

Permian Basin Youth Football League

# 2017 Football Rulebook



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# Chapter 1

## **Pre-Game Rules - Part 1**

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### **Part 1.1a – Volunteer Dress Code**

### **Part 1.1b – Player Dress Code**

### **Part 1.1c – Breast Cancer Awareness Dress Code**



## **Chapter 1.1a – Volunteer Dress Code**

### **Article 1. Coaches, Team Moms, & All Sideline Volunteers**

#### **A. All volunteers must be 18 years of age or older.**

- a. A team may present, to the board, a younger age kid to be a Jr. Volunteer. This allowance will be a case-by-case scenario.
- B. Any volunteer that is on the sideline during the game must do their best to look professional at all times.
  - a. Must **visibly** wear ID badges at all times. i.e.-Lanyard
  - b. All colors must fall within that team's color scheme.
  - c. All volunteers must wear a Polo Style shirt.
  - d. The Head Coach's shirt must be opposite color of all other volunteers. Remaining volunteer's shirt must match each other's in color. Though it is not required we ask all volunteers to have their shirts tucked in.
  - e. All volunteer's bottoms need to match with each other's and need to be in one of the following categories; Jean Shorts, Cargo Jean Shorts, Slack Shorts, Cargo Shorts, Slacks, or Jeans. No shorts are allowed to be shorter than 4" from the top of the knee cap. All bottoms need to be worn around waist not sagging. No basketball shorts are allowed.
  - f. Hats and Visors are allowed but must face in forward direction at all times. No do-rags or bandanas.
  - g. All shoes must be close toed. Bare Feet, Flip-Flops, Croc's, Slippers are not allowed.
  - h. All tattoos that promote violence, gang activity, bad language, or are considered tasteless must be covered at all times.
  - i. No whistles are allowed to be worn by volunteers on game day.

- j. Cold weather clothes are acceptable but still need to be within team's color scheme if possible. If that is not an option the clothes need to fall into a neutral color of black, white, grey, or tan.

## **Chapter 1.1b – Player Dress Code**

### **Article 1 – Tackle Player Dress Code**

- A. All player's equipment must fall within the set standards of PBYFL approved Official Equipment. i.e. – helmet, shoulder pads
  - a. Arm pads, gloves, spats, hand warmers, and towels are allowed to be worn by all players but need to follow the team's color scheme or one of the neutral colors.
  - b. Visor are allowed but must be equal to or less than 20% tint and are not allowed to be mirrored or holographic.
  - c. Metal cleats, jewelry, do-rags, bandanas are not allowed.
  - d. No adhesive material, paint, grease or any other slippery substance is allowed to be applied to equipment of or on their person or clothing.
- B. All items from head to toe must match within the team color scheme or be a neutral color of black, white, tan, or grey.
  - a. Socks need to fall within the team's color scheme.
  - b. Cold weather clothes are allowed but must fall within the team's color scheme or one of the neutral colors of black, white, tan, or grey.
    - i. Hoodies under the uniforms are not allowed.
- C. Face paint is allowed but cannot be considered to be tasteless or offensive toward the other team.
- D. Hair outside the helmet is acceptable but a player will not be penalized for grabbing it. i.e. – making a tackle.

# **Chapter 1.1b – Player Dress Code**

## **Article 2. Flag Player Dress Code**

- A. All items from head to toe must match within the team color scheme or be a neutral color of black, white, tan, or grey.
  - a. All clothing items must not cause interference with the player's flags.
  - b. Skull Caps (padded cap) are acceptable in team's color scheme or approved neutral color.
  - c. Socks must fall within the team's color scheme.
  - d. Face paint is allowed but cannot be considered to be tasteless or offensive toward the other team.
  - e. Metal cleats, jewelry, do-rags, bandanas are not allowed.
  - f. No adhesive material, paint, grease or any other slippery substance is allowed to be applied to equipment of on their person or clothing.
  - g. Cold weather clothes are allowed but must fall within the team's color scheme or one of the neutral colors of black, white, tan, or grey.

