

PYFFL RULEBOOK



FLAG

***RULES ADOPTED FROM NFLFLAG RULES
UPDATED FOR 2025 SEASON***





Welcome to another season of the Pembroke Youth Flag Football League!

This rulebook is your guide to how our league operates, from game rules to player eligibility and everything in between. Whether you are a coach, player, referee, or parent, the goal is for everyone to understand the standards we follow so the game is fair, safe, and fun for all.

The PYFFL has grown into one of the largest and most respected youth flag football leagues in the region, with hundreds of players from Pembroke and surrounding towns. That growth comes with a responsibility to maintain the integrity of the league while providing the best possible experience for every participant. Our rules are designed to ensure safety, competitive balance, and sportsmanship at every level of play.

We also want to remind everyone that youth sports are about more than wins and losses. They are about teaching teamwork, resilience, and respect, lessons that last long after the season ends. We expect all players, coaches, and spectators to represent the PYFFL in a positive way, on and off the field.

This league exists only because of the hundreds of people who give their time, energy, and support. From the PYFFL Board to the dozens of volunteer coaches who pitch in every week, it takes a community to make the league go. On behalf of all of them, I wish every player, coach, and family a fun, safe, and memorable season.

Best,
Marc Bertrand
President, PYFFL

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Pembroke Youth Flag Football League

PembrokeFlagFootball.com

Rulebook Updated For 2025 Season

9/5/2025

Game Set-Up & Flow

The home team wears dark jerseys, the away team wears light jerseys.

At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.

The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. ***There is no option to defer.*** Teams will automatically switch sides of the field and the team that started the game with possession will begin the 2nd half on defense.

The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown.

If the offensive team fails to cross midfield after 3rd down and elects to "punt" on 4th down, possession of the ball changes and the opposing team will start a new possession from its own 5-yard line.

If the offensive team goes for it on 4th down and does not cross midfield, the opposing team will start a new possession from the spot where 4th down ended.

After crossing midfield, if the offense fails to score on 3rd down, the ball changes possession and the new offensive team starts at its 5-yard line.

Any time there is a 'PUNT or PLAY decision on 4th or 3rd down, the referee will ask the offensive coach to declare 'Punt or Play'. The coach MUST make an immediate decision or will be called for a delay of game penalty.

Teams may use a timeout to change the declaration of "Play" at any time prior to the expiration of the play clock.

Terminology

Boundary Lines: The outer perimeter lines around the field. They include the sidelines and the back of the end zone lines.

Line of Scrimmage: An imaginary line running through the point of the football and across the width of the field.

Line-To-Gain: The line the offense must pass to get a first down or score.

Rush Line: An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage. (Grades 5-9 Only)

Offense: The team with possession of the ball.

Defense: The team opposing the offense to prevent it from advancing the ball.

Passer: The offensive players that throws the ball and may or may not be the quarterback.

Rusher: The defensive players assigned to rush the quarterback to prevent him/her from passing the ball by pulling flags or blocking the pass. (Not applicable in divisions 1/2 & 3/4)

Downs (1-2-3): The offensive team has three attempts or downs to advance the ball. It must cross the line to gain 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.

Whistle: Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime, or the end of the game.

Inadvertent Whistle: Official's whistle that is performed in error.

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 chest.

Flag Guarding: An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flag by stiff-arm, lowering elbow or head, or by blocking access to the ball-carrier's flag with a hand or arm.

Shovel Pass: A legal pitch attempted from behind the line of scrimmage. Shovel passes are forward passes delivered underhand or sidearm, sometimes with a quick flick from the player throwing the ball.

Lateral: A backward or sideways toss of the ball by the ball-carrier.

Unsportsmanlike Conduct: Rude, confrontational, or offensive behavior or language.



Equipment

Official Uniform Requirement

All players are required to wear league-issued jerseys and shorts during games. No other jerseys, shirts, or tops may be worn in place of or over the official team uniform. Jerseys must be tucked into shorts or pants at all times. Players must wear their PYFFL-issued shorts. If pants are worn (for warmth or other reasons), they must be worn under the league-issued shorts.

