



Flag Football



REGISTRATION DEADLINE: July 26th **NO LATE SIGN-UPS**

SEASON BEGINS: August 19th

FEE: \$56 / each player (tax is included and includes t-shirt)

LEAGUES OFFERED:

Leagues may be cancelled or combined if necessary due to a lack of registered teams, minimum 4 teams.

- 1st / 2nd grade Division (peewee size football)
- 3rd / 4th grade Division (jr/youth size football)

The league a child plays in is determined by the grade they are going into. A child may play up a grade; however, they may not play down.

***Games on Saturdays and Tue-Fri Nights.
8 game season, 2 games per week.***

REGISTRATION INFORMATION

1. This is Team Registration only. Individuals must find a team or be placed on our waiting list.
2. The enclosed roster must be used.
3. Persons interested in becoming a head coach in the League shall complete a background check that is paid for by Parks and Rec. The background check must be completed before games start.
4. The Parks and Recreation reserves the right to add additional players to your team.
5. Coaches please collect all fees and bring them in with the roster and waivers at the same time. **Do not instruct your children to bring their payments in separately.**
6. A receipt will be provided for the number of players who pay their fees. This receipt will entitle you to the same number of t-shirts for your team.
7. Make checks payable to: City of Idaho Falls
8. If you are in need of additional players, call 612-8580. We have a waiting list of kids who don't have a team.

RAIN OUT: Coaches will be texted at the phone number listed on the roster. It is your responsibility to make sure this is the best phone number to reach you at. When possible, info will be posted on our website www.ifrec.org on the day in question.

**City of Idaho Falls
Parks and Recreation
Youth Flag Football Rules**

The Basics

- This league is designed for this age group with the objective of having fun and being safe.
- A coin toss determines first position
- The offensive team takes possession of the ball at its own 5-yard line and has four plays to cross the first down line. Once a team crosses the first down, it has four plays to cross the other first down line. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- If the offensive team fails to cross the first down line, possession of the ball changes and the opposing team starts its drive from its 5-yard line.
- All possessions changes, except interceptions, start from offenses 5-yard line.
- Interceptions may be returned.
- Teams change sides in the second half. Possession changes to loser of coin toss unless deferred.
- Cleats are allowed, except for metal spikes. Inspection must be made. All players must wear protective mouthpiece; there are no exceptions.

Players, Game Schedules

Teams play with seven (7) players on the field. A team may play with less players but a game will not be rescheduled if a team has less than seven players show up to play.

Teams usually consist of 10 players or more.

Timing/Overtime

Games consist of two 20 minutes halves for a total 40 minute game using a running clock.

Halftime is three (3) minutes.

Each time the ball is spotted and the referee blows their whistle, a team has 30 seconds to snap the ball. In the first two games, teams will receive one warning before a delay game penalty is enforced.

Each team has two 60 second timeouts per half. Officials can stop the clock at their discretion.

If a tied game results, then each team will have four downs, starting at the opposing teams 20 yard line, for an attempt to score. Game ends after each team has had one possession opportunity, if no team scores game is a tie.

Coaching

We encourage and allow two coaches to be on the field and actively involved. After the huddle, Coaches can help get the kids in proper place but must retreat 5 yards prior to the snap. Coaches CAN NOT have their hands on their players to tap, hold, push, etc. or stand next to and vocally signal their player in anticipation to the snap. This gives a complete advantage to the player and disadvantage to the opposing team. Coaches doing this will be directed to coach from the sidelines.

Scoring

Touchdown: 6 points.

Extra Points:

1 point: Played from 5-yard line (pass or immediate pitch only to the outside of the tackles)

2 point: Played from 12-yard line

Safety: 2 Points

Running

The quarterback can run with the ball, but not inside the tackles (NO QB sneaks). Only direct handoffs and laterals behind the line of scrimmage are permitted. Offense can use multiple handoffs. "No-running zones" located five yards from each end zone are designed to avoid short yardage power running situations. The player who takes the handoff can throw the ball from behind the line of scrimmage.

Once the ball has been handed off, all defensive players eligible to rush.

Spinning is allowed but players cannot leave their feet to avoid a defensive player (no diving).

The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is. Absolutely NO laterals or pitches of any kind passed the line of scrimmage are allowed.

Receiving

All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).

As in the NFL, only one player is allowed in motion at a time.

A player must have at least one foot inbounds when making a reception.

Passing

All passes must take place behind line of scrimmage.

Laterals are allowed behind line of scrimmage

Snapping the ball

The ball must be snapped between the legs, not off to one side, to start play.

The QB must receive and take the ball from the centers hands prior to passing, pitching, handing off or running with the ball. The center cannot have the QB simply touch the ball while in the centers hands on the snap, keep it and then run, pass, pitch or hand the ball off to another player.

Dead Balls

Substitutions may be made on any dead ball.

Play is ruled "dead" when:

- Ball carrier's flag is pulled

- Ball carrier steps out of bounds

- Touchdown or safety is scored

- Ball carrier's knee hits the ground

- Ball carrier's flag falls off

- Any offensive player's flags fall off prior to the snap

Note: There are no fumbles. The ball is spotted where the ball hits the ground.