# **Chapter 1.1c – Breast Cancer Awareness Dress Code**

## **Article 1. Volunteer Dress Code**

- A. During the month of October, Breast Cancer Awareness gear will be allowed to be worn in a professional manner.
  - a. All of coach's standard attire will apply and cannot be altered.
  - b. BCA items can be added to the original attire. i.e. – shoe laces, arm bands, stickers, pins, belts, undershirts, etc.....

## **Article 2. Player Dress Code**

- A. During the month of October, Breast Cancer Awareness gear will be allowed to be worn.
  - a. All player's must wear their original uniforms with no alterations to the jersey, belt, or pants.
  - b. Players socks are allowed to be changed to a camo pink or solid pink sock,
  - c. Gloves, shoe laces, arm bands, mouth pieces, 1-helmet sticker on back of helmet, hand warmer, towels are all acceptable items to change to BCA gear and these items can be done on an individual basis.

# Chapter 1

## Pre-Game Preparation – Part 1.2

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## Chapter 1.2 – Pre-Game Preparation

### **Article 1. Footballs**

- A. Game Day footballs need to be Wilson Composite or Wilson Leather style and must be the size for your age group.



<b>AGE GROUP</b>	<b>FOOTBALL SIZE</b>
Flag (4-5)	Wilson K2
Midget (6-7)	Wilson K2
Rookie (8-9)	Wilson K2
Junior (10-11)	Wilson TDJ

- a. If a referee sees that a team is using any football besides a Wilson Composite or Wilson Leather style football on game days, the Head Referee will give the head coach a warning. Upon 2<sup>nd</sup> violation in that game and every violation going forward for that game, that team will be given a 15-yard unsportsmanlike penalty per occurrence.
- B. All game day balls must be properly inflated.
  - a. If a referee determines that a ball is clearly underinflated, the referee will give the head coach a warning. Upon 2<sup>nd</sup> violation in that game and every violation going forward for that game, that team will be given a 15-yard unsportsmanlike penalty per occurrence.

**Article 2. Flag Football Flag Specifications**

- A. A legal flag set is either the Velcro belt or the jersey with Velcro sewn onto both sides of the jersey.
  - a. Flags need to meet a minimum length of 12” x 2” in width.
  - b. Flags material are Vinyl coated polyester.
  - c. Flags must be contrasting color to the pants/shorts.
  - d. Flag color requirement can be overridden if head coach of opposite team agrees to it prior to the game with the Head Referee.

# Chapter 1

## Pre-Game Player Verification – Part 1.3



## Chapter 1.3 – Pre-Game Player Verification

### Article 1. Before Game Time

- A. Each team shall line their players up face to face near the 50-yard line.
  - a. Helmets must be off.
  - b. Players do not need to “trash talk” to the opposing team.  
(This is where assistant coaches will help).
- B. Head Coaches will then hand each other their child profile binders for their team.
  - a. With the profile binders the head coaches will call each other team’s out 1 by 1 to verify players.
  - b. Any disagreement in a player verification will need to consult a board member. If a board member is not present or available, the coaches will need to consult with the Head Referee.
    - i. If a solution cannot be made, then the coach with an issue will need to photograph the player in question and present to board.
      - 1. The game will then continue on as scheduled.
      - 2. Head referee will mark on scoring card that the game has a grievance filed before the start of it.
    - ii. If determination finds the player was ineligible, the team with the ineligible player will forfeit and the head coach’s punishment will be determined via the board.  
This is all on a case by case scenario.
- C. If any head coach refuses to certify their team, the team that refused to certify will forfeit that game and the head coach’s punishment will be determined via the board.
  - a. In case of this occurrence, a board member or head referee must be involved on the field during the dispute.

## **Chapter 1.3 – Pre-Game Player Verification**

- D. During the verification process the head referee must verify both team's player equipment to make sure all pertains to be within the set guidelines of the rulebook. i.e. – cleats, visors, knee pads
  - a. During the course of the game if a referee sees a player with illegal equipment, that player will be removed till issue is resolved.
- E. During the verification process the head referee must verify that all sideline members are badged volunteers.
  - a. Only exception to this is if that person is helping to run the chains or down marker.

