

City of Oakland Park
Parks & Leisure Services Department
Youth Flag Football Rules

- 1) All recreational activities utilizing the City of Oakland Park Facilities come under the direction of Parks & Leisure Services Department.
- 2) The Parks & Leisure Services Department will only assume insurance responsibility for any regularly scheduled practice or game.
- 3) Profanity - The use of profanity by coaches, players, and spectators is not allowed. Penalty for the use of profanity will be at the discretion of the Parks & Leisure Services Department.
- 4) Game officials will have complete authority over the game, players, and spectators. Refusal of ejected players to leave the field within a 2 minute time limit will constitute a forfeit.
- 5) League games may begin if a team has 6 players.
- 6) The number of players to be fielded, will be determined by the number of program participants. A game will continue - only if a team can field 5 players (due to injury or expulsion). A team will forfeit if it can only field 4 players or less.
- 7) In order to provide adequate playing time for all players, coaches are encouraged to assign players to an offensive or defensive position; therefore, after 2 sets of downs, all children should have had playing time.

Game

- 8) Field is 80 yards long. Three markers divide the field into 4 sections.
- 9) Major division has (2) 24 minute running halves. Midget and Minor division has (2) 20 minute running quarters, with 5 minutes between halves in each league. The clock will be stopped only for timeouts, injuries, or scoring plays. Exception: during the last 2 minutes of each half, the clock will be stopped as in regulation tackle football (incompletions, first downs, out of bounds, etc.)
- 10) Each team has 2 timeouts per half. Each time Out is 45 seconds.
- 11) The team has 30 seconds to put the ball in play up on the referees ready to play whistle.
- 12) A first down is gained when a team reaches a 20 yard marker, in for downs or less.
- 13) Free substitutions by offenses or defense are allowed as long as the ball is not in play
- 14) Scoring safety 2 points touchdown 6 points
Extra points - the team will advise the official as to whether they will attempt a one or a two point after touchdown. One point will be attempted from the 5 yard line, 2 points from the 10 yard line.

Uniforms

- 15) Shirts will be kept tucked inside player shorts at all times. Every player (offense and defense) will constantly check to keep shirts inside shorts, so as not to interfere with the flags. The referee may blow the play dead if a shirt covers the ball carriers flags.
- 16) >> **The Parks & Leisure Services Department requires that mouth guards be worn during all games and practices players today who do not have a mouth guard will be withheld from play**

Kickoffs

- 17) At the start of the game, the winner of a coin toss will have two choices: (1) defending a goal (2) receive.
- 18) The kicking team will kick off from their own 20 yard line.
- 19) There are no onsides kicks. The ball must travel a minimum of ten yards or it must be re-kicked.

- 20) When the kickoff goes out of bounds, the receiving team may choose to put the ball in play from its 40- yard line, or from the yard line where the ball went out of bounds.
- 21) Kick off receiving team must have 3 players on the 30-yard line until the ball is kicked off.
- 22) As soon as a kickoff receiver receive fields the ball, all teammates in front of, or alongside the receiver, must immediately come to a complete stop. Teammates may trail the kickoff returner, as long as they do not illegally interfere with the defender(s) chasing ball carrier.
- 23) Touchback goes to the receiving team's 20-yard line
- 24) Onside kicks will occur the last two minutes of the game, only if the team is trailing by 12 or more points. The ball must travel at least ten yards to recover the onside kick

