

---

*Fauquier Youth Flag Football League  
(FYFFL)*



---

GAME RULES-SPRING 2013

INSTRUCTIONAL DIVISION  
(Referee Edition)

## Table of Contents

Rules	Page
I. Game.....	2
II. Equipment.....	3
III. Field.....	3
IV. Timing and Overtime.....	3
V. Scoring.....	3
VI. Coaches.....	3
VII. Live Ball/Dead Ball.....	4
VIII. Passing.....	4
IX. Receiving.....	4
X. Rushing the Passer.....	4
Penalties.....	4

## I. GAME

- Teams will consist of a maximum of 10 players(5 on field at one time)
  - Each player must have a starting position for each game.
  - Teams can start and play with 4 players but no less.
  - Touchdowns and Extra points are **NOT** counted.
  - There are **no wins and losses.**
  - Each player must have opportunity to run the ball each game.
1. At the start of each game, captains and 1 coach from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the coin toss.
  2. The winner of the coin toss gets first offense possession. The loser of the coin toss chooses the end zone it would prefer to defend.
  3. **The offensive team takes possession of the ball at its 5-yard line and has (6) plays to score. Teams do not receive additional downs if it scores in less than 6 plays other than the extra point try.**
  4. If the offense fails to score, the ball changes possession and the new offensive team takes over on the closest 5-yard line.
  5. If the offensive team fails to score, possession of the ball changes and the opposition starts its drive from the closest 5-yard line.
  6. All possession changes, except interceptions, start on the offense's 5-yard line.
  7. Teams change sides after the first half. Possession changes to the loser of the coin toss
  8. There are no kickoffs or punts.
  9. No blocking or tackling is allowed.
  10. Teams must field a minimum of four (4) players at all times. FYFFL allows a 5 minute grace period if only 3 players are available at game start. If a team only has 4 players, opposing team must also play with 4 players.
  11. Post game must have players and coaches line up and shake hands.
  12. Home team wears DARK jerseys. Away teams wear WHITE jerseys.

## II. Equipment

SAME AS REST OF LEAGUE

## III. Field

- The Instructional field size is 25 yards width by 50 yards total length including 5-yard end zones.
- Stepping on the boundary line is considered out of bounds.

## IV. Timing and Overtime

1. Games are played on a 40 minute continuous clock. The clock stops only for timeouts or injuries. (**clock does NOT stop after touchdowns**)
2. Halftime is 10 minutes long. Two minute break between quarters.
3. Each time the ball is spotted, a **team has 45 seconds to snap the ball.**
4. Each team has two 60-second time outs per half.
5. Officials can stop the clock at their discretion.
6. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.

## V. Scoring

1. **Touchdown: 0 points**
2. PAT (Point after Touchdown) 0 points (5-yard line)
3. Safety: Offense retains position with the ball placed at their 1 yard line. No points are awarded to the defense.

## VI. Coaches

2. **TWO coaches are allowed on the field to set up formation/alignment. Only 1 can be in huddle and on field when ball is snapped. The on field coach must move towards the sideline away from all five position players before the snap of the ball.**
4. Only three coaches per team are allowed on the sideline.
6. Head coach is responsible for behavior of coaching staff and team's sideline.
7. Head coaches MUST submit a starting line up card to the referees prior to start of each game.
9.
  - a. Instructional Division can have 1 coach on field (near sideline, away from all 5 "on-the-field" players) during game play. (Second coach can only assist in aligning players).
  - b. Should be at least 7 yards behind beyond line of scrimmage and off to one side when on offense or defense at snap of ball.
  - c. May participate in huddle.

**VII. Live Ball/Dead Ball**

**SAME AS REST OF LEAGUE WITH FOLLOWING EXCEPTIONS**

1. Any ball dropped behind the line of scrimmage is considered a fumble (**Exception is the Qb/Center exchange**).

The ball is spotted at the point where the ball hits the ground and is a dead ball. If the ball is fumbled past the line of scrimmage the ball will be spotted where the ball carrier's feet were when the ball was fumbled and will then be a dead ball. All fumbles are considered a dead ball (**Unless it occurs on the Qb/Center exchange**).

**VIII. Passing**

**SAME AS REST OF LEAGUE WITH FOLLOWING EXCEPTIONS**

1. **Seven second pass clock NOT in affect.**

**IX. Receiving**

**SAME AS REST OF LEAGUE**

**X. Rushing the Passer**

1. **Blitzes are NOT allowed.**
2. Once the ball is handed off, all defenders may go behind the line of scrimmage to pursue the ball carrier.
3. **Players cannot rush the Quarterback** or attempt to block a pass. However, after a handoff or pass behind the LOS, defenders may go past the LOS.
4. Blocking the pass and then striking the passer will result in a penalty.
5. A Sack occurs if the QB's flags are pulled behind the line of scrimmage with the QB still in possession of the ball. The ball is placed where the furthestmost flags are pulled. (THERE ARE NO SAFETY'S)

**\*\*\*PENALTIES WILL BE EXPLAINED\*\*\* NOT ENFORCED**