

RULES AND REGULATIONS GOVERNING YOUTH FLAG FOOTBALL

1. General Information

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

2. Manger's and Coach's Responsibility

- A. All managers and coaches must be in good standing with the Burbank Athletic Federation.
- B. Managers and coaches signatures must appear on the official Team Roster or they will not be allowed to sit on the players' bench.
- C. Managers are directly responsible to the Burbank Athletic Federation and the Parks and Recreation Department for league fees, rosters, team business and conduct of players, coaches, parents, and spectators.
- D. Managers are responsible for Players' Medical Benefit Fund forms and accident forms being filled out and returned to the Sports Office.
- E. Managers are responsible for keeping unauthorized persons off of the team bench and controlling the conduct of their team at all times.
- F. It is the manager's responsibility to prevent players from leaving the field and mingling with the spectators during the game.
- G. Team managers will be responsible for keeping their teams off the general playing area until the conclusion of the preceding game.
- H. Managers are responsible for the proper care and immediate return of all Parks and Recreation Department equipment and all sponsor's uniforms and equipment.
- I. 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.
- J. Managers, coaches and players may not smoke in any facility furnished by the Burbank Parks and Recreation Department for practices or games.
- K. Managers must keep track of players' substitution.
- L. Coaches will refrain from verbally coaching their players in a negative manner while they are on the field. Discretion of the referee or the Sports Office Staff will be used to handle the situation.
- M. All coaches shall be required to comply with the requirements established by the Parks and Recreation Department for background checks for volunteers.
- N. Managers must keep track of players' substitution and that all players are receiving adequate playing time
- O. All teams must have a responsible adult at all games and practices.
- P. No team shall bear the name of, or any trade name of, any alcoholic beverage or tobacco company. 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.

Q. Managers and coaches must keep their coaching staff and players between the 30-yard markers when on the sidelines. Only one coach will be allowed between the 20-yard and 30-yard markers. All spectators must keep at least 5 yards from the sidelines and between the 20-yard markers behind the white line. Failure to comply with this rule will result in a warning for the offending team. Second offense will result in flagging the offending team for unsportsmanlike conduct. Third offense will result in flagging for unsportsmanlike conduct and ejecting of manager of offending team. If behavior persists, game may be forfeited at discretion of Sports Office Staff or official. Managers and coaches may not go on the field, unless given permission by the officials. (In the 3/4 grade league, one coach will be allowed on the field during the practice games as long as he/she does not hinder the officials or hold up play.)

3. Rosters

- A. The roster may not contain more than 15 names, unless arrangements have been made with the league director.
- B. Rosters not turned in by the date set by the Sports Office will automatically release any player of his/her signature, and upon application to the Sports Office, player may join another team.
- C. A roster must contain the name, address, city, phone number, signature, school, birth date, grade of each player and parent's signature.
- D. In any case where participant has deliberately falsified their record, those games in which they participated will be forfeited and the player suspended.
- E. Any player who puts his/her signature on two different rosters shall be automatically suspended until players case is brought before the B.A.F.
- F. All rosters are subject to approval by the league director with the intention of maintaining the league on an even competitive scale.
- G. Managers must sign the roster or waivers to certify that all information on them is correct. Managers are responsible for eligibility of all names on his roster.

4. Players

- A. All players must be in good standing with the Burbank Athletic Federation.
- B. All players must be shown during practice rounds and name must appear on team's roster. Penalty for using an ineligible player: **FORFEITURE** of all league games in which he/she played.
- C. After league starts, no player may be added, except by waiver.

5. Waivers

- A. After the roster deadline, a player may be added only through use of the waiver system.
- B. Waiver forms are issued by the Sports Office only at the specific request of a manager, never in advance. Each waiver form must have the signature of the supervisor before circulation for manager's signature.
- C. Waivers must be signed by managers in the same classification as the team picking up the new player.
- D. If a player wishes to transfer from one Burbank team to another, the player must secure a written release by his/her original team manager. Manager must sign before release can be signed by other team managers.
- E. A waived player may begin to play as soon as Sports Office staff member accepts the completed waiver form prior to next league game starting time. **No** waivers will be accepted after the start of the second round.
- F. **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 waiver request.

