

LWYS FLAG FOOTBALL RULES

ALL DIVISIONS 2022

All players and coaches agree that we play this game to safely have fun and learn the great team sport of football. All participants agree to do their best to create an environment where the players can experience the joy of the game without unnecessary pressure, stress or rigidity.

1. Season Fall Season
 - 1.1. Seven regular season games played on Saturday mornings. There is a possibility to play a couple of games on Friday night and at least one game at LHS on a Sunday. There also may be a doubleheader on one Saturday.
 - 1.2. Bantam & Featherweight – scores and standings are kept, there are playoffs and a championship is awarded
 - 1.3. Playoffs Week 8 will be 1st round of the playoffs (1 vs 8, 2 vs 7). Winners will re ranked and play the following Tuesday with the next Saturday being the Finals.
2. Eligibility
 - 2.1. Fall Season – K-5th Grade
 - 2.2. Spring Season 1st-7th Grade
3. Rosters
 - 3.1. Rosters will be assigned by the LWYS Board following player evaluations. Coaches will be invited to observe player evaluations.
 - 3.2. All levels must start the game with at least 6 players to start a game.
 - 3.2.1. Offense is only required to have 6 players on the field at any time (Center to not an eligible ball carrier or receiver
 - 3.2.1.1. Offense can have the center on the field to snap the ball from the tee back to the QB
 - 3.2.2. Defense can only have a maximum of 7 players on the field at any given time and a minimum of 6.
4. Player Participation
 - 4.1. Every eligible player must play at least one (1) half on offense and one (1) half on defense. If roster sizes prevent this, please discuss with the LWYS Board to ensure adherence
 - 4.2. No player may play quarterback in both halves of a regular season or post season games
 - 4.3. Coaches must make every effort to play their players in as many different offensive and defensive positions as possible throughout the season
 - 4.4. There are no situational substitutions or positional changes. In other words, you cannot substitute players for special situations such as at the goal line, Point after touchdown, or on fourth down, absent an injury or a player going over the points limit.
5. Levels of Play
 - 5.1. Fall Season Levels of play are determined by Grade levels.
 - 5.1.1. Flyweights K-1 Grade
 - 5.1.2. Bantams 2-3 Grade
 - 5.1.3. Featherweights 4-5 Grade

- 5.2. Spring Season
 - 5.2.1. Flyweights 1-2 Grade
 - 5.2.2. Bantams 3-4 Grade
 - 5.2.3. Featherweights 5 Grade
 - 5.2.4. Varsity 6-7 Grade
- 5.3. All levels will play a 7 on 7 style of football. The center is not eligible to catch passes at all levels. The center is not eligible to catch the ball or receive hand-offs.
 - 5.3.1. Offense can play with 6 players,
 - 5.3.1.1. The QB can take the ball right off the tee to simulate a snap
 - 5.3.1.2. If a team wants to do a shotgun snap they can do that with a center, but the ball will have to start on the tee
- 5.4. Spring Season the Varsity level will be a passing league only
 - 5.4.1. All pass have to be past the line of scrimmage
 - 5.4.2. The play will be ruled dead if the QB does not pass the ball prior to 6 seconds.
 - 5.4.3. 1 defender may blitz per play
- 6. Coaches
 - 6.1. Coaches are typically volunteer parents or family members helping the players learn and enjoy the game. Parents are encouraged to support the coach at all time
 - 6.2. One coach is allowed on the field at any time to direct players for Bantam and Featherweight level. Two coaches are allowed on the field direct players at the Flyweight level.
 - 6.3. Coaches are expected to adhere to LWYS Code of Conduct and Coaching Pledge.
 - 6.4. On field coaches must stop coaching once the ball is snapped.
 - 6.5. Any coach that is removed from a game will not be allowed to coach the following game
 - 6.5.1. Coaches will be ejected from a game if they have two un-sportsman like penalties called on them by an official.
 - 6.5.2. Officials or a LWYS Board Member can eject a coach for behavior that does not fall within the league's coach of conduct policy.
- 7. Game
 - 7.1. At the start of each game, both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.
 - 7.2. The winner of the coin toss has the choice of offense, defense or defer to the second half.
 - 7.3. Flyweight, Bantam, Featherweight
 - 7.3.1. The offensive team takes possession of the ball at its 40-yard line and has four (4) plays to cross the 20-yard line. Once a team crosses the 20-yard line they have four (4) plays to score a touchdown.
 - 7.3.2. If the offense fails to score, the ball changes possession and the new offensive team starts its drive on the 40-yard line.

