

Tahoma Jr. Bears Co-Ed Flag Football Rules and Regulations

PRE-GAME INFORMATION:

1. All players must be registered with the Tahoma Bears Flag Football program before participating in any league activities. This includes the completion of the program waiver/release forms, emergency contact information and the Parents Code of Conduct contract signed by the participant's parent(s) or legal guardian(s).
2. All players will receive a reversible Tahoma Bears Flag Football t-shirt.
3. Scheduled practice times will be approximately 1 hour before start of scheduled games.
4. The playing field is 30 yards wide x 50 yards long. End zones are 10 yards deep. Corners of the playing field and yard zones will be marked with orange cones.
5. Parents and spectators are strongly encouraged to promote good sportsmanship among all participants. All parents and spectators will treat officials and staff with respect. Please remember that many of them are volunteers and you are providing an example to your children when you attend practices/games.

ATTIRE:

1. Cleats are allowed, except for metal spikes. Inspections can and will be made. No bare feet or open toed shoes allowed.
2. Only pocket-less shorts or pants are allowed.
3. Flags must be worn on the hips.
4. T-shirts must be tucked in always.
5. Players are required to wear a protective mouthpiece during all practices and games. No Exceptions. Any participant without a mouthpiece will not be allowed to participate in any practice or game. Players are responsible for providing their own mouthpiece.
6. A soft-shell helmet will be issued to each player by TBJFC and shall be worn during practice and games. No player will be allowed to participate without a helmet.
7. All players are required to wear their official Tahoma Bears Flag Football t-shirt and flags during games.

EQUIPMENT:

1. Ball size are to be **Pee-Wee**. The club will supply balls for practice and games and should be returned to the equipment area after each week's games.
2. All balls used in game play shall be manufactured leather or composite. No Nerf, foam or rubber balls are allowed.
3. Coaches can supply their own balls if they meet the size and material requirements above.
4. Flags, cones and other misc. equipment will be supplied by the club and should be returned to the equipment area after each week's games.

GAME PLAY:

1. A coin toss determines the first possession. The team losing the coin toss will determine which way they will play during the 1st half.
2. Game length is two (2) – 20-minute running time halves. Each team is allowed (2) – 60 second time outs per half. There maybe an official timeout to assist an injured player at the discretion of the referee. The will be a three (3) minute half time break.
3. Each team will field 5 players per side. A minimum of 4 players is required to start a game. **Coaches are responsible for ensuring equal substitution and playtime for all players. Each player should receive at least 2 plays during the game where they carry the ball.**
4. All possession changes, except interceptions, start on the offense's five (5) yard line.
5. Teams change sides after the first 20-minute half. The losing team of the coin toss at the beginning of the game will gain ball possession at the beginning of the second half.
6. Each time the ball is spotted a team has thirty (30) seconds to snap the ball. Teams will receive one (1) warning per game before a delay-of-game penalty is enforced.
7. Officials can stop the clock at their discretion.
8. If a defensive penalty occurs on an extra point try, the offensive team retains possession of the ball with the ball being placed $\frac{1}{2}$ distance to the goal line. The offensive team has the option to decline the penalty.
9. One (1) coach is allowed on the field for offense and defense. Once play starts, they must back far enough out of the play to not interfere with players. If the offensive coach interferes with the play, the play will immediately be blown dead and the ball placed at the previous line of scrimmage and loss of down will occur. If the defensive coach interferes with the play, the play will immediately be blown dead and the ball placed at the spot where the whistle blew and an automatic 1st down will be given to the offense.

SCORING:

1. Touchdown: 6 points.
2. b) PAT (Point after Touchdown) 1 point (5-yard line) or 2 points (12-yard line) Note: 1-point PAT is pass only, 2 point PAT can be run or pass.
3. c) Safety: 2 points
4. d) A Safety occurs when the ball carrier is declared down in offense's own end zone. They can be called down when their flags are pulled by a defensive player, their flag falls out, they step out of bounds or they hit the ground with their knee or arm. A Safety also occurs when there is an offensive penalty in the end zone.
5. e) A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5-yard line) or a 2 point (from the 12-yard line). Any change, once a decision is made to try for the extra point, requires a charged time out. Decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.
6. f) Mercy Rule: After one team is winning by twenty-eight points or more, the losing team gets one offensive series to continue regulation play. If they do not score, the game goes into scrimmage mode

RUNNING:

1. Quarterback must take a direct or shotgun snap from a center (either between the legs or sideways) with the ball resting on the ground. **No simulated snaps are allowed.**
2. The quarterback cannot run unless rushed by a defender starting at the 7-yard cone. Once the defender crosses the line of scrimmage the quarterback may run forward past the line of scrimmage. If the defender stops his rush prior to reaching the line of scrimmage, the quarterback cannot move forward past the line until that defender crosses the line of scrimmage.
3. Only direct handoffs behind the line of scrimmage are permitted. The offense may use multiple handoffs.
4. Absolutely NO laterals or pitches of any kind are allowed beyond the line of scrimmage.
5. "No-running zones," located five (5) yards from each end zone and five (5) yards on either side of the midfield, are designed to avoid short-yardage, power running situations. In these zones there is to be no running or hand-offs. Once a team gets a first down the no-run-zone no longer applies at mid-field. Each team may only get one first down.
6. The player who takes the handoff can throw the ball from behind the line of scrimmage.
7. Spinning is **NOT** allowed. No diving or jumping to avoid a flag being pulled. If a player should dive or jump to avoid a flag being pulled the play shall be called dead at the point of the incident.
8. The use of a "stiff arm" to ward off an opponent is prohibited.
9. The ball is spotted from where the ball carrier's feet are when the flag is pulled, not where the ball is.

