



2024 PBYFL FOOTBALL RULEBOOK

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Chapter 1 – Part 1 - Volunteer Dress Code

Coaches, Team Moms, and All Sideline Volunteers

- A. All Volunteers must be 18 years of age or older.
- B. A team may present to the board a Jr Volunteer nominee. This will be approved on a case-by-case scenario.
- C. Any Volunteer that is on the sideline during the game must look professional.
 - a. Must **Visibly** wear ID badges at all times.
 - b. All colors must fall within the teams color scheme.
 - c. Matching T-Shirts, Dri-Fit Shirts, Polos, and pullovers are acceptable for sideline personnel.
 - d. The Head Coaches shirt must be an opposite color of the rest of the sideline personnel.
 - 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 the waist not sagging. No basketball shorts are allowed.
 - f. Hats and Visors are allowed but must face in forward direction. No do-rags or bandanas are allowed on the sideline.
 - g. No open toe shoes are allowed.
 - h. All tattoos that promote violence, gang activity, bad language, or are considered tasteless must be covered.
 - 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 the teams color scheme if possible. If that is not an option, the clothes need to be neutral colors of black, white, grey, or tan.

Chapter 1 – Part 2- Player Dress Code

Tackle Player Dress Code

- A. All players' 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 allplayers but need to follow the team's color scheme or one of the neutral colors.
 - B. Visors are allowed up to 20% shaded and are not allowed to be mirrored or holographic.
 - C. Pants must have a knee pad and cover the knees. A player will not be allowed to participate if pants do not have kneepads and cover the knees.
 - D. Players pads must be covered at all times including back pad.
 - E. Metal cleats, jewelry are not allowed.
 - F. No adhesive material, paint, grease or any other slippery substance is allowed to be applied to equipment 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.
 - C. Hoodies under the uniforms are not allowed.
- C. Face paint is allowed but cannot 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.

Flag Player Dress Code

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

Chapter 1 – Part 3 – Breast Cancer Awareness Dress Code

Volunteer Dress Code

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

Player Dress Code

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

Chapter 2 – Age Divisions

Age Division	AGE	NOTES
FLAG	5-Apr	If 4 or 5 on or before 7/1/24
FRESHMAN	7-Jun	if 6 or 7 on or before 7/1/24
JUNIOR VARSITY	9-Aug	if 8 or 9 on or before 7/1/24
Varsity	12-Oct	if 10, 11, 12 on or before 7/1/24, player CANNOT be in 7th Grade.

PBYFL has 4 eligible age Divisions which are available to both Boys and Girls.

Age division will be determined by what age an athlete will be on 07/01/current year. All players must be in the 6th grade or lower at the beginning of the season and must not turn 13 during the season.

Dual Participation

- A. In addition to not being in 7th grade, players are not allowed to have dual participation in any other league during the PBYFL season. If a player is found to have played in another league during the PBYFL season the team will forfeit any games that player has participated in up to that point and the Head Coach will serve a 2 game suspension.

Chapter 3 – Part 1 – Pre-Game Preparation

Footballs

- A. Game Day footballs need to be one of the following brands/styles: Wilson Composite, Wilson Leather, Nike Vapor, Team Issue Composite, or Team Issue Leather and must be the correct size for your age group.

Age Group Football Size

- **Flag (4-5) Wilson K2 or Nike and Team Issue Pee Wee size**
 - **Freshman (6-7) Wilson K2 or Nike and Team Issue Pee Wee size**
 - **Junior Varsity (8-9) Wilson K2 or Nike and Team Issue Pee Wee size**
 - **Varsity (10-12) Wilson TDJ or Nike and Team Issue Junior size**
- A. If a referee sees that a team is using any football besides one of the approved footballs above on gameday, the Head Referee will give the head coach a warning. Every violation for the duration of the game will result in a 15-yard unsportsmanlike penalty.
- 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. Every violation for the duration of the game will result in a 15-yard unsportsmanlike penalty.