- 7.3.3. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 40-yard line.
- 7.3.4. All possession changes, on the 40-yard line.
- 7.4. Second half possession changes to the team that started the game on defense.

8. Terminology

- 8.1. **Boundary Lines** - the outer perimeter lines around the field. They include the sidelines, and back of the end zone lines.
- 8.2. **Blitz** - a rush of the quarterback that does not require waiting for the three second rush count.
- 8.3. **Line Of Scrimmage** - (LOS) an imaginary line running through the point of the football and across the width of the field.
- 8.4. **Line-To-Gain** - the line the offense must pass to get a first down or score.
- 8.5. **Rush Line** - an imaginary line running across the width of the field 7 yards (into the defensive side) from the line of scrimmage
- 8.6. **Offense** - the squad with possession of the ball.
- 8.7. **Defense** - the squad opposing the offense to prevent them from advancing the ball.
- 8.8. **Passer** - the offensive player that throws the ball and may or may not be the quarterback.
- 8.9. **Rusher** - the defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by blocking the pass.
- 8.10. **Downs (1-2-3)** - the offensive squad has four attempts or "downs" to advance the ball. They must cross the line to gain to get another set of downs or to score
- 8.11. **Live Ball** - refers to the period of time that the play is in action. Generally used in regard to penalties, live ball penalties are considered part of the play and must be enforced before the down is considered complete.
- 8.12. **Dead Ball** - refers to the period of time immediately before or after a play.
- 8.13. **Whistle** - sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, half time, or the end of the game.
- 8.14. **Inadvertent Whistle** - official's whistle that is performed in error.
- 8.15. **Charging** - the movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, forearm, or the chest.
- 8.16. **Flag Guarding** - includes the following acts: ball carrier's flags by stiff arm (deliberate punch to knock a player down), lowering elbow or head, or holding of belt so it doesn't fall off.
 - 8.16.1. A player may knock away a defender's hands when they try grabbing a flag or spinning away from a defender.
- 8.17. **Shovel Pass** - a legal pass attempted beyond the line of scrimmage by throwing the ball underhand or pushing it towards a receiver in a shot put type manner.
- 8.18. **Lateral** - a backwards or sideways toss of the ball by the ball carrier.
- 8.19. **Unsportsmanlike Conduct** - a rude, confrontational, or offensive behavior or language.

8.20. **Safety** - a safety occurs when the ball carrier has their flag pulled or fumbles the ball in their own end zone. A safety also is called if an offensive penalty is committed in their own end zone. When a safety occurs, the defensive team is awarded two points, and possession of the ball starting on their own 20-yard line.

9. Equipment

- 9.1. The league provides each player with a flag belt and jersey issued by LWYS. Teams will use the football provided by LWYS.
- 9.2. Players must wear shoes. Football cleats are encouraged, no baseball cleats or cleats with exposed metal are not allowed and must be removed.
- 9.3. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed.
- 9.4. Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.
- 9.5. Player's jerseys must be tucked into the pants if they hang below the belt line.
- 9.6. Players must provide and use a protective mouthpiece and athletic support cup are encouraged. Mouthpiece is required to play in the game. Lack of compliance will result in a penalty.

10. Field

10.1. Flyweight, Bantam and Featherweight Field

10.1.1. The field dimensions are 53 $\frac{1}{3}$ yards by 40 yards with one 10-yard end zone, and a line-to-gain/first down at the 20-yard line.

10.2. No-Run Zones are in place to prevent teams from conducting power run plays. While in the No-Run Zones (a 5 yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.

10.3. No-Run Zones are defined by level as follows:

10.3.1. Flyweight level does not utilize No-Run zones.

10.3.2. Bantam and Featherweight level utilizes a No-Run zone within the 5-yard or the goalline and 20 yard line that is inclusive to both running backs and quarterbacks. This includes a QB being blitzed or rushed, they are not allowed to run past the line of scrimmage.

