

# City of Edinburg Parks & Recreation Department

## Youth Flag Football League

### Rules & Regulations

*Revised 8-12-25*

#### VOLUNTEERS COACHES:

1. **MANDATORY - ALL COACHES** must follow the City of Edinburg Volunteer guidelines. As per City of Edinburg volunteer policy, ALL COACHES will be required to complete a volunteer application.

**ALL VOLUNTEER COACHES** will be subject to a criminal background check and police record check. If the checks are clear then you can coach. If any red flags appear, you will not be able to coach.

2. If any coach fails to follow these two rules, you will NOT be allowed to coach in the league.

#### TEAMS

1. Age Divisions 5-6 , 7-8 & 9-10. If a player has been retained a grade(s), the parents will be notified if he/she is eligible to participate in the grade divisions listed. If a player skips a grade, the player will play in their current grade level. Proper documentation is required.
2. Players will be placed on teams according to schools, siblings of the grade level are allowed to play on same team. Recreation Manager will have the final decision.

#### GAME

1. Each Team must field a minimum of five (5) players and maximum of seven (7) players at all times.
2. Teams will consist of 8 to 13 players.  
-**ALL PLAYERS MUST WEAR SHORTS WITH NO POCKETS.**
3. **Each player must have a starting position whether it is on offense or defense for the first thirty (30) minutes of the game (entire first half & first 10 minutes of the second half). Last ten (10) minutes of the second half is open substitution.**
4. Coin flip will determine who receives the football first at the start of the game. The team that did NOT receive the ball at the start of the game will receive the ball at the beginning of the second half. At the coin toss, team captains cannot defer.
5. Games will consist of two 20-minute halves with a 5-minute half time, clock will only stop on a time out, injury, and the last two minutes of the 2<sup>nd</sup> half (two-minute warning) on dead balls.
6. The offensive team has 25 seconds to snap the football after the football has been spotted by the official. Teams will receive one warning before a Delay of Game penalty is enforced.
7. Each time the offense crosses a yard marker, the team will receive an automatic first down. The offense has four (4) plays to cross a yard marker.
8. On a punt, all of the offense and defense players, except for three defensive players, must take a knee at the line of scrimmage until the punter has punted the ball. Players can move once ball is

punted. The three defenders are the only ones able to receive the punt and can run back the punt if the ball is caught otherwise the ball will be ruled dead. **Exception, if the football is caught in mid-air by the receiver after the first initial bounce will be the ONLY time play can continue. Ball will be marked on the spot where the second bounce occurs if the player is not able to catch the ball.**

9. Offensive blocker(s) must have both hands behind back and rushers must go around the offensive blocker(s) without bull rushing, grabbing, and/or pushing the offensive blocker. A penalty will be issued if any of these violations occur. NO down field blocking is allowed.
10. Stripping of the football is not allowed.
11. Coaches and players must stay within the 20-yard lines. Spectators must stay behind the second sideline marker. Game will be delayed until all spectators are behind the sideline markers.
12. Please be advised volunteer coaches you can NOT issue any type of pill/capsule form of vitamin, aspirin, ibuprofen or pain relief, energy drink, sports or dietary supplement of any kind to any participant while performing your duties as a volunteer coach for the City of Edinburg.
13. On a safety the team will punt from the 20-yard line.
15. Injured player must sit out for a minimum of 1 play, unless timeout is called.

**MERCY RULE:** If a team is losing by 18 points or more in the last two minutes of the 2<sup>nd</sup> half, the clock will continue to run.

### **SCORING:**

Touchdown = 6 points; 1-point conversion = 5 yards out or 2-point conversion = 10 yards out; Safety = 2 points. (Defense can NOT return an interception on an extra point conversion play will be ruled dead.)

### **OVERTIME:**

At the end of regulation, if the game is tied the game will end in a tie.

### **RUNNING**

1. The quarterback can run with the ball once the football is hiked or the defense begins to rush.
2. Direct hand-offs behind the line of scrimmage are legal. Offense may use multiple hand-offs, laterals, and/or pitches of any kind.
3. The player who takes the hand-off can throw the ball as long as the player does not cross the line of scrimmage.
4. Once the ball has been handed off, all defense players are eligible to rush.
5. Spinning is allowed but, the ball carrier can NOT leave his/her feet to avoid a defensive player, play will be automatically ruled dead.