Offense

- 25) all offensive players will be in the huddle between plays. This eliminates all sleeper plays. **Teams must notify referee when the offense will go with no huddle**
- 26) All offensive players are eligible receivers. Receivers (or defenders) must have one foot in bounds to catch a pass. A receiver who has stepped out of bounds in may not receive a pass. A player, while on his knees his/her knee(s) as he/she catches the ball, is credited with a legal catch, but play is dead at spot of catch. Sidelines and end lines are out of bounds.
- 27) Unlimited forward passes, forward laterals or forward hand-offs **behind** the line of scrimmage are permitted.
- 28) **Each player will be allowed (2) rushes and (2) receptions per offensive Series. A player is allowed (2) offensive touchdowns per game. Kickoff returns an interception returns do not count against the players touchdown total. (Midget and minor divisions only)**
- 29) A ball carrier may not:
- stiff arm
 - shield flags in anyway
 - slap A defender reaching for the ball carriers flag(s)
 - spin (defined as more than 180 degrees) to avoid having flag(s) pulled
 - charge into a defender who has established position
 - extend the ball, in any unnatural manner, away from his body, in an attempt to gain yards
- Note: Contact may occur between a ball carrier and a defender. It is the referees **judgment** if the contact was caused by ball carrier (charging), or by the defender (may either be charging, pushing, or tackling) or by incidental or accidental contact (no penalty).
- 30) Blocking is not permitted
- 31) Screen blocking is permitted. The screen block must be stationary and must be set at least 4 yards--two running strides--from a defender. The screen blocker may not extend or stick out a knee, hip, shoulder, leg, or foot when "blocking". The screen blocker may not lean into, or initiate contact with a defender. The arms and hands must be kept straight down along the sides of the screen blocker, and only the screen blockers feet may be in contact with the ground when "blocking". An offensive player that runs a pattern in front of the rusher may be called for an illegal screen. Moving screens and any other type of blocking are not permitted.
- 32) Screen blocking during a punt or kick-off return, or more than 5 yards down field in play from scrimmage is permitted. See above

Minor and Major division

- 33) All snaps, including Punts, must be caught in the air. A snap at bounces before it gets to the intended player, is down at the spot where is first hit the ground. The down is not replayed. Note: from Jerry - only quarterback in pick up and run.

Midget Division

- 34) All Snaps to the quarterback must be caught in the air. A snap that bounces before it gets to the quarterback will result in a loss of down only, and the ball will return to the line of scrimmage.
- 35) A fumble or free ball will be dead at the spot where it first hits the ground and will belong to the team that had last had possession. The play counts and the down will advance as usual. When a returner muffs a punt or kick-off, the ball immediately will be dead at the spot where the ball first hit the ground after being touched by the returner.
- 36) Forward fumbles are not allowed. The ball will be spotted at the point of the fumble.
- 37) A punt must be announced during the 30 seconds allotted to snap the ball.
- 38) This center must snap the ball between the legs to the punter. No part of the punter's body may cross the line of scrimmage when making the punt. The punting team must stay behind the line of scrimmage until the Punt is away.
- 39) The punt receiving team must have 3 players on the defensive scrimmage when receiving a punt. The defense may not rush a punt.
- 40) **Note:** during the last 2 minutes of a half, the clock will be stopped for all punting plays, first downs, injury, scores or timeouts
- 41) The offense may make quick-kick on 1st, 2nd, or 3rd down, by lining up in regular offensive formation and announcing (once the defense is set) that it will quick-kick. All players will not move until the punt is away.

Defense

- 42) The defensive "line of scrimmage" is 5 yards in front of the ball. **Exception:** when the ball is within 5 yards of a first down or the goal line, the defensive restraining line remains on the first down or goal line.
- 43) Defensive player(s) may not:
- grab or hold any part of the ball carrier's body or clothing.
 - tackle the ball carrier
- A touchdown may be awarded if the referee judges that the ball carrier would have scored.
- 44) If ball carrier is missing a flag, the defense has to one-hand-touch the ball carrier anywhere to make a legal "tackle".