10.4. Stepping on the boundary line is considered out of bounds.

11. Timing and Overtime

11.1. Games are played on a 40 minute continuous clock with two twenty minute halves. The clock stops only for timeouts, injuries, at the discretion of the referee, and for the following game situations.

11.1.1. The clock will stop within the last minute of the half or the end of the game

11.1.1.1. Touchdown- Starts on the snap

- 11.1.1.2. Turnover Change of possession- Starts on the snap
 - 11.1.1.3. Out of bounds- Starts on the snap
 - 11.1.1.4. incomplete pass- Starts on the snap
 - 11.1.1.5. First Down - Clock will start on the official
 - 11.2. Halftime is 5 minutes in length.
 - 11.3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
 - 11.4. Each team has one 60-second timeout per half.
 - 11.5. If the score is tied at the end of 40 minutes, the game should be determined a tie. (overtime rules will only be used during the playoffs).
 - 11.5.1. Overtime rule
 - 11.5.1.1. Each team gets a possession on the 10 yard line and has 4 plays to score.
 - 11.5.1.2. Interception secures the game
 - 11.5.1.3. If the score remains tied after the overtime period the team that was first on defense will go to offense. And it will continue alternating until there is a winner
12. Scoring (Bantam and Featherweight Levels)
- 12.1. Touchdown: 6 points
 - 12.2. PAT (Point After Touchdown) 1 point (5-yard line pass only) or 2 points (10-yard line run or pass)
 - 12.2.1. A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5-yard line) or a 2-pt. conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged time out. Decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.
 - 12.2.2. Interceptions: 1 point
 - 12.2.2.1. An interception cannot be return, but will result in 1 point and possession of the ball at the 40-yard line for the intercepting team. If an interception occurs during a point after attempt it will result in 1 point.
 - 12.3. Bantamweights and Featherweights Touchdown Rule Limit
 - 12.3.1. If a running back or receiver score **2 touchdowns** in a game then they are no longer eligible to be in an offensive position to score.
 - 12.3.1.1. They are allowed to score the extra point after either one of their touchdowns.
 - 12.3.1.2. They must be moved to defense or an offensive line position after scoring the second touchdown.
 - 12.3.1.3. A player can score as many 1 point or 2 point conversions as long as they have not scored two touchdowns.

- 12.3.2. If a quarterback scores two running touchdowns in a game then they are no longer eligible to be in an offensive position to score. They must be moved to defense position. This rule does not include touchdown passes.

13. Live Ball/Dead Ball

- 13.1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- 13.2. The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a "courtesy" neutral zone notification to allow their players to move back behind the line of scrimmage.
- 13.3. A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.
- 13.4. The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike penalty.
- 13.5. Any official can whistle the play dead.
- 13.6. Play is ruled "dead" when:
 - 13.6.1. The ball hits the ground.
 - 13.6.2. The ball carrier's flag is pulled.
 - 13.6.3. The ball carrier steps out of bounds.
 - 13.6.4. A touchdown, PAT or interception is scored.
 - 13.6.5. The ball carrier's knee or arm hits the ground.
 - 13.6.6. The ball carrier's flag falls out.
 - 13.6.7. In the event a ball carriers flags fall off without a defender making an attempt at the flag, a one-hand touch will go into effect.
 - 13.6.8. One-hand touch rule is at the discretion of the referee.
 - 13.6.9. A player receives a handoff or catches the ball while in possession of one or no flag(s).
 - 13.6.10. There are no fumbles. The ball is spotted where the official determines it hit the ground.

14. Running

- 14.1. The ball is spotted where the line of gain is when the flag is pulled, that will be determined by the official.
- 14.2. Quarterbacks - the offensive player that receives the snap from the tee of a center.
 - 14.2.1. The quarterback can directly run with the ball past the line of scrimmage at the all levels once per first-down even if blitzed. The quarterback does have the ability to scramble in the back field during the normal 3-second rush, but cannot advance the ball beyond the line of scrimmage if the one run per drive has already been used.