6. **The ball is spotted where the ball carrier's hips are when the player is de-flagged, NOT where the ball is.**
7. Flag guarding is NOT allowed.
8. Play will automatically be ruled dead on any fumble and the football will be spotted where fumble occurred. **Exception, if the center snaps the football to the quarterback and the quarterback catches the football in mid-air after the first initial bounce will be the ONLY time play can continue.**
9. **Center sneaks are NOT allowed at any time. Play will be whistled dead.**

### **RECEIVING**

1. All players are eligible to receive passes including the quarterback if the ball has been handed-off behind the line of scrimmage.
2. **ONLY one player is allowed in motion at a time on offense once the quarterback is set to receive the football from the center, either directly from the center or from the shotgun position.**
3. Player must have at least one foot in bounds when making a catch or in the end zone.

### **PASSING**

1. All passes can be forward or laterals. If a ball is dropped on a lateral pass then, play will be ruled dead and the ball will be marked where the dropped ball occurred.
2. QB can pick up the ball off one bounce following the snap. Second bounce, play will be marked dead.
3. Shuffle passes are allowed but, must be beyond the line of scrimmage.
4. Quarterback has the option of running or passing the ball whether there is a rusher(s) or not.
5. All interceptions can be run back by the defensive team. (Defense can NOT return an interception on an extra point conversion play will be ruled dead.)
6. Passer cannot pass or pitch the football to himself. If this occurs, it will be ruled a dead ball and will be spotted at the point of infraction.

### **DEAD BALLS**

1. Football must be snapped between the legs of the center, not off to one side, to start play. (With the exception of kinder and first grade division.)
2. Substitutions may be made on any dead ball or time outs.
3. Play is ruled "DEAD" when: Offensive players flag is pulled; ball carrier steps out of bounds; touchdown is scored; ball carrier's knee hits the ground, ball carrier fumbles, ball carrier leaves his

feet, ball carrier is flag guarding, offensive/defensive player touches the football with no flags, ball carrier's flag falls off, and center sneaks.

### **RUSHING THE QUARTERBACK**

1. The only player/s allowed to rush on defense will be the player/s that are lined up 7-yards from the line of scrimmage. If any player/s are lined up within the 7-yards of the line of scrimmage they will NOT be allowed to rush/cross the scrimmage line (it will be considered a penalty, Illegal Rush). The players that are lined up within the 7-yards they will be only be allowed to pursue the ball carrier when the ball carrier crosses the line of scrimmage.
2. There is no minimum or maximum number of players that can be lined up at the rushing mark (7-yards).

### **PENALTIES**

1. Only the Head Coach may ask the referee questions about rule clarification and interpretations. All other players and coaches cannot question judgment calls.
2. Penalties will be assessed from the line of scrimmage or from point of infraction.
3. Games cannot end on a defensive penalty, unless the offense declines it.
4. Two unsportsmanlike infractions will result in an ejection.

All **penalties** will be called by the officials. Listed are the most common penalties that will be called:

Defense: Offside----- 5 yards  
Interference-----10 yards & automatic first down  
Holding-----5 yards spot foul  
Illegal Contact-----5 yards  
Illegal Flag Pull----5 yards & automatic first down  
Illegal Rushing-----5 yards  
Delay of Game-----10 yards & clock will resume when whistle is blown.  
Unsportsmanlike Conduct-----15 yards & automatic first down.

Offense: Offside----- 5 yards  
Holding-----5 yards & loss of down  
Illegal block-----5 yards  
Illegal Motion-----5 yards  
Illegal Forward Pass-----5 yards & loss of down  
Interference-----10 yards  
Flag Guarding-----10 yards & loss of down  
Delay of Game-----10 yards & clock will resume when whistle is blown.  
Unsportsmanlike Conduct-----15 yards & automatic first down.