Other Rules

- 45) Safety - The team charged with a safety, will either kick (from tee on our ground) or punt the ball from the 20-yard line.
- 46) Quick whistle: Sometimes a Referee accidentally will blow the whistle, thinking a ball carrier has been "tackled" but was not. Ruling: team in possession of the ball at the time of the quick whistle has the option of returning the ball to the line of scrimmage and replaying the down, or taking the play and yardage gained up to where the whistle was blown, and it will be the next down.
- 47) Ball carrier may not hurdle or dive at anytime.
- 48) All teams must keep their reserves between the 20-yard lines while the game is in progress.
- 49) 17-point rule: If a team leads by 17 points or more at the two minute warning in the fourth quarter, the game immediately ends and that team automatically wins.
- 50) Overtime procedure: In both leagues, a coin toss will determine the possession of the ball; the captain of the team in possession of the ball at the end of the regulation play calls the toss; winner has option of offense or defense. The loser has choice of goals. The ball will be placed on the defense's 20-yard line for the major division and the 10-yard line for the minor division, and offense will have four (4) downs to advance the ball into the end zone. Scoring counts as usual. If a touchdown is scored, the point after touchdown (PAT) will be set up for a one-or-two-point conversion. There is no extra benefit if a team scores in fewer downs. Each team will receive one time-out per offense series. In the event the score remains tied after each team has a possession, both teams will receive one additional possession.

Files and penalties Minor and Major divisions only

The **Unsportsmanlike Conduct** penalty covers many varied infractions. Further, a regular penalty (such as offensive pass interference) could be ruled as an unsportsmanlike conduct penalty, if the Referee judged that the interference was intentional. Penalty--depending on infraction, minimum of 15 yards, half the distance to goal, touchdown, expulsion or forfeit. Unsportsmanlike conduct includes (but is not limited to):

- tripping, kicking, fighting, etc.
- unnecessary roughness
- excessive, unnecessary or loud profane language
- abusive language directed at an individual, referee(s), coach(s) and/or other player(s)

This results in an automatic expulsion of player, plus 15 yards against the team.

Infraction	Definition	Penalty
Offsides	Offense lines up in neutral zone on kick-off or snap	5 Yards / RTD
Encroachment	Defense enters neutral zone during snap	5 Yards / RTD
Illegal Procedure	Offense moving during the snap	5 Yards / RTD
Illegal Forward Pass	Thrown ball being released over the LOS	5 Yards / LOD
Flag Guarding		10 Yards / POI / LOD
Spinning	Turning more than 180°	10 Yards / POI / LOD
Illegal Screen	Teammate may not run in front of the ball carrier	10 Yards / POI / LOD
Charging - Offense	Ball carrier running over defender	10 Yards / POI / LOD
Charging - Defense	Defensive player running over offensive player	10 Yards / POI / RTD
Holding - Offense & Defense	Grasping a player or their uniform	10 Yards / LOS / RTD
Pass Interference - Offense	Interfering with receiver while ball is airborne	10 Yards / LOS & LOD
Pass Interference - Defense	Offensive player not making an attempt to catch the ball and interfering with the defensive player	Automatic first down at POI

Key: RTD - Repeat the Down; POI - Point of Infraction; LOD - Loss of Down

Midget division penalties (with the exception of unsportsmanlike conduct) will all be 5 yards

Playoffs knight minor and major divisions only

The top (6) teams will enter the playoffs

Teams will be seeded 1- 6 based on regular season record

In the event of a tie, head to head record will be determine who receives the higher seed

In the event of another tie, the team with more total points in head to head games, will receive the higher seed

The top (2) teams will receive a first round bye. The #6 seed will play the #3 seed and the #4 seed will play the #5 seed. The #1 seed will play the lowest ranking seed to advance. The #2 seed will play the higher ranking seed to advance.

Discipline

Ejections - Fighting or verbal abuse while in the park, will result in removal from the game and possible suspension from the league for those involved. Anyone he ejected from a game for any form of unsportsmanlike conduct (verbal/ physical abuse, foul language, etc.) will be suspended for:

- a) First Ejection: ejected from the current gain and the teams next game played
- b) Second Ejection: ejected from current game and the teams next two games played
- c) Third Ejection: Suspension from remainder of league, including playoffs.

A physical threat to any league official, will result in immediate removal from the league.

Players ejected from a game for rule violations, will be ejected from the game being played, but will **not** serve additional game suspensions.