



### League Rules- "D" Division (1<sup>st</sup> and 2<sup>nd</sup> Grade)

*The City of San Clemente utilizes staff to referee all flag football games. The officials are trained to maintain player safety, enforce rules, sportsmanship and conduct policies to the best of their ability. Questions/Discussions about rules can be had during the next dead ball, as to not impede the pace of play (i.e., timeouts, half-time).*

#### **Game Format:**

- Field is approx. 40 yards long and 40 yards wide, not including two 5 yard end zones.
- *No score will be kept.*
- Games are 6 on 6
- Teams of 8-10 players
- Four 12-minute running clock quarters (1 minute break between quarters, 2-minute break at half)
- Two 30-second timeouts per half
- The clock will only stop for injuries (it does not stop for incomplete passes, out of bounds, change of possession)

#### **Coin Toss:**

- Game will begin with a coin toss to determine possession. Visiting team calls the coin in the air. Winners of the coin toss will select if they want possession and when. The other team will get to select side.
- No team will be allowed to start both halves with possession.

#### **Uniforms:**

- Coaches will be given jerseys and shorts by the City of San Clemente. The official jerseys must be worn during play unless otherwise discussed and approved.
- Cleats are allowed, no metal spikes and/or removable spikes are allowed. Inspections will be at official's discretion.
- Only shorts without pockets, belt loops, belts and exposed drawstrings are allowed
- No hats/beanies and no jewelry are allowed. Player will be given one warning and failure to comply may result in ejection. Hoodies are allowed but must be tucked in.
- Jerseys **MUST** be tucked into shorts prior to game start. Officials/staff will remind players.
- Mouth guards are not required.

## Play:

- Each possession to begin a half, after a score, or after a turnover on downs starts at the 5 yard line.
- **45 second play clock from when the ball is spotted by the official.**
- The offensive team has four plays to get a first down, then four plays to score once they have crossed mid-field. (20-yard Line)
- Interceptions can be returned and possession will begin where the defender is flagged.
- QB has to throw the ball within the time, when QB has possession of the ball.
  - 1<sup>st</sup> – 2<sup>nd</sup> grade- 6 seconds
  - If the QB does not release the ball before time expires, it is a sack, with the ball being placed 5 yards back from the previous spot.
- Shovel passes are allowed, except within 5 yards of the goal line.
- Multiple passes are allowed only if the first pass is behind the line of scrimmage.
- Defensive players must be 1 yard off the line of scrimmage and cannot cross the line of scrimmage until a handoff has occurred or a pass behind the line of scrimmage - **No rushing the QB.**
- No direct QB runs.
- Defense may rush when the ball is no longer in the quarterback's (first player to receive snap) possession.
- **There are no runs within five yards of the goal line. Must be a pass.**
- One first down at midfield (20 Yard Line)
- Ball is placed where the feet of the ball carrier are when the flag is pulled. Do not lead with the ball.
- Snapped ball has to pass between the center's legs or side toss.
- Center cannot take a direct forward handoff from the QB, pitch is allowed.
- All players are eligible.
- No leaping or jumping only to avoid stepping on a player. Jump cuts, spins are allowed.
- A receiver must have **one** foot in bounds when making a reception.
- Only one player can be in motion at a time.
- **Absolutely NO TACKLING or BLOCKING.**
- A fumbled ball can be caught by the defensive team and ball is dead at the spot, but is dead if it hits the ground and the offense retains possession. No stripping the ball by the defense. Any fumble caused from contact with a defensive player is dead at the spot. Any forward fumble that is caught in the air by an offensive player other than the player who fumbled will be brought back to the spot of the fumble.
- Screens are **NOT** allowed. Officials will use their discretion. If deemed a screen, ball is dead at the spot. Next play will begin where marked.
- The ball is dead when it hits the ground, the offensive player's flag is pulled from their belt, the ball-carrier steps out of bounds, or the ball-carrier's body (outside of their hands or feet) touches the ground.
- If a player loses their flags when in possession of the ball, the play is dead at the spot of the ball.
- Games cannot end on a defensive penalty.
- If the offense commits a penalty on the games' final possession the game is over.
- Two coaches are allowed on the field for 1<sup>st</sup> and 2<sup>nd</sup> grade division for offense and defense.

**Minimum Play Rule:** Every participant must play 5 minutes consecutively during each quarter. Scorekeepers will be keeping track of when players are on the field.

## Scoring:

In Division D, our emphasis is on the fundamentals of flag football rather than keeping score. Our goal is to teach players the basics of the game without the focus on scoring, winning, losing, and the competitive pressures of flag football. This approach allows players to develop a love for the purity of the game as they grow in their skills.

### **Defensive Penalties:**

- Defensive Pass Interference - 10 yard penalty and repeat down over
- Illegal Contact (holding, jams, etc.) – 5 yard penalty and repeat the down over
- Illegal Flag Pull (before player has ball) – 5 yard penalty and repeat the down over
- Off-sides – 5 yard penalty and repeat the down over
- Illegal Rushing (before a hand-off has occurred) – 5 yard penalty and repeat the down over
- Tackling – 10 yard penalty and repeat the down over
- Inadvertent tackle - 5 yard penalty (No Down Over)
- Inadvertent tackle From Behind w/clear path to end zone – Automatic Touchdown.
- Unsportsmanlike conduct – 10 yard penalty and automatic 1st down **(possible ejection - automatic ejection for 2nd unsportsmanlike)**
  - Unsportsmanlike conduct will not be tolerated (Rough play, verbal abuse, trash talking, etc. is cause for an ejection)
  - If an unsportsmanlike tackle occurs when a runner has a “clear-path” to the end zone, the offensive team will be rewarded with a touchdown
  - Any ejection will cause player to miss next game. Second ejection is grounds for expulsion from the league.

### **Offensive Penalties:**

- Offensive Pass Interference – 10 yard penalty and loss of down.
- Blocking or Holding 10 yard penalty and repeat the down over.
- Illegal motion (2 men in motion) – 5 yard penalty and repeat the down over.
- False Start – 5 yard penalty, repeat the down over.
- Illegal Forward Pass – 5 yard penalty and loss of down.
- Leaping – ball is dead at the spot.
- Flag Guarding (including stiff arms) – ball is dead at spot.
- Unsportsmanlike conduct – 10 yard penalty **(possible ejection - automatic ejection for 2nd unsportsmanlike)**
  - Unsportsmanlike conduct will not be tolerated (Rough play, verbal abuse, trash talking, etc. is cause for an ejection)
- Delay of Game – 5 yard penalty.
- There is no intentional grounding penalty.

**League rules may be changed at any time if problems arise due to concerns with safety conditions, sportsmanship, or competitive balance.**

*Parents and players must be at least 10 ft away from the sidelines for safety and just in case players need to run out of bounds. Referees and down marker staff must be able to have access up and down the field.*

*Coaches, players and parents need to pick up their equipment and trash at the end of their game.*