

RULES AND REGULATIONS GOVERNING YOUTH FLAG FOOTBALL

Unless otherwise specified below, the High School Federation (CIF) rules apply. Situations not specifically covered in these league rules will be left to the discretion of the Sports Office Staff.

General Information

1. This program is conducted by the Parks and Recreation Department Sports Section.
2. The Burbank Athletic Federation (BAF) Board of Directors shall act as an advisory board and act on all disciplinary cases and eligibility cases.
3. When there is more than one league within a given group, classification is based on a team's ability, with better teams placed in a higher league.
4. League is open to youth in 3rd-8th grades.

Manager's and Coach's Responsibilities

1. All managers and coaches must be in good standing with the Burbank Athletic Federation.
2. Managers and coaches must appear on the official Team Roster or they will not be allowed to sit on the players' bench.
3. Managers are directly responsible to the Burbank Athletic Federation and the Parks and Recreation Department for league fees, rosters, team business, and player, coach, parent, and spectator behavior.
4. Managers are responsible for Players' Medical Consent Forms and injury/accident forms being filled out and returned to the Sports Office in a timely manner.
5. Managers are responsible for keeping unauthorized individuals off the team bench and controlling the conduct of their team at all times.
6. It is the manager's responsibility to prevent players from leaving the court and mingling with the spectators during the game.
7. Team managers will be responsible for keeping their teams off the general playing area until the previous game is completed.
8. Managers are responsible for the proper care and immediate return of all Parks and Recreation Department equipment and all sponsor's uniforms and equipment.
9. Managers are responsible for the conduct of their team's spectators and will take all necessary steps to inform them of the rules, purposes, and philosophy of the Youth Flag Football Program.
10. Managers, coaches, and players may not smoke in any facility furnished by the Burbank Parks and Recreation Department for practices or games.
11. Coaches will refrain from verbally coaching their players in a negative manner while they are on the field of play. The discretion of the referee or the Sports Office Staff will be used to handle the situation.
12. All coaches shall be required to comply with the requirements established by the Parks and Recreation Department for background checks for volunteers.
13. Managers must keep track of players' substitutions and ensure that all players are receiving adequate playing time.

14. All teams must have a responsible adult at all games and practices.
15. No team shall bear the name of, or any trade name of, any alcoholic beverage. All team names are subject to Sports Office approval. If no team name is turned in prior to the printing of the league schedule, the last name of the manager will appear on the schedule.

Rosters

1. It is advisable to limit a roster to no less than eight, or more than ten players.
2. A roster must be managed online using the Coach's Portal on CivicRec. All players and coaches must register and be listed on the team's online roster to be eligible for play.
3. In any case where a participant has deliberately falsified their record, those games in which they participated will be forfeited and the player suspended.
4. Any player who puts their signature on two different rosters shall be automatically suspended until their case is brought before the Burbank Athletic Federation Board.
5. Managers are responsible for the eligibility of all names on their roster.

Players

1. All players must be in good standing with the Burbank Athletic Federation.
2. After league play starts, no player may be added except by waiver.
3. Any offensive formation will be allowed.
4. The defensive line-up is not restricted.
5. All players are eligible to play any position.
6. All positions will be eligible for a pass reception play.

Waivers

1. After the roster deadline, a player may be added only through the use of the waiver system.
2. Waiver forms are issued by the Sports Office only at the specific request of a manager, never in advance.
3. Waivers must be signed by managers in the same classification as the team picking up the new player.
4. If a player wishes to transfer from one Burbank team to another, the player must secure a written release by their original team manager. Manager must sign before the release can be signed by other team managers.
5. A waived player may begin playing as soon as a Sports Office staff member accepts the completed waiver form prior to the start time of the next league game AND the player must register through CivicRec.
6. No waivers will be accepted after the start of the second round.
7. **WARNING:** Any manager who is asked by another manager to sign a waiver is free to sign or not sign. The signature of a Sports Office staff member on the form does not constitute approval of a waiver request.

Team Classification

1. Teams will be classified according to grade. Team grouping is determined by the highest grade represented on the team.
2. Grade divisions will be 3/4, 5/6, and 7/8.

Equipment and Players Dress

1. Accepted footwear: rubber cleats or tennis shoes.
2. No steal cleats, street shoes, or playing barefoot.
3. Players must wear protective mouthpieces. Mouthpieces with helmet attachments will not be allowed.
4. Players without a mouthpiece will be removed from the game until they can wear one.
 1. Penalty: 5 yards.
5. Protective equipment is not allowed unless approved by the Sports Office.
6. Legal Apparel That Can Be Worn:
 1. Soft pliable knee, elbow, or thigh pads may be worn only on the prescribed areas.
 2. Head bands and receiver gloves.
 3. Pull away flag belts that are provided by the Sports Office.
7. Teams must wear jerseys of the same color with numbers on the back and must be worn not to impede in pulling of the flags.
8. Shirts must be tucked in or hang no lower than the top of the player's abdomen.
9. Teams must be able to provide T-shirts or jerseys opposite their main jersey color during games.
10. Football pants are encouraged, shorts may be worn, but may not have belt loops, pockets, exposed drawstrings and must fit appropriately (not baggy).
11. Equipment items that are illegal:
 1. Jewelry (except medical bracelets)
 2. Cast and arm/wrist braces
 3. Grip enhancing substances
 4. Helmets, shoulder, hip, rib, hand and arms pads.
 5. Hats and any other hard surface materials

Pre-Game Meeting

1. Before the start of the game, each team shall designate their Head Coach.
2. The Head Coaches and the Captains shall meet with the Referees.
3. Coin Toss shall determine who will kick or receive to start the game.
4. The coach, who attended the pre-game meeting, will be the only individual to enter the playing field for the purpose to call necessary time outs, rules interpretations by the Referees or to attend an injured player.
5. Teams must be ready to play 5 minutes before game time.

