



Foothills Park and Recreation District

Youth Football: Ages 9/10, 11/12, & 13/14

Foothills Park and Recreation Rules are intended to provide a program that encourages fun, personal excellence, and sportsmanship while preparing participants with a strong fundamental skills base.

Elastic Power: Foothills staff has complete authority to administer the program and make decisions and adjustments as they see fit for this recreational setting. Their decision is final.

Any rules not specified here, will fall under the NFL Flag Football rules.

Teams

Games will be played 7 on 7. All participants must be registered with Foothills Park and Recreation District in order to participate.

Playing Time and Game Format

1. Each game will consist of two 22-minute halves.
2. The play clock is 40 seconds in length.
3. Teams will be given 2 time outs per half, one minute in length. Time outs do not carry over.
4. Clock will only stop on coach and official's time outs.
5. Officials can stop the clock at their discretion. In the event of an injury, the clock will stop and then restart when the injured player is removed from the field of play.
6. Half time will be 3 minutes in length.
7. Substitutions may be made at dead balls, change of possession, time outs, or halftime.
8. Each participant must play equal time in every game.
9. Tie Games: No overtime will be played.

Field Size

1. 9/10 Dimensions: 50yds long x 40yds wide, Endzone is 10yds long. First down marker at the 25yd mid field line.
2. 11/12 & 13/14 Dimensions: 60yds long x 40yd wide, Endzone is 10yds long. First down marker at the 30yd mid field line.

Equipment and Uniform

1. Each team will be provided with a coaches' bag containing footballs, appropriate sized flags, and cones.
2. 9/10 through 13/14 football use a Junior sized football
3. Mouth guards are required during all practices and games.
4. Each player must wear the Foothills team shirt and must be tucked in.

- a. Flags must be worn with belt clasp secured at front of the waist line (any flag or belt tying is illegal) all three flags must be presented on the side of hips and back of waist line.
- b. Players must wear non-metal cleats or closed toe athletic shoes with stable footing.
- c. Any hat with a bill or hoods are not permitted. Beanies in cold weather are permitted.

Coaches and Spectators

1. Up to three coaches allowed on player bench per team. Spectators must sit in designated bleacher areas.
 - a. 9/10 age group allows **1** coach per team on the field
 - Coaches are allowed to call the play inside the huddle and make sure the team is lined up correctly.
 - After the ball has been snapped, **the on field coach is NOT to instruct the players on the field what so ever. This includes but is not limited to telling QB's who to throw to, which direction to run, who to cover.**
 - b. 11/12 & 13/14 age group allows **NO** coaches on the field pre or post snap.
 - Wristbands with play calls are highly recommended.
 - While on the sideline coaches are allowed to vocally coach players but, we do encourage coaches to trust their players decision.

Players

1. Teams play 7 on 7. If a team is short, both teams may play with less players on the field or borrow players.
 - a. We do not forfeit games for teams that are short.
 - b. If a team is late after 10 minutes, game time will be reduced to adhere to schedule.
 - c. If a team does not show up, the opposing team will still have access to the field for a practice or an intersquad scrimmage.

Game Operations

1. Games will begin with team captains playing a game of rock, paper, scissors. The winner will have the choice of starting with the ball or deferring to the second half. Whoever loses will have the choice of which direction they want to play. Direction switches at halftime.
2. The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has (4) plays to score a touchdown.
3. If the offense fails to cross midfield or fails to score, the ball changes possession, and the new offensive team takes over on its own 5-yard line.
4. All possession changes except interceptions start on the offense's 5-yard line.
5. Hiking the ball can be done in one of two ways:
 - a. Traditional – Center hikes the ball through his or her legs (Under Center or Shotgun)
 - b. Hand-off Style – Center turns and hands/tosses the ball to the QB (Under Center or Shotgun)



6. All players must be set for one second at the time of the ball being snapped. Only one player is allowed in motion at a time on offense.

Procedures

Scoring

1. Touchdown: 6 Points
2. Extra Point:
 - a. From 5-yard line: 1 Point
 - b. From 10-yard line: 2 Points
3. Safety: 2 points (Team that scores safety also receives possession of the ball)

Passing

1. Shovel passes are allowed but must be received behind the LOS.
2. The Quarterback has seven (7) seconds to throw the ball
 - o If a pass has not been thrown within 7 seconds, the play will be whistled dead, and it's a loss of a down. (Treat it like an incomplete pass)
3. Once the ball is advanced the remaining player / players CANNOT impede the defense from attempting to pull flags
4. Once the ball is handed off, there is no 7-second rule.
5. If the QB's flag is pulled before the ball leaves his or her hand, the play is ruled dead and the ball is spotted where the QB's feet are.
6. **Interceptions – two interception returns allowed per team per game. After two interceptions, the play is dead and the ball is spotted at the point of the catch.**
7. If a pass is tipped/blocked by the defender and the QB catches the ball, the play is whistled dead and considered an incomplete pass.
8. The QB may throw the ball to avoid a sack. Pass must go beyond the LOS

