

KEEPING KIDS FIRST IN YOUTH SPORTS



OFFICIAL GAME RULES



ARCADIA SPORTS CENTRAL
BY OUR COMMUNITY, FOR OUR COMMUNITY

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Huddle Up Flag Football - Rules of the Game

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A note from our founder...

Welcome to the Huddle Up Flag Football. Huddle Up promotes individual player development where everyone gets an opportunity to be a playmaker. These program rules have been intentionally developed and tested over thousands of contests with the intent to match High School football rules as closely as possible with due consideration for player safety and player development. These rules are intended to promote proper instruction in the game of football and to form good player habits for the next level of competition. We encourage you to not only read these rules, but promote sportsmanship in the league by participating within the Spirit of the Game. This is not the NFL: these are kids, coaches are volunteers, officials are human, and a positive player experience is not hinged on the outcome of any one contest. RESPECT THE GAME!

Please ensure that every player gets fair playing time, and encouragement.


ARCADIA SPORTS CENTRAL Founder



Section 1: Player Eligibility & General Rules

1.1 PLAYER ELIGIBILITY (LEAGUE)

1. Players shall be age eligible for the entire season if they are age eligible on the day of the first scheduled game in a season. (For example, a 7-8 player is eligible if they are 8 years old on the opening game day of the season even if they celebrate a ninth birthday the following day).
2. Only players rostered by Grid Iron Flag Football may participate in organized team activities (such as practices and games) and only for the team rosters on which they are assigned.
3. An ineligible player is one who is legally a member of the team but who is ineligible to play in a particular game or games because of an infraction of the rules, or because of a previous violation or disciplinary action. It is the duty of the head coach to keep a record of his ineligible players.
4. An Illegal player is one that is not a legal member of the team (registered and rostered). Playing illegal players will result in forfeiture of the game.
5. A player may be rostered to only one team per season in each eligible age division. (For example, an age eligible 7-8 player may play on one team in each of the following age divisions: 7-8, 9-10, 11-12 and 13-15).
6. Players may "Play Up" in higher age divisions, but are never allowed to "Play Down" - NO EXCEPTIONS.

1.2 LEAGUE POLICY

1. The team's head coach, whether or not they are on the coaching lines, may moderately dispute any rules interpretation but may not protest discretionary calls of the official. If a coach at any time makes any derogatory remarks about, or to the opposing players, opposing coaches or officials, he may be issued a penalty or immediately be ejected from the game in the official's discretion.
2. No adult, other than coaches or game officials, will be allowed on the field during the game without the consent of the officials, or be subject to penalty.
3. If any head coach, assistant coach, player, or spectator conducts himself/herself in a manner that is deemed to be unsportsmanlike, the commissioner may (in their sole discretion) institute penalties on the team including yardages, loss of down, ejections, game forfeiture, season suspension or league banishment. He/she may be removed from the game and the field in the sole discretion of the official or its league representatives. This includes the baiting or heckling of officials or opponents.
4. Tobacco products and profanity are not allowed under penalty of forfeit. Use of the F-Word is grounds for immediate ejection, in the discretion of the officials and league representatives.
5. If, in the opinion of the officials, a player, head coach, coach or scorekeeper, commits any act which may maim or injure an opposing player, if deemed deliberate, he shall be ejected from the game. Players or coaches who are ejected may not return to the game. An ejected player or coach must immediately leave the venue and shall not participate further in the game. Grid Iron Flag Football reserves the right to institute penalties based on the severity of the infraction for any player, coach or spectator that is ejected from a game up to and including banishment from the league.
6. Concussions: Any player receiving contact to the head must be removed from the game for at least one play allowing the coach/parent to assess for symptoms of concussion. If the official, coach, or parents suspect that a concussion has



been sustained, the player must be removed from play until he/she is evaluated by a medical professional and provides the league written clearance to resume activities. Officials may not see contact to the head during play, therefore coaches AND the player's parents also have a responsibility to identify any player that has sustained a bump to the head and inform the official(s).

7. **THIS IS NOT THE NATIONAL FOOTBALL LEAGUE (NFL). WE DO NOT USE INSTANT REPLAY IN ANY FORM. NO PHOTOS OR VIDEOS SHALL BE USED TO CONTEST OR OVERTURN AN OFFICIAL'S RULING DURING THE GAME - NO EXCEPTIONS. ANY CONCERNS REGARDING MIS-INTERPRETATION OR MIS-APPLICATION OF RULES OR PENALTIES MUST BE VOICED BY THE HEAD COACH PRIOR TO THE SNAP OF THE NEXT PLAY.**



Section 2: Pre Game

1. A traditional coin toss will be held to determine the opening kick-off. Game officials and team captains will meet at mid-field for pre-game instructions. One member of the visiting team will call the toss, and the winner of the coin toss may elect to kick-off, or receive (no deferrals allowed). The opponent will elect which goal to defend during the first half and will receive the kick-off to start the second half. Teams will switch end zones at half time.
2. The offensive team has four (4) downs to cross midfield. If a team crosses midfield, it has an additional four (4) downs to score a touchdown.
3. If the offensive team fails to cross midfield or score at the end of the 4th down (after assessment of penalties), the opposing team takes possession at the spot of the turnover.
4. Teams with 3 or fewer players at the time of kick-off shall automatically forfeit the game. Although the coaches may choose to scrimmage during their allotted game time.
5. Teams must field a team of at least 4 rostered players to play a scheduled game. The opposing team shall not be punished with a reduced roster, and is allowed to field all five allotted players.

Game officials are to conduct an equipment check of both teams prior to the coin toss. Officials will check to ensure that the following requirements are met:

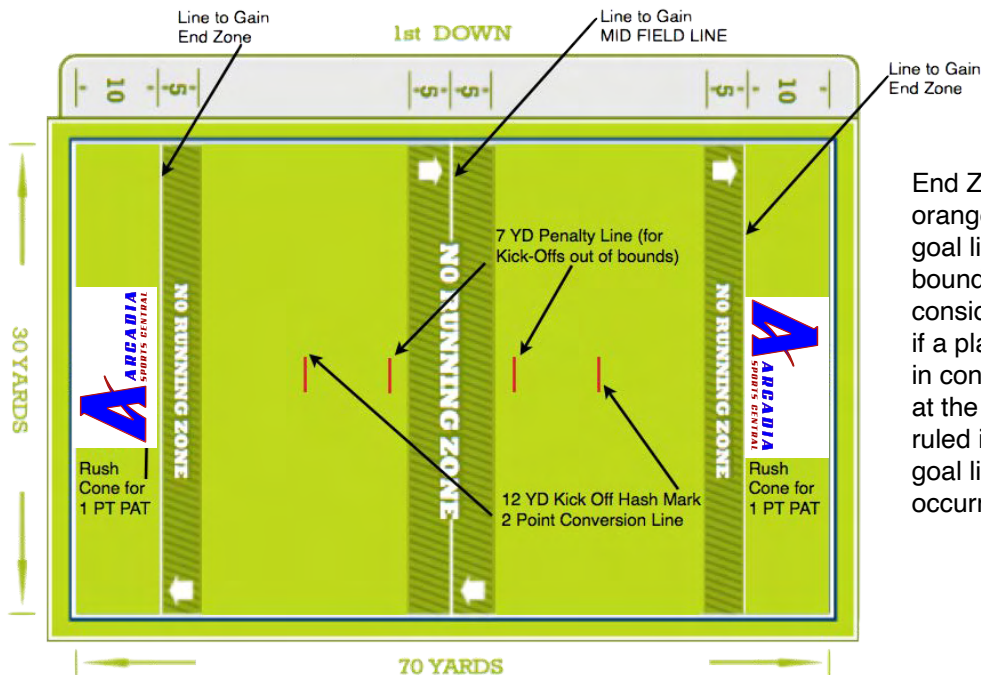
1. Jerseys are tucked in.
2. Shorts have no pockets (or pockets have been sewn/taped shut).
3. No jewelry is being worn by the players (watches, bracelets, necklaces, etc).
4. Players have mouth guards and must wear them during play.
5. Flags are properly worn outboard on the hips.
6. Cleats do not have metal spikes.
7. Players are not allowed to wear anything that may be dangerous to other players. Any casts or braces made of fiberglass, plaster, metal, or any other non-pliable substances are not allowed. Braces with exposed metals are not allowed.
8. No baseball hats or caps may be worn during play (beanies are allowed).



9. No sunglasses may be worn (prescription glasses are allowed, rec. specs are recommended)
10. Soft/padded helmets designed to protect players heads are allowed.
11. No Go-Pros or other recording equipment may be worn by the player.



Section 3: Field & Equipment



End Zones are delineated with 4 orange pylons. The pylons on the goal line are considered to be in-bounds, the rear pylons are considered out of bounds. (Example, if a player's forward most foot comes in contact with the pylon and sidelines at the same time, the play would be ruled in bounds if it occurred at the goal line, and ruled out of bounds if it occurred at the back of the end zone).

Playing Field

The field size is 30 yards by 70 yards (provided field space allows) including a 10-yard end zone at each end. Every field will have a midfield line-to-gain (First Down) and no-running zones that precede each line-to-gain by 5 yards.

Player Equipment

1. The League will provide an official game ball that must be used by both teams during scheduled games. No other ball will be authorized for use during games.
 - 5-6 age division will use a Pee-Wee size ball,
 - 7-8 age division will use a Pee-Wee size ball,
 - 9-10 & 11-12, 13-15 age divisions will use a Junior size ball,
 - All other divisions will use an Official size ball.
2. The League provides each player with an Official NFL Flag belt, which must be worn during games. No other flag belt besides the Official NFL Flag belt may be used.
3. Flags must be worn "OUTBOARD", on each side of the players' hips in line with the hip joint.
4. The League provides each player with an Official NFL Flag Football Jersey, which must be worn during games. Home teams wear dark jerseys; visiting teams wear light jerseys. The league may sanction alternate team jerseys in the



discretion of the commissioner providing that the entire team wears identical looking jerseys. Unless it is physically impossible, jerseys must be tucked in at all times during games. The Commissioner may allow an alternate jersey in the event that league provided equipment is not available.

5. Pants or shorts with pockets must be taped. Belt loops are not allowed. Short/Pant colors and tape colors **must** contrast to player flag colors.
6. Every player must wear a protective mouth piece during games. No player will be allowed to play without a mouth guard.
7. Players must wear shoes. Cleats are allowed, however metal cleats are not allowed.
8. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed.
9. Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.



Section 4: Teams & Eligibility

1. Teams will vary in size in the discretion of the league organizer.
2. All players must be registered with the league and rostered to the team. Playing with unregistered or un-rostered players will result in immediate forfeiture and potential league suspension.
3. Teams are required to report to their assigned field of play by the scheduled start time or face possible forfeiture.



Section 5: Regulation Play & Game Clock

1. Games consist of two 20-minute halves. Halftime is 2-minutes. Teams change ends to begin the second half.
2. The clock runs continuously during the first half and the first 18 minutes of the second half unless a time-out is called or officials pause the game for official's reasons.
3. During the last 2 minutes of the second half, the clock stops when there is an incomplete pass, a penalty, change of possession, or when a ball-carrier runs out of bounds. (Not on first downs). Scoring will also stop the clock during the last two minutes until the ball is put into play via a resulting kick-off. **EXCEPTION:** If a point differential of 17 points or more exists when 2:00 minutes remain in the game, the last 2 minutes of the game shall run continuously.
4. The offensive team has 30 seconds (by the referee's count) to snap the ball after the ball spot. The offense may snap the ball at anytime after the referee has completed the ball spot whether the defense is ready or not, except on the first down following a change of possession. There will be no hurry up offense allowed for the first play following a change of possession. The referee will warn the offensive team when there are 10 seconds left on the snap count clock.
5. A ball spot is completed when the ball has been spotted and the rush



marker has been established (as required per age division). This establishes the line of scrimmage for the offense and the rush marker for the defense.

6. Each team has one 60-second time out per half that can be used at any time prior to a ball snap. Unused time-outs are lost and can not be carried forward.
7. Officials can stop the clock for an injury, pet on the field, or at their discretion to support the safety of the players or spectators.
8. Neither the first or second half shall end on a defensive penalty. The offense will have the opportunity to repeat the last down with all penalties assessed. In the case of offsetting penalties at the end of either half, the down will be replayed. Offsetting penalties will be assessed from the point of first infraction. (Coaches may accept or decline penalties).
9. Extra Point conversions are an un-timed down in the last two-minutes of the game. If an extra point conversion may change the outcome of the game, the Extra Point conversions shall be played even if the game clock has expired.
10. If the Offense earns a penalty during the last two minutes of the game, fifteen seconds shall be run off the game clock in addition to any yards and down losses associated with the penalty. This rule is to prevent the offense from intentionally taking a penalty in order to stop the game clock in the final minutes of the game.

