



Franklin Square/Elmont Flag Football Fall 2011

“A non-contact, spirited football experience”

The Basics

- A coin toss determines first possession.
- The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield. Once a team crosses midfield, it has four plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Interceptions may be returned.
- Teams change sides after the first 25 minutes. Possession changes to loser of coin toss unless deferred and the clock does not stop.
- **There are no kickoffs, and no blocking is allowed.**

Players/Game Schedules

- Teams must field a minimum of six players at all times.
- Teams consist of a maximum of 12 players.
- Games will be 6 on 6.
- If a team is short players, they may borrow players from the opposing team or another **registered** FSQ/ELM PAL FF player, **however it will be considered a forfeit.**
- No players may be added to team roster after the official roster cutoff date.
- Games are played on Sundays from 9:15 to 4:00 depending on Division, schedule and field location.
- All games will be played at the Washington Street or Covert Ave School, subject to change and availability. Additional away games may be added.

- All teams registered with FSQ/ELM make the playoffs and ranking are determined by certified random selection.

Timing/Overtime

- Games are played to 50 minutes running time. Two 25 minute halves, with a 5 minute halftime.
- Each team has one 60-second and one 30-second time-out per half.
- Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- A verbal count of 5 Seconds before the defense can rush the QB. After 7 seconds, the play is dead if a pass, handoff or pitch has not occurred and the ball handler is not attempting to advance the ball. (For example, if the offensive player is being pursued by a defender, the play may continue past 7 seconds unless the referee determines that the offense is intentionally attempting to delay the game or kill the clock.
- Point after attempts are ruled dead after a count of 7 seconds. The referee will continue the 5 count an additional 2 seconds to 7 and rule the play dead at that time if the pass attempt has not been completed.
- If the score is tied at the end of regulation time, teams move directly into overtime
- Overtime scoring: Each team will have 1 down from the opposing team's 5 yard line to score as if they were attempting an extra point. The team who scores will win. If each team scores after 1 successful attempt, each team will get 1 down from the 2 pt point after line (10 yd line). The team who scores will win. If both teams score after two successful attempts, the contest will finish as a tie.
- Officials can stop the clock at their discretion.

Scoring

Touchdown:

6 points

Extra point: (All Point after attempts must be a forward pass over the line of scrimmage, no running plays permitted)

1 point (played from 5-yard line) or

2 points (played from 10-yard line)

Safety:

2 points

Running

- The quarterback cannot run with the ball before the 5 second count ends
- Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- "No-running zones" located five yards from each end zone and five yards on either side of midfield are designed to avoid short-yardage, power-running situations. All plays within there own zone must be a pass for the offensive team.
- The player who takes the handoff or receives a backward pass behind the line of scrimmage can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted where the ball carrier's feet are when

the flag is pulled, not where the ball is.

- No blocking or picks at any time. If the ball is being advanced by a run or a pass, the remaining offensive players must avoid advancing with the player carrying the ball.

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time.
A player must have at least one foot inbounds when making a reception.

Passing

- The ball must be snapped between the legs, not off to one side, to start play.
- Shovel passes are allowed.
- The quarterback has a 5-second "pass clock." After the 5 second count, the defense may rush the

passer. If a pass is not thrown after seven seconds and the defense is not rushing the QB or attempting to advance the ball, play is ruled dead and loss of down. If the play is active without intent to delay the game and run out the clock, the play will continue and not be ruled dead. This will be at the discretion of the Officials. Once the ball is handed off, the seven-second rule no longer is in effect.

- Interceptions may be returned.

Note: On interceptions that occur in the end zone without an attempt to advance the ball, the ball will be ruled dead and will result in the ball belonging to the intercepting team at its 5-yard line. Should an interception occur in the end zone and the ball carrier leaves the end zone, the ball will belong to the intercepting team at the spot the ball becomes dead. An interception in the end zone may be returned as far as the player can advance. However, should the ball carrier leave the end zone and return to the end zone and be de-flagged in the end zone, the ball be ruled dead and result in a safety (2pts) for the other team.

Dead Balls

- **Fumbles are dead. The ball is spotted where the ball hits the ground.**
- Substitutions may be made on any dead ball.
- Play is ruled "dead" when:
 - Ball carrier's flag is pulled
 - Ball carrier steps out of bounds
 - Touchdown or safety is scored
 - Ball carrier's knee hits the ground
 - Ball carrier's flag falls out (ball is marked where flag falls off).
- **Players are ineligible to catch a pass if their flag belt has fallen off or they do not have flags belt on.**

Rushing the Quarterback

- The Defense may rush the passer after a five second count by the referee or designee.
- All Defensive players are eligible to rush the passer after the five second count.
- Once the ball is handed off, the five second count is no longer in effect, and all defenders may go behind the line of scrimmage. Remember, no blocking or tackling is allowed.
- "Cutting the ribbon" by the offensive team does not effect the 5 second rush rule.

Sportsmanship/Roughing

If the referee/PAL Staff/or league designee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player and

parent will be ejected from the game and must leave the school or field property. If a coach is ejected, he along with his/her child must leave the school or field property. FOUL PLAY or unsportsmanlike conduct WILL NOT BE TOLERATED at any time.

Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

Officiating/Referees/Penalties/Sportsmanship

All penalties will be called by the referee.

- All penalties can be declined.
- Penalties will not exceed half the distance to the opposing team's goal line from the line of scrimmage.
- Referees determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage except for flag guarding.

Defense:

- Offsides
Five yards and automatic first down
- Interference
10 yards and automatic first down
- Illegal contact
(holding, blocking, etc.)
10 yards and automatic first down
- Illegal FLAG pull
(before receiver has ball)
10 yards and automatic first down
- Illegal rushing
(starting rush before the five second count has ended)
10 yards and automatic first down

Offense:

- *Illegal Offensive blocking*- Offensive team must avoid the ball carrier and not provide blocks or picks, once the ball is handed off or pass is received. (10 yards from the site of infraction and loss of down)

- *Illegal motion*
(more than one person moving, false start, etc.)
Five yards and loss of down
- *Illegal forward pass*
(pass thrown beyond line of scrimmage)
Five yards and loss of down
- *Offensive pass interference*
(illegal pick play, pushing off/away defender)
10 yards and loss of down
- *FLAG guarding or warding off (intentional or unintentional protecting of the flag belt)*
Ball is ruled dead at the sight of the infraction, 5 yards back, loss of down.
- *Delay of game*
Clock stops, 5 yards and loss of down

Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.

Games cannot end on a defensive penalty, unless the offense declines it.

Sportsmanship Rating:

- At the end of each game each team and coach will receive a **Sportsmanship rating** by the referee or league designee and submitted to the league after each game.
- Rating will be from 1 to 5, with 5 as the highest rating.

Ratings will be totaled at the end of the season and an award will be presented to the highest performing team(s) and/or coach(s). Low ratings will be reviewed by PAL personnel.

Attire

- Cleats are allowed, but must be rubber. Inspections must be made prior to the game

- It is recommended that all players wear a protective mouthpiece
- Athletic supporter with cup is required
- Shorts or sweatpants (no denim or cargo style pants/shorts permitted)
- Official PAL Team Jersey must be worn during play

The above rules and regulations have been adapted and modified based on NFL Youth Football Rules for PAL.