## **Article 2. Late Player Verification**

- A. A player is eligible to be verified up until the start of the 2<sup>nd</sup> quarter. (Only exception is if opposing head coach allows it).
  - a. If a player shows up late and the game is in process of being played, the head coach must inform the head referee of the issue.
    - i. Once the referee knows of the issue, the referee will use their discretion of the next allowable moment in order to bring both head coaches out to verify that player.
      - 1. The team trying to verify a player can use a time-out in order to take the time for player verification.

# Chapter 2

## Game Time Rules – Part 2.1

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# **Chapter 2.1 – Game Time Rules**

## **Article 1. Rosters**

### A. Game Time Eligible Players

- a. Tackle on field Maximum: 11.**
- b. Tackle on field Minimum: 9.**
- c. Flag on field Maximum: 9.**
- d. Flag on field Minimum: 7.**
- e. The opposing team does not have to reduce their on-field number of players to match a team that has less than the on-field maximum.
- f. If a team drops below the on-field player minimum than that team will forfeit the remainder of the game.
  - i. If both coaches agree, both teams can drop down to a set number and player the rest of the game in a “live scrimmage” situation.

### B. Game Start Time

- a. Games will be allowed a 15-minute grace period in order to allow a team to reach the minimum number of on field players.
  - i. If a team has the minimum number of on field players, then the game will start as scheduled with no grace period.
  - ii. Grace period is only acceptable to be used if it is within 15-minutes of the scheduled game start time. For example: If a team’s game start time is scheduled to be 4:30pm then the max allowable grace period would be 4:45pm.
  - iii. No grace period allowed if games are running behind set schedule.
  - iv. A referee is not allowed to advance a games start time unless both team’s head coaches agree.

## **Chapter 2.1 – Game Time Rules**

### **C. Coin Flip**

- a. Teams will be allowed up to 5 Team Captains for the coin flip. A team's coach must be present with captains at coin toss.

### **D. Down Marker & Chains**

- a. Volunteer must be 18 years old. If not 18 opposite head coach must agree with this.
- b. Home team is responsible for the people to run this.
  - i. If home team cannot find 3 volunteers, then the away team will be asked to do so.
- c. While running the chains or down marker, these people are not allowed to be on their phones, radios, or any other communication device. i.e. text, phone call, email, internet
  - i. If referee has to keep asking for help from the volunteer, via paying attention or cell phone, then the referee will stop play and ask to replace the volunteer.
- d. If during the game one of the volunteers has to step away, then a sideline badged volunteer will need to take over their responsibility until return or replacement is found.

### **E. Sideline Personnel**

- a. Only members of the team, badged volunteers, cheerleaders, board members, and down marker / chain are allowed on the sideline.
  - i. Members of team have to be a team member inside of the team profile binder.
  - ii. Badged volunteers cannot exceed the set limit of 10 on the sideline.
    1. There is allowed a plus on members on a sideline that can overpass this rule if it is one of the following: Org's Athletic Director, Board Member, Referee, or Cheer Athletic Director

## **Chapter 2.1 – Game Time Rules**

2. Cheerleaders and cheer coaches do not go toward the limit of 10 (Inside the box).
  - iii. If it is determined that a team has more members on the sideline than what is listed above, the referee should give the team 1 warning. After that warning the team can be flagged 15-yard Sideline Conduct for each play occurrence the overage happens.
    1. After 2 flagged offenses, ejections will occur.
  - iv. 1 photographer is allowed per sideline but needs to maintain a 10-yard clearance away from the farthest edge of the sideline along with staying between the back of end-zone through the 25-yard line. i.e. – not allowed between the 25 to 25 yard lines.
    1. No unmanned videos or cameras are allowed.
- F. Suspended Players, Badged Volunteers, and Parents
- a. Suspended players may remain on the sideline unless that player continues bad behavior, which at that point the head referee may ask that player to go to the stands.
  - b. A suspended volunteer may remain in the stands as long as that volunteer can behave. If the referee hears that volunteer trying to coach, or if bad behavior persists then the referee can ask for site removal.
    - i. If volunteer refuses to leave the head referee will issue up to 3, 15-yard sideline misconduct penalties before a team forfeit may occur.
  - c. If a parent (from the stands) is asked to leave due to bad behavior, it is up to that team's head coach / athletic director to enforce the action.
    - i. If the parent refuses to leave the team will face up to 3, 15-yard sideline misconduct penalties before a team forfeit may occur.