All players must wear official NFL FLAG belts and flags. All players **MUST** wear mouth guards at all times while on the field.

Players must wear sneakers or cleats. Cleats with exposed metal are never allowed.

Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads.

Prohibited Items

Players must remove all jewelry and ball caps before participating in games. Ball caps refer to any structured or unstructured baseball-style hats with a brim. All jewelry, including earrings, necklaces, bracelets, and watches, are prohibited for safety reasons. Hooded sweatshirts are also prohibited for safety reasons.

Players may wear sunglasses but they must be firmly secured at all times with a strap. Prescription glasses are permitted without a strap.

Cold Weather Gear

Winter beanies are allowed during cold weather conditions. All other cold-weather gear must be worn under the PYFFL-issued uniform.

Enforcement

All players must be checked for proper equipment prior to the start of every game by the game officials. Players not in proper uniform or wearing unauthorized items will be deemed ineligible to participate by game officials or league coordinators.

Field Dimensions and Layout

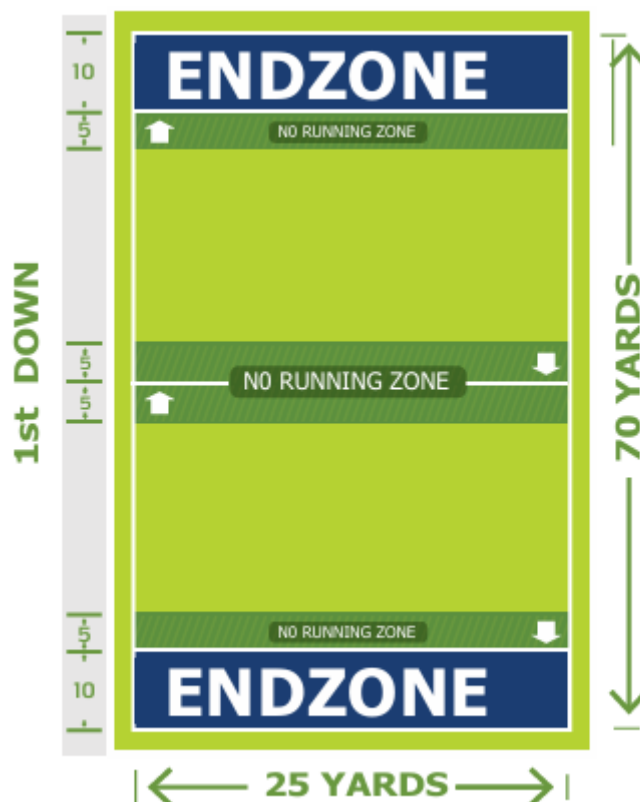
The playing field is 25 yards wide × 70 yards long. Endzones are 10-yards in depth.

The field has a midfield line to gain for a first down. 'No Run Zones' are located 5 yards prior to the midfield and 5 yards prior to the opponent's endzone.

Stepping on the boundary line is considered out of bounds.

'No Run Zones' are in place to prevent teams from conducting run plays. While in the 'No Run Zones,' teams cannot run the ball across the line of scrimmage. All plays must result in a forward pass across the line of scrimmage.

The referee will spot the ball in the middle of the field prior to the 'Ready to Play' whistle. The ball may NOT be closer than 10 yards to any sideline.



Timing & Overtime

Game Length: Each game consists of two 20-minute halves (40 minutes total), unless one team gains a **35-point lead**, in which case the game ends immediately.

Clock Stoppages: The clock stops for **injuries, timeouts, and the 2-minute warning** in each half.

With under 2 minutes to play in each half, the clock will be stopped for an incomplete pass, score, change of possession (punt, turnover), defensive penalty or injury. The clock does not stop for offensive penalties.

Play Clock: Teams have **25 seconds** to snap the ball after it is spotted. Delay of game penalties will be assessed for violations.

Timeouts: Each team receives two 30-second timeouts per half. (Teams playing with only five players total are granted three timeouts per half.)