6. TEAM CLASSIFICATION

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

EQUIPMENT

- A. The accepted footwear will be rubber cleats or tennis shoes. No steel cleats, street shoes, or playing barefoot is allowed.
- B. All players MUST wear a protective mouth piece. Mouth pieces with helmet attachments will not be allowed. Players found in the game without a mouth piece will be removed until the player gets one and the team will be penalized 5 yards.
- C. Protective equipment is not allowed unless approved by the Sports Office. Sports Office Staff may request the immediate removal of any equipment.
- D. Team members must wear jerseys of the same color with numbers on the back and must be worn so as not to impede the pulling of the flags. Shirts must be tucked in or hang no longer than top of player's abdomen.
- E. Teams must be able to provide t-shirts or jerseys opposite their main jersey color in order to avoid teams wearing the same color jersey when competing against each other.
- F. Football pants are encouraged. Shorts may be worn, but may not have belt loops, pockets, exposed drawstrings and must fit appropriately (not too baggy.) "Too baggy" will be held to the discretion of the officials and Sports Office staff. The football pants or shorts must be a different color than the flags.
- G. Pull away flag belts with three flags will be used in all games and will be provided by the Sports Office for games.
- H. 3/4 and 5/6 grades shall use the Junior size football; 7/8 grades shall use the Youth size football. Sports Office will provide the ball for all games.
- I. Helmets, shoulder pads, rib pads, hip pads, hand and arm pads, hats, and any other hard surface materials are illegal.
- J. Soft pliable knee, elbow, or thigh pads may be worn only on the prescribed areas.
- K. Jewelry in not permitted.
- L. Casts and arm/wrist braces are illegal.
- M. Grip enhancing substances are illegal
- N. Head band and receiver gloves can be worn.

THE GAME

The game is played with a regulation football, junior or youth size, by two teams of eight players. The team in possession has a series of downs numbered 1, 2, 3, and 4 to advance the ball into each 20-yard zone. Points are scored by a touchdown, a successful try for conversion point(s), or a safety.

Flag Football is not tackle football or power football. The defense and offense strive by speed, quickness, and agility to defeat the opponent. A basic concept of the game is for the ball carrier to avoid bodily contact with the defensive players. Likewise, the defensive players should go for the ball carrier's flags. The defense MUST play the flag and not the ball when pursuing a ball carrier.

- A. **Field Dimensions:** The playing area length is 80 yards, divided into four, 20-yard zones. The end zones shall be 10 yards in depth. The width is 40 yards. The end zones are 10 yards in depth. The width shall be 40 yards. All dimensions are space permitting.
- B. The game will consist of 4 quarters, each of ten minutes duration running time. The clock will stop only for time outs or after any score, except the last two minutes of the second and fourth quarters when stop clock rules will be used. After a time-out the clock shall start on the next snap. After a score, the clock shall start on the kick-off. Regulation clock will be used the last two minutes of the second and fourth quarters. During that time the clock stops only for incomplete forward passes, out

of bounds, penalties, time-outs, change of possession, and scores. Stop clock will be in effect after any score. Clock shall stop for notification of the 2-minute warning prior to the end of each half. After a penalty, the clock will start dependent on the previous play (clock stopped or running when foul occurred). If a declared kick is attempted, the clock will not start until the ball is kicked.

Overtime Rules:

Each team will receive the ball on the opposing team's 10-yard line. Each team will receive 4 downs.

Teams can receive additional downs from penalties. On the first overtime session teams can go for 1 or two point conversion. If teams are still tied after the first overtime a second overtime will be played with the same rules. Both teams will have to go for the two point conversion. If teams remain tied after the second overtime, the game will remain a tie for league play only. Playoff and Tournament games will continue with the second overtime rules in place until a winner is determined. Time outs will carry over into overtime play and be used during the overtime. No additional time outs will be allowed for overtime play. Coin toss will determine which team will have possession of the ball.

- C. Each team will be allowed 5 time outs per game with no more than 3 being allowed in any one half. During time outs, ONE coach may go onto the field and huddle with his team or he may call ONE player to the sideline.
- D. There will be a one minute time out between quarters and a five minute time out at half-time.
- E. At least seven legally rostered players must be present and ready to play at game time. If not enough players are present, the opposing team shall win by forfeit. A team which forfeits a game without giving the Sports Office 24 hours notice shall be responsible for both the officials' fees, payable to the Sports Office before their next game.
- F. Substitutions are free and unlimited. However, substitutions must be made so that play is not delayed.
- G. All players must play the equivalent of at least one quarter or more in every game. Exceptions will be allowed for players missing practice unexcused or for other disciplinary reasons. Players who will not participate for the required time must be reported to the game officials before the game.
- H. Scoring shall be according to high school rules with the exceptions of no field goals and the choice of one or two point conversions. One point conversion: The ball shall be placed on the 2 yard line for the attempt. Two point conversion: The ball shall be placed on the 5 yard line.
- I. Sportsmanship Rule: If a team is leading by a score of 24 points or more, the "running time" clock will be used. The clock will only stop for charged time outs and official time outs. In addition, after any score, the trailing team will be awarded the ball at their own 35 (thirty-five) yard line in lieu of a kickoff. Should the lead become less than a 24 point margin, the game will convert back to regulation timing and kickoffs.