Flag Football Flag Specifications

- A. A legal flag set pop socket with two flags, one on each side of the player.
- a. Flags need to meet a minimum length of 12" x 2" in length.
 - b. Flag material must be vinyl coated polyester.
 - c. All Flags must be "Flag to Tag" Brand, Trained, Gameday flag brands no custom flags are allowed.

- d. Flags must be an opposite color schedule as the team shorts.

Chapter 3 – Part 1 continued – Pre-Game Preparation

Pre-Game Player Verification

- A. Each team shall line their players up face to face near the 50-yard line.
 - a. Helmets must be off.
 - b. Players will not “trash talk” 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’s 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.
 - c. If a solution cannot be made, then the coach with an issue will need to photograph the player in question and present it to the board.
- C. The game will then continue as scheduled.
- D. The head referee will mark on the scoring card that the game has a grievance filed before the start of it.
 - a. If the 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 basis.
- E. 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.
- F. During the verification process the head referee must verify both team’s player equipment to make sure all equipment falls within the set guidelines of the rulebook. i.e. – cleats, visors, knee pads

a. During the game if a referee sees a player with illegal equipment, that player will be removed until the issue is resolved.

G. 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.

Late Player Verification

A. A player is eligible to be verified up until the start of the 2nd 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.

b. 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.

c. The team trying to verify a player can use a timeout in order to take the time for player verification.

Chapter 4 – Game Time Rules

Game Time Eligible Players

- Tackle on field **Maximum:** 11.
 - Tackle on field **Minimum:** 9.
 - Flag on field **Maximum:** 9.
 - Flag on field **Minimum:** 7.
- B. 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.
- C. If a team drops below the on-field player minimum, then that team will forfeit the remainder of the game.
- D. If both coaches agree, both teams can drop down to a set number and play the rest of the game in a “live scrimmage” situation.

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.
- B. If a team has the minimum number of on field players, then the game will start as scheduled with no grace period.
- C. 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.
- D. No grace period allowed if games are running behind set schedule.
- E. A referee is not allowed to advance a game start time unless both team’s head coaches agree.

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.

Down Marker & Chains

- A. Volunteers must be 18 years old. If not 18 opposite head coach must agree with this.
- B. The home team is responsible for the people to run this. If the home team cannot find 3 volunteers, then the away team will be asked to do so.
- C. While running the chains or down markers, these people are not allowed to be on their phones, radios, or any other communication device. (i.e., text, phone call, email, internet)
- D. If the 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.
- E. If during the game one of the volunteers must step away, then a sideline badged volunteer will need to take over their responsibility until return or replacement is found.

Sideline Personnel

- A. Only members of the team, badged volunteers, cheerleaders, board members, and down marker / chain are allowed on the sideline.
- B. Members of the team must be a team member inside of the team profile binder.
- C. Badged volunteers cannot exceed the set limit of 10 on the sideline.
- D. 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.
- E. Cheerleaders and cheer coaches do not go toward the limit of 10 (Inside the box).
- F. 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. After 2 flagged offenses, ejections will occur.

- G. 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.
- H. No unmanned videos or cameras are allowed.

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. An EJECTED volunteer must leave the field and CANNOT remain in the stands, he/she must leave the facility.
- C. If volunteer refuses to leave the head referee will issue up to 3, 15-yard sideline misconduct penalties before a team forfeit may occur.
- D. 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.
- E. If the parent refuses to leave the team will face up to 3, 15-yard sideline misconduct penalties before a team forfeit may occur.
- F. 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)

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.
- B. If this occurs and it puts that team below the minimum on field number 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 or happens more than two times that team will forfeit.

Chapter 5 – Conduct

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.

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 with the exception of the Armilla Tech digital wristbands.
- C. Coach to coach headsets are allowed.

Drones

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

Ejections

- A. No board member has the authority to overturn a call, or to make an ejection of any player during the game.
- B. These events can only happen by a head referee of that game.
- C. 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.
- D. A board member does have the authority to remove a badged volunteer from the game.
- E. This may only occur for the following offenses: (all other ejections must come via the head referee) bad language and fighting.

