

MARAUDER YOUTH FOOTBALL LEAGUE

RULES AND REGULATIONS FOR

FLAG

(Updated July 26, 2010)

PURPOSE OF PROGRAM:

The purpose of the Marauder Youth Football League is to be an instructional introduction to the sport of football. Focusing on the teaching of the basic fundamentals of the game and stressing the values of teamwork and sportsmanship and also expanding the child's love and enthusiasm for the game and promoting future participation in the sport.

PLAYER PHYSICALS:

All players participating are required to have a copy of their IHSAA physicals completed and on file before the start of practice to participate. All physicals will be kept on file by the league and shredded at the conclusion of the season. Physicals will not be returned at the end of the season.

PLAYER ELIGIBILITY:

All players must be in Kindergarten. Exception - Parent/Guardian requests a 1st Grader to participate in Flag League and the League approves the request prior to the first practice of the season.

INJURED PLAYER:

Any player injured, to the extent that they need to be seen by a doctor, will be reported to the League Director by the Head Coach within 24 hours of said notification, and will not be allowed to practice and/or play in the league games until the Head Coach and the League Director receive a doctor's release.

PLAYER PLACEMENT:

Any team that loses a player due to injury or because of a player quitting the team will notify the Director within 24 hours.

COST:

All participants in the Marauder Youth Football League must provide their own equipment and pay a sign-up fee of \$70.00 which provides a uniform game jersey, insurance, official, etc.

INSURANCE:

The sign-up fee will cover insurance membership and provides the players and participants in all the associated activities for the season. If the participant does not have primary insurance, there will be a deductible, which will be determined by the insurance carrier. It is the responsibility of the Head Coach to assist the participants with any insurance claims.

COACHES MEETINGS:

There will be mandatory Coaches Meetings throughout the course of the year to help Coaches, to make recommendations, to provide feedback and to evaluate and assess Coaches during the year.

PRACTICE:

1. Practice will begin on August 3, 2010.
2. Each team should devote at least five (5) minutes of every practice session to promote the merits of good sportsmanship, teamwork, citizenship, and classroom conduct.
3. Players are to be excused from practice and/or games in the event of illness or injury, provided such absence is required by parents. In the event of injuries involving major joints, head, or fractures, players shall not be allowed to participate in practices and/or games until a doctor's release has been furnished by the parents/guardian of the player. All Coaches and Parents must recognize that safety is of prime importance in the program and all must act accordingly in **all** situations.
4. Each team is permitted 2 practices per week prior to the first game. After the first game, only 1 practices per week will be permitted.
 - a. Practices will start promptly at 6:00 p.m. and are not be exceed 2 hours in length with 2 five minute water breaks (note: unless Heat Advisory Procedures are implemented by the Board)
 - b. All Players and Coaches must exit the field within 15 minutes after practice.
5. Each Head Coach will be responsible to have his team police/clean the game field and practice area after each practice and game. Failure to do so can result in penalties being assessed at the start of their next game.
6. Scrimmage games are allowed between the same divisions **after** the first 2 weeks of practice.
7. Teams may not begin practice or warm-ups until one hour prior to their game.
8. Lightening - practice will be cancelled or ceased immediately if any lightening is visible. Teams will clear the playing field for a 10 minute period of time. If at the end of this 10 minutes lightening is still present all activities will be canceled.
9. Players having unexcused absences and/or tardiness can have their playing time limited. This will be at the Head Coach's discretion. If this situation occurs, it must be communicated/documented with the League's Commissioner of Competition prior to the game.

EQUIPMENT:

Team jerseys will be provided by MYFL. Players will be able to keep their jersey.

Players are responsible for providing the following equipment:

- Mouth guards - **Mandatory** for all players whenever a player is on the field and the ball is in play, practice or games, their mouth guards must be in place, no exceptions.

The following equipment is acceptable, however optional and will not be provided by MYFL.

- Shoes - with composition cleats, baseball shoes with composition-vulcanized cleats or tennis shoes. **NO METAL CLEATS ALLOWED.**
- Jockstrap with protective cup.
- Any rib pads, elbow/forearm pads, equipment bag, receiver/lineman's gloves, wrist bands and or hand pads approved for use during football activities.

The Coach or Board Member has the authority to not let players participate if it is determined that required equipment is faulty or does not fit properly.

