



# Flag Rules 2017

## General Rules & Expectations

#1 rule is to **FUNdamentals!**

**Improving:** There is nothing more fun than getting better at something you enjoy. On the other hand, there is nothing more frustrating than not getting better. So it is vital that a practice and playing environment are created where each player is not afraid to make mistakes, is encouraged to make decisions and is given the tools needed to improve each aspect of his or her game.

**Competing:** It is fun to compete. It is fun to win. Expect a lot of competition when you come to the GYFL. Expect to compete at practice within your team; expect to compete against other GYFL teams. Expect to learn the fundamentals of the game of football!

**Growing:** Nothing can be more fun than when a game you love to play just keeps getting better because you as a player keep learning more. For a coach or a parent, there is nothing more fun than watching your player or your child become more confident, more self-assured, more willing to take chances, eager to make decisions and ready to embrace all the positive qualities the great game of football has to offer.

## GOALS

Understand fundamentals

Retain basic knowledge of the game

Encourage participation by rotating players into multiple positions as much as possible.

Team Work - Show support for ALL players regardless of skill level.

## League Rules

Games will start at 10 am sharp and last one hour. The expectation is that players be there no later than 9:45 am, earlier if possible, so that we can get organized & warmed up. Flag teams **MUST** be off the fields no later than 11:15. The sooner we are there and ready, the longer we can play.

All players **will** be required to use mouth guards.

All games will be played on a 45-yard field.

Each game will be played with a running 60 minute clock.

Each team will get an equal number of possessions. It will be the coaches' responsibility to keep track of time so each team gets equal possessions.

Discuss and instruct when infractions occur before penalizing.

All players will handle the ball at least 4 times during the season.

All players will join an organized huddle before each play. This is more important for offense than defense.



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## **Player Selection**

Flag teams will be selected by the Head GCHS Coach and his Staff. Player selection will be divided into K, 1<sup>st</sup> grade levels. Each team will receive an equal number of players from each grade level. The Flag League Commissioner will then distribute the teams to the Head Coaches via email.

Once the teams are selected and distributed, the Head Coach must contact his players' parents within two (2) days. Be persistent; follow-up emails with phone calls, etc. When speaking to parents, Head Coaches need to obtain shirt sizes. Each team's shirt sizes must be turned in to the Flag League Commissioner in the appropriate Excel format within three (3) days of receiving your team.

## **Pre-Game**

Each team will have 15 minutes to warm up.

Captains should be chosen each game to attend the coin flip. A minimum of 2 and a maximum of 4 players from each team should come to midfield to flip a coin. The visiting team will select a player to call heads or tails. This will determine who gets the ball first.

The ball will be placed on the 45 yard line to start the game.

## **League Rules - Offense**

A maximum of eleven (7) or a minimum of five (5) players from each team on the field at a time. Teams must have equal number of players on the field. A team must have a minimum of five (5) players for a game to officially count in the records.

Offenses must have a minimum of five (3) linemen.

All Play will be a 7 on 7 style of play. Consisting of running and passing combined.

Each possession will consist of four (4) downs. No first downs can be earned during play.

If a ball is fumbled, it is a dead ball once it hits the ground and will be spotted at the spot of the fumble. The offense retains possession.

Ball carriers cannot hold flags or brush (push) defensive players hands away from the flags.

Offensive players should block with their hands and must keep them within the shoulders (no pushing other players down, no holding shirts or arms, & no hands to the face).

## **League Rules - Defense**

There is a 3 second rush. The defensive coach will be responsible for counting out loud to make it consistent: *One thousand one. One thousand two. One thousand three. Rush.* If a player rushes prior to the rush command, a warning will be issued the first time. The second



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occurrence will result in a penalty of 5 yards or half the distance to the goal and replay of down.

**NO TACKLING.** Incidental contact will be left up to coaches (mutual consent). Instruct and warn on the first occurrence. Subsequent infractions will result in a penalty of ten (10) yards or half the distance to the goal and replay of down.

Interceptions are allowed and can be advanced. Once the player passes the 45 yard line, a touchdown will be awarded to the defense and the ball will be taken down to the 5 yard line for a two-point conversion attempt.

An offensive player is considered down when either the player has one (1) flag pulled or said player goes out of bounds (either forced or on their own). The defensive player should hold the flag up high in the air once it has been pulled and the coaches should mark the spot where the flag was pulled.



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### Other Basic Fundamentals of the Field

**There is NO SMOKING or tobacco use of any sort at the GYFL Fields.** This is school property, and it is a very clear-cut rule set forth by the Greenfield-Central School Corporation.

**Parents and fans are NOT permitted on the playing field during the games ...** the only exception to this rule is during an injury to a parent's player.

**There shall be no verbal or physical abuse of ANYONE on or off the field!**

**Sit behind the barrier dotted lines painted along the sidelines ...** this is for the players' & fans' safety.

**All parents will supervise their younger children while attending games & practices ...** this is for their safety. Do not allow them near Broadway or allow them to play on GCHS/GYFL equipment such as blocking sleds.

**Only GYFL & GCHS staff are permitted in the concession stand and equipment rooms.**

#### **Parking and dropping off of players:**

1. Park in the main high school parking lot south of the fields or in the high school's softball lot which is southwest of the fields.
2. There is absolutely NO PARKING on the west side of Broadway Street (field side).
3. The soccer lot (north of the fields) is off-limits for GYFL parking, since there are often soccer games on weeknights and Saturdays.
4. There will be no dropping off players on Broadway ... this is for the safety of the children.

**Please be courteous to the fields by putting recyclables & trash in their respective containers at the fields.**

Our games are played with running clocks and not every rule infraction will be called. We are a learning and teaching league and we want to let them play as much as possible.

The coaches and their assistants ONLY will be on the sidelines between the fields during games. All fans need to be on the bleacher-side of the fields behind the dotted lines.

GYFL is a feeder league to GCHS Football. All the offensive and defensive plays & formations are provided to the GYFL by the high school coaching staff.

Check out our website at [www.gyflfootball.com](http://www.gyflfootball.com)