- 14.3. Direct handoffs, pitches or laterals behind the line of scrimmage are permitted. Handoffs may be in front, behind, or to the side of the offensive player, but must be behind the line of scrimmage. The offense may use multiple handoffs. Players who receive handoffs are allowed to throw the ball as long as the hand off takes place behind the line of scrimmage. The quarterback can become an eligible receiver.
- 14.4. The player who takes the handoff can throw the ball from behind the line of scrimmage.
- 14.5. Once the ball has left the QB's hands all defensive players are eligible to rush.
- 14.6. Runners may not leave their feet to advance the ball. Diving, leaping, or jumping will be a dead ball and it will result in loss of down and return to the original line of scrimmage.
- 14.7. Spinning is allowed, but players may not leave their feet to avoid a flag pull. Jumping in the air in a forward motion to advance the ball, while attempting to avoid a flag pull, is not allowed. Lateral moves to the left or right are permitted.
- 14.8. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.

- 14.9. Blocking & Screening - All Levels
 - 14.9.1. Blocking should be the front of the player
 - 14.9.1.1. Unnecessary blocking will be determined by the official.
 - 14.9.1.2. There is no crack back blocks, no double team blocks, no shoulder charges.
- 14.10. Flag Obstruction – All jerseys **MUST** be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

- 15. Passing
 - 15.1. All passes must be from behind the line of scrimmage and received beyond the line scrimmage or behind the line of scrimmage.
 - 15.2. Shovel passes are allowed, but must be received beyond the line of scrimmage.
 - 15.3. Double passes are allowed as long as the first pass is determined to be a lateral behind the line of scrimmage.

- 16. Receiving
 - 16.1. Only one player is allowed in motion at a time. Forward motion toward the line of scrimmage is not allowed
 - 16.2. A player must have a least one foot inbounds when making a reception.
 - 16.3. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
 - 16.4. Interceptions change the possession, and award the defensive team 1 point at the bantam and featherweight levels.

16.5. Interceptions are dead balls.

17. Rushing the Passer

17.1. All players who rush the passer must wait a minimum of three seconds after the ball is snapped. Any number of players can rush the quarterback. The defense does not have to identify who is rushing on any given play.

17.2. Once the ball is handed off, the three second rule is no longer in effect and all defenders may go behind the line of scrimmage.

17.3. The referee will count the three seconds aloud. (We will use the timer on the tee)

17.4. Blitz does not have to be declared and it can be any defender prior to the 3 seconds.

17.4.1. A legal rush is:

17.4.1.1. Any rush from the defensive after the three second count has expired.

17.4.1.2. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback

17.4.2. A penalty may be called if:

17.4.2.1. The rusher crosses the line of scrimmage before a handoff, pass, or snap – Illegal Rush (10 yards LOS).

17.4.2.2. Any defensive player crosses the line of scrimmage before the ball is snapped - Offside (10 yards LOS).

17.4.2.3. Any defensive player, not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – Illegal Rush (10 yards LOS).

17.4.3. Special circumstances:

17.4.3.1. Teams are not required to rush the quarterback.

17.4.3.2. The defense is awarded **one blitz per half**, which negates the three second count. This can be any defender prior to the 3 seconds.

17.4.3.3. Referees will keep track of the blitzes per half like timeouts.

17.4.3.4. 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.

17.5. A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball is placed where the line of gain is determined by the official when flag is pulled.

17.5.1. The ball cannot be placed deeper than the 40-yard starting line.

18. Flag Pulling

18.1. A legal flag pull takes place when the ball carrier is in full possession of the ball and his flag is removed from his belt. This ends the play and the ball is placed at the spot or yard line where the flag was removed.

