



2023

# PIEDMONT TRIAD YOUTH FOOTBALL LEAGUE (PTYFL) FLAG FOOTBALL RULES

## A. Eligibility

### 1. Team Association –

- a) Eligible players must play for the team associated with the High School that they are zoned to attend. (*School you attend*)
- b) For players that live in the attendance zone of one of the High Schools associated with the League (as referenced in A.1.a) above but do not attend one of these schools (i.e. are home schooled, attend private school, attend charter school or attend another school that is not affiliated with the PTYFL) participation is based upon the schools attendance zone in which the player lives. (*School you would attend*)
- c) For players that live outside the attendance zones of one of the High School affiliated schools (as referenced in A.1.a) above), participation is based upon the school that is closest to their residence (*Closest school*) and approval of the PTYFL Board (reference rule A.1.d. below).
- d) No players that live outside the attendance zones of one of the High School affiliated schools may participate in the League unless approved by the PTYFL Board. **Appeals and/or exceptions to participation rules may only be granted by the PTYFL Board and these exceptions will only be considered on a case-by-case basis.**
- e) Players that played in the PTYFL founding organizations the previous year may stay on the same team as the previous year.
- f) Players that did not play in the PTYFL founding organizations the previous year will be eligible based on their current High School affiliation.
- g) Players may be ‘transferred’ to another High School affiliated team in the event of a full roster of the team at their associated High School. This is to be done at the discretion of the organizations involved SR’s. Players that transfer to another team due to a full roster may stay at that team or return to the original team the next year.
- h) Organizations fielding multiple teams in any age group (i.e. 8 & Under, 10 & Under and/or 12 & Under) must establish rosters based on criteria such as elementary school zone or via open draft using criteria approved by the League such as age (i.e. equal number of each age). Returning players shall be permitted to return to team from immediate prior year.

## **2. Age Limits**

- a) To be eligible to play in our 6U Flag Football program, a player must be 4 by Aug 1<sup>st</sup> of the playing year. The player cannot turn 7 before Aug 1<sup>st</sup> of the playing year.
- b) Younger players may not play up.

## **3. Registration**

- a) No Registrations are to be accepted prior to February 1<sup>st</sup> of the playing year.
- b) Registration forms must be submitted to the appropriate SR for each school. On-line registration will be permitted, must be printed for League certification. Postmarks will be used to determine team rosters if over 16 registration forms are received. Each team's roster may be expanded to no more than 22 participants.
- c) A valid copy of each player's Birth Certificate must be provided prior to 3<sup>rd</sup> practice in order to verify age.
- d) For a registration to be valid the registration form must be filled out completely and the "Parent's Code of Conduct" form must be signed and returned with the registration form.
- e) Final payment must be paid prior to the beginning of the season (roster certification).
- f) Registration fees are NOT refundable if the player quits after 3<sup>rd</sup> week of practice. Extenuating circumstances are at the discretion of the individual member organizations.
- g) Registration closes on Labor Day of the playing year (1<sup>st</sup> Monday in September)
- h) NO dual participation is allowed in other organized football leagues.

## **B. Practice**

- a) The first official league game will be held on the first Saturday on the weekend after Labor Day Weekend.
- b) No practice of any kind may be held prior to the Monday of the week containing Aug 1<sup>st</sup> of the playing year.
- c) Preseason- During the 4 weeks prior to the first game practice time for all teams will be limited to 5 days per week (Monday through Saturday only) and no more than 2 hrs per day.
- d) Regular Season- After the first game practice time for all teams is limited to a total of 4.5 hrs per week (Monday through Saturday only) on no more than 3 separate days and no more than 2 hrs per day.

## **4. Safety-**

Safety should always be a prime concern on the football field. Parents place their children in our trust and we must be good stewards of this trust.