DEAD BALL

1. Substitutions may be made on any dead ball.
2. Play is ruled "dead" when:
 - A) The ball touches the ground (except for kick-off and punt returns).
 - B) Ball carrier's flag is pulled.
 - C) Ball carrier steps out of bounds.
 - D) Ball carrier's knee, elbow, hip or backside touches the ground.
 - E) When a touchdown or extra point is made.



Section 6: Coaches

1. Coaches are volunteers whose role it is to help young people learn to play and enjoy football. Parents are encouraged to support their youth and their coach at all times.
2. ONLY One Coach in the 5-6 and 7-8 age divisions is allowed on the field at any one time to assist players with their positions and play calling. At the snap, on-field coaches **must** be 3 yards behind their nearest player and avoid physical interference during the play. Verbal direction may be given.
3. Coaches of all other age divisions may not come on to the field of play during a game unless a player is injured. Coaches or parents who come on the field of play anytime during a game will be assessed a team penalty. A sideline warning may be issued in the discretion of the game official after which the following penalties will result:
 - A) Coach or parent on the field during live action = unsportsmanlike conduct penalty.
 - B) Coach on the field during a dead ball = delay of game penalty.
4. Coaches are expected to adhere to Huddle Up Flag Football philosophy, coaching guidelines and codes of conduct.
5. Only three coaches per team are allowed on the sidelines.





Section 7: Conduct

1. **ONLY THE HEAD COACH MAY ADDRESS THE GAME OFFICIALS.**
2. Coaching staff is responsible for the conduct of their sidelines, including spectators.
3. Coaching staff must remain on their sidelines. Or, in the event that both teams share a sideline, coaches must remain between their end zone and the midfield line. Coaches are not allowed to extend beyond the midfield line into the opponents team sidelines.
4. Contact is limited to incidental contact that is a normal part of flag football.
5. Players are expected to behave in a civil manner. Flag slamming, flag throwing, or other uncivil acts will result in a verbal warning for the first offense and an unsportsmanlike conduct penalty for each subsequent offense. Players are encouraged to return a pulled flag to the offensive player after a tackle.
6. Taunting, trash talking, cursing or other offensive language or behavior by players, coaches or their fans will result in an unsportsmanlike conduct penalty for the first offense and possible forfeiture for the second offense (in the game official's sole discretion). Use of the F-Word is grounds for immediate ejection, in the discretion of the league representatives.
7. Reckless play deemed by the game official to be potentially dangerous or harmful (e.g. elbowing, cheap shots, roughing, pushing out of bounds, etc.) will result in an unsportsmanlike conduct penalty. Two such acts committed by one player during a game will result in automatic ejection.
8. Play that is deemed by the game official to be intentionally malicious (e.g. fighting, attempted punching, clothes lining, blatant tackling with no effort to pull flags, etc.) will result in an unsportsmanlike conduct penalty and player ejection. Two such acts by one team during a game will result in immediate forfeiture and potential league sanctions for future games.
9. Players, Teams or Coaches who are found to have intentionally cheated will forfeit their game and be suspended until addressed by the league commissioner.
10. Players, Coaches, or Spectators who are ejected from a game, must vacate the premises. Failure to do so will result in game suspension, game forfeiture or league banishment.
11. Sportsmanship is paramount to the Huddle Up program. The Head Coaches and all Players must participate in the post game handshake immediately following the conclusion of the contest or be subject to a one game suspension in the sole discretion of the commissioner.
12. Field Supervisors and Game Officials have the authority to suspend play and declare a forfeit if players, fans and/or coaches behave in a manner that is threatening, dangerous or violates the published code of conduct.
13. Field Supervisors, Game Officials, Security or other Huddle Up Flag Football representatives will make reports to the League Commissioner of conduct violations by anyone at any Huddle Up Flag Football event. In addition to the penalties assessed during a game, conduct violations may carry the additional penalties in the discretion of the commissioner:
 - A) Intentional Unsportsmanlike Conduct - 8 day suspension from practice and play.
 - B) Ejection from a Game - 8 day suspension from practice and play.
 - C) Physically threatening an official - season suspension.
 - D) Hitting an official - season suspension, possible league banishment.
 - E) Public intoxication - season suspension.
 - F) Fighting / Physical Threats (on or off the field) - season suspension or league banishment.



G) Second offense of A or B - season suspension.

H) Playing an ineligible player - forfeiture of game (minimum).

- 14. For safety reasons, spectators must be seated a minimum of 2 yards behind the sidelines.**



Section 8: Kick-Offs

1. The game shall commence upon the referee's whistle to begin the kick-off. The kick-off shall take place as indicated by age group below:

Age 5-6:	Kick Off occurs at midfield
Age 7-8:	Kick Off occurs at midfield
Ages 9-10:	Kick Off occurs at the 12 yard PAT line
Ages 11-12:	Kick Off occurs at the 12 yard PAT line
Ages 13-15:	Kick Off occurs at the 12 yard PAT line
2. The ball will be considered live until it is touched by a defender, rolls to a stop, travels out of bounds, or the ball carrier for the returning team has been tackled.
3. Any kick-off or punt that breaks the plane of the goal line shall be ruled an automatic touchback. Grounding (kneeling) the ball in the end zone results in a touchback.
4. No turnovers may occur on kick-off or punt returns, unless a lateral pass is intercepted or safety occurs.
5. The kicking team must remain on sides during the kick/punt or be subject to penalty.
6. Coaches are encouraged to develop kicking and receiving skills in the participants. These rules have been adapted to penalize teams that do not play within the spirit of the game.
 1. Kicking the ball out of bounds (sidelines) in an intentional manner to prevent a return is UNSPORTSMANLIKE and subject to penalty under Section 1.2.3. Intentional and repetitive kicking out of bounds will lead to game forfeiture in the commissioner's sole discretion.
 2. If the ball is kicked out of bounds (sidelines) beyond the midfield line in an unintentional manner without being touched, the receiving team will be awarded 1st down at a spot 7 yards behind the midfield line except in the case of punts. (See Section 15 "Punting").
 3. If the ball is kicked out of bounds (sidelines) before the midfield line in an unintentional manner without being touched, the receiving team will be awarded 1st down at a spot where the ball left the playing field. (See Section 15 "Punting").
 4. If the ball is touched by the kicking team before the midfield line in, the receiving team will be awarded 1st down at a spot where the ball was downed by the kicking team.
7. If a kick-off fails to go 7 yards, the receiving team will be awarded 1st down at a spot 7 yards behind the midfield line.
8. In the 5-6, 7-8 age group, no safety will be awarded during punt and kick returns. The ball will be spotted at the 5 yard line.
9. Touchbacks will be spotted at the 5 yard PAT line.





