

GYAA FLAG FOOTBALL RULES

2008 Season

All Rules originate from TSSAA rules. Exceptions and clarifications are noted. Where not specifically addressed, TSSAA rules apply.

TEAM

1. ELEVEN (11) players will constitute a team. Teams may play with one less player without having to forfeit. GAME TIME IS FORFEIT TIME.
2. Offensive team must have at least 7 players on line of scrimmage at all snaps.
3. The area between the offensive line (actual line of scrimmage) and the defensive line is called the neutral zone. There will be a 3-yard neutral zone unless one of the two following situations exists: (1) the offensive team is inside the 15-yard line, or (2) it is fourth down with 1 yard or less to go. In these situations, the neutral zone will be reduced to 1-yard.
4. One coach may stay on the field for offense and defense. The coach on the field is not permitted to give any instructions to his players after the offense breaks the huddle or after the ball has been snapped.
5. Only head or the assistant coaches may be on the field.
6. VISITORS will always call flip of the coin starting every game.

FIELD

1. 36 yards wide
60 yards long (goal line to goal line) divided into 4 zones of 15 yards each

FIRST DOWNS

1. Each team receives four (4) downs to cross the first zone line in advance of the ball or the goal line. A loss behind a zone line followed by an advance past that same zone line DOES NOT constitute a first down.

GAME TIME

1. **ALL** games will have two (2) twenty minute halves with a **RUNNING GAME CLOCK**, and a ten-minute halftime.
2. The clock does not stop except for:
 - A. Touchdowns
 - B. PATs
 - C. Time-outs
 - D. Injuries (requires player to leave the field for one play)
 - E. Change of Possession
3. Standard clock rules apply within the **LAST 2 MINUTES** of the **1st & 2nd HALF**. In addition to the items listed above, the game clock will be stopped inside 2 minutes for the following:
 - A. Incomplete passes
 - B. Out of Bounds
 - C. Dead balls... etc.
4. A team is allowed 3 one-minute time-outs per half. One timeout will be available during each overtime.
5. A team has 30 seconds from official's signal to put the ball in play.
6. After each touchdown, extra point, or change of possession, the ball will be placed at the line of scrimmage. The **game clock** and **30 second play clock** will **start** with the **placement of the ball**.

SCORING

1. A touchdown counts 6 points.
2. Points after a touchdown (PATs). Two options:
 - A. 1-point from the 3-yard line
 - B. 2-points from the 5-yard line

Offense must declare to official **PRIOR** to huddling. Points may be made by passing or running only.
3. Safety counts 2 points.
4. Tie games will use "Sudden Death" play-off system. Flip of coin for choice of Offense or Defense (home team has the call). Four (4) downs each from the 10-yard line with extra points attempted for two iterations. On third iteration, the team that advances the ball **closest** to the goal line is the winner.

PENALTIES

All TSSAA Penalties apply, inclusive of:

- A. Off sides (3-yds)
- B. Illegal motion (3-yds)
- C. Delay of Game (3-yds)
- D. Illegal Substitution (3-yds)
- E. Holding (5-yds)
- F. Block in the back (5-yd)
- G. Pass interference (8-yds & automatic first down)
- H. Personal Foul (8-yd)
- I. Roughing the passer (8 yds)
- J. Unsportsmanlike conduct (8-yds) and may result in an ejection from the game and suspension from the next game.

In addition, the following Penalties specific to Flag Football apply:

- A. Flag Guarding (5-yds / spot foul)
- B. Diving as defined as intentional diving or jumping forward to advance the ball or avoid being de-flagged (5-yds / spot foul)
- C. Incidental Tackling which includes holding or grabbing of clothing to stop the ball carriers progress (8-yds / spot foul)
- D. Premature de-flagging (8-yds / spot foul)
- E. Run over contact (8-yds / spot foul)

BLOCKING

1. TSSAA blocking rules apply, inclusive of:
 - A. NO chop blocks outside of the neutral zone.
 - B. No Pick plays
 - C. No crack back blocks
2. Offensive players may extend arms forward with palms open to make contact with defensive player's body. PLAYERS are not permitted to "**run over or through**" another player in an effort to block or avoid being blocked.

KICK OFFS AND PUNTING

1. Kick-offs will not be allowed. Play begins at the start of 1st half, 2nd half, and following touchdowns / safeties by spotting the ball on the 15-yard line of the offensive team.
2. Live punting will not be allowed. After completion of third down, offensive coaches must declare whether they will punt or go for it on 4th down. Play clock is enforced.
3. If a team elects to PUNT, the ball will be spotted on the second zone line in advance of the ball unless the team is inside the 30-yard line of the defensive team. In this situation, the ball will be spotted on the next zone line in advance of the ball. **No punt shall be placed inside the 15 yard line.**
4. Field goals are not allowed.

FUMBLES / INTERCEPTIONS

1. Fumbles on the initial snap from the center to quarterback, whether under center or in the shotgun, may be picked up and advanced by the quarterback **ONLY**. The play will be ruled dead at the point of contact if the ball is touched by any player other than the quarterback or kicked by the quarterback **after** the initial snap is dropped / fumbled.
2. All other fumbles and dropped laterals are dead at the spot where the ball touches the ground. The offensive team retains possession unless the fumble occurs on 4th down.
3. Interceptions may be advanced by the defense if intercepted.

EQUIPMENT

1. Every player must wear a GYAA issued belt with flags. If a player loses his flag prior to gaining possession of the ball, he will be considered down where he takes possession.
2. Flags must remain on a player's hips / waist in the proper positions. Intentionally twisting / rotating the flags or flag belt is NOT permitted.
3. All flags must be the GYAA team issued length and width. Anything else is strictly prohibited and if used may result in forfeiture of the game. Flags from a previous season are NOT permitted.
4. **K-2** footballs are the official GYAA game balls and must be used...no exceptions.
5. Shirt-tails must be completely tucked in. No clothing is permitted to cover the flag or flag belt.