BALL

- A. **LIVE BALL:** A live ball is a ball in play and a dead ball is a ball not in play. A pass or fumble which has not yet touched the ground is a live ball in flight and therefore can be caught and advanced by either team.
- B. **LOOSE BALL:** A loose ball is a live ball not in player possession during:
 - 1. A running play
 - 2. A scrimmage or free kick before possession is gained, regained, or the ball is dead by rule.
 - 3. The interval after a legal forward pass is released, and before it becomes complete, incomplete, or intercepted.
- C. **BALL IS READY FOR PLAY:** A dead ball is ready for play when the Referee:
 - 1. If time is in, sounds the whistle and signals "ready for play".
 - 2. If time is out, sounds the whistle and signals either "start the clock" or "ready for play".
- D. **IN POSSESSION:** "In possession" is an abbreviation meaning "in possession of a live ball". A player is in possession when he/she is holding or controlling the ball. A team is in possession:
 - 1. When one of its players is in possession.
 - 2. While a punt, drop kick, or place kick is being attempted.
 - 3. While a forward pass thrown by one of its players is in flight.
 - 4. When it was last in possession during a loose ball.

BATTING, FUMBLE, MUFF, TOUCHING BALL

- A. **BATTING:** Batting is intentionally striking or slapping with the hand or arm:
 - 1. A loose ball
 - 2. A ball in possession by a player of the team in possession.
- B. **FUMBLE:** A fumble is a loss of player possession other than by handling, passing, or kicking the ball.
- C. **MUFF:** A muff is an unsuccessful attempt to catch a ball, the ball being touched in the attempt.
- D. **TOUCHING:** Touching refers to any contact with the ball

CATCH, FAIR CATCH, INTERCEPTION, SIMULTANEOUS CATCH

- A. **CATCH AND INTERCEPTION:** A catch is an act of establishing player possession of a live ball in flight. A catch of an opponent's pass or fumble in flight is an interception. If a player attempts a catch or an interception while in the air, the player must contact the ground inbounds with the ball in his/her possession prior to touching out-of-bounds. Catching is always preceded by touching of the ball; thus if touching causes the ball to become dead, securing possession of the ball has no significance.
 - 1. If one-foot lands inbounds and the receiver has possession and control of the ball, it is a catch or interception even though a subsequent step or fall takes the receiver out-of-bounds.
 - 2. A catch by any kneeling or prone inbounds player is a completion or interception.
 - 3. A loss of ball simultaneously with returning to the ground is not a catch or interception.
- B. **FAIR CATCH: LEGAL:** A fair catch is a catch of a free or protected scrimmage kick, which is beyond K's free kick line or K's scrimmage line and between the goal lines, by a player of the receiving team. The player must signal intention by extending one arm above his/her head and waving it laterally from side to side more than once.
- C. **FAIR CATCH: ILLEGAL:** An illegal fair catch signal is any signal given by a runner after the kick has been caught or recovered.
- D. **FAIR CATCH: VALID:** An illegal fair catch is any signal by a receiver before the kick is caught or recovered.
- E. **FAIR CATCH – INVALID:** An Invalid Fair Catch Signal is any signal by a receiver before the kick is caught or recovered.
 - 1. That does not meet the requirements of a valid signal.
 - 2. After the kick has touched a receiver or the ground.
- F. **SIMULTANEOUS CATCH:** A catch in which there is joint possession of a live ball by opposing players inbounds.
- G. **CLIPPING:** Clipping is running or diving into the back, or throwing or dropping the body across the back of the legs of an opponent in the back.
- H. **DOWN AND BETWEEN DOWNS:** A down is a unit of the game which starts after the ball is ready for play, with a legal snap or free kick and ends when the ball next becomes dead. Between downs is the interval during which the ball is dead.
- H. **ENCROACHMENT:** Encroachment is a term to indicate a player in the neutral zone. An entering substitute is not considered to be a player encroachment restrictions until he/she is on his/her team's side of the neutral zone.
- I. **FOUL:** A foul is a rule infraction for which a penalty is prescribed.
- J. **GOAL LINES:** Each goal line is a vertical plane separating the end zone from the field of play. The plane of the goal line extends beyond the sideline.
- K. **HANDING THE BALL:** Handing the ball is transferring player possession from one teammate to another without throwing or kicking it.
- L. **HUDDLE:** A huddle is two or more offensive players grouped together after the ball is ready for play and assuming scrimmage formation prior to the snap.
- M. **HURDLING:** Hurdling is an attempt by a player to jump with one or both feet or knees foremost over a player who is on his/her feet.