Section 9: Spotting the Ball

1. The ball is spotted at the location of the ball carrier's forward-most grounded foot at the time the flag is pulled or the play is called dead. Note: The ball-carrier's forward-most grounded foot is the one that is both closest to his goal line and in contact with the ground. For example, should a defender pull the flag of a ball-carrier who has his front foot elevated over the goal line and his back foot on the ground six inches in front of the goal line, the ball will be spotted where his forward-most grounded foot was when the flag was pulled - six inches in front of the goal line. In the case of a player falling to the ground over the goal line, the play will be ruled dead at the location of the ball carrier's forward most grounded foot.
2. If a ball carrier's flag falls out while running, the ball is marked at the spot where the ball carrier's forward-most foot was when the flag came out.
3. Players that start a play without a flag or lose their flag during play can receive a pass but cannot advance it. The ball is spotted where the catch occurred. (Intentionally pulling a player's flag before a catch is made will be assessed a penalty for Illegal Flag Pull.)
4. The play is ruled dead when the ball makes contact with the ground. In the case of a fumble, the ball is spotted at the forward-most grounded foot of the player who last controlled the ball. In the case of the center muffing a snap, the ball will be re-spotted at the Line of Scrimmage.
 - A) Example 1: a player fumbles the ball forward. The ball is spotted where the player's forward-most grounded foot was at the time of the fumble, not where the ball lands.
 - B) Example 2: a player muffs a snap while standing in the end zone. The ball is re-spotted at the Line of Scrimmage
 - C) Example 3: a center hikes it over the head of the QB who may or may not touch the ball. The ball is re-spotted at the Line of Scrimmage providing the QB never had control of the ball.



Section 10: Hiking the Ball

1. The ball must be snapped between the legs to start play (re-snap, no loss of down).
2. Center sneak plays are not allowed. Note: A center sneak is any play in which the ball is transferred immediately to the center from the player receiving the snap. A center must take at least one step forward to be eligible to receive a legal forward pass or one step backward to be eligible to accept a legal handoff or pitch.
3. The ball can be hiked from the center to any offensive player.
4. The ball must be snapped from the spot where the referee places it.
5. Any number of offensive players may shift prior to the snap but only one player on offense is allowed in motion when the ball is being snapped. The player in motion may move forward (see note below), backward or parallel to the Line of Scrimmage, but may not pass the LOS until the ball is snapped. All other players on offense must be set during the snap.

Note: *Forward motion is not allowed in traditional football and any play that intentionally utilizes forward motion shall be ruled a false start. However, Huddle Up rules are developed to reduce false start calls, teach the participants to get set and watch the snap.*
6. Only one QB may be positioned under center to receive the snap. The use of two offensive players under center in a manner that disguises the location of the ball during the snap will result in a false start penalty.





Section 11: Running the Ball

1. Any player receiving a hand-off or a pitch behind the line of scrimmage is eligible to run the ball.
Note: A pitch may be tossed or thrown underhand or overhand to a player positioned behind the player pitching it.
Note: A hand-off is a direct exchange of the football from one player to another.
Note: When two or more hand-offs are performed in quick succession, in every case, the player handing the ball off must completely release the ball. Having a player simply touch the ball while it is in possession of another player does not constitute a hand-off.
2. The player receiving the snap is eligible to run ONLY after a rusher crosses the line of scrimmage. Running is never allowed when a play starts in a no-run zone, except that the player receiving the snap may run if a defensive rusher crosses the line of scrimmage. (Note: it is not the responsibility of the Quarterback to know if the rusher is legal or not)
3. Once the ball has been handed off or pitched, all defensive players are eligible to rush the ball carrier regardless of their position prior to the snap.
4. Pitches (in a backward motion) are allowed once the ball has crossed the line of scrimmage. However, a pitch that occurs beyond the line of scrimmage in a forward motion will be assessed an offensive penalty for illegal pass from the point of infraction.
5. No-Run Zones are located 5 yards from each end zone and 5 yards from midfield (see Field Dimensions). A passing play is required when the ball is spotted in the No-Run zone. Any play that is initiated in the "No-Run Zone" must start with a forward pass from the person that received the snap. The No-Run zone only applies to the current line of gain. (For example, if a team has been awarded a first down, the next line of gain is the end zone and the 5 yard No-Run zone preceding the midfield line no longer applies.)
6. The rules relating to the No-Run Zone do not apply to the 5-6 year old age group.
7. If a player missing a flag takes a handoff, the play is ruled dead at the spot of the forward-most foot of the player receiving the handoff.
8. The ball may not be stripped from the runner or receiver. In the event that an offensive and defensive player catch and control the ball simultaneously, the ball shall be ruled dead and awarded to the offense.
9. Any offensive player advancing the ball while running must make a visible attempt to avoid a defender in an established position or receive an unsportsmanlike penalty. An established defensive position means that both feet of the player are established on the ground and the player is not moving (similar to a charge in basketball).



Section 12: Passing the Ball

1. All forward passes must be received parallel or in front of the Quarterback's front foot. Note: A forward pass is any ball tossed or thrown overhand or underhand to a player standing in front of the player throwing it.
2. A forward pass must move in the direction of play and can not be "dropped" vertically from the QB's hand to that of a receiver.



3. Shovel passes are allowed and subject to all the rules pertaining to forward passes. A "shovel" pass is simply a pass in which the ball is thrown with an underhand motion, the arm and hand acting like a shovel. There are no rules as to which kind of motion -- overhand, underhand, sidearm, that a pass, or lateral can be thrown. There is no such thing as a "shuttle" pass.
4. Only one forward pass is allowed per play, and the passer must be entirely behind the line of scrimmage.
5. The quarterback has 7 seconds to handoff or pass the ball. After 7 seconds, a penalty flag will be thrown and the play will be ruled dead. If a rusher crosses the line of scrimmage, the 7-second clock is in effect and will continue until the quarterback passes the ball, hands it off, or runs across the line of scrimmage.
6. Interceptions may be advanced including those made during extra point conversions and during overtime. If the interception occurs during an extra point attempt and results in a score, the intercepting team will be awarded two (2) points, and receive the following kick-off.