The Kickoff

1. Kick-off will commence from the 35-yard line.
2. Receiving Team must place a minimum of three (3) players within 5 yards of the midfield line. The kick-off must originate from the kicking tee only.
3. In the event the ball goes out-of-bounds on the kick-off between the kicking team's restraining line and receiving team's 35 (thirty-five) yard line, the receiving team shall have the following options:
 1. Accept a five-yard penalty from the previous spot and have a re-kick.
 2. Decline penalty and ball will be spotted where the ball went out of bounds.

Protests

1. Only protests regarding player's eligibility will be accepted. Protests regarding officials' calls are not protestable and must be settled at the point they occur by the coaches, officials and Sports Office staff member according to the National Federation rules.

Forfeited Games

1. If a team has seven players present at game time, they can start the game.
2. A team not having at least seven of its players ready to play at game time, the game will be forfeited.
3. All games will be played according to the schedule without change.
4. Cases involving extreme circumstances may justify cancelling a game.
5. Teams must be ready to start 5 minutes before game time.
6. Forfeiting teams should contact the Sports Office before game time as a courtesy to the other teams and staff, if possible.
7. The forfeiting team is responsible for paying an administrative fee of \$10 for each forfeit. The fees must be paid prior to the team's next scheduled game.

Substitution

1. Free and unlimited substitution will be allowed during the game.
2. Any player can play any position.
3. Substitution can be done anytime the ball is dead. No live ball substitution will be allowed.

Regulation Game

1. All League Games will consist of the following:
2. Four-10-minute quarters
3. 1 minute intermission between 1st & 3rd Quarters
4. 5 Minute half time
5. Overtime, if necessary

Running Clock

1. The clock will continue to run except for the following situations:
 1. All Timeouts
 2. Injuries
 3. Last two minutes of the 2nd & 4th Quarters
 4. After any score
 5. Official's time out

Timeouts

1. 3 timeouts per game
2. Unused timeouts from the 2nd half will carry over into Overtime if necessary.
3. No additional timeouts will be allowed in Overtime.

Timing of the Game

1. During the last 2 minutes of each half, the clock will stop for the following:
 1. Any timeout
 2. Incomplete pass
 3. Ball going out of bounds
 4. Penalty
 5. First Down- (clock starts on "ready to play")
 6. Score
 7. Change of team possession (clock starts on snap of the ball)
 8. Declared punts

Field Dimensions

Division	Playing Area	Game Ball
3/4 Grade	34 x 80	Junior Size
5/6 Grade	34 x 80	Junior Size
7/8 Grade	34 x 80	Youth Size

Ground Rules

1. The Referee and/or the Sports Office Staff will explain all ground rules before game time. These will become the official ground rules for the game. Any situations not covered are left to the discretion of the Referee. It would be in the manager's best interest to ask pertinent questions at the pre-game meeting.

Team Sidelines

1. Home team will occupy the sideline that is designated "Home Team"
2. Visiting team will occupy the sideline that is designated "Visiting Team".
3. Refer to diagram of fields played team designation.

The rules of High School Federation (CIF), unless amended below. Situations not specifically covered in these league rules will be left to the discretion of the Sports Office Staff.

***Check last page for updated rules.**

Rule changes for 2022 Flag Football Season

- If the player who has the ball is attempting a pass and their arm is in either a backward or forward motion and still in possession of the ball, the flag is pulled it will be considered a dead ball and the referee will spot the ball where the flag is pulled.
- Fumbles: If a player fumbles the ball, it will remain live and either the defense or offense may recover the fumble. If a player falls on the ball it will be dead at the spot or if a player recovers the fumble and stays on their feet, they can continue to run with ball until a flag has been pulled.
- Center Hikes the ball to the Quarterback and the ball hits the ground first or is fumbled by the QB, this will be a live ball and play will continue. The QB will be able to recover his/her fumble and continue with the play unless the defense recovers the fumble.
- Muffed or Fumble on a Kickoff: The receiving team either muffs or fumbles the kickoff or it touches the players body, the ball will remain live, and the receiving team may recover the ball and advance it. If the defense recovers the fumble or muffed ball, they can recover and advance the ball.
- Punt Returns: If the offense fumbles the punt return, they can recover and advance the ball. The defense can recover if the ball has been touched by the offensive team. If the defense touches the punt return before the offense touches the ball, it will be a dead ball at the spot and the receiving team will keep possession.