Halftime: Halftime lasts 2 minutes and is officially timed by the game's scorekeeper in a public manner.

Overtime: In the regular season, games ending in a tie after 40 minutes remain a tie. Overtime is only used in the PYFFL playoffs.

PYFFL Overtime Rules (**Used only for playoff games**)

- A coin toss will determine which team chooses to begin on offense or defense.
- Each team will receive one possession per overtime round, starting from midfield, with **three downs** to score.
- If the score remains tied after both teams have had a possession, additional overtime rounds will continue until a winner is determined.
- Teams alternate possession order each round. The team that started on offense in the first overtime round will start on defense in the next, and so on. Please be aware that this creates back-to-back series for offenses and defenses.
- Teams must use the **same offense, defense, and IRONMAN players (if applicable)** that were on the field during the second half of regulation.
- "Rules of Three" Scoring resets to zero for each player at the start of overtime.
- The final score will include all points scored in overtime.
- All regulation rules and penalties remain in effect during overtime.
- No timeouts are allowed during overtime.

Scoring

Touchdown: 6 points

PAT (point after touchdown): 1 point (5-yard line) or 2 points (10-yard line)

A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion from the 5-yard line or a 2-point conversion from the 10-yard line. Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.

A 1-point extra point from the 5-yard line can only be a passing play due to the no-run zone. A 2-point extra point from the 10-yard line can be a run or pass.

An interception returned for a touchdown during a scrimmage down is worth 6 points. After the score, the scoring team's offense will attempt the PAT, while the opposing team's defense returns to the field.

An interception returned for a score during a PAT attempt is worth 2 points.

Safety: 2 points A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.

Forfeits: Forfeits will be scored 35-0 for the winning team.

The coaches, officials and scorekeeper must verify the score sheet before leaving the field.

On Field Coaching Participation

K Division

In the K Division, multiple coaches from each team are allowed on the field during play. Coaches may assist players in any way they see fit, including helping with positioning, play-calling, and providing in-the-moment instruction during live action. This flexibility is intended to promote learning, safety, and a positive first experience with the game.

Divisions 1 through 4

In Divisions 1 through 4, coaches are permitted on the field during games to assist players with positioning and play-calling.

Offensive Coaches: One offensive coach is allowed in the huddle between plays. At the time of the snap, the coach must be positioned at least 5 yards behind the player farthest from the line of scrimmage.

Defensive Coaches: One defensive coach may enter the field between plays to assist with alignment and play-calling. However, the defensive coach must return to the sideline before the snap.

Division 5/6

In Division 5/6, coaches are permitted on the field between plays in the same fashion as Divisions 1–4, but only during the first two weeks of the season.

After the first two weeks, all coaching must take place from the sideline unless there is a timeout on the field. No coaches are allowed on the field of play during live action or between plays beyond Week 2.

Division 7/8/9

In Division 7/8/9, all coaching must take place from the sideline unless there is a timeout on the field. No coaches are allowed on the field of play during live action.

Enforcement

Failure to comply with these guidelines may result in a warning and potential unsportsmanlike penalties at the discretion of the officials.

Live Ball/Dead Ball Regulations

The ball is live at the snap of the ball and remains live until the official whistles the ball dead.

A player who gains possession of the ball in the air is considered in bounds, as long as the first foot or a body part other than the hand, contacts the ground in the field, while maintaining possession.

The defense may not simulate the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play.

Play is ruled “dead” when:

- The ball hits the ground. If the ball hits the ground as a result of a snap, backwards pitch or lateral, the ball will be placed where the ball hit the ground.
- The ball-carrier’s flag is pulled.
- The ball-carrier steps out of bounds.
- A touchdown, PAT or safety is scored.
- The ball-carrier’s knee, shin, leg, forearm or arm hits the ground.
- The ball-carrier’s flag falls out.
- The receiver catches the ball while in possession of 1 or 0 flag(s).
- The 7 second pass clock expires.
- Inadvertent whistle
- Ball-carrier leaves their feet to dive, jump or hurdle a player. (Exception: A PLAYER CAN DIVE TO CATCH A PASS OR PULL A FLAG)

NOTE: Fumbles / loss of possession: Ground contact must be made for the play to be dead at that spot.