Section 13: Receiving a Pass

1. All players are eligible to receive forward passes or pitches.
2. If a player missing a flag catches the ball, the play is ruled dead and the ball is spotted at the receivers forward most foot.
3. A player must have one foot inbounds when making a reception. If a player receives the ball while in the air, the first foot to touch the ground determines in-bounds or out-of-bounds in the officials sole discretion. If both feet land simultaneously while straddling the out of bounds line, the receiver shall be awarded a reception.
4. An offensive player who voluntarily runs out of bounds during live action may not return to the field of play until the ball is dead.
5. An offensive player who is forced out of bounds during live action by contact with a defender may return to the field of play during live action without penalty.
6. If a defensive player pulls a receivers flag prior to a legal reception of a pitch or forward pass, the defense will be penalized for Illegal Flag Pull and it will be assessed from the point of reception, not where the flag was pulled.
7. When a pass is thrown, any player from either team has a right to catch the ball. It is not pass interference if unavoidable contact occurs when two or more eligibles are making a simultaneous, bona fide attempt to move toward, catch or bat the pass. Referees will determine incidental contact that is a normal part of sports.
8. If a ball is simultaneously caught and controlled by 2 opposing players, possession will be awarded to the offense with the ball being dead at the spot.
9. The receiver's hands are considered to be part of the ball. If an opponent interferes with a receiver's ability to make a fair catch on a ball by making physical contact to any of the receiver's body, legs or arms (except the hands), pass interference has occurred. Pass interference may include tripping, pushing, pulling, or covering the receiver's face, or pulling on the receiver's hands or arms. Pass Interference may occur to a receiver on offense or defense when the receiver has a favorable position to receive



the ball and the ball is deemed “catchable”. This is not tackle football, and we encourage clean play.



Section 14: Rushing the Quarterback

1. There will be No Rushing of the QB in the 5-6 year old age group.
2. All players in the 7-8, 9-10, and 11-12 age groups who rush the QB must be a minimum of seven yards from the line of scrimmage when the ball is snapped. A special marker will designate seven yards from the line of scrimmage. The rush marker for the 13-15 age group shall be set 10 yards beyond the Line of Scrimmage.
3. A defender rushing from a point within 2 yards to the left or right of the rushing marker (i.e. up the middle) may not interfere with the Center or Hiker. Contact with or attempts to impede the center or hiker will be ruled defensive holding.
4. Any number of players can rush the quarterback.
5. Rushers may jump to block a pass but may not make contact with the QB during the throwing motion.
6. If a rusher leaves the rush line prior to the snap, he/she may return to the rush line, reset and then legally rush the quarterback.
7. If a rusher leaves the rush line early but the ball is handed off before the rusher crosses the line of scrimmage, the rusher may continue to legally rush.
8. Once the ball is handed off, passed laterally or pitched, the seven-yard rushing rule is no longer in effect, and all defenders are eligible to rush.
9. The player receiving the snap is eligible to run whenever the rusher crosses the line of scrimmage (including the No Run zone).



Section 15: Punting

1. The offensive team may elect to punt on 4th down. Punting is required for ages 9 and above. For age groups 7-8, a pass may be substituted for a punt. For age group 5-6, the ball will be placed on the receiving team's 5yd touchback if a punt is elected.
2. Once a punt has been declared by the offense: a.) All defensive players must take position behind the rush cone (7 yards from the line of scrimmage) and may not rush the punter, b.) the Punter shall have 7 seconds after the snap to punt the ball, c.) false start by the offense will result in a 5 yard penalty and re-punt.
3. The Punting team must remain set behind the LOS until the ball has been kicked. Offsides will be assessed at the end of the punt return.
4. Fake punts are not allowed. Teams must declare a punt.
5. Punts traveling out of the field of play are spotted where the ball left the playing field.
6. Safeties apply to punt and kick returns in accordance with Section 23.





Section 16: Scoring

1. Touchdowns are worth 6 points.
2. Extra Points are worth 1 point from 5-yard line or 2 points from 12-yard line. (The no run zones applies to extra point attempts)
3. A Safety is worth 2 points. In the event of a Safety, the Defense is awarded 2 points and the ball will be spotted at their own 5 yard line (there is no free kick following a safety). A safety is awarded when:
 - The ball carrier is tackled in his own end zone (impetus must be on the ball carrier - see Section 23 SAFETIES), or
 - The offense commits a spot penalty in its own end zone (such as flag guarding).
4. In the 5-6, 7-8 age group, no safety will be awarded during punt and kick returns. The ball will be spotted at the 5 yard line as a Touchback. All other age groups will be awarded safeties in accordance with Section 23.
5. The defense may return an interception including extra point attempts during regulation and overtime. An interception returned for a score on an extra point attempt is always worth 2 points.



Section 17: Rules Violations

1. All live penalties will be assessed at the end of the play. Dead Ball penalties will be assessed prior to the snap. Coaches shall not contest calls made during previous plays.
2. Diving forward to advance the ball is not allowed. If a player dives the ball will be marked where the player left his feet.
3. Blocking is not allowed. No player may run interference, screen or make contact with a player from the opposing team with the intent of impeding motion. It is a natural instinct to run with the play and players are allowed to do so providing that they are not impeding a defender from attacking or pulling the ball carrier's flag. Blocking is in the official's discretion and is largely interpreted by intent or proximity to other players.
4. Any player that comes onto the field from out of bounds after the play has begun will be penalized for illegal participation.
5. Referees will determine incidental contact that results from normal play.
6. The head coach (or the on-field coaches in the 5-6, and 7-8 year old divisions) may ask the referee for a rules clarification or interpretation but the request must come immediately after the play in question. Any stoppage of play by a coach to question a call or rule pertaining to a play other than the one just played will result in a delay of game penalty.
7. Game Officials calls are final. Players may not question calls. Coaches may ask for rules clarification but shall not question judgment calls.
8. In the case of offensive and defensive offsetting penalties, the down will be replayed with yardage penalties enforced, unless one of the infractions was a personal foul. In that case, the personal foul will take precedence over the non-personal foul. Example: A defender interferes with a pass and, following the whistle; the offensive player turns and pushes the defensive player in anger. While both the defense and



offense are flagged respectively for pass interference and unsportsmanlike conduct, the offense alone would then be penalized for the personal foul of unsportsmanlike conduct.

9. Games cannot end on a defensive penalty, unless the offense declines it.
10. If a team calls a time-out when it has none left, a penalty of 5 yards and 15 seconds run off the clock. If the game clock has less than 15 seconds when such a time-out is called, the game clock will expire and will result in either half-time or end of game.