- 18.2. Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when pulling flags.
 - 18.3. **A defensive player must “play the flag” and not the man.** Any action against the ball carrier other than merely pulling his flag will be deemed unnecessary roughness.
 - 18.3.1. If an official determines that a defender did not attempt to grab a flag and there was a clear path to the end zone it will be called a touchdown.
 - 18.4. If a player’s flag inadvertently falls off during the play with no defenders in the area and no flag pull has been attempted, the player is subject to one-hand touch. This rule is at the discretion of the referee.
 - 18.5. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
19. Formations (All Levels).
- 19.1. For the flyweights, a center must snap the ball. No defensive player can line up directly across from center. After the snap all players are eligible receivers.
 - 19.2. Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the only player in motion.
 - 19.3. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
 - 19.4. The quarterback will have the option to take the snap from the tee. The center can also snap the ball back to the qb from the tee. The quarterback cannot begin a running movement before the the call of “hike” or an illegal motion penalty will be called.
 - 19.5. Two players need to be on the line of scrimmage the other 4 must be off the line of scrimmage
 - 19.6. Allowed formations
 - 19.6.1. Taylor Right or Left
 - 19.6.2. Tampa Right or Left
 - 19.6.3. Bunch Right or Left
 - 19.6.4. Taxi Right or Left
 - 19.6.5. Pro Right or Left
 - 19.6.6. Dallas Right or Left
 - 19.6.7. Dayton Right or Left
 - 19.6.8. Empty Right or Left
 - 19.7. Plays must start in allowed formations
 - 19.7.1. Motions are allowed with any one of the back that are off the line of scrimmage.
 - 19.7.2. Quarterback can start with taking the snap directly from the tee or from a shotgun snap from a center.
20. Unsportsmanlike Conduct
- 20.1. If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and

the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED! Unsportsmanlike conduct following a TD will result in loss of the point after attempt.

20.2. Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

20.3. Players may not physically or verbally abuse any opponent, coach or official. Any unsportsmanlike penalty against a player is subject to current or future game(s) dismissal.

20.4. Coaches may not physically or verbally abuse any opponent, coach or official. Any unsportsmanlike penalty against a coach is subject to current or future game(s) dismissal, and a meeting with the LWYS Board.

20.5. Ball carriers MUST make an effort to avoid defenders with an established position.

20.6. Defenders are not allowed to run through the ball carrier when pulling flags.

20.7. Any player or coach removed from a game will not be allowed to play in the following game.

20.8. Fans must also adhere to good sportsmanship, as well:

20.8.1. Yell to cheer on your players, not to harass officials or other teams

20.8.2. Keep comments clean and profanity free.

20.8.3. Compliment ALL players, not just one child or team.

20.8.4. Inappropriate comments by fans may result in a penalty, game(s) forfeiture, as well as expulsion from LWYS member status.

20.9. Fans are required to keep fields safe and kids friendly:

20.9.1. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field on the upper field, and outside of the fencing on the lower field.

21. Penalties

21.1. The official will call all penalties.

21.2. Referees determine incidental contact that may result from normal run of play.

21.3. All penalties will be assessed from the line of scrimmage, except as noted. (spot fouls)

21.4. Only the head coach may ask the referee questions about rule clarification.

21.5. Games may not end on a defensive penalty, unless the offense declines it.

21.6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.

21.7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

21.8. An inadvertent whistle will still result in a dead play and the ball will be spotted by the official where the runners feet are. If the player is behind the line of scrimmage the ball will be spotted at the line of scrimmage.

- 21.9. In the event of a dispute, a designated LWYS Board Member will adjudicate and render a final ruling.

Defensive Penalties

Offside	+10 yards from the line of scrimmage and automatic first down
Illegal Rush	+10 yards from the line of scrimmage and automatic first down
Illegal Flag Pull	+10 yards from the line of scrimmage and automatic first down
Roughing the Passer	+10 yards from the line of scrimmage and automatic first down
Taunting	+10 yards from the line of scrimmage and automatic first down
Defensive Pass Interference	+10 yard from line of scrimmage and automatic first down
Holding	Spot foul + 10 yards and automatic first down
Stripping	Spot foul +10 yards and automatic first down
Unnecessary Roughness	Spot foul +10 yards and automatic first down

Offensive Penalties

Offsides/False Start	Loss of down
Illegal Forward Pass	-10 yards from line of scrimmage and loss of down
Offensive Pass Interference	-10 yards from line of scrimmage and loss of down
Illegal Motion (more than one person moving)	-10 yards from line of scrimmage and loss of down
Delay of Game	Loss of down
Screening, Blocking, or Running with the Ball Carrier	Spot Foul, -10 yards and loss of down
Charging	Spot Foul, -10 yards and loss of down
Flag Guarding	Spot Foul, -10 yards and loss of down
Unnecessary Roughness	Spot Foul, -10 yards and loss of down

Note: an offensive penalty on 4th down will result in a change of possession.

At the flyweight level, there will not be strict enforcement of the offsides and illegal motion penalties unless the occurrence is excessive. Enforcement will be based upon the discretion of the referees.