Rushing the Passer

1. The rusher must wait 5 seconds before rushing the passer (will be done by the official)
2. The rusher has a clear path to the passer and any intentional interference by the offence to impede his or her path will be considered screening / blocking.
3. If the rusher leaves the rush line early (before 5 seconds) the rusher may return to the rush line, reset and then legally rush the passer.
4. Players not rushing the passer may defend on the LOS but may not enter the backfield unless the ball is handed off.
5. Players rushing the passer may attempt to block the pass, however NO contact can be made with the QB in any way.
6. A legal flag pull takes place when the ball carrier is in full possession of the ball. A defensive player may not pull the flags off a player who does not have possession of the ball.
7. Defenders can dive to pull a ball carriers flag, but CANNOT hold, tackle or run through the ball carrier when attempting to pull their flags.

8. It is illegal to attempt to strip or pull the ball from the ball carrier.
9. Flag guarding is the attempt by the ball carrier to obstruct the defenders access to the flag by stiff arming, dropping the hand, arm, shoulder or head or intentionally covering the flags with the football or jersey.

Receiving

1. All players are eligible to receive a pass (including the QB if the ball has been handed off behind the LOS)
2. Only one (1) player is allowed in motion at a time.
3. A player must have at least one foot in bounds when making a reception
4. Once the ball is advanced beyond the LOS, the remaining players CANNOT impede the defense from attempting to pull the offensive player's flag. (No screening or blocking: No running next to the ball carrier).
5. The ball carrier may not hurdle defenders.

Running

- The QB cannot run beyond the LOS with the ball.
- Teams can use pitch plays or direct handoffs.
- Teams may use multiple handoffs as long as they are behind the LOS.
- The player who receives the pitch or handoff can pass the ball as long as they remain behind the LOS
- The ball will be spotted where the ball is when the flag is pulled.
- Center sneak play is NOT allowed. The QB may not hand off the ball to the center.
- The ball carrier may not hurdle defenders.
- Once the ball is advanced the remaining player / players CANNOT impede the defense from attempting to pull flags

Penalties

1. The referee will call all penalties.
2. Referees determine incidental contact that may result from normal run of play. This is considered a judgement call.
3. Players cannot question judgement calls. Only the team captain or the head coach may ask the referee questions about rule clarification and rule interpretations.
4. No Screening or Blocking
5. All penalties will be assessed from the line of scrimmage, except for SPOT FOULS.
6. Games cannot end on a defensive penalty unless the offense declines.
7. If the distance to the goal is shorter than the penalty yardage, then the penalty will be assessed half the distance to the goal.
8. Loss of down means that down is consumed.



9. Any loss of down on the third down results in a turnover on downs and the other team taking possession.

SPOT FOULS:

1. DEFENSIVE

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|--------------------------------|------------------------|
| a. Defensive pass interference | Automatic First Down |
| b. Holding | Automatic First Down |
| c. Stripping | +10 yards & First Down |
| d. Unnecessary Roughness | +10 yards & First Down |

2. OFFENSIVE

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|--------------------------|-----------|
| a. Screening / Blocking | -10 yards |
| b. Charging | -10 yards |
| c. Flag Guarding | -10 yards |
| d. Unnecessary Roughness | -10 yards |

DEFENSIVE PENALTIES:

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|----------------------------|---|
| 1. Offside | +5 yards from LOS |
| 2. Illegal Rush | +5 yards from LOS |
| 3. Illegal Flag Pull | +5 yards from LOS |
| 4. Roughing the Passer | +10 yards from LOS & automatic 1 st down |
| 5. Taunting | +10 yards from LOS & automatic 1 st down |
| 6. Unsportsmanlike Conduct | +10 yards from LOS & automatic 1 st down |

OFFENSIVE PENALTIES:

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|--------------------------------|----------------------------------|
| 1. Offside / False Start | -5 yards from LOS |
| 2. Illegal Forward Pass | -5 yards from LOS & loss of down |
| 3. Offensive Pass Interference | -10 yards from LOS |
| 4. Illegal Motion | -5 yards from LOS |
| 5. Delay of Game | -5 yards from LOS |
| 6. Impeding the Pass Rusher | -5 yards from LOS & loss of down |
| 7. Illegal Procedure | -5 yards from LOS |
| 8. Taunting | -10 yards from LOS |
| 9. Unsportsmanlike Conduct | -10 yards from LOS |