A fumble is loss of possession by a player, resulting in the ball contacting the ground. The ball is spotted where the ball carrier’s feet were at the time of the fumble. On offense, the down counts and the offense retains possession unless the play would otherwise result in a turnover on downs.

If an inadvertent whistle occurs, the team in possession has two options:

- Take the ball where the whistle blew and the down will count
- Replay the down from the original line of scrimmage If an IW occurs on the last play of the half or game, the offense will be awarded one untimed down and given those two options.

Running Game

The ball is spotted where the ball is when the flag is pulled.

The quarterback cannot directly run with the ball across the Line of Scrimmage. The quarterback is the offensive player who receives the snap under center directly or in shotgun formation.

Direct handoffs, pitches, and laterals *are* permitted behind the line of scrimmage only. If this takes place, after the ball carrier crosses the line of scrimmage, the play is to be blown dead by the official.

The ball shall be placed at the spot possession was lost for the next play.

Behind the line of scrimmage, The QB may NOT handoff, pitch or lateral the ball first to the center. In flag football this is referred to as a "Center sneak". The center may receive a pass over the line of scrimmage the same as any other receiver.

Any player who receives a handoff, backward pass, pitch or lateral can throw the ball from behind the line of scrimmage.

Once the ball has been handed off, in front, behind or to the side of the quarterback, or a backward pass, pitch or lateral has occurred, the 7-second passing clock is eliminated and all defensive players are eligible to rush.

Definition of a "Legal Handoff" - Total loss of possession directly from 1 offensive player to another.

Teams are not allowed to run in the 'NO RUN ZONES' - (Reminder: Each offensive team approaches TWO no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD).

Runners are not permitted to jump, leap or hurdle, in the officials' judgement, while advancing the ball. The play is to be blown dead and the ball spotted where the jump, leap or hurdle occurred.

Ball carriers may leave their feet and the play will continue for spinning, jump cuts, QB's passing or if there is a clear indication that he/she has done so to avoid a collision with another player. The play will continue without stoppage. However, if while leaving the ground, illegal contact is made, a penalty may be enforced by the official.

No blocking or "screening" is allowed at any time.



Running Game Continued.....

Offensive players in close proximity to the ball carrier must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.

Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

Once the ball is advanced beyond the LOS, the current ball carrier is the only player allowed to have possession of the ball until the play is dead.



Passing

Only 1 forward pass, thrown from behind the line of scrimmage, is permitted each offensive play. The ball must be released prior to crossing the line of scrimmage.

There can be unlimited backward passes behind the line of scrimmage.

There is no intentional grounding. The quarterback may throw the ball anywhere across the line of scrimmage to avoid a sack.

All forward passes that do not cross the line of scrimmage are illegal forward passes, unless touched by a defender.

All forward passes must go beyond the line of scrimmage.

Shovel passes are allowed and must be a forward pass, from behind the line of scrimmage, and received beyond the line of scrimmage.

The quarterback has a 7 second "pass clock." If a pass is not thrown within 7 seconds, the play is dead, the down counts and the ball is returned to the line of scrimmage. Once the ball is handed off, pitched or lateraled behind the line of scrimmage, the 7 second rule is no longer in effect.

If the QB is standing in the end zone at the end of the 7 second clock, the ball is returned to the line of scrimmage (LOS) and it will be the next down. If the quarterback throws the ball and then catches it, the play is dead and treated like an incomplete pass.

Receiving

All players are eligible to receive passes (including the quarterback if the ball has been handed off, pitched or lateraled behind the line of scrimmage).

A player must have at least one foot or other body part in bounds, contacting the ground first with possession.

In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

Interceptions are returnable. If returned for a score during regular game play, the score will be worth six points, two points if returned during 1- or 2-point PAT conversions.

