



Barrington Youth Football

Flag Football Rules 2022

Gameday FAQ

	TUFFS	WHITE	BLACK	RED
FIELD LENGTH	40 yards	80 yards		
FIELD LENGTH DETAILS	<ul style="list-style-type: none"> • Standard field width • Offense always starts on the 40- yard line going toward the end zone 	<ul style="list-style-type: none"> • Standard field width • Two 10-yard end zones 		
PLAYERS ON FIELD	<ul style="list-style-type: none"> • 7 players on the field • 4 on line; 3 in backfield • No center • QB starts 3 yards back 	<ul style="list-style-type: none"> • 8, 9, 10, or 11 on the field as defined by division • 8 player lineup – tackle/end CAN receive a forward pass, handoff, pitch or lateral • 9 player lineup – tackle/end CAN receive a forward pass, but are NOT eligible for handoff, pitch nor lateral • 10 & 11 player lineup – tackle/end is NOT eligible to receive the ball. Receivers CAN receive a forward or screen pass, handoff, pitch or lateral • Only one player can be in motion at a time • Receivers CANNOT be closer than 5 yards from the tackle/end at the time of snap 		
COACHES ON FIELD	2 Coaches		1 Coach	
COACHING DETAILS	<ul style="list-style-type: none"> • Coaches on the field may instruct players only BETWEEN plays • Once “Tips” is announced, coaches and parents on AND off the field must remain silent and allow players to adjust without additional instruction • The “Tips” announcement applies to both huddle and no-huddle • The first violation of this rule will result in a warning. Further violations shall result in an unsportsmanlike conduct penalty • Comments or suggestions that offer a competitive advantage shall be subject to this rule • Comments or suggestions that will NOT be penalized: <ul style="list-style-type: none"> • Instruction ensuring the safety of the players is always appropriate • Cheering for all players is encouraged <p>For coaches to avoid accidentally interfering during a play:</p> <ul style="list-style-type: none"> • Offensive coaches should be at least 5 yards behind the deepest back • Defensive coaches should be at least 20 yards from the line of scrimmage 			

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GAME CLOCK	Two 20-min halves	Two 25-min halves		
GAME CLOCK DETAILS	<ul style="list-style-type: none"> • Clock only stops for injury • No overtime 	<p>The clock will run continuously except under the following conditions: During the game, the clock will stop:</p> <ul style="list-style-type: none"> • While the coaches and officials assess physical mismatches • Injuries • Time-outs <p>In the last two (2) minutes of the half and the game, the clock will ALSO stop:</p> <ul style="list-style-type: none"> • During a change of possession • When the ball carrier runs out of bounds • To walk off a penalty (clock restarts on the snap) • On an incomplete pass • If a team scores, the clock will stop after the touchdown or safety, and will restart on the kickoff after the ball is touched (P.A.T. is an untimed down) • The half and the game CANNOT end on a defensive penalty <p>Note:</p> <ul style="list-style-type: none"> • There will be no overtime games prior to the semifinal playoff game. • The clock does NOT stop if a team is ahead by 23 or more points • If lead becomes <23 points, clock reverts to stopping at normal times 		
HALF TIME	5 min			
PLAY CLOCK (seconds)	60/30	35/20	35/20	30/15
PLAY CLOCK DETAILS	Play clock / "Time remaining warning" from Ref			
TIME OUTS PER HALF	None	3		
TIME OUT DETAILS	<ul style="list-style-type: none"> • 1 min in length • Timeouts do NOT carry over • If a timeout is called after a touchdown, the clock will not restart until the ball is touched on the ensuing kickoff (P.A.T. is an untimed down) • Delay of Game – The offense will be charged a timeout if they have a timeout. If no timeouts remain for the offense, then they will be penalized 5 yards 			

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FIRST DOWNS	<ul style="list-style-type: none"> No first downs Offense is allowed a maximum of 4 downs to score If there is no score after 4 downs, the offense loses possession After possession ends (4 downs or a score), the defense assumes the ball back at the 40-yard line 	<ul style="list-style-type: none"> Four downs to advance 10 yards 		
SCORING	<ul style="list-style-type: none"> Touchdown - 6 points No P.A.T. 	<ul style="list-style-type: none"> Touchdown - 6 points Point After Try (P.A.T.): <ul style="list-style-type: none"> Ball spotted on the 2-yard line Run or pass behind the line of scrimmage - 1 point Pass across the line of scrimmage - 2 points 		
FUMBLES	<ul style="list-style-type: none"> There are no fumbles. If the offensive player loses the ball, the play is down where the ball hits the ground or where the player was at the time of loss of possession, whichever is fewer yards advanced The play will be whistled down when the ball hits the ground Except in the case of bad or dropped snaps, the ball will be spotted where it hits the ground Bad or dropped snaps (including snaps which go over the quarterback's head in the shotgun formation) will be spotted at the original line of scrimmage 			
FORWARD PASSES/LATERALS / PITCHES	CANNOT be intercepted	Regular Season: CANNOT be intercepted Playoffs: CAN be intercepted	CAN be intercepted	

