

Proposed Rules for TCYFL Flag Football

I. Game

1. At the start of each game, captains from each team will meet at midfield for the coin toss to determine who starts the game with the ball. The visiting team will call the toss.
2. The winner of the toss has the choice of offense or defense. Possession changes to start the second half to the team that started on defense.
3. The offensive team takes possession of the ball at the 40 yard line and had 3 plays to cross the 20 yard line. Once a team crosses the 20, it has three plays to score a touchdown.
4. If the offense crosses the 20, but fails to score, the ball changes possession and the new offensive team starts with the ball on the 30.
5. If the offensive team fails to cross the 20, the ball changes possession and the new offensive team starts its drive on the 40 yard line.

II. Terminology

Boundary Lines - The outer perimeter lines around the field. Including the sidelines and the back of the endzone lines.

Line of Scrimmage - (LOS) an imaginary line running through the point of the football and across the width of the field.

Line-to-Gain - The line that the offense must pass to get a first down, or score.

Offense - The team with possession of the ball.

Defense - The team opposing the offense to prevent it from advancing the ball.

Passer - The offensive player that throws the ball and may or may not be the quarterback.

Downs 1-2-3 - The offensive team has three attempts or "downs" to advance the ball. It must cross the line to gain to get another set of downs, or to score.

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.

Dead Ball - Refers to the period of time immediately before or after a play.

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, halftime, or the end of the game.

Inadvertent Whistle - Official's Whistle that is performed in error.

Charging - An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or hitting or initiating contact with a shoulder, forearm, or chest.

Flag Guarding - An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags, by ' stiff arm, lowering elbow, or head, or by blocking access to the runner's flags with a hand or Arm.

Shovel Pass - A legal pitch attempted beyond the Line of scrimmage.

Lateral - A backward or sideways toss of the ball by the ball carrier.

Unsportsmanlike Conduct - A rude, confrontational, or offensive behavior, or language.

III. Eligibility

1. Players must be enrolled in grades k-2.
2. All other TCYFL eligibility rules apply regarding residency, transfer, and change of district of residence.

IV. Equipment

1. Teams will provide each player with an official flag belt and team jersey. Teams will provide their own "PeeWee" size footballs.
2. Players must wear shoes. Cleats with exposed metal are illegal and can not be worn.

3. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
4. Players must remove all jewelry, hats and do-rags.
5. Player's jerseys must be tucked into shorts or pants if they hang below the belt line.
6. We recommend players wear shorts or pants that do not have pockets. Shorts or pants with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets.
 - a. Flag belts can not be the same color as shorts or pants.

V. Field

1. The field dimensions will be from hash marks to far sideline, and from 50 to goal line. The hashmark sideline shall be clearly marked by cones or yardage markers.
2. Play will take place from the 40 to the Goal line. Interceptions may be returned to the 40 for a touchdown.
3. Stepping on the boundary line is considered out of bounds.

VI. Rosters

1. Teams will provide opponents with a minimum of one copy of their roster for announcer purposes.
2. No roster need be turned in to the league.
3. New players may be added to team rosters at any time during the season provided they meet all other eligibility requirements of the TCYFL.
4. Teams will consist of 7 players, unless it is agreed upon prior to the game(s) to play with an alternate number.

VII. Timing and Overtime

1. Games are played on a 30 minute continuous Clock with two 15 min halves, Clock only stops for time outs, or injuries. Clock operator should run a 15 min clock and stop it for timeout, or injury in either game if two are being played. The game clock expiration will end both games.
2. Halftime is 1 minute.
3. Each time the ball is spotted a team has 30 seconds to snap the ball. Teams will receive one warning for delay of game before the delay of game penalty is enforced.
4. Each team has one 30 sec timeout per half.
5. Officials can stop the clock at their discretion.
6. In the event of an injury, the clock will stop, then restart when the injured player is removed from the field of play.
7. There is no overtime.

VIII. Scoring

1. No score will be kept on the scoreboard.
2. Touchdown - 6 points
3. PAT 1 point (5 Yard Line) or 2 points (10 yard line)
 - A. 1 point PAT is pass only; 2 point PAT can be run or pass
 - B. A team that scores a touchdown must declare whether it wishes to attempt a 1 point conversion (from the 5 yard line) or a 2 point conversion (from the 10 yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision can not be changed after a penalty. Interceptions on a conversion may not be returned but are considered to be a dead ball.

