



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FLAG FOOTBALL RATIONALE



SAFETIES

Safeties will occur in all age divisions. A safety occurs when one of the following happens:

- The QB or ball carrier is downed in his/her end zone
- The QB or ball carrier runs out of bounds inside his/her end zone
- The QB or ball carrier fumbles the ball in his/her end zone
- A bad snap resulting in the ball landing in the offensive end zone
- An offensive penalty occurs inside the offensive end zone
- A Safety will result in 2 points for the defense and possession of the ball

PRE-SNAP MOTION (OFFENSE)

One offensive player is allowed to be in motion at a time. The player in motion must move parallel to the line of scrimmage. The player that is in motion does not have to be set when the ball is snapped.

CLOCK STOPPAGES

The clock will stop the last two minutes of the second half after one of the following plays:

- Incomplete pass
- Out of bounds
- An extra point attempt (clock will not run during this play)
- Penalty
- Change in possession
- The clock will restart when the ball is snapped on the next play.
- First down and touchdowns

TURNOVER AT SPOT

Following a turnover on downs, the play will reset at the opposing team's 5 yard line. We will not start play at the original line of scrimmage. With the exception, following an interception, the ball will be placed where the flag is pulled. Players can return an interception for a touchdown

PAT RETURNS

If the defense intercepts a PAT attempt and scores, the defense will receive 1 point for a 1-point attempt and 2 for a 2-point attempt

BACKWARD SPOT

If a player gets their flag pulled behind the line of scrimmage the ball will be placed where the flag was pulled. If there is a bad snap, the ball will be placed where the ball hits the ground first.

QB DIRECT RUN

There are no QB sneaks in any age division. In order for a QB to cross the line of scrimmage one of the two things must occur:

- A Blitz that was behind the 7 yard blitz line crosses the line of scrimmage.
- If the QB hands the ball off behind the line of scrimmage and then takes a direct handoff back from another player before the ball has crossed the line of scrimmage.

SPOTTING OF THE BALL

The ball will be spotted where a player's flag clip separates from the belt. The ball will not be spotted at the player's foot nor location of the ball.

- PAT, 1 point lined up 5 yards away from the goal line
- PAT, 2 points lined up 12 yards away from the goal line

Jumping / Diving

Jumping is only allowed if the player is jumping to catch the football. Jumping/diving to advance the spot of the ball is not allowed. **Defensive players may not dive for a flag.**

Defensive Blitzers may jump to attempt to block a QB pass without making contact with the QB.

NO RUN ZONE/NO BLITZ

No run zones will be enforced in all age divisions and are in place to help avoid short-yardage situations.

No run zones are in effect when the offensive team is approaching the **5 yard line near the end zone and midfield**. The following rules will apply:

- The offense must pass the ball.
- Defense is not allowed to blitz the QB.
- If a run play occurs or a blitz occurs the play is immediately dead. If the offense runs they will lose a down. If the defense blitzes then the down will be replayed.
- Once you are in the no run/blitz zone you will follow the rules of that zone regardless if you lose yards or get a penalty and leave the zone.
- **Player receiving snap from center must pass across the line of scrimmage in no run zone, double passes are not allowed.**

MISCELLANEOUS

- Flag falling off inadvertently at any point of the game will result in 1 hand touch.
- The center must snap the ball between his/her legs to a player in the back-field and the ball must completely leave his/her hands in 3rd/4th-High School age divisions.
- Spinning is legal as long as the runner has his/her elbows above the waist.

CONDUCT

All members, guests and participants are required to adhere to the YMCA of Greater Charlotte Code of Conduct. Additionally, the YMCA of Greater Charlotte reserves the right to ask any player, spectator or coach to vacate our campus or playing facilities at anytime. In the event that a player is ejected from a game they must sit the next scheduled game.

No person(s) will be permitted to verbally harass opposing players, officials, staff or spectators. Harassment includes profanity, objectionable comments, questioning calls, arguing, threats or otherwise rude behavior. In the event that the person(s) in question does not leave the property, game play will be suspended until the person(s) leaves or the appropriate authorities have arrived.