- a) Coaches must be certified to participate in practices and/or games (see Section 17).
- b) Coaches should be attentive to the heat and have water available at all practices and games and must follow high school and/or middle school practice limitations when temperatures are excessively high.
- c) A basic First Aid Kit and a supply of ice must be present at all practices and games.
- d) At a minimum the following information must be available on the sideline at all practices and games for each participant:
  - i. Players name.
  - ii. Parent(s)/Guardian(s) names and phone numbers.
  - iii. Emergency contact(s) names and phone numbers.
  - iv. Information on any health or medical concerns.
  - v. EMS services must be at each game. This will be coordinated by host team.

## **C. Equipment**

- a) Soft helmets
- b) Mouth pieces (no clear mouth pieces are allowed)
- c) All flags must be pull down “POP” style flags. Flags need to be an alternate color from the pants that are being worn in the game. (Example: If your players wear black shorts, they cannot wear black flags.)
- d) Cleats are required for each player and must be furnished by the player. No detachable or metal cleats are allowed.
- e) Any additional equipment that a player desires must be approved by the Coach/PTYFL.
- f) Any equipment that is required to be returned, and is not, will be the financial responsibility of each player’s parent or guardian.
- g) All footballs for this age group shall be Pee Wee Size (Wilson K2, Nike 1000K)

## **D. Playing Rules**

### **1- Basic Rules**

National Federation of High School State Athletic Associations (NFHS) rules will be used as the basic rules for play in the league with the following exceptions.

- a. A dropped ball at or behind the line of scrimmage (muffed snap or bad handoff) is a dead ball. Once play moves beyond the line of scrimmage, a dropped ball is considered live and a fumble is eligible to be recovered by the defense for a turnover. Should the defense recover the ball, play stops and begins again with their possession at the 50 yard line.
- b. If an interception occurs, then it will be considered a turnover, play stops and the intercepting team starts at the 50 yard line.

### **2- Scoring**

- 1. A touchdown is 6 points.
- 2. An extra point opportunity occurs after a touchdown is scored. The extra point will be played from the 5 yard line and valued at 1 point. The game clock will stop for the extra point and will begin again on the official’s wind signal.

### **3- Game Length**

- a) All games will consist of 4, 10 minute quarters. This is a running clock with the exception of extra points, along with coach and official time outs.
- b) Half Time will be 5 minutes

### **4- Playing Time**

Coaches are expected to play every player in every game. Each player must play at least 1 quarter, or equal to 10 mins of play. Player does not have to play a straight 10 mins, the time can be broken up throughout the game. All coaches should address the issue of playing time with parents at a mandatory pre-season meeting.

### **5- Substitution**

Free substitution is always in effect and is encouraged.

### **6- Overtime**

In the event that a game is tied at the end of regulation, overtime will be employed. After a coin toss to determine initial possession, both teams will be given an equal number of downs (4) to score from the 10 yard line. Should neither team score, play will continue with teams alternating possession until a winner can be determined. In the event that both teams score a touchdown in the first overtime, play will be backed up to the 15 yard line for each team to have a possession

in overtime number two. If both teams score again, play backs up another 5 yards to the 20 yard line for the third overtime. If at some point neither team scores in an overtime, play continues to alternate from the yard line they are currently on until one team is victor, or both teams score and they are backed up 5 yards.

Each team will be awarded (1) time out of each overtime period. Timeouts do not carry over.

## 7- Penalties

- a) Regulation Penalties will be enforced.
- b) Play Clock-There will be a 45 second play clock from the time the ref sets the ball and blows his whistle, violation will result in 5 yard penalty
- c) Guarding / swatting hands away from your flag will result in a 5-yard penalty. This includes a pushing or swatting away of the defender's hand from the ball carrier's flags positioned at the waist. This also includes holding or grasping the belt while a defender is in pursuit of the flag.
- d) Bear hugging a player will result in a 5-yard penalty
- e) Wrapping up a player with clear and obvious intent to bring the player to the ground without reaching for their flag constitutes tackling. Tackling is prohibited in flag football and will result in a 5 yard penalty.
- f) Offsides on Defense will result in a 5-yard penalty
- g) Pulling any flag after a whistle is blown, will result in a 5-yard penalty
- h) Shooting the A Gap is a warning the first time. Every time after that will result in a 5 yard penalty
- i) Penalties incurred by the offense at the 50 yard line are considered a loss of down as play cannot move back farther than the 50 yard line.

