



# NATIONAL YOUTH SPORTS-SAN ANTONIO

## RULES- FLAG FOOTBALL 6-8, 9-12 YEARS OLDS

Applies to both practices and games.

NYS modifies rules each season as needed.

<b>Objective</b>	Develop the players understanding of the game for Pee Wee level. Junior level should have a good concept of how the game is played. Officials will call the game based on skill level of the teams to encourage development. There are limits on physical play by players to ensure safety.
<b>Safety</b>	<p>All parents must sign the Covid-19 waiver.</p> <p>Parents should monitor the health of their child and if experiencing symptoms, do not participate in any sporting practice or games. Let NYS know of the presence of symptoms. Get tested for Covid-19 promptly and report results to the program.</p> <p>Social distancing (6ft apart) must be practiced as much as possible. Spectators should sit 6ft.apart while watching the game.</p> <p>Masks are required for all spectators, coaches, players, volunteers, and staff. Players, coaches, and staff in active play do not have to wear the masks. Masks must be worn when social distancing cannot be practiced.</p> <p>Equipment will be sanitized as needed. Limit sharing equipment as much as possible.</p> <p>Use hand sanitizer as much as necessary.</p> <p>No team drinks or snacks should be handed out to limit items coming from different households. Each child is responsible for his/her own drink.</p> <p>For a full list of safety protocols please refer to the <a href="#">Play Safe. Stay Safe-Hygiene Plan</a>.</p>
<b>Sportsmanship</b>	We ask all coaches, parents and officials to encourage sportsmanship and fair play at all times. Any unsportsmanship or bad behavior, the offending person will be asked to leave the area. Any person ejected will be suspended from participating at the next scheduled game.
<b>Uniforms</b>	<p>Players wear NYS jersey or approved jersey; must be tucked in to participate in games.</p> <p>Every player must wear a mouthpiece to participate.</p> <p>Flags must be hanging from each hip. The front of flag belt must be tucked into shorts.</p> <p>No hats, jewelry/earrings, metal cleats allowed. No exceptions.</p>
<b>Field Specs</b>	<p>Ball size - AGE 6 - 8 = Pee Wee; AGE 9 -12 = Junior</p> <p>Field size - approximately 35 yards wide by 60 yards long, varies depending on field availability.</p> <p>End zones are 7 to 10 yards deep.</p> <p>First down every 15-yards indicated by orange line. Mid field is the 30 yd line</p> <p>No Run Zone - 5 yards or less from the end zone the offense must pass the ball to score.</p> <p>Fans must be at least 3 yards from sidelines to allow players to go out of bounds. (Safety area)</p>
<b>Player Information</b>	<p>To be eligible to play, players must be listed on the official season roster. Roster checks may be performed throughout the season.</p> <p>Team listed first on the schedule is the home team.</p> <p>Game is played 7-on-7. If a team does not have enough players then game is played 6-on-6. If there are more than enough players, can play 8-on-8 if both coaches agree before the game.</p> <p><b>Every child must play at least half of every game and have the opportunity to play all positions.</b></p>
<b>Scoring</b>	<p>Touchdown = 6 points</p> <p>Conversions: takes place from the 5 yard line and team must declare intent to run or pass:</p> <p>Running Play = 1 point    Passing Play = 2 points</p>



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	<p>An interception during conversion cannot be run back for a touchdown. Play is dead. Safety = 2 points awarded to defense</p>
<b>Game Specs</b>	<p>10 minute quarters; 3 minute halftime and 1 minute between quarters Time outs - two, 45 second time outs per half. Coin flip decides ball possession - visiting team calls heads or tails. No Kickoffs - team with possession starts at their 15 yd line. Defending team gets ball 2nd half. 30-second snap count - clock starts on the official's whistle. 5 second play count after the snap of the ball for quarterback to initiate a play - pass or handoff. Running game clock until the last 2 minutes of the 4th quarter. During the last two minutes, the clock will stop on any out of bounds, incomplete pass or change in possession. No overtime - games end in a tie, except during tournament play.</p>
<b>Coaching</b>	<p>Each team can have 1 coach on the field per team; Coaches must be 10 yds behind team. Coach can limit playing time for players who consistently miss practice without an excuse or due to disciplinary problems.</p>
<b>Offensive Plays</b>	<p>Huddles are optional - Official will notify when 30 second play clock starts. There are no fumbles - if the ball touches the ground, the play is over. Four plays to make a first down - at least 1 play must be a pass play. First down is earned when the ball is advanced into a new zone (15-yard zones). All plays begin with a center snap - traditional or side snaps allowed. Only direct snaps to quarterback allowed - quarterback must be positioned behind the center or in a shotgun formation. After the snap, offense has 5 seconds to throw or hand the ball off. After 5 seconds, play is whistled dead and the offense will start the next play from the line of scrimmage. No quarterback sneaks or draws allowed; quarterback cannot run the ball. Handoffs cannot be to the same running back. Forward pass is a pass thrown from behind the line of scrimmage - consist of any forward motion including underhand, sideways or shuffle pass. All players on offense are eligible receivers including the center. Center is eligible offensive player and can receive the ball from the quarterback (center sneak). One player is allowed in motion at the snap. At least one players must line up in the backfield. No-Run Zone Rule - 5 yards or less from the goal team must pass to score. Catches must be made with a minimum of one foot in bounds. If the flag of the ball carrier falls, then the player is immediately down at the spot of the flag. Offense may screen block with arms across chest; no arm extension by blocker allowed. No stiff arming allowed by call barrier or flag guarding. <b>Punting: offense can punt on 4th down, but must declare. No fake punts.</b></p>



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<b>Defense</b>	<p>Defense cannot rush after the ball is snapped or during punts.</p> <p>No <b>physical contact</b> used to stop ball carrier to remove flag (no grabbing of shirt/shorts or any part of the body).</p> <p>No <b>physical contact</b> of receivers to alter running routes - no over the back plays.</p> <p>Defense may not cross the line of scrimmage until ball leaves Quarterback's hands (this includes fake handoffs).</p> <p>All defensive players can play back to receive punt.</p>
<b>Penalties</b>	<p>Straight arming or other types of flag guarding are not allowed - 5-yard penalty from spot of foul (spinning is allowed).</p> <p>Offensive penalties - 5 yard penalty and replay the down.</p> <p>Defensive penalties -10 yard penalty (all penalties).</p> <p>Unsportsmanship - may result in immediate ejection and a 15-yard penalty.</p>
<b>Mercy Rule</b>	<p>Winning team up by 30 pts. by halftime, coach will be asked to conservatively manage their offensive and defensive play calling. At 4th qtr, if winning by 30pts or more the game is called.</p>
<b>Parents</b>	<p>While we encourage parents to get involved, during the games we ask all parents to allow the coaches to coach and officials to officiate. Please limit your coaching from the sidelines.</p>