Chippewa Valley Youth Football

Flag Football Rulebook

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Mission Statement

Chippewa Valley Youth Football was established to promote the wholesome development of youth through their association with adult leaders in the sport of football. Our rules and regulations were established to ensure that all players play in an atmosphere of safety with a competitive balance between all teams. To provide for the benefit, growth, and general welfare of organized youth football in Chippewa Falls and surrounding communities.

Chippewa Valley Youth Football (CVYF) - Flag Divisions will be governed by the general rules and regulations as determined by the CVYF Flag Football Commissioner, Vice Commissioner, and Secretary.

The goal of this program is to provide a safe learning experience for all players and to build their skills while having FUN!

Definitions

Boundary Lines	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
Line of Scrimmage (LOS)	An imaginary line running through the point of the football and across the width of the field.
Line-of-Gain	The line the offense must pass to get a first down or score.
Offense	Team with possession of the ball.
Defense	The team opposing the offense to prevent it from advancing the ball.
Downs (1-2-3-4)	The offensive team has four attempts or “downs” to advance the ball. It must cross the line-of-gain to get another set of downs or to score.
Live Ball	Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
Dead Ball	Refers to the period of time immediately before or after the play.
Charging	An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm, or the chest.
Flag Guarding	An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier’s flags by stiff arm, lowering the elbow or head, or by blocking access to the runner’s flags with a hand or arm or ball.
Unsportsmanlike Conduct	A rude, confrontational, physical, or offensive behavior or language.

Item 1: General Season, Practice, Field, Equipment

Section 1: General Provisions

A. Minimum number of players per team is seven (7) and the maximum is 14 (fourteen)
B. Season Guidelines
    a. Practices will generally begin the 2nd week of August. See the approved start dates as set by the CVYF organization.
    b. Games can begin the 2nd week of the season.
    c. Games will be played on Tuesday and Thursday evenings at Weber Fields. Depending on the needs of the league, games may be played at other times, as appropriate.
        i. It is the responsibility of the coaches to inform the league commissioners and secretary of any intended game day and time changes.
    d. There will be a Classic Day Tournament of Champions after the last regular season game is played to conclude the season. This tournament will be played the weekend after the regular season concludes.
    e. All players will receive league approved jerseys. These jerseys must be worn to participate in games.
C. CVYF reserves the right to reschedule or cancel if inclement weather makes it unsafe for players and/or spectators - this includes extreme heat.
    a. If there is light or moderate rain with no thunder or lightning games/practices will continue.

Section 2: Practice

A. Each Team is allowed up to two practices per week - one practice per week is recommended.
    a. Practices are recommended to be held on either Mondays, Tuesdays, or Thursdays.
B. A practice will not be longer than 90 minutes.
C. Practices may be held at Weber Fields. Practices may also be held at other sites, ie. the school/city the team represents.
    a. In order to hold practices at a site other than Weber Fields, the league will need to be notified and approve the site.
        i. It is also the responsibility of the coach to inform the site of the scheduled use of the facility.

Section 3: Equipment

A. All teams will be given jerseys from the organization to be used for game day.
    a. We recommend wearing sweatpants or shorts during game day.
B. All teams will be provided flag belts for the season. Teams will use these flags on game days. Players shall wear the belt with one flag on each hip. Flag belts will only include 2 flags.
    a. Flag belts must be worn over the jerseys. It is suggested to tuck jerseys into pants/shorts, though not required.
C. Players may wear rubber cleats only. Cleats with exposed metal are not allowed.
D. Players may wear gloves though not required.
E. No player may wear a helmet, shoulder pads, or other equipment intended for tackle football.

Section 4: Field Dimensions

A. Field Length: 40 yards (50 yards including end zone depth)
B. Field Width: 25yards (hashmark to hashmark on a regular field)
C. End Zone: 10 yards deep

Item 2: Game Play

Section 1: General Provisions

A. At the start of each game, captains and a coach from each team will meet on the field for a coin toss to determine who starts with the ball, (coaches use this time to go through clear some rules so your on the same page along with the refs) Captains will play rock-paper-scissors to determine who will call the coin flip.
B. Each game will consist of two 25-minute running clock halves with a 5 minute half time.
C. The ball will be placed on the 40 yard line to start the game.
D. Each team will have 7 (seven) players on the field at a time.
    a. Should a team not have 7 players, each team will play with the number of players that the short-handed team has. The opposing team will have the opportunity for substitutions.
    b. Players must have the opportunity to play all positions, except for QB.
    c. Coaches are free to make substitutions at any time throughout the game during dead ball time.
E. The offensive team will have 4 downs starting on the 40-yard line to move the ball past the 20-yard line to gain a first down. The offensive team will then be given another set of downs to score by reaching the end zone.
F. Kicking extra points is allowed in 4/5/6th grade league only. See Section 3 item C for more detail .
G. 3 (three) coaches per team are allowed.
    a. Each coach volunteer is required to complete the volunteer application and ability to pass a background check.
    b. Each coach is required to successfully complete the USA Football youth flag football certification. This certification will be renewed each year.
    c. One coach is allowed on the field for each side of the ball, offense and defense. The coaches must remain out of the way of the play so as to not interfere or disrupt a play.
H. End of Half and End of Game Timing
    a. Because the league utilizes a running clock, some grace is allowed at the end of each half and at the end of regulation. If the offense breaks the huddle before the game clock reaches 0:00, they will be allowed to run one final play, provided the ball is snapped within 15 seconds of breaking the huddle. If the offense is operating without a huddle, there is no additional grace period. The offense must be set in a legal formation and the ball must be legally snapped before the game clock reaches 0:00. A false start or other pre-snap penalty will not extend the period.
I. Declining penalties- when applicable, the non-offending team may decline a penalty.