RECEIVING:

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
2. Only one (1) player is allowed in motion at a time.
3. A player must have at least one (1) foot inbounds when making a reception.

PASSING:

1. All passes must be forward and received beyond the line of scrimmage.
2. Shovel passes are allowed but must be received beyond the line of scrimmage.
3. The quarterback has a seven (7) second "pass clock". If a pass is not thrown within the seven (7) seconds, the play is dead, loss of down. Once a ball is handed off the seven (7) second rule is no longer in effect.
4. Interceptions change the possession of the ball at the point of interception.
5. Interceptions are the only changes of possession that do not start on the five (5) yard line.

DEAD BALLS:

1. Substitutions may be made on any dead ball.
2. Play is ruled "dead" when: -Ball carrier's flag is pulled. -Ball carrier's flag falls off. -Ball carrier steps out of bounds. -Ball carrier's knee hits the ground. -Ball carrier should leave their feet. -Ball carrier should attempt to dive. -Touchdown or safety is scored. -At the point of an interception (interception returns are not allowed).
3. There are no fumbles. No recovery of a "fumble" is necessary or should be attempted. The ball is spotted where the ball hits the ground with the offense keeping possession.

RUSHING THE QUARTERBACK:

1. One and only one player may rush the quarterback. The player who rushes the quarterback must start the rush from directly behind the designated rushing marker which will be placed seven (7) yards from the line of scrimmage. Once the ball is snapped the player may start the rush. Players not rushing the quarterback may defend on the line of scrimmage.
2. Once the ball has been handed off, the seven (7) yard rule is no longer in effect and all defenders may go behind the line of scrimmage. A special marker or cone set by the referee will designate seven (7) yards from the line of scrimmage.

SPORTSMANSHIP/ROUGHING:

1. If a referee or any other TBJFC board member or coach witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped, the referee will assess a penalty for unsportsmanlike conduct and the player will be "sat out" or ejected from the game.
2. FOUL PLAY WILL NOT BE TOLERATED.
3. Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, staff or spectators). If trash talking occurs the referee will give one warning. If it continues, the coach, player or players will be "sat-out" or ejected from the game.

EJECTION'S and SUSPENSIONS:

1. Any coach/player/spectator ejected from a game may be suspended for a minimum of one (1) game, possibly longer if warranted. That one (1) game shall be the next scheduled game. Any coach receiving an ejection or suspension may be released from their coaching duties for the remainder of the season.

COACHES, LET YOUR KIDS PLAY:

- REMEMBER TO HAVE FUN!!! This program should be fun for the kids and for you as well.
- Help your players be good sports. After a game, shake hands with or do a cheer for the other team. Applaud good play on both sides. Treat all officials with respect. While imitating you, your team won't even know they are being taught a good lesson in sportsmanship.
- All players should carry the ball a minimum of two (2) times during the game.

FLAG FOOTBALL PENALTIES

DEFENSIVE:

- **Offsides – 5 yards - On defense, if a player enters the neutral zone that player is offsides. (The down will be repeated)**
- **Pass Interference – (Ball will be spotted at the point of the incident)**
- **Illegal Contact (holding, blocking, etc.) – 5 yards**
- **Illegal Rushing (starting the rush inside 7-yard marker, starting the rush prior to the ball being snapped) – 5 yards (The penalty will be assessed as if the defensive player has entered the neutral zone and is offsides. The down will be repeated)**
- **Extra Point Try (Defensive Penalty) – Offense retains possession with the ball placed ½ distance to the goal line.**

OFFENSIVE:

- **Offsides – 5 yards (On offense, once the players are set they cannot move except one player who may go into motion. (The down will be repeated)**
- **Illegal Motion (more than one person in motion, false start) –5 yards (The down will be repeated)**
- **Illegal Forward Pass (pass received behind the line of scrimmage or Pitches/Laterals) – Loss of down for illegal forward pass. Ball down at spot of foul for pitches/laterals.**
- **Offensive Pass Interference (illegal pick play, pushing off/away defender) – 5 yards (Loss of down)**
- **Flag Guarding – 5 yards (Penalty will be assessed at the point of the incident)**
- **Delay of Game – Clock stops, 5 yards (The down will be repeated)**
- **Unsportsmanlike Conduct (taunting/trash talk/ pushing/ fighting) – 10 yards (spot of the foul)**

***If the penalty yardage should be more than the distance to the goal, all penalties will be ½ the distance to the goal.**

- **REFEREE DETERMINES INCIDENTAL CONTACT THAT MAY RESULT FROM THE RUN OF PLAY.**
- **ONLY THE COACH MAY ASK THE REFEREE QUESTIONS ABOUT RULE CLARIFICATION AND INTERPRETATIONS. PLAYERS CANNOT QUESTION JUDGEMENT CALLS.**
- **GAMES CANNOT END ON A DEFENSIVE PENALTY, UNLESS THE OFFENSE DECLINES IT.**