## **Chapter 2.1 – Game Time Rules**

- d. For any player, volunteer, or parent that gets removed from a game that person will face other disciplinary action that will be passed down from the board. i.e. – extra game suspensions

### G. Blood Rule

- a. If a referee discovers a player bleeding has an open wound and/or any excessive amount of blood on the uniform, then that player will be removed from the game until the issue is fixed.
  - i. If this occurs and it puts that team below the minimum on field amount of players, then the referee will give that team up to 5-minutes to fix the issue. If it is not fixed within the 5-minute timeframe that team will forfeit.
    - 1. If this occurrence happens more than 2 times within a 1 game span, then on the 3<sup>rd</sup> time that team will forfeit.

# Chapter 2

## Conduct – Part 2.2

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# **Chapter 2.2 – Conduct**

## **Article 1. Field Conduct**

### **A. Tobacco, Alcohol, and Illegal Substances**

- a. No PBYFL volunteer, spectator, or participant are allowed to use tobacco, alcohol, or any illegal substance during any PBYFL organized event. If this occurs, it will lead to automatic ejection.

### **B. Communication Devices**

- a. All volunteers on the sideline must not be on the cell phone while on the sideline. If a person must answer a call that person must do so outside the gated / marked off playing area.
- b. No coach to player devices are allowed.
- c. Coach to coach headsets are allowed.
- d. Tablets are allowed but cannot be used to communicate through email or text group.

### **C. Drones**

- a. Drones will not be allowed at any game. This is a UIL rule for safety of players and officials.

### **D. Ejections**

- a. No board member has the authority to overturn a call, or to make an ejection of any player during the game.
  - i. These events can only happen by a head referee of that game.
    1. Side judges and all other officials cannot eject a player. They will give their grievance to the head referee and he will make the ejection.
- b. A board member does have the authority to remove a badged volunteer from the game.
  - i. This may only occur for the following offenses: (all other ejections must come via the head referee) bad language, and fighting.

# Chapter 3

## **Tackle Football Rules**

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## **Chapter 3 – Tackle Football Rules**

### **All rules used will be following the 2016 edition TEXAS UIL RULEBOOK**

**\*\*Any rule within the Tackle portion of this rulebook will take precedence to the UIL RULEBOOK \*\***

#### **Article 1. The Clock**

##### **A. Quarters**

- a. Midget and Rookies will have 4 – 10 minute quarters. (Regulation Play)
- b. Juniors will have 4 – 12 minute quarters. (Regulation Play)
- c. The clock will always be ran by an official on the field. No scoreboard clocks will be the kept game time.

##### **B. In between quarters & halftime.**

- a. 1 minute will be given between quarters.
- b. 10 minutes will be given between the 1<sup>st</sup> and 2<sup>nd</sup> half.

#### **Article 2. Play Clock / Game Clock**

- A. Play Clock
  - a. Midgets will have a 35 second play clock.
  - b. Rookies and Junior will have a 25 second play clock.
- B. Game Clock stops / starts
  - a. To complete a penalty
  - b. Inadverted whistle
  - c. At referee's discretion
- C. Game Clock starts/stops on the ball
  - a. Timeout be either team
  - b. Change of possession
  - c. End of a period
  - d. **Last 2 minutes of a half** – Incomplete pass / Out of bounds.

## **Chapter 3 – Tackle Football Rules**

- D. Game Clock does not run
  - a. The game clock shall not run during a XP attempt.

### **Article 3. Inadvertent whistle**

- A. In case of this the team with the ball has 2 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.

### **Article 4. Mercy Rule**

- A. Once the game has a 30+ point difference the clock will remain running unless the following occur:
  - a. The losing team takes a timeout.
  - b. An injury occurs on the field (once player is up and to sideline the clock will restart).
  - c. A referee deems fit for clock to stop.
- B. Once the game has reached a 50 point difference in margin of score the game will end.