IX. Coaches

1. All coaches shall adhere to TCYFL philosophies, coaching guidelines and code of conduct.
2. Two coaches will be permitted on the field per team, to direct play.
3. All coaches must pass all legal requirements to work as a volunteer in the state of Pennsylvania.

X. Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the neutral zone and line of scrimmage.

- a. 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 an equal number of “courtesy” warnings to allow players to move back behind the line of scrimmage.
 3. A player who gains possession in the air is considered inbounds as long as one foot comes down in the field of play.
 4. The defense may not mime the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start play. This will result in an unsportsmanlike conduct penalty.
 5. Substitutions may be made on any dead ball.
 6. Any official can whistle a play dead.
 7. Play is ruled dead when:
 - a. The ball hits the ground, EXCEPT during the initial center / quarterback exchange.
 - i. Any ball hitting the ground as a result of a bad snap will not be considered a dead ball.
 - b. The ball-carrier’s flag is pulled.
 - c. A touchdown, PAT, or safety is scored
 - d. The ball carrier steps out of bounds
 - e. The ball carrier’s knee or arm hits the ground
 - f. The receiver catches the ball while in possession of one or no flags
 - g. The 7 second pass clock expires.
 - i. Inadvertent whistle
- NOTE: There are no fumbles. The ball is marked dead where the ball carrier’s feet were at the time of the Fumble.
8. In the case of an inadvertent whistle the offense has two options:
 - a. Take the ball where it was when the whistle blew, and the down is consumed.
 - b. Replay the down from the original line of scrimmage

XI. Running

1. The ball is spotted where the runner’s feet are when the flag is pulled, not where the ball carrier has the ball. Forward progress will be measured by the ball carrier’s front foot.
2. The quarterback can not directly run with the ball. The quarterback is the offensive player who receives the snap.
3. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front of, behind or to the side of the offensive player, but must be behind the line of scrimmage. The offense may use multiple handoffs.
 - a. “Center sneak” play is not allowed. The QB is not allowed to handoff to the center on the first handoff of the play.
4. Absolutely no laterals of any kind.
5. Any player who receives a handoff can throw the ball from behind the line of scrimmage.
6. Once the ball has been handed off, in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
7. Runners may not leave their feet to advance the ball. Diving, leaping, or jumping to avoid a flag pull is considered flag guarding.
8. Spinning is allowed, but players can not leave their feet to avoid a flag pull.
 - a. Players spinning out of control will be called for flag guarding
9. Runners may leave their feet if there is a clear indication that he/she has done so to avoid a collision with another player without a flag guarding penalty enforced.
10. No blocking or screening is allowed at any time.
11. Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.
12. 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.

XII. Passing

1. All passes must be from behind the line of scrimmage, thrown forward and received beyond the LOS.
 - a. All passes that do not cross the LOS, whether received or not, are illegal forward passes.
2. Shovel passes are allowed, but must be received beyond the line of scrimmage.
3. The Quarterback has a 7 second pass clock. If a pass is not thrown within 7 seconds, the play is dead, the down is consumed and the ball is returned to the Line of Scrimmage. Once the ball is handed off, the 7 second clock is no longer in effect.

XIII. Receiving

1. All players are eligible to receive passes (including the QB if the ball has been handed off behind the LOS).
2. Only one player is allowed in motion at a time. All motion must be parallel to the LOS, and no motion is permitted toward the LOS.
3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions that do not result in a touchdown, change the possession of the ball, and the new offensive team will have the ball placed at the 30.
6. Interceptions are returnable for Touchdowns, by crossing the 40 yard line, interceptions on conversion attempts after touchdowns are not returnable.

XIV. Rushing the Passer

1. There is no rush in TCYFL K-2 Flag Football.
 - a. Defenders may actively pursue any ball carrier, or receiver after they have accepted the ball from the QB

XV. Flag Pulling

1. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
2. Defenders can dive to pull flags, but can not tackle, hold, or run through the ball-carrier when pulling flags.
3. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
4. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball, and the play ends. The ball is placed where the flag lands.
5. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
6. Flag guarding is an attempt by the ball-carrier to obstruct the defenders access to the flags by stiff arming, dropping the head, hand, arm, or shoulder or intentionally covering the flags with the football jersey.