Rushing The Passer (Grades 5-9 Only)

In divisions 1, 2, 3, & 4, defenders may not rush the passer.

All players who rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.

Up to two (2) players can rush the quarterback. Rushers MUST identify themselves by raising their hand before the snap. While designated rushers don't have to rush, if they choose to, they must do so immediately after the snap. Delayed rush is NOT permitted. Players not rushing the quarterback can defend the line of scrimmage.

Once the ball is handed off, pitched or lateraled backwards behind the line of scrimmage, all defenders may cross the line of scrimmage to defend and pull the flag.

The game official will designate a rush line 7 yards from the line of scrimmage.

Defensive players may verify they are in the correct position with the official.

To recap, a legal rush is any rush by the 1 or 2 designated rushers, 7 yards from the line of scrimmage.

A rush from anywhere on the field **AFTER** the ball has been handed off, pitched or thrown backwards by the player receiving the snap.

A penalty may be called if:

The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff, pitch, lateral or pass – Illegal rush (5-yards from the line of scrimmage and first down).

Any defensive player crosses the line of scrimmage before the ball is snapped – Encroachment

(5-yards from line of scrimmage and first down).

Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed, pitched, lateraled or handed off – Illegal rush (5-yards from the line of scrimmage and first down).

If the offense draws the identified rusher(s) across the 7 yard marker prior to the snap of the ball, the rusher(s) CANNOT legally rush. Jumping the rush is not a penalty until the rusher crosses the

line of scrimmage prior to a handoff, pitch, lateral or forward pass. Teams are never required to rush the quarterback with the 7 second clock in effect

Players rushing the quarterback may attempt to block a pass; however, contact to the QB, unless ruled incidental by the official, would result in a roughing the passer penalty.

The offense cannot impede the rusher's PATH to the quarterback, regardless of where they line up prior to the snap. The PATH is set pre-snap from the rusher or rushers directly to the QB. PATH does not move once the quarterback moves. If the "path or line" is occupied by a moving offensive player, then it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in an 'Impeding the Rusher' penalty. If the offensive player does not move after the snap, then it is the rusher(s) responsibility to go around the offensive player and avoid contact.

A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball will be spotted where possession of the ball is when the flag is pulled.

A 2-point Safety is awarded if a flag pull takes place in the offensive team's end zone.



Flag Pulling

A legal flag pull takes place when the ball-carrier is in full possession of the ball.

Defenders can dive to pull flags but cannot tackle, hold or run through the ball carrier when pulling flags.

It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.

If a player's flag inadvertently falls off during a play while that player has possession, the player is down immediately and the play ends. The ball is placed where the flag lands.

If a player who has one or no flags on their belt takes possession of the ball, the play is dead at that spot on the field.

A defensive player may not intentionally pull the flag(s) off a player who is not in possession of the ball.

Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, ball, arm or shoulder or intentionally covering the flags with the football jersey.



Formations

Each offensive play must have a minimum of one player (the center) and a maximum of four players on the line of scrimmage.

The quarterback must be off the line of scrimmage.

Movement simulating the snap, by a player who is set, is considered a false start.

The center must snap the ball with a rapid and continuous motion to a player in the backfield, and the ball must completely leave his/her hands.

Only one player is allowed in motion when the ball is snapped. The player **MUST** be in motion, off the line of scrimmage. All motion must be parallel or backwards to the line of scrimmage when the ball is snapped.

Players may shift positions on offense at any time, all players must still reset for 1 second, prior to the snap.



Penalties

The on-field officials will administer all in-game penalties.

The officials will determine incidental contact that may result from the normal run of play.

All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)

Only the head coach may ask the referee questions about rule clarification and interpretations.

Games or halves may not end on a defensive penalty unless the offense declines it.

Penalties are assessed live ball then dead ball.

Live ball penalties must be assessed before play is considered complete.

Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

Spot fouls administered in the end zone: Defensive (Ball on one-yard line, first down) / Offensive (Safety)

Defensive Spot Fouls	
Defensive Pass Interference	Automatic First Down
Holding	Automatic First Down
Stripping	+5 yards and automatic first down

Offensive Spot Fouls	
Screening, blocking, running with the ball	-5 yards and loss of down
Charging	-5 yards and loss of down
Flag Guarding	-5 yards and loss of down

Defensive Penalties	
Defensive Unnecessary Roughness	+10 yards automatic first down
Defensive Unsportsmanlike Conduct	+10 yards and automatic first down
Offside	+5 yards from line of scrimmage automatic first down
Illegal Rush (inside 7 yards)	+5 yards from line of scrimmage automatic first down
Illegal Flag Pull (before receiver has the ball)	+5 yards from line of scrimmage automatic first down
Roughing the Passer	+5 yards from line of scrimmage automatic first down
Taunting	+5 yards from line of scrimmage automatic first down

Offensive Penalties	
Offensive Unnecessary Roughness	-10 yards and loss of down
Offensive Unsportsmanlike Conduct	-10 yards and loss of down
Offside/false start	-5 yards from line of scrimmage loss of down
Illegal Forward Pass (pass received or land behind LOS or throwing a pass after crossing the LOS)	-5 yards from line of scrimmage loss of down
Offensive Pass Interference	-5 yards from line of scrimmage loss of down
Illegal Motion (more than one person moving)	-5 yards from line of scrimmage loss of down
Delay of Game	-5 yards from line of scrimmage loss of down
Impeding the Rusher	-5 yards from line of scrimmage loss of down
Illegal Advancement	-5 yards from line of scrimmage loss of down

Unsportsmanlike Conduct

If the game officials witness any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. The decision is made at the game officials' discretion.

Offensive or confrontational language is NOT allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the officials will penalize for unsportsmanlike conduct and determine if an ejection is warranted.

Players, Coaches or spectators may not physically or verbally abuse any opponent, coach or game official.

Ball-carriers MUST make an effort to avoid defenders with an established position.

Defenders are not allowed to run through the ball carrier when pulling flags. Offensive players may NOT initiate contact at the line of scrimmage with defenders.

Unsportsmanlike conduct penalties:

Defensive penalty +10 yards from the dead ball spot and an automatic first down

Offensive penalty -10 yards from the dead ball spot and a loss of down

Two (2) unsportsmanlike penalties on any player or coach in a game result in a disqualification and may lead to additional discipline.

Unsportsmanlike conduct penalties can be called on teams for their fans' behavior.

Rules of Three

One of the cornerstone philosophies of the PYFFL is that all participants receive equal playing time and have the same opportunities as other players. When possible, teams are composed of 10 players with five players playing at one time and another group of five players waiting to substitute.

In an effort to distribute the ball evenly on offense, "Rules of Three" scoring will be in effect for all games regardless of how many players are in attendance for a team.

Individual players may score a maximum of three times on offense per game (touchdowns and 1- or 2-point conversions). Defensive scores do not count toward this limit.

Coaches are required to know how many scores their players have. They are encouraged to confirm with the official, scorekeeper and opposing coach if need be.

Once a player has reached their maximum it should be communicated with the official that the player can no longer advance the ball on offense.

Once a player reaches their offensive scoring limit:

On offense: Play quarterback and throw passes. Act as a decoy (without touching the ball). If they run or catch the ball after reaching their limit, the play will not count. A 5-yard penalty and loss of down will be enforced. If this occurs on 3rd down, the opposing team gains possession at their own 5-yard line

On defense: The player may continue to play without restriction. They can intercept passes and return them for scores. They may also be involved in safeties, and those scores are allowed.

Playing Time & Ironman Rules

All players **MUST** play a minimum of three offensive series (typically 3-6 plays each series) and a minimum of three defensive series (typically 3-6 plays each defensive series). This rule has been adopted to ensure that all players have an equal amount of playing time on BOTH sides of the ball. In an effort to ensure equal playing time for all players, the following policy was created and is to be followed by every team, in every division without exception.