## 8- Timeouts

Each team will receive 2 time outs per half. Time outs will last one minute. If the Umpire calls a timeout, clock will stop for 1 min. Each team will be given 1 timeout per overtime session. There is never a carryover from regulation to overtime and from overtime period to overtime period.

## 9- Defensive alignment-

- a) In the interest of quality play, **no defense shall align a defensive player (NG/NT) directly on the center or in the 'A' gaps. Interior-most defensive linemen shall be lined up 'heads up' on the offensive guard and MUST be in lineman stance (i.e. 2 point, 3 point or 4 point stance, If 2 point stance is chosen the linemen must be lined up within 1 yard of LOS to prevent linemen from attempting to get run and start before the snap). If the offense chooses to spread the guards out wider than 'normal' (>1') the defensive linemen may choose to lineup in the same relative position as if the offensive guards were not spread out. (Officials judgment). There can only be 1 defensive player lined up over 1 offensive player as to not create a 3 on 2 Defensive to Offensive player ratio.** Linebackers lined up over the center shall not be within 3 yards of the LOS (Line of Scrimmage) prior to the snap. In the event of ball placement inside the 3 yard line "going in" (i.e. defensive alignment of 3 yards from goal line defending against a touchdown), the linebacker may line up within 3 yards from LOS. **If lined up on the 'A' gap, player must be 5 yards back.**
- b) Pushing out of bounds is allowed and will be considered a down.
- c) Running an offensive player out of bounds will be considered a down.

## 10- Offensive-

- a) Smacking of the hands will not be tolerated in order to attempt the defensive player from stealing flags, but you can stiff arm the defender away. A stiff arm is an arm extended straight out towards the upper body of the defender, to include the shoulder and chest.

- b) Offensive Linemen can set up in 2 or 3 point stance, hands do not have to be on their knees in the 2 point stance

### **11- Field Set Up**

- a) Games must start from a Hash Mark to the opposite side line
- b) Field must have markers on both Hash and Sideline marks to allow players to know where the out of bounds are at.
- c) Games will start at the 50 yard line and will play towards the End Zone. Once a score is made, the other team will start back at the 50 yard line.
- d) Each field must have a clock visible for everyone to see.
- e) If fields are not set up in the correct manner, game will still be played, but home team will be considered as a forfeit.

### **E- Coaching Staff-**

- a) All coaches must be certified in order to help in practice and/or be present on sidelines during games. On game day, coaching staffs will be limited to 7 individuals on the sidelines including the head coach. It will be the responsibility of the head coach and the SR to limit the adults on the respective teams' sideline to the coaching staff, the SR and one stat person. Anyone not falling into the above categories will be removed from the sideline area.
- b) Each team will be allowed two coaches on the field during play. Defensive coaches should stand 10 yards back from the deepest defensive player doing their best to remain out of the way of play. Offensive coaches should stand 5 yards back from the deepest player.
- c) Coaches on the sideline must wear their USA Football certification badge. Other adults and children without the proper credentials are not to be on the sideline. Fans and spectators must stay in designated areas.
- d) Any Coach ejected from a game is automatically suspended for a minimum of one game. If the suspension is from the team's final game, the suspension will be served the first game of the next season that the Coach returns to the PTYFL.

# PTYFL Disciplinary Actions for Rules and Conduct Violations

**STEP 1. Warning:** to the organization and the head coach of each team

(Organizations will be given a copy of the rule book at February's meeting and coaches will receive their warning at the preseason meeting they are required to attend)

**STEP 2. Suspension of Head coach:** Head coach is responsible for his conduct as well as any other coaches on the sidelines. Head coach is also responsible to ensure that his team is following all PTYFL rules.

**STEP 3. Loss of game or games:** if a violation has been through step 2 and has not been corrected or reoccurs.

(Loss of games will have barring on playoff seat)

**STEP 4. Suspension from playoffs:** If violations continue to occur.

**Step 5. Removal from the league:** If all steps have been exhausted and the Board thinks it is the best for the league.