Section 18: Overtime Play

1. If the score is tied at the end of regulation, play moves into overtime.
2. Overtime is a point conversion competition. Teams may elect for one or two point attempts. Both teams will take turns attempting one or two point conversions until a winner is determined. The team starting on defense will have an opportunity to match or beat the offensive point conversion during each overtime period. Each team will have one play to make a point conversion of their choice, all penalties apply.
3. Repeat the coin toss to begin the competition. Visiting team calls the toss and the winner elects offense or defense. The opponent chooses the end of the field on which play will occur during the entire overtime period. Teams will alternate first possession during subsequent overtime periods if applicable. (For Example, If Team A starts with the ball during the first OT period, Team B shall start with the ball during the second OT period.)
4. During overtime, an interception may be returned for 2 points (which would conclude the game).
5. All applicable regulation period rules and penalties are in effect including the 30 second play clock.
6. There are **no time-outs** in overtime.
7. A winner is declared if a point differential exists at the end of each overtime period.



Section 19: Inadvertent Whistle

1. In the case of an inadvertent whistle by the game official, the offense has two options:
 - A) Take the ball at the spot of forward progress when the whistle blew.
 - B) Replay the down from the original line of scrimmage.
2. If a personal foul is committed during or immediately after a play whistled dead by an inadvertent whistle, the penalty for the personal foul will be assessed after the inadvertent whistle ruling.





Section 20: Penalties

1. Roughing/**Unsportsmanlike** conduct = **10 yards** from end of play.
2. Delay of game = 5 yards from the original line of scrimmage.
3. Too many players on the field = 5 yards from line of scrimmage.

Note: When the listed penalty yardage is in excess of half the distance between the goal line and the spot from where the penalty yardage is to begin, the penalty will be "Half the distance to the goal line." Example: The original line of scrimmage is 7 yards from the goal line. The defense is flagged for being off-sides. The ball will be moved toward the goal and spotted at the 3 1/2 yard mark.

OFFENSIVE PENALTIES

EXCEPT AS NOTED OTHERWISE - ALL OFFENSIVE PENALTIES RESULT IN AN AUTOMATIC LOSS OF DOWN

Note: Loss of Down means no repeating of down. An offensive penalty on 1st down costs the offensive team yardage plus the 1st down play during which the penalty occurred. The next play run by the offense would be 2nd down. Penalties on 2nd down are followed by a 3rd down play. Penalties on 3rd down are followed by a 4th down play. Penalties on 4th down result in a change of possession. (Example: The offensive team incurs a penalty while crossing midfield for a 1st down. The team is penalized yardage and awarded 1st & Goal from the ball spot)

1. Illegal Hike = 5 yards from the original line of scrimmage. (No Loss of Down)
2. Illegal Motion = 5 yards from the original line of scrimmage. (No Loss of Down)
3. False Start = 5 yards from the original line of scrimmage. (No Loss of Down)
4. Illegal Run in No-Run Zone = 5 yards from original line of scrimmage.
5. Illegal Forward Pass = 5 yards from the original line of scrimmage.
6. Offensive Pass Interference = 5 yards from the original line of scrimmage.
7. Flag Guarding/Blocking = 5 yards from spot of foul.
8. Center Sneak = 5 yards from the original line of scrimmage.
9. Failure to pass within 7 seconds = Loss of down only (No Penalty Yardage). This ruling is the equivalent of an incomplete pass.
10. Illegal participation (player enters the field of play after the ball has been snapped) = 5 yards from the original line of scrimmage and loss of down.

A note on Offensive Penalties: To prevent the wasting of game time, and calling back long offensive plays, ALL offensive penalties shall be whistled dead when they occur.

DEFENSIVE PENALTIES

ALL DEFENSIVE PENALTIES RESULT IN AN AUTOMATIC REPLAY OF DOWN

1. Offside/Illegal Rush = 5 yards from the original line of scrimmage.
2. Pass Interference = Ball placed at spot of the foul - automatic first down. In the case of pass interference in the end zone, the ball will be spotted 1 yard from the goal line. If Pass Interference occurs on a 2 point conversion, the spot shall be on the 1 yard line and a successful attempt shall be worth 2 points.
3. Face guarding = Ball placed at spot of the foul. In the case of face guarding



in the end zone, the ball will be spotted 1 yard from the goal line.

4. Holding/Illegal Contact = 5 yards from the spot of the foul.
5. Illegal Flag Pull = 5 yards from the spot of the reception.
6. Roughing the passer = **10 yards** from end of play. (**Unsportsmanlike**)
7. Illegal participation (player enters the field of play after the ball has been snapped) = 5 yard from the original line of scrimmage and automatic first down.

A note on Defensive Holding: It is inevitable that a defensive player may inadvertently grab shorts when attempting a flag pull. If the flag is in hand, the defensive player may continue the tackle. If the flag is missed, the defensive player must release the shorts. With the exception of the above, defensive holding is defined as impeding an offensive player's progress by holding of clothing/body.



Section 21: League Standings

FORFEITS AND NO-SHOWS

Please contact the League Commissioner if your team is unable to field a team and must forfeit. This will allow us to notify the other team. Players, Parents and Coaches are accountable for their commitment to the team and the league to participate with their best effort in every practice, every scheduled game, during the whole season.

1. League standings are based solely on wins or losses. The league discourages "running up the score". The league is organized for competitive fun and encourages coaches with a strong lead to mix up their player positions and plays to ensure that development and fun is the focus. In the event that teams are tied in the standings, the commissioner shall use a random method to determine tournament seedings.
2. In an effort to keep the focus on player development during the "regular season", the league does not recognize division leaders with awards.



Section 22: Safeties

In order for a safety to occur, the impetus for the safety must come from the offensive team, and not a result of the defensive team. It is the action of a player that gives momentum to the ball, and if the ball is in the end zone due to the impetus of the defense, a safety can not be awarded.

Examples:

1. A player receives the ball but retreats to his own end zone where he becomes tackled. Since the ball carrier was the impetus for taking the ball into the end zone, a Safety can be awarded to the defense team.
2. A defensive player intercepts a pass in his own end zone and is immediately



tackled. Since the ball was put into the end zone by the offensive play, the defender is not the impetus for the ball being in the end zone, a Safety is not awarded. Rather, the play is ruled a Touchback.

Huddle Up Flag Football (5on5) **END OF RULES**



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Section 23: Game Variations - 7 on 7 Passing League

Section 24.1

7 on 7 League Play Overview.

7 on 7 league play is designed for older age divisions with additional emphasis placed on safety, skills development and conditioning. No running plays are allowed and the quarterback has four seconds to release the ball or the play is blown dead. The game is played on a 40 yard field (plus a 10 yard end zone) with a first down being awarded at the 20 yard line. No coaches are allowed on the field.

Age Divisions shall be 12-14 using a youth sized football, 15-18 using an official sized ball. Eligibility rules per Grid Iron Flag Football Program Rules by birthdate.