### **C. Article 5. Extra Points**

A. Extra point values are as follows:

- a. Run – 1 point
- b. Backward Pass – 1 point
- c. Forward Pass – 2 point
- d. Kicking of extra point – 2 point

### **Article 6. Overtime**

A. Coin Toss will occur

- a. Winner of coin toss chooses offense or defense
- b. The loser of toss will choose which end to defend/advance

## **Chapter 3 – Tackle Football Rules**

B. 1<sup>st</sup> Overtime

- a. Ball is placed on the 25-yard line.

C. 2<sup>nd</sup> Overtime

- a. Ball is placed on the 25-yard line.

D. 3<sup>rd</sup> Overtime & going forward

- a. Ball is placed on the 25-yard line.
- b. Starting in this overtime teams must throw for the extra point conversion
- c. During the regular season, if both teams are tied after 3 overtimes the game will end in a tie.

E. Regardless if the offense scores or not, the team that was on defense first, now become the offense; and the team that was on offense, now is on defense and the procedure is repeated. If neither team scores, or both score the same amount of points, the process is repeated. The team that scores the most points wins.

F. Fumble recoveries and interceptions cannot be advanced in overtime. If one occurs, it ends the offensive series.

**G. Only 1-timeout is given to each team per overtime.**

## **Article 7. Offense and Defense**

### **A. Offense**

- a. There will be no blocking below the waist at all. A block below the waist will result in a 15yd unsportsmanlike penalty. If a player gets two of these penalties in one game the player will be ejected for the remainder of the game and suspended for the first half of the next game.
- b. Offensive Lineman Handoffs are not allowed in PBYFL.
- c. The offensive team may have no more than 4-players in the backfield or they will be penalized.

### **B. Defense**

#### ***C. Rookies & Juniors***

- a. ALL DEFENSIVE FORMATIONS are legal except in punt situations.

## **Chapter 3 – Tackle Football Rules**

- i. In punt situations, a defense is not eligible to have a nose guard or any defender in the “A” gaps due to protection over the deep snapper. Linebacker can be over center 3-yards off the line of scrimmage.

### ***D. Midgets ONLY***

- a. The defense CANNOT be lined up directly over the center at the snap of the ball. If directly over the center, the LB must be at least 3-yards off the ball.
- b. Center/Guard – The defense cannot be lined up in the “A” gaps at the snap of the ball. (Gaps considered to be 1-yard in each direction from the center of the ball.)
- c. The defense may have a maximum of 5 players inside the box (offensive tackle to tackle) at the snap of the ball.



- d. All other defensive players inside the box must be 3-yards off of the ball.
- e. There is no required minimum distance between a defensive line and offensive line player as long as that defensive player is not in the neutral zone.
- f. Any violation of the above the rules in Section D: Midgets will result in an Illegal formation penalty.
- g. Punts**
  - i. The offensive team has to declare to the referee and to the opposing coach whether they are punting or they are going for it. Once this is declared a team cannot change their mind, unless either team takes a time-out.
  - ii. Once a punt is declared it has to take place and cannot be faked.
    - 1. The coach will then place all their players in their correct spots.
    - 2. Once they are set the coaches will leave the field.
    - 3. The referee will be beside the QB/Punter.

## **Chapter 3 – Tackle Football Rules**

### ***Midgets ONLY continued....***

- 1. The QB/Punter will declare their cadence and once that player grabs the ball the play becomes live for everyone.
- 2. The QB/Punter can then either throw the ball or punt the ball.
- 3. Once the play has become live, standard punt rules take effect.
- 4. QUICK KICK'S ARE NOT ALLOWED.**

### ***B. Midget Coaches (gameplay)***

- a. One eligible badged volunteer, coach, from each team may be permitted on the field.