Section 2: Positions

A. The 7 players on offense consist of center, quarterback, and 5 other eligible receivers.
    a. Center: is being replaced this year with a QB tee. If you like to long snap you can but make sure to tell the other team coach and you both agree it's ok. Longer snapper must snap/toss the ball from the QB Tee so the 5 second clock can start afterwards they must wait 3 seconds to go out on a route.
    b. Quarterback: the offensive player who first gets possession of the ball after the snap. The quarterback cannot directly run with the ball beyond the line of scrimmage without first handing the ball off to a teammate and receiving a second handoff or receiving a pass.
    c. Receiver/Running Back: Any player who does not initiate the snap nor receive the snap is considered an eligible receiver/running back and can either receive a handoff or catch a pass.

Section 3: Scoring

A. Official Score will be kept on the field. These scores must be reported to the league.
    a. If a score is not reported, the game will be assumed to be a tie for league purposes.
    b. During the regular season, if a game ends in a tie, the game is over.
    c. During the Tournament of Champions, an overtime period will be played to determine a winner.
        i. Each team will get 4 downs from the 5 yard line to score
        ii. If one team scores and the other does not then the game is over. If they both score each team will be given one more possession until one team is determined to be the winner.
B. Touchdown: 6 points
C. Extra Points (PAT-point after touchdown): 1 or 2 points
    a. 1-point PAT: played from the 5 yard line.
    b. 2-point PAT: played from the 10 yard line.
    c. 2-point Kicking PAT: played from the 5 yard line. No Defense allowed to block said PAT.
    d. Teams will have the opportunity to run or pass the ball.
    e. If a PAT is intercepted, the ball is dead–no points for the defense.

Section 4: Offense

A. Each team will have a maximum of 30 seconds to huddle. Meaning they need to get out of the huddle in that time, not snap the ball within that time. Refs should give you a last 5 sec countdown. After the huddle they have about 15 seconds to snap. Coaches should encourage a reasonable pace of play you may help adjust kids after the huddle but try be quick so we keep the game moving.
B. Each play will start with the snap of the ball. The ball will start on a QB Tee stand that will count down 5 seconds automatically once the ball is lifted off the stand. Refs will move the stand up and down the field along with placing the ball on the stand. If there are no refs, Coaches will be responsible for it. (usually the Offense coach but it's up to coaches before the game)
C. The offense must have a minimum of 3 (Three) players on the LOS and any number of players on the LOS. The Quarterback must be behind the LOS.
D. Both passing and running the ball will be allowed with the exception of the quarterback who will not be allowed to run the ball unless the ball has already been handed off or a pass has been thrown.
E. The offensive team is responsible for retrieving and returning the ball to the previous spot or new scrimmage line spot in a timely manner. Failure to do so will result in a 5 yard delay of game penalty.
    a. The spot of the ball is the position of the ball when the flag is pulled, not the location of the hips of the player.
F. Handoffs and tosses must take place behind the line of scrimmage (LOS). Handoffs/tosses may occur in front, behind, or to the side of the offensive player, but must be behind the LOS.
    a. The “center sneak” play is not allowed as the center is not eligible to run the ball.
    b. Any player who receives a handoff behind the LOS can throw a pass.
    c. Once the ball has been handed off or tossed to an eligible player, all defensive players are eligible to rush.
G. A pass is a forward pass if the pass first touches anything beyond where the ball is released.
    a. The quarterback may throw the ball away to avoid a sack. The pass must go past the LOS and be in the vicinity of a receiver otherwise the play will result in an intentional grounding penalty.
    b. Any eligible player who has received a legal handoff can throw the ball forward as long as they are behind the LOS.
    c. Shovel passes are allowed but must be received beyond the LOS.

d. In case of simultaneous reception between the offensive player and defensive player, possession is awarded to the offense.