24.2 ****Equipment Requirement: All players must wear a soft helmet and a mouth guard. ****

Teams must wear matching game jerseys. Team names must be one of the 32 NFL team names. No tackling allowed, with one or two-hand contact stopping the play. All players must wear soft helmets and mouth guards. Players are ruled down when they are touched with one hand below the neck.

24.3 Regulation Play: Games are 40:00 long and played in two equal halves. The clock runs continuous during the first half and first 18 minutes of the second half. Game Clock stops according to Grid Iron Flag Football game rules only during the final 2:00 minutes of the match. One time-out is allowed per team during each half of regulation play only.

Play clock shall be 25 seconds from the spot of the ball.

If the point differential at the end of the first 38 minutes of play is greater than 21 points, the clock shall run continuously in the final 2:00 minutes of play.

24.4 Overtime: Overtime consists of 3 plays from 20 yard line. Each team has one series of downs to score in each overtime period. Overtime periods are not timed, but play clock is in effect. If a point differential exists after an overtime period, a winner is declared. Overtime periods continue until a winner is declared.

24.5 Playing Field: The playing field is 40 yards long and 53.33 yards wide. The end zone is 10 yards deep.

24.6 The Coin Toss: Team Captains shall conduct the coin toss with the game official. Visiting team calls the toss, and the coin toss winner shall elect to begin play either on offense or defense. Coin Toss is repeated at the start of the first overtime period.

24.7 Beginning Play: The offensive team begins play on the 40 yard line, and shall have three downs to cross the 20 yard line and receive a first down. If a first down is not achieved, the offense shall automatically use a 4th down to "Punt". Punting shall mean that the opponent will be awarded first down on the 40 yards line. All offensive play shall be in the same direction, therefore teams will switch direction after each punt or score.



24.8 Starting Play

To begin play, the center must snap the ball to the quarterback (a legal snap, between the legs). The center's only role is to snap the ball, and may not participate in the offense after the snap of the ball. The offense will have no more than eight men on the field (the QB, center, and 6 receivers). The defense will have no more than seven defenders on the field.

24.9 Offense: The Quarterback shall begin play by receiving a snapped ball from the center. The Quarterback shall have four seconds to pass the ball beyond the line of scrimmage. If the ball is not released within four seconds, the Quarterback is declared "sacked". Play will be ruled dead with the ball being replaced at the line of scrimmage and a loss of down applied.

A pass that is not received beyond the line of scrimmage shall have the same affect as a sacked Quarterback.

There are no fumbles. A fumbled ball is ruled a dead ball.

24.10 Defense:

No rushing is allowed. Defenders may not cross the line of scrimmage without receiving an offside penalty.

24.11 Scoring:

Touchdown: Offense is awarded 6 points, and a PAT attempt

Interceptions: Interceptions are awarded 3 points, and the ball (at the 40 yard line)

Punting: The defense is awarded 2 points, and the ball (at the 40 yard line)

Point After Touchdown (PAT): Offense will receive 1 point if PAT is attempted from the 5 yard line, or 2 points if attempted from the 10 yard line. (Offense shall have choice of hash mark on PATs).

24.12 Turnovers: A turnover occurs whenever the offense fails to convert a Point After Touchdown (PAT), an interception is made, or the offense fails to gain a first down. Turnovers result in the opponents receiving a first down at the 40 yard line.

24.13 Penalties: The game official shall make all final determinations on the occurrence of penalties. Application of penalties are left to the official and the interpretation of rules to the commissioner.

This is a non-contact game and any flagrant contact is cause for immediate ejection. As always, any unsportsmanlike conduct is also cause for ejection. The Game officials decision is final on all plays, there will be no tolerance for arguing, and only a coach may ask for a rule clarification. Coaches must control profanity for them and their team. Coaches are expected to eliminate profanity on their team and sideline spectators.



Defensive Penalties

Defensive off-sides = 5 yard penalty.

Defense Pass Interference = Automatic first down and 5 yards from original LOS.

Defensive holding = Automatic first down and 5 yards from original LOS.

(In the event there is defensive holding and a sack on the same play, the defense will be penalized according to the above and the sack will be ignored.)

Personal Foul Penalties:

Defense = 1st down and 5 yards from original LOS.

Bump and Run rule applies in the 5 yard bump zone, but no holding is allowed. Outside the bump zone, there will be NO chucking, deliberate bumping, or grabbing. These actions will result in a spot foul and 5 yd. penalty "tacked on" at the end of the play.

Offensive Penalties

Delay of game = Loss of down and clock stops in final 1:00.

Offense pass interference = Previous spot and loss of down.

Illegal procedure (offense) = Loss of down.

Personal Foul Penalties:

Offense = loss of down and 5 yards from original LOS.

All Players

Fighting / unsportsmanlike conduct:

1st offense = ejection from game.

2nd offense = ejection from league.

24.14 Tournament Seeding

Overall win-loss record shall be used to determine tournament seeding. Records which are tied after pool play will be determined in the discretion of the league commissioner.

Examples of tie breaking are as follows (but the ultimate method used is solely in the discretion of the league organizer)

Head to Head record

Points Scored (Gained)

Points Allowed (Fewest)

Flip of coin (for two team tied)

Random drawing (for multiple team ties)

24.15 Blood Rule:

If and when the official observes that a player is bleeding, has an open wound, or has an excessive amount of blood on his or her uniform, the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the open wound is covered, and excessively bloody uniform is changed.

7 on 7 Passing League END OF RULES





Section 24: Tournament Series - Coach Plays QB

COACH PLAYS QB TOURNAMENT

1. COACH is QB:

- This is a competitive fun, and non-contact flag football tournament that you play with your kids. Whether you coach flag football, tackle football, or just a dad that throws the football with the neighborhood kids ... you will have a blast in this one of kind experience !!! The tournament is all passing, played on a standard flag field, and allows scoring both on the offense and defense.

Designed for fun, Parent and Coaches are reminded not to “act a fool” or take the fun out of this event by conducting themselves in a manner that is deemed unsportsmanlike. The tournament director may (in their sole discretion) institute any and all penalties against the teams for sideline or on field antics including ejection of the offending parties. This includes baiting, taunting or heckling of officials or opponents. No profanity please, and F-Bomb earns you an ejection. We aren't kidding.

2. DIVISIONS:

- This tournament is open to the public with divisions based on ages as of date set by tournament director:
(5-6, 7-8, 9-10, 11-12, 13-15). Balls will be provided and size is based on players age division. Coaches can bring their own balls and NFL flag belts.