- i. Once the snap occurs, both coaches must back away outside the team's formation (formation defined as - no players to the left, right, or behind the coach.)
- ii. Any coach not outside the team's formation or in the Referee's opinion will be flagged for interference (Defense flagged - Automatic 1<sup>st</sup> down for offense) (Offense flagged – Loss of Down)
- iii. Coaches may not physically assist a player while the play is in motion. If occurs, the coach will be flagged for interference. (Defense flagged - Automatic 1<sup>st</sup> down for offense) (Offense flagged – Loss of Down).
- iv. If any coach is caught yelling at the opposing team's players in order to confuse them, the coach will be flagged for interference. (Defense flagged - Automatic 1<sup>st</sup> down for offense) (Offense flagged – Loss of Down)

## **Chapter 3 – Tackle Football Rules**

### **Article 8. Kickoffs**

- A. Standard UIL rules apply to all kickoffs except for the following:
  - a. All age divisions will kick off from the 40-yard line, unless a penalty has changed it.
  - b. In midgets, 2 coaches are allowed on the field for setting players up. Once this is complete, both coaches must leave the field.

### **Article 9. Punts**

- A. Rookies through Juniors
  - a. UIL Rules are followed.
  - b. Quick Kicks are allowed.

B. Midgets

- a. Punt rules will be followed as stated in Midget Section: Punts.

**Article 10: Helmets Off**

- A. If a player's helmet comes off they are allowed to put it back on and stay in the game.
- B. If ball carriers helmet comes off during the play, the play will be whistled dead instantly.
- C. If a non-ball carriers helmet comes off during the play, the play will continue but that player does not need to continue the play beyond their immediate action.

# Chapter 4

## Flag Football Rules

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## **Chapter 4 – Flag Football Rules**

**All rules used will be following the 2016 edition TEXAS UIL RULEBOOK**

**\*\*Any rule within the Tackle portion of this rulebook will take precedence to the UIL RULEBOOK \*\***

### **Article 1. Quarters**

- A. Flag – Will have 4 – 10 minute quarters. (Regulation Play)
- B. In between quarters & halftime.
  - c. 1 minute will be given between quarters.
  - d. 10 minutes will be given between the 1<sup>st</sup> and 2<sup>nd</sup> half.

## **Article 2. Play Clock / Game Clock**

- A. Play Clock
  - b. Flag will have a 45 second play clock.
- B. Game Clock stops / starts
  - a. To complete a penalty
  - b. Inadverted whistle
  - c. At referee's discretion
- C. Game Clock starts/stops on the ball
  - a. Timeout be either team
  - b. Change of possession
  - c. End of a period
  - d. **Last 2 minutes of a half** – Incomplete pass / Out of bounds.
- D. Game Clock does not run
  - a. The game clock shall not run during a XP attempt.

## **Chapter 4 – Flag Football Rules**

### **Article 3: Inadvertent Whistle**

- A. In case of this the team with the ball has 2 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.

### **Article 4. Mercy Rule**

- A. Once the game has a 30+ point difference the clock will remain running unless the following occur:
  - a. The losing team takes a timeout.
  - b. An injury occurs on the field (once player is up and to sideline the clock will restart).
  - c. A referee deems fit for clock to stop.

- B. Once the game has reached a 50 point difference in margin of score the game will end.

### **Article 5. Extra Points**

- A. Extra point values are as follows:
  - a. Run – 1 point
  - b. Backward Pass – 1 point
  - c. Forward Pass – 2 point
  - d. Kicking of extra point – 2 point

### **Article 6. Defensive Scores**

- A. Interceptions by the defense can be returned for a touchdown during regulation play only.
- B. THERE ARE NO FUMBLES IN FLAG.

## **Chapter 4 – Flag Football Rules**

### **Article 7. Overtime**

- A. Coin Toss will occur
  - a. Winner of coin toss chooses offense or defense
  - b. The loser of toss will choose which end to defend/advance
- B. 1<sup>st</sup> Overtime
  - a. Ball is placed on the 20-yard line.
- C. 2<sup>nd</sup> Overtime
  - a. Ball is placed on the 20-yard line.
- D. 3<sup>rd</sup> Overtime & going forward
  - a. Ball is placed on the 20-yard line.
  - b. Starting in this overtime teams must throw for the extra point conversion
  - c. During the regular season, if both teams are tied after 3 overtimes the game will end in a tie.