H. Flag guarding: An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags by stiff arm, lowering the elbow or head, or by blocking access to the runner's flags with a hand or arm or ball. The play is then dead at the spot of the foul.
   a. Runners may not leave their feet to advance the ball. Diving, jumping, and leaping will be considered flag guarding and the play is dead.

I. Spin moves are not allowed.
   a. If a player performs a spin move, the play is dead and the ball will be spotted at the spot of the dead ball.

J. Blocking will be done by screen blocking.

   Screen blocking is permitted; however, all screens must be stationary and non-contact.

   a. An offensive player may move to an open position on the field in an attempt to establish a screen between a defender and the ball carrier.

   b. Once the offensive player reaches the defender or enters the defender's path, the offensive player must stop and establish a stationary position. The screener may not continue moving with, toward, or in front of the defender to prevent the defender from pursuing the ball carrier.

   c. The screener must keep their hands and arms behind their back, crossed at their chest, or in a basketball screen position and may not initiate contact with the defender using the hands, arms, shoulders, elbows, hips, backside, or any other part of the body.

   d. Moving screens are illegal. An offensive player may not run alongside, in front of, or across a defender while continuously adjusting their position to shield the defender from the ball carrier.

   e. Offensive players may not form or maintain a "Flying V," convoy, or moving wall around or in front of the ball carrier.

   f. An offensive player may not cut off a defender when doing so creates unavoidable contact. If a defender already has a path toward the ball carrier, an offensive player may not step or run into that path so late that the defender cannot reasonably avoid contact.

   g. On passing plays, offensive players may not intentionally interfere with a defender's ability to cover another receiver ("pick" or "rub" routes). Offensive players must avoid initiating contact.

K. Fumbles are a dead ball and will be spotted at the point of the fumble.

L. Offense Motion is allowed but only by 1 player at a time must be behind the line of scrimmage.

Section 5: Defense

A. The defense must wait 5 seconds before they can cross the line of scrimmage. The QB Tee will have a timer on it and buzz once 5 seconds is up. If Tee is not working the ref will count to 5 apple.
   a. Once the ball is handed off/tossed to an eligible player, the 5 second rule is no longer applicable.
   b. If the defense crosses the LOS prior to 5 seconds, it will be considered offsides and result in a penalty.
   c. A team is not required to rush the quarterback after 5 seconds.

B. Players rushing after 5 seconds may attempt to block the pass, however no contact may be made with the quarterback.
   a. If contact is made with the quarterback, a penalty may be enforced.

C. A sack occurs when the quarterback's flag is pulled behind the LOS. The ball will be placed where the quarterback's feet were when the flag was pulled.
    a. If the sack should occur behind the 40 yard line, the ball will be placed at the 40 yard line again.
D. Should the defense intercept the ball, the defense may attempt to return the ball back to the 40 yard line for a touchdown.
    a. Should the defense not return the ball back to the 40 yard line, the ball will be returned to the 40 yard line with the intercepting team going on offense.

Section 6: Player and Fan Conduct

Foul play and unsportsmanlike conduct by players and fans will not be tolerated.

A. No taunting or other forms of excessive celebration directed at opposing teams. This will result in a 5 yard penalty.
B. Fighting: Player(s) involved will be ejected from the game and team(s) will be assessed a Unsportsmanlike Conduct 10 yard penalty.
C. Offensive or confrontational language is not allowed. Officials/Coaches have the right to determine offensive language. If the offensive language occurs, the player(s) will be given a warning. If the language continues, the player(s) will be ejected from the game.
D. Fans are expected to adhere to good sportsmanship as well.
    a. Yell to cheer on your players. Not to harass officials or the other players and coaches.
    b. Keep comments clean and profanity free.
    c. Compliment **ALL** players - not just one player or team.

Penalties and Enforcement

Penalty	Enforcement Spot	Enforcement
Off-Sides (offense or defense)	Line of Scrimmage	5 yards
Encroachment	Line of Scrimmage	5 yards
Too many players on field	Line of Scrimmage	5 yards
Delay of game	Line of Scrimmage	5 yards
Intentional Grounding	Line of Scrimmage	5 yards
Illegal Blocking	Line of Scrimmage	5 yards
Pass interference (offense or defense)	Line of Scrimmage	5 yards
Unnecessary Roughness (Offense)	Line of Scrimmage	10 yards and Loss of Down
Unnecessary Roughness	Line of Scrimmage	10 yards and

(Defense)		automatic 1st down
Roughing the Passer	Line of Scrimmage	10 yards and automatic 1st down
Piling, Tackling, or Tripping	Point of Infraction	1st offense: 10 yards and automatic 1st down. 2nd Offense: Same as 1st offense and player ejection.
Stiff Arming	Point of Infraction	10 yards
Unsportsmanlike Conduct (offense)	Line of Scrimmage	10 yards
Unsportsmanlike Conduct (defense)	Line of Scrimmage	10 yards and automatic 1st down
Clipping	Point of Infraction	10 yards