The playing time policy is as follows:

10 Players: two groups of five are created, one group plays offense the first half then switches and plays defense the second half. Once a group is defined then players cannot switch groups during the game.

9 or 8 Players (Ironman Rule In Effect) - See example on next page

With 9 players

Designate 1 “Ironman” per half who plays both offense and defense.

The Ironman must be a different player in each half.

Total needed for the game: 2 Ironmen.

No player may be Ironman for both halves.

With 8 players

Designate 2 “Ironmen” per half who play both offense and defense.

The Ironmen must be different players in each half.

Total needed for the game: 4 Ironmen.

No player may be Ironman for both halves.

Note: Ironmen will identify themselves on the field by wearing a yellow wristband

7 or 6 Players: The coach determines who plays and is allowed to substitute before each series while meeting the minimum playing time requirement with at least three offensive and defensive series for each player. The Rules of Three” policy still applies.

5 Players: Players must play every play, all phases of the Rules of Three policy still apply. Teams with 5 players are granted an extra timeout in each half.

IRONMAN SAMPLE LINEUP WITH 9 PLAYERS AVAILABLE

First Half Offense

Drew B.
Andrew S.
Cole V. *IRONMAN*
Grayson I.
Gavin B.

First Half Defense

Will B.
Ben B.
Luca B.
Cole V.
Sebastien H.

Second Half Offense

Will B.
Ben B.
Luca B.
Cole V.
Sebastien H.

Second Half Defense

Drew B.
Andrew S.
Grayson I.
Gavin B.
Ben B. *IRONMAN*

In this example, Cole V. plays offense in addition to defense in the first half as the “first half ironman.” He plays offense the entire game. Ben B. plays defense in addition to offense in the second half as the “second half ironman.” He plays defense the entire game.

IRONMAN SAMPLE LINEUP WITH 8 PLAYERS AVAILABLE

First Half Offense

Drew B.
Sebastien H. *IRONMAN*
Cole V. *IRONMAN*
Grayson I.
Gavin B.

First Half Defense

Will B.
Ben B.
Luca B.
Cole V.
Sebastien H.

Second Half Offense

Will B.
Ben B.
Luca B.
Cole V.
Sebastien H.

Second Half Defense

Drew B.
Will B. *IRONMAN*
Grayson I.
Gavin B.
Ben B. *IRONMAN*

In this example, Cole V. plays offense in addition to defense in the first half as a “first half ironman.” Sebastien H. does the same. They play offense the entire game. Ben B. & Will B. play defense in addition to offense in the second half as the “second half ironmen.” They play defense the entire game.

Playing Time & Ironman Rules continued....

Late Arrivals: Any player arriving late must check in at the scoring table before joining the game. If the late player makes 8 total players: The coach must designate 2 Ironman players for the rest of that half. Follow the 8-player rule for the remainder of the game. All Ironmen count toward their Ironman requirement.

If the late player makes 9 total players: Remove 1 Ironman for the rest of that half and follow the 9-player rule for the remainder of the game. The removed Ironman still counts toward their requirement.

If the late player makes 10 total players: Remove all Ironmen for the rest of that half and follow the 10-player rule. Any player previously designated as Ironman still fulfills their requirement.

Timing Note: If a player arrives within the first 10 minutes (of game clock) of the first half, they may play, and Ironman designations will be adjusted. Any player arriving more than 10 minutes (of game clock) into a half will sit out the remainder of that half.

Late Arrivals & Early Departures for Attendance Policy: Once per season, a player may count a game as a full game played for attendance purposes by participating in an entire half without missing any plays and without being substituted for.

Ironman Violations

A listing of each team's Ironman designations will be emailed to coaches weekly.

An Ironman policy violation will automatically result in a forfeit for the team in the regular season.

A second Iron Man violation will result in both a team forfeit and the coach serving a 1-game suspension. If the second violation occurs in the final regular season game, the coach will serve the suspension during the playoffs.

A coach found to be falsely identifying an Iron Man or otherwise undermining the spirit of the policy will be suspended from coaching for the remainder of the season.

