuity of geographical alignment. In the event no towns in the conference have a second team, the spot would be filled by the second team in the other conference that is closest geographically.

SEEDING

- Seeding per conference determined by 1) in conference (division) win/loss record; 2) head-to-head if two team ties; 3) average points against.