- E. Regardless if the offense scores or not, the team that was on defense first, now become the offense; and the team that was on offense, now is on defense and the procedure is repeated. If neither team scores, or both score the same amount of points, the process is repeated. The team that scores the most points wins.
- F. Interceptions cannot be advanced in overtime. If one occurs, it ends the offensive series.
- G. **Only 1-timeout is given to each team per overtime.**

## **Article 8. Offensive Plays**

### A. Sneaks

- a. Quarterback sneaks are not allowed if the QB takes the snap from under the center. The QB must start the play in shotgun formation, 2 yards behind center, in order to run through the “A” gaps.
  - i. A QB under center can run to any other spot.

## **Chapter 4 – Flag Football Rules**

- b. Center sneaks are not allowed in PBYFL.

### B. Center

- a. The center can snap the ball one of the following ways:
  - i. Traditional Style – through the legs of center.
  - ii. Sideways Style – Center can hand it off or toss it to the Quarterback.

### C. Offensive Formations

- a. The offensive team may have no more than 4-players in the backfield or they will be penalized.

### D. Pre-snap movement

- a. Offensive Audible (change of play) is allowed but all players must become set, before the snap or a player starts their motion sequence (motion sequence – must be run parallel to the line of scrimmage.)

#### E. Ball Carrier

- a. The ball carrier is not allowed to stiff-arm to any part of the defender's body, if it is done it will be penalized with Flag Guarding – 10 yards from Line of Scrimmage.
- b. The ball carrier cannot use their arms or hands to protect their flags from being pulled. If it is done it will be penalized with Flag Guarding – 10 yards from Line of Scrimmage.
- c. The ball carrier is not allowed to spin or hurdle in order to prevent a defender from pulling their flags. If it is done it will be penalized with Flag Guarding – 10 yards from Line of Scrimmage.
- d. The ball carrier is not allowed to dive for a first down, touchdown, or any other reason.
  - i. This rule does not apply to diving in order to make a catch.

## Chapter 4 – Flag Football Rules

- e. The ball carrier is not allowed to intentionally make contact with a defender. i.e. – lowering shoulder. If it is done it will be penalized with Charging – 5 yards from Line of Scrimmage.

#### F. Fumbles

- a. There are **NO FUMBLES** in flag.

#### G. Muffs

- a. QB Under Center
  - i. Ball is dead where the ball hit the ground.
- b. QB Shot Gun
  - i. In shot gun formation, muff snaps or bad snaps are allowed to be picked up and advanced from any player in the backfield.



1. If a defender gets too close to the offensive players before the muff ball is picked up, the referee can whistle the play dead. – Due to safety concerns for the players. \*\* This is a judgement call from the referee and will vary. \*\*

## **H. Punts**

- a. The offensive team has to declare to the referee and to the opposing coach whether they are punting or they are going for it. Once this is declared a team cannot change their mind, unless either team takes a time-out.
- b. The Flag Punt is a free play. All players but the punter / punt returner must take a knee.
  - i. A flag punt is a thrown or punted ball and therefore no fake punts are allowed.
- c. Once players are placed the Coaches must leave the field.
- d. The referee will pick up the ball, the punter/thrower will call their cadence and then take possession of the ball.

## **Chapter 4 – Flag Football Rules**

- i. If the ball is muffed, it may be picked up and thrown / punted.
- ii. No quick kicks are allowed in flag.

## **I. Punt Returns**

- a. There are no Punt Returns in Flag.
- b. Up to 2 players for the defense may stand back in order off the Line of Scrimmage to receive the punt.
  - i. Where the ball is caught, stops rolling, or goes out of bounds is where the ball is declared dead.
  - ii. If the ball rolls into the end-zone it is declared a touchback and will come to the 20-yard line.