- N. DIVING: A player may not leave his/her feet to create an unsafe condition.
- O. KICKS: FREE KICKS: A free kick is made under restrictions which prohibits either team from advancing beyond the established restraining lines until the ball is kicked.
- P. KICKER: The kicker is any player who punts or place kicks. The kicker is a runner until he/she actually kicks the ball. Players of his/her team are known as kickers and any opponent is a receiver.
- Q. KICKOFF: A kickoff is a free kick that starts each half and follows each try and must be a place kick.
- R. LEGAL AND ILLEGAL KICKS: A legal kick is a kick by a player of the team in possession when such a kick is permitted by Rule. Kicking the ball in any other manner is illegal. Any kick continues to be a kick until it is caught by a player or becomes dead.
- S. PLACE KICK: A place kick is kicking the ball from a fixed position on the tee.
- T. PROTECTED SCRIMMAGE KICK: Team A makes a protected scrimmage kick under restrictions, which prohibits either team from advancing beyond their scrimmage lines until the ball is kicked. A protected scrimmage kick must be a punt.
- U. PUNT: A punt is kicking the ball by the player who drops it and kicks it before it strikes the ground.
- V. LOSS OF A DOWN: "Loss of a down" is an abbreviation meaning "loss of the right to repeat the down."
- W. NEUTRAL ZONE: The neutral zone is from the forward point of the football one yard to the Team B scrimmage line and extended to each sideline. It is established when the ball is ready for play.
- X. PASSES:
1. PASSING – Passing the ball is throwing it. In a pass, the ball travels in flight. A pass continues to be a pass until caught, intercepted, or the ball becomes dead. The initial direction determines whether a pass is forward or backward.
 2. FORWARD AND BACKWARD PASS – A forward pass is a pass thrown with its initial direction toward the opponent's end line. A backward pass is a pass thrown with its initial direction parallel with or toward the passer's end line. A pass continues to be a pass until it is caught or strikes the ground. A backward pass that hits the ground is ruled the same as a fumble. It will be dead at the spot where it strikes the ground.
- Y. PENALTY: A penalty is a loss imposed by Rule upon a team which has committed to a foul.
- Z. SCRIMMAGE: A scrimmage is the interplay of two teams during a down in which play begins with a snap and ends when the ball next becomes dead.
- AA. SCRIMMAGE LINE: The scrimmage line for Team A is the yard line and its vertical plane which passes through the forward point of the ball. The scrimmage line and its vertical plane which passes on yard from the point of the ball nearest its own goal line. Team B's scrimmage line may extend into their end zone. An offensive player is on his/her scrimmage line when facing his/her opponent's goal line with the line of his/her shoulders approximately parallel thereto and with his/her head or foot breaking the plane of the imaginary line drawn through the waistline of the snapper and parallel to the scrimmage line.
- BB. BACKFIELD LINE: To be legally in the backfield a Team A player's head must not break the plane on the line drawn through the waistline of the nearest Team A player, except the snapper, on the scrimmage line.
- CC. SHIFT: A shift is the action of one or more players who, after a huddle, or after taking set positions, move to a new set position before ensuing the snap.
- DD. TAGGING: Tagging is placing one hand anywhere between the shoulders and knees of an opponent with the ball. The tagger may leave his/her feet to make the tag. Pushing, striking, slapping, and holding are not permitted. If the player trips the runner in his/her attempt to make a diving tag, it is a penalty.
- EE. TEAM AND PLAYER DESIGNATIONS
1. PLAYER – The player is any one of the participants in the game at any particular time.
 2. DISQUALIFIED PLAYER – The disqualified player is one who becomes ineligible from further participation in the game.
 3. LINE PLAYER AND BACKFIELD PLAYER – A line player is any person on his/her scrimmage line when the ball is snapped; a backfield player is any person who is legally behind the line when the ball is snapped.

4. **OFFENSIVE AND DEFENSIVE TEAM** – The offensive team is the team in possession, or the team which the ball belongs; the defensive team is the opposing team.
 5. **RUNNER:** The runner is the player in possession of a live ball or simulating possession of a live ball. Once a player catches or intercepts a pass, he/she becomes a runner.
 6. **CENTER:** – The center is the player who hikes the ball.

 7. **SUBSTITUTE** – A substitute is team member who may replace a player. A substitute becomes a player when he/she enters the field and communicates with a teammate or an official, enters the huddle, is positioned in an offensive formation, or participates in the play.
 8. **TEAM A AND B** – Team A is the team who puts the ball in play. The opponent of Team A is Team B. A player of A is A1 and teammates are A2 and A3. Other abbreviations are B1 for player of B, K1 for a player of the kickers, and R1 for one of the receivers.
- FF. **TRIPPING:** Tripping is the use of the lower leg or foot to obstruct an opponent, including the runner, below the knee.
- GG. **YARD LINE:** A yard line is the line in the field of play parallel to the end line and between the goal lines.