XVI. Formations

1. Offenses must have a minimum of one player on the line of scrimmage, (the center) and up to 6 players on the LOS. The Quarterback must be off the Line of scrimmage.
 - a. One player at a time may go in motion, 1-yard behind and parallel to the line of scrimmage.
 - b. No motion is allowed toward the line of scrimmage
2. 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. (this rule should be enforced sparingly at the k-2 level).
3. The center must snap the ball with a rapid and continuous motion to a player in the backfield, and the ball must completely leave his/her hands.

XVII. Unsportsmanlike Conduct

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.**
2. Offensive or confrontational language is not allowed. 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.
3. Players may not physically or verbally abuse any opponent, coach or official.
4. Ball-carriers must make an effort to avoid defenders with an established position.
5. Defenders are not allowed to run through the ball carrier when pulling flags.
6. Fans must also adhere to good sportsmanship as well:
 - a. Yell to cheer on your players, not to harass officials or other teams
 - b. Keep comments clean and profanity free.
 - c. Compliment all players, not just one child or team
7. Fans are required to keep fields safe and kid friendly:
 - a. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field of play.
 - b. Stay in the designated fan areas.
 - c. Dispose of all trash in the designated trash cans.
8. Unsportsmanlike conduct penalties:
 - a. Defense +10 yards and automatic 1st down.
 - b. Offense - 10 yards from the LOS & loss of down.

XVIII. Penalties

I. General

1. The referees will call all penalties.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the LOS, except as noted (spot fouls).
4. Only the head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.
5. Games may not end on a defensive penalty unless the offense declines it.
6. Penalties are assessed live ball, then dead ball. Live ball penalties must be assessed before play is considered complete.
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.

II. Defensive spot fouls

Defensive Pass Interference	Automatic First Down
Holding	Automatic First Down
Stripping	+10 yards, and automatic first down

III. Offensive spot fouls

Screening, blocking, or running with the ball	-10 yards & loss of down
Charging	-10 yards & loss of down

Flag guarding	-10 yards & loss of down
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iv. Defensive Penalties

Defensive Unnecessary Roughness	+10 yd & automatic first down
Defensive Unsportsmanlike Conduct	+10 yd & automatic first down
Offside	+5 yards, & automatic first down
Illegal rush	+5 yards, & automatic first down
Illegal flag pull (before player has ball)	+5 yards, & automatic first down
Roughing the passer	+5 yards, & automatic first down
Taunting	+5 yards, & automatic first down

v. Offensive Penalties

Offensive Unnecessary Roughness	-10 yards & loss of down
Offensive Unsportsmanlike Conduct	-10 yards & loss of down
Offside / false start	-5 yards from line of scrimmage & loss of down
Illegal forward pass (any pass received or lands behind the LOS, or throwing a pass beyond the LOS)	-5 yards from line of scrimmage & loss of down
Offensive pass interference	-5 yards from line of scrimmage & loss of down
Illegal Motion (more than one man moving, or forward motion)	-5 yards from line of scrimmage & loss of down
Delay of game	-5 yards from line of scrimmage & loss of down
Impeding the rusher	-5 yards from line of scrimmage & loss of down
Illegal procedure	-5 yards from line of scrimmage & loss of down

XIX. Addendum

1. The rules contained within this document shall constitute the whole of the guidelines for game play in the T.C.Y.F.L. Flag Football Division for the 2019 season, and shall be considered fluid, with the ability to be amended by a majority vote of the voting members of the T.C.Y.F.L., at any time during the season for which they are approved.
2. Each Team shall be responsible for providing 1 referee, for each game to be played. Each referee shall be a minimum of 15 years of age, and have at least (2) two years of football experience.
3. All rostered players present must play in the game.
4. No Score is to be kept on the scoreboard.
5. Play is designed to be 7 on 7, but may be modified to play 5 on 5, or 6 on 6, upon agreement of the coaches to promote maximum participation, and or accommodate teams wishing to play two games simultaneously.
6. The official ball size for play in TCYFL K-2 Flag Football shall be Pee wee.