



Springdale Parks and Recreation
2016 Youth Flag Football Rules and Regulations



The Springdale Parks and Recreation Youth Flag Football program is designed to provide the youth with a fun introduction to the sport of football and to promote sportsmanship. We want all of the children involved in our program to have an enjoyable experience. We, of course, want to promote good competition in this program to give all the participants a realistic feel of the sport, but we do not want the teams to get too focused on winning every game. Having fun and keeping all of the participants happy should be the focus of everyone involved in this program. Equal participation for each participant in this program is a requirement.

Leagues

- I. 1st Grade: This league will be for children entering 1st grade.
- II. 2nd Grade: This league will be for children entering 2nd grade.
- III. 3rd Grade: This league will be for children entering 3rd grade.
- IV. Middle School: This league will be for children entering grades 7th & 8th.
- V. High School: This league will be for teenagers entering grades 9th through 12th. (Separate boys and girls league)

General League Rules

- I. Every player must play the equivalent of three (3) plays on offense and defense (six (6) plays total).
- II. No new players will be added to a team's roster after the third game of the season. The only exception deals with player injury, which will be determined by the Recreation Program Coordinator on an individual basis.
- III. Coaches are responsible for picking up the trash from their sideline and practice facility.
- IV. Coaches are to remain on the sideline during games.
- V. Teams are limited to three (3) meetings per week. Games count as one (1) meeting.
 - a. For the 1st through 3rd Grade Leagues: Practices are limited to sixty (60) minutes.
 - b. For the Middle and High School Leagues: Practices are limited to ninety (90) minutes.

*For more information on league rules or makeup dates, please contact Program Coordinator, Mark May, at mmay@springdalear.gov or call Parks and Recreation at (479) 750-8185.

- c. If coaches wish to schedule additional practices, they must contact the Recreation Program Coordinator for approval.

Game Rules

I. Number of Players

- a. Each team will be allowed ten (10) players on their team.
- b. Each team is allowed to field five (5) players at a time (Offense & Defense).
 - i. If a team is short players at game time, a team may play with a minimum of four (4) players. If less than four (4) players are available at game time, that team will have to forfeit. Scrimmage Mode will go into effect. (Refer to the 2012 Official Rule Book for NFL Flag Football, Rule VIII. Scoring)
- c. Free substitutions are allowed for any position during a dead ball or timeout.

II. Equipment

- a. Field
 - i. The dimensions are thirty (30) yards by seventy (70) yards with two (2) ten (10) yard end zones, and a midfield line-to-gain. No-Run Zones precede each line-to-gain by five (5) yards.
 - 1. For more information on "No-Run Zones", please refer to the 2012 Official Rule Book for NFL Flag Football, Rule V. Field and Rule XI. Running.
- b. The leagues provide each player with a flag belt and NFL Flag powered by USA Football NFL Jersey.
 - i. Player's jerseys must be tucked into the pants if they hang below the belt line. Players must not cover up their flag with their jersey.
 - ii. Players must not wear pants or shorts with belt loops or pockets. Players will be asked to tape down belt loops and pockets if caught wearing this type of clothing.
- c. Footballs
 - i. For 1st through 3rd Grade Leagues: Each team will use a Pee Wee size football.
 - ii. For Middle School League: Each team will use a Youth size football.

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- iii. For High School League: Each team will use an Official size football.
- d. Players must wear shoes. Metal cleats are strictly **prohibited** from this league. Plastic or rubber cleats are permitted.
- e. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed.
- f. Players must remove all watches, earrings, and any other jewelry that the officials deem hazardous.

III. Duration of Game

- a. Each game will begin with a coin toss where the visiting team will choose "heads" or "tails" before the coin is tossed.
- b. For 1st through 3rd Grade Leagues: Each game will consist of two (2) fifteen (15) minute halves with a five (5) minute halftime.
- c. For Middle and High School Leagues: Each game will consist of two (2) twenty (20) minute halves with a five (5) minute halftime.
- d. The clock will run continuously. The clock will only be stopped for timeouts, player injury, touchdown, and in the last two (2) minutes of each half for any and all penalties.
 - i. If time for any half expires during a down, play shall continue until the down ends, even though a mechanical signal is allowed to sound.
- e. Each team is permitted one (1) thirty (30) second timeout and one (1) one (1) minute timeout each half. Timeouts do not rollover to the second half.
- f. No overtime unless it is tournament play. If teams are tied at the end of the time limit, games will end in a tie.
 - i. For specifics on overtime during tournament play, please refer to the 2012 Official Rule Book for NFL Flag Football, Rule VII. Timing and Overtime.
- g. Mercy Rule
 - i. After one team is winning by twenty-eight (28) points or more, the losing team gets one offensive series to continue regulation play. If losing team fails shorten the point gap, that team shall take a forfeit for that game.

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IV. Miscellaneous Items

- a. If a player is bleeding or has an open wound, he or she will be prohibited from playing until the bleeding has stopped or the wound has been treated.
- b. The referee, as well as any staff member, has the right to remove anyone from the playing field or end a game if he or she deems it necessary. Meaning be on your best behavior and stay safe.

V. Weather Policy

- a. In the case of inclement weather before or during the start time of the game, the game may be canceled.
- b. If games do get canceled, we will let you know the earliest make-up date possible.
- c. If games are able to make it half way through the second half before getting canceled for any reason, that game will be considered a regulation game and will not be rescheduled.

VI. Reference

- a. This rulebook is an interpretation from the 2012 Official Rule Book for NFL Flag Football.
- b. Anyone wanting further interpretations of league rules, please refer to the official rule book from NFL Flag at www.nflflag.com.

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