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FORWARD PASSES/LATERALS / PITCHES DETAILS	<p>If a lateral is “intercepted” under rules where interceptions are NOT allowed, the ball is considered an incomplete pass. The rationale for the WHITE division rules variance between regular season and playoffs is to encourage passing during the “player participation” rotations occurring during the regular season.</p>			
KICKOFFS	No kickoffs	35-yard line	30-yard line	
KICKOFF DETAILS	<ul style="list-style-type: none"> • A team leading by more than 16 points is required to kick off from 10 yards deeper than normally required. • The ball must be kicked 10 yards or is to be kicked over without penalty. • If a ball is kicked out of bounds, but does travel 10 yards, the receiving team has a choice of: <ul style="list-style-type: none"> a. Re-kick starting 5 yards back of the last kick, OR... b. Taking the ball at the point where it went out of bounds • The kick-off receiving team is the only team that can recover and advance the ball. No on-side kicks are allowed. • Kickoffs should occur within 1 minute of the result of the extra point try. The game clock shall stop after the 1 min if the ball has yet to be kicked. The clock starts again once the receiving team touches the football 			

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DEFENSIVE LINE PLAY	<ul style="list-style-type: none"> • Defensive lineman must be lined-up on the OUTSIDE shoulder of their offensive lineman counterpart (e.g. defensive tackle outside offensive guard; defensive end outside offensive tackle) • Defensive lineman may NOT initiate contact with the center nor cross the line of scrimmage through the splits between the offensive center and guards. (the “A” gap) • This rule does not prohibit the defensive tackles from electing not to cross the line of scrimmage and instead electing to move laterally into the gap between the center and guards along the defensive line of scrimmage • Players eligible to rush may spin or use their hands to attempt to avoid a blocker while rushing, but may not use forearms, straight arms, elbows or head slaps to rush • Defensive players shall NOT attempt to “bull rush” or run through an offensive blocker • Defensive lineman must be “squared up” to the line of scrimmage. “Sprinter” stances are prohibited 		<ul style="list-style-type: none"> • Defensive lineman must be lined-up on the OUTSIDE shoulder of their offensive lineman counterpart (e.g. defensive tackle outside offensive guard; defensive end outside offensive tackle) • Players eligible to rush may spin or use their hands to attempt to avoid a blocker while rushing, but may not use forearms, straight arms, elbows or head slaps to rush • Defensive players shall NOT attempt to “bull rush” or run through an offensive blocker • Defensive lineman must be “squared up” to the line of scrimmage. “Sprinter” stances are prohibited 	

PENALTIES

- All penalties shall be five (5) yards, except for Unsportsmanlike Conduct and Unnecessary Roughness (including illegal tackling, and flag tying/tucking), and potentially pass Interference, as described below...
- Penalty enforcement cannot result in the ball moving farther than half the distance to the goal line
- If penalties occur against both teams during the same play, the penalties offset and the play is replayed from the original line of scrimmage with no loss of down

Offsides

- False starts by the offense shall be whistled by the officials **IMMEDIATELY** and the play is **NOT** to be run
- If the defense is offsides and it creates a safety concern issue (e.g. unimpeded path to the backfield), the play shall be whistled by the officials **IMMEDIATELY** and the play is **NOT** to be run
- If the offsides does not create a safety concern issue (e.g. defensive lineman lined up in the neutral zone), a flag will be thrown but the play will be allowed to proceed
- The opposing coach has the option to decline all penalties

Delay of Game

- The offense will be charged a timeout if they have any timeouts. If no timeouts remain for the offense, the clock will be stopped AND the offense will be penalized 5 yards. The clock will not restart until the ball is snapped.
- If the defense **intentionally** creates a delay of game situation, the clock shall stop, and the defense will be flagged for unsportsmanlike conduct. The clock will not restart until the ball is snapped.

Pass Interference

- On defensive pass interference, the ball shall be placed at either the spot of the infraction, or a 5-yard penalty, whichever is greater. No loss of down
- On offensive pass interference, the penalty shall be 5-yards marked off from the original line of scrimmage. No loss of down

Unsportsmanlike Conduct and Unnecessary Roughness

- Unsportsmanlike Conduct shall result in a 15-yard penalty and be assessed after the result of the play
- Unnecessary Roughness shall result in a 15-yard penalty and be assessed from the spot of the foul
- If these penalties are called after a touchdown is scored, the opposing coach has the option to have the 15 yards enforced on the ensuing P.A.T., or on the kickoff

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PENALTIES	<u>Ball Carriers</u> <ul style="list-style-type: none"> • No stiff-arming, hand slapping, flag guarding or other attempts to interfere with the defensive player's right to grab the flag are allowed - if called, the ball will be spotted where the infraction occurred as if the flag was pulled, and the down is considered over (no additional penalty). 			
SEVERE WEATHER RULES	<ul style="list-style-type: none"> • Threatening weather conditions and/or lightning requires IMMEDIATE attention • The activation of a lightning detector regardless of existing weather conditions OR a visual sighting of lightning in the area immediately suspends activities • All players, spectators and coaches are to vacate the fields and go to their cars. For safety considerations, everyone shall remain in their cars while a lightning detector is activated and until the ALL-CLEAR three siren blast • No one will be allowed on the field area while a lightning detector is activated • Coaches should contact their Div Comm and await further instruction from the league 			