### **ATTIRE**

1. Cleats are allowed, except for metal spikes. Inspections will be made.

2. Official team shirt must be tucked in at all times, NO EXCEPTIONS!
3. Teams can NOT alter the official team shirt in any form. Alter will be defined as adding extra logos, words, cutting the sleeves off, cutting the shirt, and any other alteration. . **If league shirt is altered in any way, shape or form, the player(s) will be asked to not play the game. If a player(s) is not wearing his/her assigned shirt, the player(s) cannot play for that game and cannot use another player's shirt. Players cannot use any type of jean shorts or jeans to play in a league game.**

### **TIME OUTS**

1. Each team will have two 60 second time outs per half. Officials can stop the clock on their own discretion.

### **SPORTSMANSHIP**

1. Any player/coach/spectator involved in a fight will be automatically ejected from the game and will be suspended for a minimum of one game. If the incident is serious, the player/coach will be suspended additional games or removed/ejected for the remainder of the season upon discretion of the Recreation Manager, regardless if its regular season games or tournament games.
2. Vulgar language, obscene gestures, threats and physical violence - regardless which player(s)/coach(es), spectator(s) or volunteer(s) started it will result in a minimum suspension of one game to removal from league play or a maximum of life suspension from any Edinburg Parks and Recreation Department league, regardless if its regular season games or tournament games.
3. Every coach, player or spectator is responsible for his/her own conduct on and off the playing field. Coaches are responsible for their team player's parent's conduct on and off the playing field. Unsportsmanlike conduct by coaches, spectators, or participants will not be tolerated, regardless if its practice, regular season games or tournament games. Individuals may be suspended due to unsportsmanlike conduct at the discretion of the Recreation Manager.
4. Any coach, player or spectator that is ejected from the game or facility has one minute to leave the park and two minutes to leave school/city grounds and will be suspended for one game, regardless if its regular season games or tournament games. Should a player, coach or spectator be ejected on a second occasion, the offender(s) will automatically be suspended for the remainder of the season. The league supervisors/officials have the authority to eject any player, coach or spectator at any time for unsportsmanlike conduct. Failure to adhere to the rule, the Edinburg Police Department will be notified and the game will be determined a forfeit for that team.
5. Any assault or physical violence directed toward a league official and/or staff will result in a five (5) year to life suspension from further participation of any program sponsored by the Edinburg Parks and Recreation Department.
6. If the site supervisor or program coordinator or referee witnesses any act of tackling, elbowing, cheap shots, blocking, or any other unsportsmanlike act, the game will be stopped and the player will be given a warning then ejection from the game.
7. Taunting or "trash talking" to opposing player(s) or coaches will not be allowed. Profanity by any player/coach will NOT be tolerated. Referee has the right to determine language which is offensive. The

referee will give one warning to each team and if the taunting or “trash talking” continues the player/coach will be ejected from the game.

8. When a warning is given to the head coach or assistant coach, the warning pertains to both coaches.

9. Any player/coach that is ejected from the game will have to sit out one game. If player/coach is ejected a second time, player/coach will be removed from the league. If player is removed from league, player will not receive a refund. If coach is removed from league, coach will not be able to coach any youth league in Edinburg for one year.

10. Referees will determine incidental contact which may result from normal play.

11. If a parent or parents are getting out of line, the game official will call time during the game and warn all the parents that are on the sideline that 1.) if parent(s) can not keep their comments to themselves or behave in an appropriate manner, that they will be asked to leave the park. 2.) If the parent(s) does not want to leave the park, then the police department will be called to escort them out. 3.) If the official(s) feels that continuing the game poses a threat to their safety, the game will end at that moment and whichever team is winning at that point will receive the win or the loss. If the teams are tied, it will be considered a tie.

## **PROTESTS**

1. Protests will not be accepted on any judgement call by an official.
2. Eligibility Protests must be presented to the Edinburg Parks and Recreation Department in writing within 24 hours after completion of the game in question, on weekend games is next business day. Eligibility Protest will be investigated by the Edinburg Parks and Recreation Department and will rule at its discretion. Only Coaches and Assistant Coaches will be allowed to request an eligibility protest. There is a fee for all protests.
3. Protests on team's won/loss record will be thoroughly investigated by the league director.

## **PLAYOFFS AND TIE BREAKERS**

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- . ***First Option:*** If there is a tie with two or more teams, it will be determined by a tie breaker based on head to head points, game scores when played one another.

## **OFFICIALS**

1. Officials have the final authority on all matters concerning league play. Officials will not accept abusive language or rough play and may forfeit games at any time if deemed necessary for the safety of the players, coaches, spectators, officials, and employees.
2. If a warning is given to the head coach or assistant coach, the warning applies to both coaches.

**AGE/GRADE DETERMINATION**

1. Age/Grade will be determined as of September 1 of current year.