6. Mouth pieces must be worn at all times during practice and games...**no exceptions.**

OFFENSIVE RULES (exceptions to TSSAA Rules)

1. Ball carrier must run to avoid the defender. Deliberate **RUN OVER** by ball carrier is illegal. Ball carrier is **not** permitted to stiff-arm or flag guard.
2. No illegal substitutions. Every player must report to the huddle before a play can be run.
3. Ball carrier is not permitted to dive or jump forward to avoid being de-flagged or advance the ball.
4. When the ball is snapped, ball must leave center's hands immediately. **NO FUMBLEROOSKI PLAYS ARE ALLOWED.**

DEFENSIVE RULES (exceptions to TSSAA Rules)

1. The area between the offensive line (actual line of scrimmage) and the defensive line is called the neutral zone. There will be a 3-yard neutral zone unless one of the two following situations exists: (1) the offensive team is inside the 15-yard line, or (2) it is fourth down with 1 yard or less to go. In these situations, the neutral zone will be reduced to 1-yard.
2. Off sides will immediately be called if a defensive player breaks the plane of the football (line of scrimmage) before the snap of the ball. A defensive player that "jumps" into the neutral zone (the 1- or 3-yard buffer) but returns to an onside position without breaking the line of scrimmage before the snap of the ball is not considered off sides.
3. Defensive player who removes a flag from the ball carrier should immediately hold the flag above his head and drop the flag as close to the point of de-flagging as possible. Purposely de-flagging a player prior to his having the ball is illegal.
4. Defensive players are not permitted to hold or grasp ball carrier when in the act of removing the flag. This is considered incidental tackling and will result in a penalty.
5. Play is dead and the ball carrier is considered down when he is de-flagged regardless of the manner in which it occurs. The ball will be spotted where it was at the time of de-flagging.
6. Defensive players rushing a passer should be coached to go for the passer's flag. The defensive player cannot jump to bat down or block a pass which is leaving the passer's hand behind the line of scrimmage. However, rushers are permitted to raise their arms in an effort to distract the quarterback as long as they **DO NOT** leave their feet (jump) **AND** avoid contact with the passer.
7. Pass defenders must go for the ball (interception) or the receiver's flag **after** reception. The defender cannot intentionally faceguard to interfere with reception.

GENERAL GYAA RULES

1. **Head Coach** is responsible for actions of players and spectators. Team can be penalized for their actions.
2. **OFFICIALS' CALLS ARE FINAL. NO PROTESTS.**
3. **All** uniforms must be GYAA issued or approved.
4. Coaches and parents should address any problems to your Commissioner.
5. Football cleats should be worn. **NO METAL** cleats allowed.
6. Nothing may be worn that may cause injury to another player.
7. Taunting by players, coaches or fans ***WILL NOT BE TOLERATED.***
8. Consistent belligerent behavior by any player will lead to disqualification from game and possibly the season.
9. First Game of the Day
 - A. Home team is listed first on the schedule.
 - B. Home team is responsible for setting up orange end zone markers.
 - C. Home team is responsible for keeping the down and first down maker.
 - D. Home team sits on the sideline closest to the Concession Stand (west side).
10. The visiting team of last game of the day is responsible for putting away all equipment (down makers, scoreboard, end zone markers, etc.).
11. Sportsmanship, skill development and player communication by the Coaches and Assistant Coaches are the most important factors of the program. Any ejection of Coach, Assistant Coach, spectator or player will result in next game suspension.
12. All practices must be at Germanton Parks Facilities approved by the Board or Commissioners.
13. Teams are not permitted to scrimmage teams outside of GYAA unless approved by a GYAA Director.

PRACTICE TIME POLICY

1. Teams may practice for 5 days a week for the first two weeks of the season with a maximum of 8 hours a week. No weekend practice after the first two weeks. Thereafter, teams will be allowed up to 4 hours of practice time per week. A Wednesday game is not considered part of the 4 hours. Practice infractions will result in ½ game suspension for the Head coach.
2. Players shall demonstrate proper behavior and respect for the coaching staff and other players during practices and games. Unruly, disruptive, or absent (from practices and games) players may be docked playing time as determined by the head coach and approved by the director.
3. All players must play a minimum of 10 plays.
4. When the city closes the fields for any reason, teams are not allowed to practice anywhere
5. Players can be docked playing time as per rule 2 above. Absence for illness, travel or other reasons may be subject to docking of time by the head coach. Any reduction in playing time must be communicated to the league commissioner, in writing, prior to the game.
6. Withholding playing time by a head coach without approved reason may result in disciplinary action.

INFRACTIONS

Any Coach, player or parent guilty of a GYAA rule violation shall be subject to the following sanctions:

- A. First infraction will result in a verbal warning.
- B. Second infraction will result in a mandatory 1 game suspension.
- C. Third infraction will result in expulsion from the league.

NOTE

ALTHOUGH WE BELIEVE IN ALLOWING COACHES WIDE LATITUDE IN COACHING THEIR TEAM, WE ALSO ENCOURAGE THE COACHES, PLAYERS AND THE PARENTS TO RECOGNIZE THAT OUR PRIMARY OBJECTIVE IS SERVICE TO THE YOUTH OF GERMANTOWN AND THAT RULES ARE DESIGNED TO MEET THOSE NEEDS. AS A RESULT, RULES WILL BE STRICTLY ENFORCED.