THE PLAYERS

- A. The game shall be played between two (2) teams of eight players each. Seven (7) players are required at all times to avoid forfeit.
- B. Any offensive formation will be allowed.
- C. The defensive line-up is not restricted.
- D. All players are eligible. Direct runs by the quarterback across the line of scrimmage are not allowed. He/she must hand off or pass. Penalty shall be called when the quarterback crosses the line of scrimmage, but officials will allow the play to be completed. This will result in a 5 yard penalty and loss of down.

THE GAME

- A. **ENCROACHMENT** is going into the neutral zone. Neutral zone is a space between the two scrimmage lines during a scrimmage down. This is established after the center has adjusted the ball, ready for the hike. If either team encroaches, the ball is dead, and a 5-yard penalty assessed.
- B. **BLOCKING**
 1. **OFFENSE:** An offensive blocker may use only the standing block, with the forearms and hands folded to the body. No part of the blocker's body, except the feet, shall be in contact with the ground throughout the block. Four –lineman will allow point blocking only on the initial charge.
 2. **DEFENSE:** Defensive players are restrained in use of hands to pushing the shoulders and body of offensive blockers. Slapping or striking is not allowed and will be penalized.
- C. **CHARGING AND TACKLING**
 1. The ball carrier may not run through a defensive player, but must attempt to evade the defensive players. The defensive player must not hold nor run through a ball carrier **BUT MUST PLAY THE FLAG, NOT THE PLAYER OR THE BALL.** The quarterback is considered the ball carrier until he/she releases the ball. Defensive player may attempt to block a pass as long as contact is not made with passer. In an attempt to remove the flag from the ball carrier, defensive players may contact the body of an opponent with their hands, but not with neck or head. A defensive player may not hold, push, or knock the ball carrier down in an attempt to remove the flag.
 2. Defensive roughness against the ball carrier.
 - (a) Violators involved in the following unsporting acts may cause the player to be ejected from the game at the discretion of the officials. 12 Yard Penalty will be imposed.
 - I. Tackling the ball carrier.

- II. Holding the ball carrier.
- III. Blocking the ball carrier.
- IV. Tripping the ball carrier.
- V. Pushing the ball carrier.
- VI. Charging the ball carrier.
- VII. Bumping the ball carrier.
- VIII. Pushing out-of-bounds.

D. THE KICK-OFF

1. The kick-off shall be made from the 30-yard line from either end of the playing area. The receiving team must place a minimum of three (3) players within five (5) yards of midfield line. The kick-off must originate from the kicking tee. The ball shall not be placed on a player's foot and be kicked.
2. OUT-OF-BOUNDS:
 - (a) 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 choices:
 - I. Accept a five-yard penalty from the previous spot and have a re-kick.
 - II. Put the ball in play 15 (fifteen) yards in from the sideline at the inbounds spot.
 - (b) In the event the ball goes out-of-bounds on the kick-off between the receiving team's 35 (thirty-five) yard line and the goal line, the receiving team shall have the following choices:
 - I. Accept a five-yard penalty from the previous spot and have a re-kick.
 - II. Put the ball in play at the 35 (thirty -five) yard line.

NOTE: If re-kick goes out of bounds, in (a) or (b), the receiving team must put the ball in play at the inbounds spot, or at the 35 yard line if the ball goes out-of-bounds inside the receiving team's 35 (thirty-five) yard line.

E. FIRST DOWN

To keep possession of the ball, the offensive team must advance the ball past the zone lines in four downs. As soon as the ball is advanced over the zone line, the following down shall be first.

F. PUTTING THE BALL INTO PLAY

The ball is put into play by the center by the backwards pass or hand-off, including free kick situation.

G. FUMBLED BALL

1. The ball is dead at the point of contact with the ground behind the line of scrimmage. Fumbles beyond the line of scrimmage, when the ball hits the ground, the ball is dead, and spotted at the point of lost possession.
2. On a punt, kick, or interception, once possession is gained, if the ball carrier loses possession of the ball and the ball hits the ground, the ball is dead and spotted at the point of lost possession.
3. An intentional fumble is considered unsportsmanlike conduct and will be penalized from the point of the foul.