Violating the Iron Man rule during the playoffs will result in the team forfeiting the game, and the opposing team will advance to the next round.

Game Attendance Policy

To ensure fair play and active team participation, the following guidelines will govern player eligibility for the playoffs:

Minimum Attendance Requirement:

A player must fully participate in at least 6 (out of 8) complete regular-season games (75%) to be eligible for playoff participation.

Exemptions for Injury or Illness:

In cases of injuries or long-term serious illnesses, the PYFFL Board may grant an exemption. However, even with such an exemption, a player must still participate in a minimum of 4 out of 8 regular-season games (50%) to be eligible for the playoffs.

Extenuating Circumstances:

In situations with extenuating circumstances, the PYFFL Board reserves the right to review each individual case and, at its discretion, grant an exemption or adjust eligibility requirements as deemed appropriate.



Coaching Code Of Conduct

Coaches serve as role models and leaders for their teams and the Pembroke flag football community. Their actions significantly influence the behavior of players, fellow coaches, and spectators. All coaches are expected to maintain professionalism at all times, demonstrating respect, control, and sportsmanship.

Coaches are responsible for managing their players and fans, ensuring a positive and respectful environment. They must work collaboratively with officials to defuse potential conflicts and should never engage in heated arguments with referees, scorekeepers, other coaches, or players. Swearing and inappropriate language are strictly prohibited. Any violations of this standard will result in disciplinary action, which may include:

- An Immediate one-game suspension
- A Mandatory hearing before the PYFFL Board of Directors

Under no circumstances may a coach physically threaten players, spectators, officials, scorekeepers, or opposing coaches. Such behavior will result in immediate and permanent dismissal from the league.

The PYFFL strictly prohibits the consumption of alcohol at the fields. Coaches must never bring alcohol onto the playing fields and should refrain from drinking before coaching. Any coach found to be under the influence while coaching will be immediately removed from the practice or game and permanently dismissed from the league. Similarly, smoking is not permitted on or near the fields during games or practices. Violations of this rule will result in disciplinary action from the league.

If a coach is ejected from a game, they must leave the field immediately and serve a mandatory one-game suspension. Before returning, they must appear before the PYFFL Board of Directors to determine if further action is necessary.

Coaches must always keep the purpose of the league in perspective. PYFFL is a youth flag football league designed to provide a positive experience for the players. It is not about the coaches, referees, or parents. Coaches may face disciplinary action or be removed from their team at any time at the sole discretion of the league President and/or The PYFFL Board of Directors.

Parental Code of Conduct

The PYFFL Parental/Spectator Code of Conduct outlines clear expectations for parents, emphasizing respect, sportsmanship, and a positive influence on the game. Parents are expected to treat coaches, officials, opposing players, and other parents with respect at all times. They should model good sportsmanship by refraining from unsportsmanlike behavior such as yelling or taunting and ensuring their child understands and follows the rules of the game.

Prioritizing fun and development over winning, parents play a vital role in creating a supportive environment that upholds the PYFFL's core values of integrity, respect, and good sportsmanship. This includes maintaining a positive attitude on the sidelines, encouraging players without criticizing coaches, referees, or others. Additionally, parents should demonstrate respectful behavior, refrain from coaching from the stands unless designated as a coach, and familiarize themselves with the game rules to help their child do the same.

PYFFL enforces a strict "zero tolerance" policy for any violations of this code of conduct. Disciplinary actions for violations may include, but are not limited to, the removal of a parent from games or the removal of a player from the league.

All team photographers, parents, fans, etc. are required to remain off the playing field in the designated league viewing area behind the fences at the Mattakesett Complex.

If a spectator's behavior becomes disruptive, referees may issue a warning to the associated team. If the behavior continues, a 10-yard unsportsmanlike penalty will be assessed against that team.

A second offense may result in the removal of the spectator from the complex and potential forfeiture of the game.

The PYFFL President and/or board of directors reserves the right to take further disciplinary action as necessary to preserve the integrity of the game and ensure a safe, supportive atmosphere for players, coaches, and officials.