Chapter 6 – Tackle Football Rules

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

All rules used will be following the most up to date edition TEXAS UIL RULEBOOK

The Clock

- A. Quarters
 - a. Freshman and Junior Varsity will have (4) 10-minute quarters.
 - b. Varsity will have (4) 12-minute quarters.
 - c. The clock will always be run by an official on the field. No scoreboard clocks will be the kept game time. Unless it is done by an extra referee being brought in at original per game referee costs.
 - d. There will be a 10-second runoff option this year inside of 1 minute at the end of either half. The 10-second runoff will only apply if the penalty stops the clock such as false start, neutral zone infraction with contact, and intentional grounding. A team may accept the penalty and the 10 second runoff, however if the team declines the penalty, then they cannot accept the 10-second runoff. The team may also take the penalty and decline the runoff. The team that commits the penalty may avoid the 10-second runoff by calling a time out.
 - e. A timeout cannot be used to bring an injured player back in the game (an injured player must sit out one play), however it may be used to bring a player back in if their helmet came off the previous play.
- B. In between quarters & halftime.
 - a. 1 minute will be given between quarters.
 - b. 10 minutes will be given between the 1st and 2nd half.

Play Clock / Game Clock

- A. Play Clock
 - a. Freshman will have a 35 second play clock.
 - b. Junior Varsity and Varsity will have a 25 second play clock.

- B. Game Clock STOPS/STARTS
 - a. To complete a penalty.
 - b. Inadvertent whistle.
 - c. At referee's discretion.
 - d. Timeout by either team.
 - e. Change of possession.
 - f. End of a period.
 - g. Last 2 minutes of a half – UIL Clock rules.
- C. Game Clock does not run.
 - a. The game clock shall not run during an XP attempt.
 - b. The game clock does not run when a team is setting up to kick off after scoring.
 - c. The game clock does not run during an injury.
- D. Inadvertent whistle
 - a. In case of this the team with the ball has 2 options:
 - i. Take the ball where it was when the whistle blew, and the down is consumed.
 - ii. Replay the down from the original line of scrimmage.

Mercy Rule

- A. Once the game has a 28+ point difference the clock will remain running unless the following occur:
 - a. The losing team takes a timeout. The team that is up by 28 points or more may not use any timeouts while the point margin is 28.
 - b. No onside kicks allowed by the team that is up by 28 points. If this occurs a 15-yard unsportsmanlike penalty will be assessed against the kicking team.
 - c. The point differential falls below 28 then we will go back to regular clock and winning team may use timeouts again.
 - d. An injury occurs on the field (once the player is up and to sideline the clock will restart).
 - e. A referee deems fit for clock to stop.
- B. Once the winning team has reached 50 points and a margin of 28 points the game will end.

Extra Points

- A. Extra point values are as follows: (must be successful scoring attempts)
 - a. Run – 1 point
 - b. Backward Pass – 1 point
 - c. Forward Pass – 2 point
 - d. Kicking of extra point – 2 point
 - i. Ball is placed on the 2-yard line. Kick will be a dead ball with no rush, defense can raise hands to try and block only – No Jumping. The ball must be snapped to the holder who can hold the ball on a kicking block or the ground. If the snap is mishandled by the holder, dropped or missed, there will be no attempt. No fakes allowed. Field Goal attempts are the same rule except the team is awarded 3 points.

Overtime

- A. Coin Toss will occur (Coaches will be at center of the field, not players)
 - a. Winner of coin toss chooses offense or defense.
 - b. The loser of toss will choose which end to defend/advance.
- B. 1st Overtime
 - a. Ball is placed on the 25-yard line.
- C. 2nd Overtime
 - a. Ball is placed on the 25-yard line.
- D. 3rd Overtime & going forward.
 - a. Ball is placed on the 25-yard line.
 - b. Starting in 3rd 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. During playoffs, the game will be played until a winner is decided.
- 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.

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 15-yard 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. Blindside blocks are not allowed. A player may push with his arms or shield a defensive player with his body but cannot lower a shoulder or head and hit the defensive player that is not at a 10 to 2 position and expecting the block.
- c. Offensive Lineman handoffs are not allowed in the PBYFL.
- d. The offensive team may not have more than 4 players in the back field, penalty will result in an illegal formation call.