H. PUNTS AND KICKS

1. All kicks must be declared on any down (1st through 4th). The defensive team must have a minimum of three (3) players on the line of scrimmage, and they must not rush or leave the line of scrimmage until the ball has been kicked.
2. On all free kicks, the punter has ten (10) seconds from the time of the snap to punt the ball. Punter must begin kicking motion from directly behind the center.
3. Kicks or punts crossing the goal line shall be declared automatic touchbacks, whether touched or not, and be put in play on the 20 yard line.
4. The ball is dead and possession is given to the receiving team, when the kicked ball:
 - (a) Strikes the ground after having touched a member of the receiving team

-or-

- (b) The ball is touched by any member of the kicking team at any time. (The ball is spotted at the spot of touching by the kicking team.)

I. SUBSTITUTIONS

Free substitution shall be employed at all times. Officials shall not tolerate substitutions that are obviously made to delay the game. A substitute becomes a player when he/she enters the field and communicates with a teammate or an official, enters the huddle, is positioned in an offensive or defensive formation, or participates in the play. A substitute must stay in for that play.

J. ILLEGAL HIDEOUTS

All players must break from the huddle before each play. If the team does not huddle, all players must be at least 5 yards from the sidelines when the ball is put into play, or they shall be penalized.

K. PASSES AND HAND-OFFS

1. All players are eligible pass receivers
2. An incomplete lateral pass is a dead ball at the point of contact with the ground.
3. An intercepted pass in the defensive team's end zone may be run out of the end zone or downed in the end zone. Touchbacks will be put in play at the 20 yard line.
4. During the scrimmage down the ball may be handed forward behind the line.
 - (a) To any lineman who has clearly faced his goal line by moving both feet in a half-turn and is at least one yard behind the line of scrimmage when he/she receives the ball.
 - (b) To a teammate, who at the snap, was behind his line of scrimmage.
5. There may be any number of legal forward passes during a down, but each pass must be thrown from in or behind the neutral zone.

L. UNSPORTSMANLIKE CONDUCT

Swearing, obscene language or actions, etc. either on or off the playing field by the players, coaches, or spectators, will not be tolerated. No player may show baiting or taunting acts or words which engenders ill will or any delayed, excessive or prolonged act by which a player attempts to focus attention upon him or herself. Please see Burbank Athletic Federation Code of Conduct.

M. SAFETY

1. A fumble in one's own end zone.
2. Ball carrier's flag is pulled in his own end zone.
3. A blocked punt is downed by the offensive team in their own end zone.
4. A dropped sideward or backward pass in the end zone.
5. A blocked punt which rolls out of the end zone.
6. Offensive foul in your own end zone.

NOTE: After a safety, the offensive team is allowed one play on their 20 yard line to kickoff to the opposing team.

N. DEAD BALL

1. The Referee shall declare the ball "dead" and the down ended:
 - (a) A flag not removed by grabbing and pulling does not cause play to stop. In all situations where play is in progress and a ball carrier loses his/her flags either accidentally, inadvertently, or on purpose, de-flagging reverts to a one-handed touch to the ball carrier between the shoulders and the knees.
 - (b) When the ball goes out-of-bounds or the ball carrier goes out-of-bounds.
 - (c) When a forward pass becomes incomplete.
 - (d) When a touchdown, safety, or touchback is made.
 - (e) When the ball carrier touches his/her knee to the ground.
 - (f) When any lateralled ball, centered ball, backward or sideward pass strikes the ground.
 - (g) At any time the official declares the ball "dead."

O. CHANGING GOALS

Teams shall change goals at the end of the first and third quarter and at the end of the first half.

P. SCORING

- (1) Touchdown – 6 POINTS

(2) Safety – 2 POINTS

(3) Conversion – 1 POINT. The ball shall be placed 2 yards from the goal line for the attempt.

(4) Conversion – 2 POINTS. The ball shall be placed 5 yards from the goal line for the attempt.

(5) Forfeit – Recorded as 7-0 score.

NOTE: There will be NO kicking conversions allowed.

Q. There shall be no offensive plays through the interior line. The game officials will establish a zone 6 feet wide (3 feet on each side of the ball) through which no plays may be run. This will include reverses and delays. Penalty for running through the middle will be automatic deadball at the line of scrimmage and loss of down.

R. Only one player may be in motion before the ball is snapped.

S. If any portion of the ball crosses a first down zone line, the next forward zone line will be used for attaining a first down.

T. There will be a 25-second limit to each huddle. The clock shall begin when the official places the ball and end when the ball is snapped.

U. Should a defensive player pull the flags of a receiver before the ball is in his possession, the following will apply:

1. Ball dropped - 12 yard penalty from line of scrimmage.

2. Ball Received - 12 yard penalty from point of reception. If in the officials view, the receiver would have scored, a touchdown may be awarded.