Rushing the quarterback

All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. A special marker, or the referee, will designate seven yards from the line of scrimmage. Any number of players can rush the quarterback. Players not rushing the quarterback must defend **on the line** of scrimmage. Once the ball handed off, the seven yard rule is no longer in effect, and all defenders may go behind the line of scrimmage. Remember, no blocking or tackling is allowed.

When the quarterback runs out of the pocket (area from left to right of the offensive tackles or about 2 yard to each side of the center and approx. 10 yards back), or begins to make forward progress, or starts to scramble in any direction the seven-yard rule is no longer in effect and all defenders can cross the line of scrimmage in attempt to get the quarterbacks flags. *The ruling on whether the QB was in or out of the pocket is a judgment call by the referee and cannot be argued.*

Blocking

Blocking is not allowed. This is a non-contact league. Players who initiate contact in the judgment of the referee, will be flagged. Incidental contact will occur and will be ignored. Incidental contact is contact that naturally occurred with the development of a play and was not purposely initiated. Contact made by the natural momentum of a player trying to stop or avoid contact will be ruled according to the judgment of the official.

The following is allowed, a non-contact screen.

A non-contact screen is a legal action by a player who, without causing contact, delays or prevents an opponent from reaching a desired position. A player who occupies a spot on the field is entitled to that spot, if he was the first to occupy the spot, offense or defense.

To establish a legal screening position:

- A. The screener may face any direction
- B. Hands and arms must be close to body(ex. behind back, along the side, an "X" across the body with elbows pointing toward ground, in front of body extended toward ground)
- C. If stationary, screener must have a stance approximately shoulder width apart.

A player who is screened within his or her visual field is expected to avoid contact by stopping or going around screener.

A player who is screened outside his/her field of vision may make inadvertent contact with the screener and if the opponent is running rapidly, the contact may be severe.

A player may not use the arms, hands, hips, or shoulders to force his way through a screen or to hold the screener and then push the screener aside in order maintain position.

Whenever contact is made the referee will judge if contact was incidental or initiated. Player who initiates contact will get penalty.

Sportsmanship. Roughing

If a referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any un-sportsman like act, the game will be stopped and the player(s) will be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED.

Trash talking is unsportsmanlike and considered illegal in our league. Officials have the right to determine offensive language. (Trash talk is language that may be offensive to officials, opposing players, teams, or spectators). If trash talking occurs, the referee may or may not give a warning, depending on the situation and the end result will range from penalties to ejection from the game.

Penalties

Penalties will be called by the referee.

Violations that occur before the snap will be called, resulting in an immediate dead ball and penalties will be assessed. Violations that occur simultaneously to or after the snap will be assessed after the play is ruled dead.

Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

Coaches are welcome to ask questions about rule clarification and interpretations. Coaches are not welcome to harass or berate referees. Players cannot question the judgment calls.

Defense:

Offsides:

5 yards and automatic 1st down.

Interference

10 yards and automatic 1st down

Illegal contact

(Holding, blocking etc.)

10 yards and automatic 1st down.

Illegal Flag pull

(Before receiver had ball)

10 yards automatic 1st down.

Illegal rushing

(Starting from inside the 7-yard marker)

10 yards and automatic 1st down.**Offense:**

Illegal Motion

(More than one person moving, false start, etc.)

5 yards and loss of down

Illegal Forward pass

(Pass thrown beyond line of scrimmage)

5 yards and loss of down

Offensive Interference

(Illegal pick play, pushing off/away defender)

10 yards and loss of down

Flag guarding

The ball is down at spot of infraction

Delay of game

Clock stops, 10 yards and loss of down.

Holding

10 yards and loss of down

Team Roster

Team Name or School:
Grade/Division:
Coach Name:
Phone # for texting:
E-mail: (print clearly)

	Paid	Name	Address	Phone #	Shirt Size
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

Youth Shirt Order Form

Team Name/School: _____

Grade/Division: _____

Coach Name: _____

Phone # Texting: _____

E-mail: (print clearly) _____

Size

Quantity

Youth Small	
Youth Med	
Youth Large	
Youth X Large	
Adult Small	
Adult Med	
Adult Large	
Adult X Large	

TEAM NAME**

1ST CHOICE _____

2ND CHOICE _____

3RD CHOICE _____

**** NAME IS ON A FIRST COME FIRST CHOICE.**

The city of Idaho Falls Parks & Recreation Dept. is asking each coach and parent to adhere to the following:

Coaches' Code of Ethics

- I will place the emotional and physical well-being of my players ahead of any personal desires to win.
- I will remember to treat each player as an individual, remembering the large spread of emotional and physical development for the same age group.
- I will do my very best to provide a safe play situation for my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead, by example, in demonstrating fair play and sportsmanship to all my players and the officials.
- I will remember that I am a youth coach, and that the game is for children and not adults.

I understand that breaching any part of the Code of Conduct can result in being removed from the playing area by the umpire/referee or any other employee/designated authority, forfeiting my opportunity to coach or watch the remainder of the game/season.

Coaches Name (Printed):_____

Coaches Signature:_____

Date_____