## **Article 9. Downs and Lines**

- a. Each team will have 4 consecutive downs from the point on the field they take possession to advance the ball over the next zone line or to score a touchdown. First downs occur when the nose of the football touches or passes a zone.
- b. Once a team touches or passes the next zone line, it is 1<sup>st</sup> down and Zone to Go. If a team fails to reach the next zone, that team loses possession. The opposing team will then take possession at that point where the ball is declared dead and begin its series 1<sup>st</sup> down and Zone to Go.
  - i. When an offensive team is within the last zone and has a 1<sup>st</sup> down, it will be 1<sup>st</sup> and Goal.
- c. The referee will mark the ball according to UIL rules.
- d. Once a team gains possession of the ball, they cannot gain a 1<sup>st</sup> down by crossing a zone line they were pushed back over by penalty or any other reason.

## **Chapter 4 – Flag Football Rules**

### **Article 10. Defensive Formations**

- a. Center
  - i. The Defense cannot be lined up directly over the center, or in the “A” Gaps (1 yard in either direction of ball) once the ball is snapped.
    1. If a defender is over the center, they must be 3 yards back off of the line of scrimmage.
- b. In the box
  - i. The defense may have a maximum of 5 players in the box (Offensive Tackle to Tackle). All other players in the box must be 3 yards off the line of scrimmage.
- c. Outside the box

- i. Any defensive player outside the box may be on the line of scrimmage.
- d. Violation
  - i. Any defensive that violates above flag rules pertaining to center, in the box, and outside the box will be flagged for illegal formation – 5 yards from line of scrimmage.

### **Article 11. Stripping**

- A. Stripping of the ball is not allowed in flag. Any occurrence of this that is seen to be done on purpose by the referee will be penalized with a personnel foul – 15 yards from Line of Scrimmage.

## **Chapter 4 – Flag Football Rules**

### **Article 12. Flagging**

- A. Tackling is prohibited and penalize with a personnel foul – 15 yards from the line of scrimmage.
- B. The ball carrier is considered down if one of the following occurs:
  - a. Knee / Fall Down
  - b. Flags are removed by a defender
  - c. Flags accidentally fall off
- C. A defender cannot push the ball carrier out of bounds. Penalized with a personnel foul – 15 yards.
- D. A **PLAYER CANNOT DIVE TO GET A FLAG**, if this is done it is penalized with Illegal Procedure – 5 yards from line of scrimmage.

## **Article 13. Coaches on the Field**

- A. Two eligible volunteer coaches from each team may be permitted on the field.
  - a. Once the snap occurs, both coaches must back away outside the team's formation (formation defined as - no players to the left, right, or behind the coach.)
  - b. Any coach not outside the team's formation or in the Referee's opinion will be flagged for interference (Defense flagged - Automatic 1<sup>st</sup> down for offense) (Offense flagged – Loss of Down)
  - c. Coaches may not physically assist a player while the play is in motion. If occurs, the coach will be flagged for interference. (Defense flagged - Automatic 1<sup>st</sup> down for offense) (Offense flagged – Loss of Down).
  - d. Coaches cannot run down the field during the play. They must follow behind the play as to stay out of the play. Any coach that runs down field with the play or in the Referee's opinion was determined to have entered into the field of play during a long run will be flagged for interference (Defense flagged - Automatic 1<sup>st</sup> down for offense) (Offense flagged – Loss of Down)
  - e. If any coach is caught yelling at the opposing team's players in order to confuse them, the coach will be flagged for interference. (Defense flagged - Automatic 1<sup>st</sup> down for offense) (Offense flagged – Loss of Down)

## **Article 14. Kickoffs, Punts, and Punt Returns**

- A. Kickoffs
  - a. There are NO kickoffs in flag. The ball is placed on the 20-yard line; 1<sup>st</sup> and Zone to Go.

## B. Punts

- a. Refer to Article 8 Section H under Offensive Formations in the Flag Rules Portion of this rulebook. *(pg. 32-33)*

## C. Punt Returns

- a. Refer to Article 8 Section I under Offensive Formations in the Flag Rules Portion of this rulebook. *(pg. 33)*

## **Article 15. Flags and Flag Belts**

No velcro flags allowed. The belts flag belts with the snap in connectors like used with USA Football will be used for all teams.

