



Phoenixville Marion Youth Club
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PMYC

PHOENIXVILLE MARIAN YOUTH CLUB

FLAG FOOTBALL RULES

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1. General Conduct

- 1.1. The goal of the league is to teach some of the fundamentals of football while allowing the kids to have fun at the same time. Proper conduct and sportsmanship is integral to this experience.
- 1.2. Good sportsmanship is required at all times. If a referee or league manager feels a player is not conducting themselves according to the rules or with good sportsmanship, they will be removed from the game. Repeat offenses will result in removal from the league.
- 1.3. Rude, confrontational, offensive behavior, and/or offensive language will not be tolerated.
- 1.4. Fans must adhere to good sportsmanship. Yell to cheer for players and teams, not to harass officials or opponents. PMYC is a profanity free area, inappropriate language or actions will result in being removed from the PMYC grounds.
- 1.5. Mouth guards are required for all players.
- 1.6. PMYC is a tobacco and alcohol-free area. Smoking and/or drinking alcohol on the premises is not permitted.
- 1.7. All players on a team are expected to get equal playing time.

2. COVID-19 Specific Rules

- 2.1. Participants, spectators, coaches, and officials are expected to abide by the PMYC Covid-19 safety plan. This can be found on the PMYC website and was a waiver signed during registration
- 2.2. Players are required to wear a mask, gaiter, covering, or similar while in a huddle, near a coach, or on the sideline.
- 2.3. Players have the option to wear a mask during play, but it is not required. This is left to the parent/guardian discretion. Please note wearing a mask during physical activity may restrict the participant's breathing.
- 2.4. During gameplay, the offensive team will use their own team footballs. No game ball shall be shared between the teams.
- 2.5. Coaches are responsible for cleaning the football after every game and practice.
- 2.6. Participants, coaches, and spectators may not arrive early to their game field. Please remain in the car if arriving early. No lingering after a game/practice is permitted.

3. General Game Rules

- 3.1. All Divisions will play 7 v 7. If a team only has 6 players, both teams will play 6 v 6, 5 v 5, etc.
- 3.2. Game consists of 2 halves, each 20 minutes with a running clock (3-minute half time)
- 3.3. Each team has 2 timeouts per half, clock stops during time out.
- 3.4. The team who wins the coin toss chooses whether they want the ball to start the game, or to start the 2nd half.
- 3.5. Game field size will be 70 yards by 30 yards



- 3.6. Keeping score and team records
 - 3.6.1.K/1st – Will not keep score or keep win/loss records
 - 3.6.2.All other Divisions – Will keep score and win/loss records to determine playoff seeding
- 3.7. Refereeing Games
 - 3.7.1.PMYC will make every effort to have officials for each game. In the event of an official not being available, a coach or parent volunteer may assist with the officiating.
- 3.8. The offense starts at its own 5-yard line and has 3 plays to cross midfield. Once a team passes midfield, it has 3 more plays to score a touchdown. Failure to score results in the other team taking possession of the ball, starting at their own 5 yard line.
- 3.9. Scoring:
 - 3.9.1.Touchdown = 6 pts
 - 3.9.2.PAT play from 5 yard line = 1 pt
 - 3.9.3.PAT play from 10 yard line = 2 pts
- 3.10. A play is considered live once the ball is snapped.
- 3.11. Dead Ball (play stops)
 - 3.11.1. The ref blows a whistle. The ref has ultimate authority on when a play is ruled dead.
 - 3.11.2. A fumble is a dead ball. The ball will be placed at the point of the fumble. There are no turnovers for fumbles.
 - 3.11.3. If the QB drops a snap, he may pick up the ball and continue the play.
 - 3.11.4. A ball carrier's knee or elbow hits the ground.
 - 3.11.5. A ball carrier's flag is pulled.
 - 3.11.6. A ball carrier steps out of bounds.
- 3.12. Interceptions may be returned. The only time an offense may have a starting position other than their own 5-yard line is after an interception.
- 3.13. Jerseys must be tucked in before play begins and the flags must be on a player's hips free from obstruction. Deliberately obstructed flags will be considered flag guarding.

4. Offensive Rules

- 4.1. The quarterback cannot directly run with the ball.
- 4.2. The QB is not allowed to hand off to the center.
- 4.3. Runners may not leave their feet to advance the ball. Diving, jumping, or leaping forward will be considered flag guarding.
- 4.4. All passes must come from behind the line of scrimmage. A dropped backward pass is considered a fumble resulting in a dead ball.
- 4.5. The QB has a 10 second "pass clock." If the QB has not thrown the ball after 10 seconds, the ball is ruled dead where the QB is standing. If the QB was in their own end zone, it will be placed on the 5 yard line.
- 4.6. All players are eligible to receive passes.
- 4.7. A catch is considered inbounds as long as one foot comes down in the field of play.
- 4.8. Only one player is allowed in motion at a time and they must run parallel to the line of scrimmage.



- 4.9. No running plays can occur if the ball is spotted inside the 5 yard line. If the ball is at the 5 yard line, runs are not allowed.
- 4.10. There is a 25 second play clock between plays. The first offense is a 5 yard penalty. Repeated offenses result in loss of down. This rule is meant to avoid excessive running off the clock at the end of a half or game.

5. Defensive Rules

- 5.1. The defensive line of scrimmage (termed "rush line") is 5 yards from the spot of the ball.
- 5.2. Defensive players are not allowed to rush immediately after the ball is snapped. They must wait until after a handoff has taken place if the offensive team runs the ball.
- 5.3. Defensive players may not rush the quarterback.
- 5.4. Defensive players leaving the rush line early or lining up over the rush line will be called for a penalty.
- 5.5. The defensive player may not attempt to strip the ball (cause a fumble).
- 5.6. Defensive players may dive for flags, but may not hold, tackle, or run through the ball carrier.
- 5.7. A defensive player may not pull flags off players if they do not possess the ball.
- 5.8. Defensive players may not mimic or call out signals or messages to try and confuse the offensive players.

6. Overtime

- 6.1. In the event of a tie at the end of regulation, an overtime period will exist. There is no game clock during overtime, but the QB Clock will be in effect.
- 6.2. Each team will get to run 1 play from the 10 yard line. If only one team scores, that team is the winner. If both teams score, the process is repeated.
- 6.3. A coin toss will determine which team gets to choose offense or defense to start overtime. Each subsequent overtime period, the teams will alternate who starts on offense and defense.

7. Penalties

- 7.1. Unsportsmanlike Conduct = +/- 10 yards and an automatic first down (or loss of down).
- 7.2. Defensive pass interference or holding = 5 yards and repeat down
- 7.3. Offsides, illegal rush, illegal flag pull, stripping the ball = 5 yards and repeat down
- 7.4. Illegal blocking, flag guarding, charging, illegal forward pass, illegal motion = -5 yards and loss of down