B. Defense (Junior Varsity and Varsity)

- a. All Defensive formations are legal except in punt situations.
 - i. In punt situations a defense is not allowed to have a nose guard or any defender in the "A" Gaps to protect the deep snapper. Linebacker must be at least 3 yards off of the line of scrimmage to line up over center.

C. Defense (Freshman ONLY)

- a. The Defense cannot be lined up directly over the center at the snap of the ball. .
Linebacker over center must be at least 3 yards off of the line of scrimmage.
Other linebackers may line up on the line of scrimmage.
- b. Center/Guard – The defense cannot be lined up in the "A" gaps at the snap of the ball (A Gap considered to be 1-yard in each direction from the center of the ball). The defense may "shoot" the A Gap after the snap from a heads up position with the offensive guard.
- 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 from the ball.
- e. There is no required minimum distance between a defensive line and offensive line player as long as the defensive player is not in the neutral zone.
- f. Any violation of the rules above will result in an illegal formation penalty.
- g. Quarterback sneaks are not allowed up the middle or into the A Gaps while under center. However, the QB may take the snap and run down the line and

then up the field once he is more than 1 yard on either side of the center. The quarterback can run up the middle from shotgun formation. (Freshman Only)

D. Punts (Freshman ONLY)

- a. The offensive team must 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. The ball will then be marked off 30 yards and placed.
- b. Quick kicks are not allowed.

E. Freshman coaches on field

- a. One eligible badged coach from each team is permitted on the field at a time.
 - i. Prior to the snap, both coaches must back away from the team's formation. (formation defined as – no players to the left, right, or behind the coach.)
 - ii. Any coach not outside the teams formation or in the Referee's opinion will be flagged for interference.
 - iii. Coaches may not physically assist a player while the play is in motion. If this occurs. The coach will be flagged for interference. (Defense flagged - Automatic 1st down for offense) (Offense flagged – Loss of Down).
 - iv. If any coach is caught yelling at the opposing teams players to confuse them the coach will be flagged for Interference.
 - v. Coaches may not argue or talk trash to the opposing teams coaches or players while on the field. If this happens the referee may flag them for unsportsmanlike conduct. After two unsportsmanlike conduct the coach is ejected from the game.
 - vi. Coaches are given one warning for arguing with the officials while on the field. After the second incident the coach will be asked to leave the field and another coach will be allowed to take his place.
 - vii. Coaches of either team may not run with the play down field. This will be a penalty for interference.

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 been called.
 - b. In Freshman, 2 coaches are allowed on the field for setting players up. Once this is complete, both coaches must leave the field prior to kick.

- c. There will be a 1-minute play clock, to get the kick off, before delay of game will be assessed. This applies to opening kick offs and kick offs after extra point attempts.

Punts

- A. JV
 - a. Ball is not live until the punter kicks the ball.
- B. Varsity
 - a. UIL Rules are followed.
 - b. Quick Kicks are allowed.
- C. Freshman
 - a. Punt rules will be followed as stated in Freshman Section: Punts.

Helmets Off

- A. If a player's helmet comes off the player must come off the field for one play. (This is so the team's equipment manager can check the helmet for any defects). The player may return to the game if a timeout or end of quarter occurs.
- 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 cannot continue the play beyond their immediate action.

Chapter 7 – Flag Football Rules

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

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

Flags

- A. A legal flag set pop socket with two flags, one on each side of the player.
 - a. Flags need to meet a minimum length of 12" x 2" in length.
 - b. Flag material must be vinyl coated polyester.
 - c. All Flags must be "Flag to Tag" , Trained, or Game Day Flag Brand, no custom or altered flags are allowed.
 - d. Flags must be an opposite color schedule as the team shorts.



Quarters

- A. Game will consist of 4 – 10 minute quarters
- B. Between quarters and Halftime.
 - a. 1 minute will be given between quarters.
 - b. 10 minutes will be given between the 1st and 2nd half.