3. TEAMS:

- Teams consist of a minimum of 6 and a maximum of 10 players with 2 adult coaches eligible to play Quarterback. Each team member must remain on their own sidelines if not participating in the play.

4. TIME:

- All games will be 30 minutes in length with a running clock.
There will be a 30 second play clock in effect.
In case of injury the clock will stop at the discretion of the Referee,
if that occurs the player must leave for at least one play.
Each team is allowed (1) ninety second time-out per game.

5. FIELD:

- The playing field will be 50 yards in length and 30 yards wide, plus a 10 yard end zone at each end.

6. POSSESSION OF THE BALL:

- All possessions start at the goal line. No matter where the defense stops the offense, they take possession at the opposite goal line.

7. PLAY:

- Each team will have 5 players on the field at all times. The offense will have the Coach QB in addition to the five players. Every player is eligible for a pass. No adult on Defense.



8. PLAY BEGINS WHEN:

- Play begins when the Quarterback (registered adult) takes the ball off the Coach is QB approved tournament tee. A play in progress when the final whistle is blown, will be completed. The game cannot end on a defensive penalty, unless the offense declines it.

9. PLAY ENDS WHEN:

- Seven seconds have expired and the ball is not thrown or when a flag is pulled by an opposing player. If the offense and defense catch the ball at the same time, the offense is awarded the ball. Stripping of the ball is not allowed.

10. SUBSTITUTION:

- Substitutions can take place anytime in between plays, without violating the 30 second play clock.

11. NO RUNNING PLAYS ALLOWED:

- Everyone is eligible to receive passes.

12. PASSING:

- The Quarterback has 7 seconds to release the ball or it is blown dead, returning to the line of scrimmage for the next down.

There is no rushing the Quarterback or crossing the line of scrimmage, until after a pass is thrown.

13. DOUBLE PASS:

- Double passes (laterals) are not allowed. The QB must throw a forward pass beyond the line of scrimmage.

14. DOWNS:

- Only one first down per series is possible, achieved when reaching the mid field yard line within 4 downs. Failure to reach the line of gain in a series results in a turnover (see Rule 6).

15. SCORING:

- Touchdown scores 6 points
 - 1 extra point by passing from the 5 yard line
 - 2 extra points by passing from the 12 yard line
- Interception scores 3 points, plus possession at the goal line. (turnover)
- No fumbles, the ball is dead if it touches the ground

16. PENALTIES:

- This is a non-contact game and any flagrant contact is cause for immediate ejection. As always, any unsportsmanlike conduct is also cause for ejection. The Referee's decision is final on all plays, there will be no tolerance for arguing, and only a coach may ask for a rule clarification. Coaches control profanity. Coaches are expected to eliminate profanity on their team. **(See Rule 1)**



17. OFFENSE:

- When applicable, the maximum penalties are as defined below, or half the distance to the goal:
 - Blocking or Holding 10 yards from line of scrimmage, loss of down, ejection for contact violation.
 - Illegal Motion 5 yards
 - Offensive Pass Interference 10 yards from line of scrimmage and loss of down
 - Delay of Game clock stops, 10 yards from line of scrimmage and loss of down

18. DEFENSE:

- When applicable, the maximum penalties are as defined below, or half the distance to the goal:
 - Tackling or Holding 10 yards from line of scrimmage, loss of down, ejection for contact violation.
 - Offsides 5 yards from line of scrimmage, replay the down
 - Pass Interference 10 yards from line of scrimmage, replay the down
 - Illegal Rushing 10 yards from line of scrimmage, replay the down
 - Delay of Game, 10 yards from line of scrimmage

19. PROTEST:

- Protest must be made verbally with the tournament Official by the offended team at the time of play. Officials shall stop the clock until an official ruling is made by the tournament director.

20. OVERTIME:

- A tiebreaker will occur, with a flip of a coin to determine possession. After a 2-minute break, each team will alternate possession, each having 1 play to score from the 5 yard line (for 1 point) or the 12 yard line (for 3 points), until a point differential exists. There is no defensive scoring in overtime.

**COACH PLAYS QB
END OF RULES**

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Section 25: Tournament Series - OPEN Invitational

Welcome to the ASC Tournament Series!

ASC Tournament Series gives youth athletes and their families an opportunity to experience a competitive environment for sports play.

Winning is the goal for the ASC Tournament Series, and coaches, players and parents should carefully consider their athlete's physical, mental and emotional preparedness for entering a highly competitive contest.

Although the ASC Tournament Series offers a highly competitive atmosphere, code of conduct is still in effect during the tournament and is expected to be exemplified by coaches and parents.

ASC Tournament Directors WILL NOT TOLERATE poor behavior by players, coaches or parents. Violation of the code of conduct will result in penalties, game forfeiture or disqualification.

Game Variation

Arcadia Sports Centrals Huddle Up TOURNAMENT SERIES SHALL FOLLOW HUDDLE UP FLAG FOOTBALL PROGRAM RULES EXCEPT AS OTHERWISE NOTED IN THIS SECTION OR IN TOURNAMENT REGISTRATION DESCRIPTIONS.

Tournament Format

Format for tournament play shall be in the discretion of the tournament director and may include Double Elimination, Single Elimination with Round Robin play, or other. All game variations are available for tournament play. Contact the tournament director for additional information.

Tournament Seeding

Seeding for tournament play shall be in the discretion of the tournament director and may include Random Draw, Blind Draw, Round Robin record based or other. Contact the tournament director for additional information.

Age Divisions

Parent are reminded that these open tournament series are kid focused, not parent focused. Therefore, there **SHALL NOT** be any Arcadia Sports Central Tournament play hosted for players aged six or under.

Eligibility

Player eligibility shall be based no the players age as of the tournament date (see Huddle Up Rules fo additional detail). Tournament Series may be open to any and all teams in the community in the tournament director's sole discretion. The intent of the tournament series is to provide an exposure event for inter-league play.



Tournament Rosters

Only those players rostered to a team in advance of the tournament may participate.

1. Team rosters may include no more than 12 players.
2. All players must be rostered by the Tournament Director prior to the start of the tournament with a copy of the player's birth certificate on file to prove age eligibility. Playing with unregistered or un-rostered players will result in immediate dis-qualification from all tournament play.

Conduct for Players, Coaches and Spectators

ASC Tournament Directors WILL NOT TOLERATE poor behavior by players, coaches or parents. Violation of the code of conduct will result in penalties, game forfeiture or dis-qualification.

Ejected Parents must leave the venue for the remainder of the Tournament or their team is subject to forfeit and/or disqualification

TOURNAMENT SERIES END OF RULES

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