V. Roughing the Center shall be when the defensive player makes contact with the Center before the Center has come up to an upright position after hiking the ball. This means that while the Center's body is in motion from the hiking of the ball position to an upright or parallel position, they will be protected from contact by the defense. Once the Center is in a parallel or upright position, then contact will be allowed by the defense. At the same time, the Center cannot make contact with a defensive player until the Center is in the upright or parallel position after hiking the ball. If illegal contact is made a holding or clipping call can be made against the Center.

W. FLAG-GUARDING or WARDING OFF: The ball carrier may not run with his hands or arms in such a way to prevent the defense from reaching the flag.

FLAG FOOTBALL PENALTIES

- * Loss of down
- # Automatic first down
- + If penalty occurs behind the spot where the ball is whistled dead, penalty is enforced from the point gained.
- x If in the opinion of the game officials the ball carrier would have scored, a touchdown may be awarded.

DEAD BALL VIOLATIONS

<u>INFRACTION</u>	<u>PENALTY</u>	<u>LOCATION</u>
Offsides (encroachment)	5 yards	line of scrimmage
Delay of game	5 yards	line of scrimmage

OFFENSIVE VIOLATIONS

<u>INFRACTION</u>	<u>PENALTY</u>	<u>LOCATION</u>
Up the center (running up the middle)	deadball	* line of scrimmage
Illegal procedure	5 yards	line of scrimmage
Intentional grounding	5 yards	* point of infraction
Illegal hideout	5 yards	* point of infraction
Illegal forward pass	5 yards	line of scrimmage
Punting - 10 second violation	5 yards	* line of scrimmage
Backfield in motion	5 yards	line of scrimmage
Delay of game	5 yards	line of scrimmage
Leaving feet to block	12 yards	* point of infraction
Illegal flags	12 yards	line of scrimmage

Illegal use of hands (offensive)	12 yards	point of infraction
Stiff arming, hacking, flag guarding	12 yards	* point of infraction
Clipping	12 yards	point of infraction
Pile Driving	12 yards,	*point of infraction
Diving, jumping or hurdling	12 yards	line of scrimmage
Offensive holding	12 yards	point of infraction

DEFENSIVE VIOLATIONS

<u>INFRACTION</u>	<u>PENALTY</u>	<u>LOCATION</u>
Defensive holding	12 yards	+ point of infraction
Premature flag pulling	12 yards	x point where ball is dead
Roughing the kicker	12 yards,	+ line of scrimmage
Roughing the passer	12 yards,	#line of scrimmage
Pass interference (defensive)	12 yards,	# line of scrimmage
Pushing the ball carrier	12 yards	x point of infraction
Roughing the center	12 yards	point of infraction
Tackling	12 yards	point of infraction
Illegal use of hands	12 yards	+point of infraction

GENERAL VIOLATIONS

<u>INFRACTION</u>	<u>PENALTY</u>	<u>LOCATION</u>
Missing mouthpiece	5 yards	line of scrimmage
Unnecessary roughness	12 yards	+ point of infraction
Unsportsmanlike conduct	12 yards	after spotting the ball
Tripping	12 yards	point of infraction
Intentional kicking of a free ball	12 yards	point of infraction

DEFINITIONS OF PLAYING TERMS

BATTING: Batting is intentionally striking or slapping with the hand or arm:

BLOCKING: The offense may contact opponents with their arms provided: a) the elbows are entirely outside the shoulders; b) the hands are closed or cupped with the palms not facing the opponent; c) the forearms are approximately parallel to the ground in the same horizontal plane and extended not more than 45 degrees from the body. The blocker's hands may not be locked nor may the blocker swing, throw, or flip his elbow or forearm so that it is moving faster than his shoulders at the time of contact. The block must be between the waist and the shoulder of the opponent with at least one foot in contact with the ground at the time of the block.

BALL THEFT: In flag football the defense must play the flag of the ball carrier; to attempt to strip the ball is unsportsmanlike conduct.

CLIPPING: Clipping is running or diving into the back, or throwing or dropping the body across the back of the leg or legs of an opponent or pushing an opponent in the back.

CHARGING: Any attempt by the ball carrier to run over or straight-arm the opponent. The ball carrier shall strive to avoid the defense by agility. (No pile-driving)

DOWN AND BETWEEN DOWNS: A down is a unit of the game which starts after the ball is ready for play, with a legal snap or free kick and ends when the ball next becomes dead. Between downs is the interval during which the ball is dead.

DIVING: Ball carrier may not dive to advance the ball for extra yardage. A player may not leave his/her feet to create an unsafe condition.

ENCROACHMENT: Encroachment is a term to indicate a player in the neutral zone. An entering substitute is not considered a player for encroachment restrictions until he/she is on his/her team's side of the neutral zone.

