

YMCA HI-Y Flag Football Rules 2021

Uniform

- a) Players must wear sneakers or rubber cleats are encouraged; however cleats with exposed metal are not allowed and must be removed.
- b) Players may tape their forearms, hands and fingers. Players may wear gloves.
- c) Players must wear team jerseys with a number on the back or jerseys provided by the YMCA
- d) Player jerseys must be tucked into their pants if they hang below the belt line.
- e) All players are required to have jerseys
- f) Mouth guards are optional.

Jewelry

- a) All earrings, facial piercings, body piercings, and bands must be removed before the start of the game.
- b) Players are not allowed to wear watches or jewelry (chains, earrings).
- c) Prescription eyeglasses only may be worn) Plastic framed glasses, providing they are strapped around the head, and sports goggles (wraparound type, made of plastic) are permitted; any other type of eyewear that the referee deems could be dangerous is not permitted.
- d) No player will be allowed to play with a cast. A doctor's release note must be presented to the league before they can play again.

Game Duration

- a) Two 20-minutes halves running time. Teams switch sides of the field at half time.
- b) (2) Time-outs per half (60 seconds).
- c) Quarterbacks will be a 5 Mississippi or Five Rush count to release the ball unless rushed by a defensive player
- d) Teams have 25 seconds to hike the ball between plays (or delay of game penalty).
- f) Teams have a 10-minute grace period before a forfeit is called.
- g) Half time is 5 minutes

Overtime Period

- a) Each team will have 1 possession (1-down) to score a touchdown.
- b) The ball will be placed on the 10-yard line to score 6-points. Extra point will be taken from the ten (10) yard line.
- c) First team to score the most points after dual possessions wins.
- d) Teams will alternate possessions during each Overtime Period

Sportsmanship

- a) If a referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the players 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!

b) Offensive or confrontational language is illegal. 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.

c) Players may not physically or verbally abuse an opponent, coach or official.

d) Length of suspensions longer the remainder of a game will be determined by the League Commissioner

Fans

a) Fans must also adhere to good sportsmanship, as well.

b) Yell to cheer on your players, not harass officials or other teams.

c) Keep comments clean and profanity free.

d) Fans are required to keep the field safe and kids friendly.

f) Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards away from the sidelines and end zones area.

g) Stay in the sideline area, not in the back of the end zone.

h) All teams please remove garbage, bottles etc, from the sidelines after the game.

Game Procedure

Possessions

a) At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.

b) The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Teams may not choose to defer to the second half.

c) The offensive team takes possession of the ball at its 5-yard line. There is first down (line to gain) at midfield

d) If the offense fails to score or obtain a first-down, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.

Play is ruled dead when

a) When the ball is dropped or fumbled by the quarterback to the ground.

b) If a ball carrier fumble the ball to the ground.

c) A ball carrier knee touches the ground.

d) The ball carrier flag is pulled.

e) A ball carrier steps out of bounds.

f) A ball carrier dives into the end zone.

g) The receiver catches the ball while in possession of or no flags.

h) If a player jumps and leaves to avoid his/her flag being grappled, (5) Mississippi count. After 5 count, and the whistle is blown the play is dead.

i) Inadvertent whistle.

Contact blocking is not allowed

- a) A blocker is attempted by placing your arms in front of your body in a down position, or in a cross position at your chest, while screening your body between the ball carrier and the defender.
- b) The offensive player must stop his block positioning by standing still when the defender is within two (2) feet of the offensive blocker.

Offense

- a) All plays must be a Pass Play (even handoffs), unless the quarterback has been rushed by a defensive player. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind, or to the side of the offensive player, but must be behind the line of scrimmage. The offense may use multiple handoffs.
- b) The quarterback cannot directly run the ball. The QB does have the ability to scramble in the back field, but cannot advance the ball beyond the line of scrimmage unless a defender rushes across the line of scrimmage.
- c) Shovel pass is allowed.
- d) The ball must be hiked by an offensive player on the line of scrimmage either through their legs or from the side
- e) 3 Offensive players must be on the line of scrimmage.
- f) Only one player can go in motion at a time.
- g) Players are responsible for placing their flags in the correct positions. If a player is missing a flag and a defender attempts to grab the flag on the left or right side and it's missing, the referee will blow the play dead.
- h) A runner may not leave their feet to advance the ball, diving or leaping.
- i) A player must have at least one (1) foot in bounds for a reception.
- j) A football spin move is allowed, but players may not leave their feet.
- k) The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball.
- l) A player may not defend their flags with their hands (flag guarding)
- m) A team is awarded 6 points for a touchdown. They may elect to accept an automatic 1 point try or accept a 2 point try from the 10 yard line after each touchdown.

Defense

- a) No bump and run or any contact allowed with receivers.
- b) No running through offensive blockers.
- c) The defensive rusher/giver which is the player lined up directly over the ball on the line of scrimmage may not drop back more than 5 yards.
- d) The rusher/giver must line-up over the ball before the ball is hiked to identify his or herself. Then they can move back with-in five yards or choose to move left or right as long as they are behind the line of scrimmage.
- e) A defensive player may not physically impede (hold) an offensive player in an attempt to remove their flag (Illegal Flag Pull)

Penalties

- a) Defensive Pass Interference (spot penalty & first down)
- b) Offensive Pass Interference (10 yard penalty from line of scrimmage and loss of down)
- c) Screen block (10 yards spot penalty)
- d) Off sides (5 yards)
- e) Encroachment (5 yards)
- f) Holding (5 yards)
- g) False start (5 yards)
- h) Intentional diving (5 yards)
 - i) Unsportsmanlike conduct penalty excessive celebration, cursing or coaches running onto the field of play during the game is a 15 yards and replay previous down
- j) Unnecessary roughness 15 yard penalty (2) actions deemed dangerous can lead to automatic ejection, and game suspension
- k) Delay of game (5 yards repeats down)
- l) Unnecessary roughness (15 yards) 2 calls ejection
- m) Coaches or players can't line up inside (10) yard line on either sideline (5 yard penalty)
- n) Illegal flag pull (5 yard penalty) from the spot of the infraction
- o) Illegal motion (5 yard penalty) and repeat the down
- p) Illegal Forward Pass 5 yard penalty and a loss of down
- q) Flag Guarding (spot penalty foul) and 10 yards