Play Clock / Game Clock

- A. Play Clock will be 45 seconds
- B. Game Clock Stops and Starts.
 - a. To Complete a penalty
 - b. Inadvertent whistle

- c. At referees' discretion
- d. Timeout by either team
- e. Change of possession
- f. End of a period
- g. Last 2 minutes of the half – Incomplete pass / out of bounds.
- h. Game clock does not run during XP attempts.

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. 1st Overtime
 - a. Ball is placed on the 20-yard line.
- C. 2nd Overtime
 - a. Ball is placed on the 20-yard line.
- D. 3rd Overtime & going forward.
 - a. Ball is placed on the 20-yard line.
 - b. Starting in 3rd 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.

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.
 - b. A QB under center can run to any other gap.
- B. Center

- a. The center can only snap the ball the following way: Traditional Style – through the legs of center. Center sneaks are not allowed in PBYFL.
- 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.
 - b. If the ball carriers' flag "falls out", meaning that it was not pulled by a defender, then the ball carrier WILL be allowed to advance the ball. The defense at this point will only need to one hand tag the ball carrier for him to be ruled down.

Flag Guarding

- A. 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
- B. 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.
- C. The ball carrier is not allowed to dive for a first down, touchdown, or any other reason.
 - a. This rule does not apply to diving in order to make a catch.
- D. 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.

Fumbles

- A. There are NO fumbles in flag. Play will be blown dead.

Muffs

- A. QB Under Center

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

Punts

- A. The offensive team must 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. The ball will then be marked off 30 yards for change of possession.

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 1st 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 1st down and Zone to Go.
- C. When an offensive team is within the last zone and has a 1st down, it will be 1st and Goal.
- D. The referee will mark the ball according to UIL rules.
- E. Once a team gains possession of the ball, they cannot gain a 1st down by crossing a zone line they were pushed back over by penalty or any other reason.

Defensive Formations

- A. Center
 - a. 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.
 - b. If a defender is over the center, they must be 3 yards back off the line of scrimmage.

- c. The defense must line up 1 yard off the line of scrimmage in order to allow the offensive player an opportunity to protect himself.
- B. In the box
 - a. The defense may have a maximum of 5 players in the box (Offensive Tackle to Tackle), on the line of scrimmage. All other players in the box must be 3 yards off the line of scrimmage.
- C. Outside the box
 - a. Any defensive player outside the box may be on the line of scrimmage.
- D. Violation
 - a. Any defensive that violates the 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.

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.

Flagging

- A. Tackling is prohibited and penalized 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 touches the ground or player falls down.
 - b. Flags are removed by a defender.
 - c. If the defender is clearly pulling the flag and it is not coming off and or the defender is pulling the clothes and flag in same hand and is not coming off the official may blow the play dead at that spot. This call will only be made by the officials.
- 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.

Coaches on the Field

- A. Two eligible coaches from each team may be permitted on the field.

- a. Prior to the snap, the coach 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 1st 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 1st down for offense) (Offense flagged – Loss of Down).
- d. Coaches cannot run down the field during the play. They must follow behind the play, 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 the field of play during a long run will be flagged for interference (Defense flagged - Automatic 1st 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 1st down for offense) (Offense flagged – Loss of Down)
- f. Coaches may not argue or talk trash to the opposing team's coaches or players while on the field. If this happens, the referee may flag them for unsportsmanlike conduct. After two unsportsmanlike conduct the coach must leave the game.
- g. Coaches will be given one warning for arguing with officials while on the field. After the second incident the coach will be asked to leave the field and another coach will be allowed to take his place on the field.

Kickoffs, Punts, and Punt Returns

- A. Kickoffs
 - a. There are NO kickoffs in flag. The ball is placed on the 20- yard line, 1st and Zone to Go, zones are 20 yards long.
 - b. "Onside Kicks"- The trailing team may call for an onside kick opportunity. This will not be an actual kick. The trailing team will take possession from their own 20 yard line. They will have 1 down to reach the 40 for a first. If they fail to do so the defense will take possession from the point where the flag was pulled.

B. Punts

- a. The offensive team must declare to the referee and to the opposing coach whether they are punting or going for it. Once this is declared a team cannot change their mind, unless either team takes a time-out. The ball will then be marked off 30 yards for change of possession.