FLAG-GUARDING or WARDING OFF: The ball carrier may not run with his hands or arms in such a way to prevent the defense from reaching the flag. The ball carrier must have both hands above the waist when the defensive player is within 3 yards of the ball carrier.

FOUL: A foul is a rule infraction for which a penalty is prescribed.

FUMBLE: A fumble is a loss of player possession other than by handing, passing, or kicking the ball.

GOAL LINES: Each goal line is a vertical plane separating the end zone from the field of play. The plane of the goal line extends beyond the sideline.

HANDING THE BALL: Handing the ball is transferring player possession from one teammate to another without another without throwing or kicking it.

HUDDLE: A huddle is two or more offensive players grouped together after the ball is ready for play and assuming scrimmage formation prior to the snap.

HURDLING: Hurdling is an attempt by a player to jump with one or both feet or knees foremost over a player who is on his/her feet.

LEGAL AND ILLEGAL KICKS: A legal kick is a kick by a player of the team in possession when such a kick is permitted by Rule. Kicking the ball in any other manner is illegal. Any kick continues to be a kick until it is caught by a player or becomes dead.

ILLEGAL FLAGS: Any flags that have been tied or hooked in any way to hinder the removal of said flags from a player, or flags that have been shortened or altered to hinder removal.

LOSS OF A DOWN: "Loss of a down" is an abbreviation meaning: "loss of the right to repeat the down."

KICKS: FREE KICKS: A free kick is made under restrictions, which prohibits either team from advancing beyond the established restraining lines until the ball is kicked.

KICKER: The kicker is any player who punts or place kicks. The kicker is a runner until he/she actually kicks the ball. Players of his/her team are known as kickers and any opponent is a receiver.

KICKOFF: A kickoff is a free kick that starts each half and follows each try and must be a place kick.

MUFF: A muff is an unsuccessful attempt to catch a ball being touched in the attempt.

NEUTRAL ZONE: The neutral zone is from the forward point of the football one yard to the Team B scrimmage line and extended to each sideline. It is established when the ball is ready for play.

OFFSIDES: When a player is on the opponent's side of the scrimmage line when the snap is imminent.

PASSES:

1. **PASSING** – Passing the ball is throwing it. In a pass, the ball travels in flight. A pass continues to be a pass until caught, intercepted, or the ball becomes dead. The initial direction determines whether a pass is forward or backward.
2. **FORWARD AND BACKWARDS PASS** – A forward pass is thrown with its initial direction toward

the opponent's end line. A backward pass is a pass thrown with its initial direction parallel with or toward the passer's end line. A pass continues to be a pass until it is caught or strikes the ground. A backward pass that hits the ground is ruled the same as a fumble. It will be dead at the spot where it strikes the ground.

PENALTY: A penalty is a loss imposed by Rule upon a team that has committed to a foul.

PLACE KICK: A place kick is kicking the ball from a fixed position or using a tee.

PUSHING: To use hands, arms, or any part of the body to attempt to stop a ball carrier or force him out of bounds.

PUNT: A punt is kicking the ball by the player who drops it and kicks it before it strikes the ground.

ROUGHING THE PASSER: Any contact with a passer's arm before or during the release of the ball. In flag football, the defense is to play the flag, not the ball. Contact after the release of the ball is unnecessary roughness. Penalty for roughing the passer will be enforced at the line of scrimmage or the yard line gained.

SHIFTING: Ends and backs after setting a hand down at the start of a play may shift; interior lineman may not.

TIMING OF GAME

The game will be divided into four quarters of equal time as prescribed in the league rules.

1st Quarter - Clock Time, 1-minute intermission

2nd Quarter - Clock Time except last two minutes; 5-minute half time

3rd Quarter - Clock Time, 1-minute intermission

4th Quarter - Clock Time except last two minutes

During the game, the clock will be stopped only for a team timeout, an injury timeout, after any score, or an official's timeout. During the last two minutes of each half, the clock will stop for the following:

- 1) Any timeout
- 2) Ball going out of bounds
- 3) An incomplete pass
- 4) A penalty
- 5) A first down (**clock starts on "ready to play"**)
- 6) A score
- 7) Change of team possession (**clock starts on center snap**)
- 8) Declared punts

WEATHER

1. A game may be delayed or suspended due to weather by the Sport Office Staff.
 - a. If a game is suspended during the third quarter while one team holds a lead of twenty one points or more the game shall be ended with the leading team declared the winner.
 - b. If a game is suspended during the fourth quarter while one team holds a lead of seventeen points or more the game shall be ended with the leading team declared the winner.
 - c. Suspended games which do not meet the above criteria shall be continued from the point of interruption.