



**FLORIDA YOUTH
FOOTBALL &
CHEERLEADING
ASSOCIATION, INC
FLAG FOOTBALL RULES**

Adopted: May 20, 2009

FLORIDA YOUTH FOOTBALL & CHEERLEADING ASSOCIATION, INC.

Addendum to Football Rules Flag Rules

RULE 1—TEAM COMPOSITION

- A. Each FYFCA team shall have no more than twenty (25) players, or fewer than nine (9) players.
 - 1. Normal play shall require nine (9) players on the field; however, a team may request to play with five (5), six (6), seven (7), or eight (8) players if that is all the member organization is able to roster or that is all that shows up for the game.
 - 2. If less than five (5) players show, the team shall register a forfeit.

RULE 6—UNIFORMS

- A. Each player shall be dressed in a team uniform consisting of a shirt/jersey and shorts. The Shirt/jersey must be long enough to be tucked in at all times. Numbers are required on the back of the shirt/jersey. Numbers do not have to be on the front of the shirt/jersey.
- B. The player shall be required to wear socks and football cleats or sneakers, Rubber Molded Cleats will be allowed, no screw on, no metal cleats. No stirrup socks shall be allowed. Shorts and Socks must be a different color than the flags.
- C. All players are required to wear FYFCA provided flag belts. The flag belt shall have two (2) 12 inch Velcro flags that are designed to be pulled from the belt. The belt must be clipped at the waistline and the Flag Belts should contrast with uniform colors. It is illegal to tie or tamper with the function of the Flag Belt in anyway. All players must wear a belt at all times, including those on the sideline. The home team shall wear green flags for the game. The visiting team shall wear yellow flags for the game. Every team must buy new game belts every season.
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- D. During cold weather it is permissible for the player to wear long sleeves or sweat pants under the regulation uniform.
- E. All players shall be required to wear a colored (no white/clear) mouthpiece when on the playing field.
- F. Game ball shall be a Leather Wilson K-2 or Leather Riddell RDP ball. It also shall be inflated to 2 ½ pounds of air only.
- G. Jewelry, Helmets, Caps, Padded Uniforms, Towels, Headbands or Skull Caps etc. are illegal. Anything that may cover the flag belt is illegal and cannot be worn on the field.

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RULE 15—PLAYING FIELD

- A. The field shall be from the twenty-five-(25) yard lines. Side boundaries shall be regulation high school field measurement. Other adaptations consist of.
 - 1. Goal line—shall be designated by ten (10) orange cones on each end. Cones put at five (5) Yards apart. The host team shall be responsible for placing these on the twenty-five (25) Yard lines.
 - 2. Collapsible Cones are not to be any larger than 12 inches high and are to be provided by the host team.
- B. The host team is responsible for providing a press box crew and having the field ready for the game by 8:00 am.

RULE 16—PLAYING RULES

- A. To start the game:
 - 1. A coin toss shall start the game with the winner electing Offense or Defense, choose ends, or defer to the second half.
 - 2. Play shall begin from the Offensive 35-Yard line.
 - 3. Buffer zone: One (1) yard back for defense marked by one (1) beanbag.
 - 4. Scrimmage lines: Shall be marked for the offense by one (1) beanbag.
- B. Time:
 - 1. The game shall be played for two (2) fifteen-(15) minute halves, with a ten (10) minute half-time.
 - 2. Time shall run continuously, except for the following stipulations when stop time shall be allowed:
 - a. Score,
 - b. Time-out,
 - c. Game official's time-out,
 - d. Injury,
 - e. The allowed three (3) team time-outs per half. (No carry overs.)
 - f. A two (2) minute warning will be given at the end of each half. After the two (2) minute warning, the continuous clock rule ceases, to follow regular Football time Rules (FHSA-Rules).
- C. Scoring:
 - 1. Touchdown = six (6) points.
 - 2. Safety = two (2) points.
 - 3. Extra point = one (1) point for running, two (2) points for passing (Ball shall be spotted on the 30-yard line).
- D. In the Mighty Mites division there shall be no more than two (2) coaches from each team allowed on the playing field during the game through the regular and post season of play.
 - 1. If in the judgement of the game officials an on-field coach demonstrates abusive actions towards the players or the game officials, that coach shall be removed.
 - 2. Once the center touches the ball, the coaches shall not verbalize or prompt any instructions to the team and shall be at least five (5) yards away from the nearest player.
 - 3. Only a Head Coach or a Trustee may approach the officials.
- E. There shall be a minimum of five (5) players on the offensive line, when the ball is hiked.
- F. **Two (2) offensive touchdown per player per game. No show boating.** If a third touchdown is scored by the same player, the ball shall be respotted at the scrimmage line and

a loss of down shall be assessed to the team. Once all players on the team have scored a two (2) touch down, then an additional touch down shall be allowed, but only after all rostered players have scored.

G. The ball is down when

1. The ball carrier's flag has been pulled,
2. The ball carrier's knee touches the ground,
3. The ball carrier guards or attempts to prevent his/her flag from being pulled, and/or the flag falls off.
4. When the whistle is blown.

H. A fumble of any kind constitutes a dead ball which shall be marked at the point of the fumble.

I. Interceptions will be spotted from the point of the interception. Ball is dead at the interception point.

J. In lieu of a punt, a team has the option of forfeiting their 4th down and spotting the ball 10 yards from the line of scrimmage or ½ the distance to the goal, whichever option is less.

RULE 28—PENALTIES

A. Five (5) yard penalties:

1. Excess time-out illegally used or requested.
2. Illegal delay of the game
3. Putting the ball into play before declared "ready for play"
4. Infraction of scrimmage formation.
5. Offside.
6. False start.
7. Too many players on the field.
8. Illegal kick.
9. Helping the runner.
10. Holding defensively or offensively.
11. Jumping or hurdling over another player to avoid having the flag pulled.
12. Illegal blocking on the line.
13. Illegal blocking down field.
14. Offensive pass interference.
15. Coaches Instructing on the field after center has touched the ball.

B. Ten (10) yard penalties:

1. Stiff-arming.
2. Striking, kicking, kneeing, elbowing, etc.
3. Tripping.
4. Clipping
5. *Unsportsmanlike conduct.
6. *Tackling.
 - *Ejection for the remainder of the game—after the second offense of unsportsmanlike conduct or tackling the player shall be removed from the game.