GAME PLAY:

1. **Flag Division Purpose:** The Flag division is meant to provide a positive, learning experience with an emphasis on fundamentals and enjoyment of the game. This division is to be considered non-competitive, therefore no score will be kept, no tournament will be held, and no champion will be crowned.
2. **Game Time / Overtime:**
 - a. Games are played to 50 minutes running time. Two 20-minute halves with a 10-minute halftime.
 - b. The clock will only stop for timeouts and at the discretion of the Official.
 - c. Each team will have one 60-second and one 30-second time out per half.
 - d. Each time the ball is spotted for play, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
 - e. The play will begin with the snap of the ball. The offense can snap the ball when all of its players are ready and set. The offense is NOT required to wait for the defense to become set.
3. **Game ball:** Wilson / K2 (pee wee size).
4. A total of 3 “Coaches” will be permitted on the sideline during game play. This includes the Head Coach. Only the **coach on the field** may address the Official on the field while the ball is in play. All further discussions between Coaches and Officials will take place during the next stoppage of play.
5. Teams must field 6 players at all times.
6. Official MYFL jerseys must be worn and **tucked in** during game play. No clothing shall cover, hide, drape over, or interfere with a player’s flags. The official will give 1 warning to a player with hidden flags. Reoccurrence will result in a flag-guarding penalty.
7. The offense must have at least 3 players on the line of scrimmage on every play.
8. The flag football division of MYFL is considered a NO CONTACT sport. Therefore no aggressive contact between teams or players, i.e. NO BLOCKING or tackling. Blocking is defined as any premeditated attempt to prohibit a defender from pulling a flag.
9. **Head Coaches shall be responsible for:**
 - a. Actions of coaching staff, players, and parents
 - b. Two unsportsmanlike conduct penalties will result in immediate forfeiture of the game.
10. A coin toss, with Coaches and Team Captains present, will determine first possession.

11. There is no kick off. The offensive team takes possession of the ball at its 5-yard line and has 4 plays to cross midfield. Once a team crosses midfield, it has 4 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.
12. If the offensive team fails to cross midfield (1st Down), possession of the ball changes and the opposition will start their drive from their 5-yard line.
13. All possession changes, except interceptions, start on the offense's 5-yard line.
14. Teams change sides after the first 20 minutes (1st half). Possession changes to the loser of the coin toss, unless deferred and the clock does not stop.
15. **Scoring:**
 - a. There is no scoring for the Flag Division.
16. **Running:**
 - a. The quarterback may **not** advance the ball past the line of scrimmage. There are no quarterback sneaks.
 - b. **No-running Zones** – are located 5 yards from each end zone and 5 yards on either side of mid-field. A team is only restricted from running on their side of mid-field, once crossing mid-field a team may again implement the run to advance toward the end-zone. These are designed to avoid short-yardage, power-running situations.
 - c. Players who receive a handoff are eligible to throw a pass, as long as they have not advanced past the line of scrimmage.
 - d. Spinning is allowed, however the ball carrier may not leave their feet to **avoid a defensive player. Jump stops, prior to an athletic movement, are permitted.**
 - e. Diving is NOT allowed at any time.
 - f. The ball will be spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
17. **Motion** - One player may be in motion prior to the snap, moving laterally to the line of scrimmage. Forward motion will result in a penalty.
18. **Receiving:**
 - a. All players are eligible to receive passes, including the quarterback, after the ball has been handed off or pitched forward behind the line of scrimmage.
 - b. The receiver must have at least one (1) foot inbounds when making a reception.
 - c. A receiver may leave his feet to make a catch. This is not considered leaving his feet to avoid a defender.
 - d. Once a receiver's feet returns to contact with the playing field they are considered a ball carrier, therefore jumping and/or diving to avoid a defender is not allowed. Spinning is permitted.

19. Passing:

- a. No forward pass may be made once the quarterback or ball carrier crosses the line of scrimmage.
- b. Shovel passes or forward pitches are permitted.
- c. **Seven second “pass clock”** - The quarterback has a seven second “pass clock.” If a pass is not thrown within the seven seconds, play is dead and loss of down occurs. Once the ball is handed off, the seven-second rule is no longer in effect.

20. Turnovers:

- a. There are NO fumbles. Once the ball touches the playing field it will be considered a dead ball and spotted at the place of contact. This includes a fouled snap exchange.
- b. The defending team can advance interceptions; fumbles are immediately declared a dead ball.

21. Dead Balls:

- a. The ball must be snapped between the legs to start play, not off to one side.
- b. Shotgun is permitted.
- c. Play is ruled “dead” when:
 1. The ball carrier’s flag is pulled.
 2. The ball carrier steps out of bounds.
 3. The ball touches the playing field.
 4. The ball carrier’s knee hits the ground.
 5. The ball carrier’s flag falls off.
 6. A touchdown or safety is scored.

22. Rushing the Quarterback:

- a. Rushing is permitted.
- b. Any defensive player rushing the quarterback must start their rush a minimum of seven (7) yards from the line of scrimmage when the ball is **snapped**.
- c. Any number of players are permitted to rush the quarterback.
- d. Once the ball is handed off or appears to be (play action), the seven yard rule is no longer in effect and all defensive players may cross the line of scrimmage.

23. Sportsmanship/Roughing:

- a. If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**
- b. Trash talking is illegal. Officials have the right to determine offensive language. If trash talking occurs, the game Official will give one (1) warning. If it continues, the player(s) will be ejected from the game.
- c. **Trash talk** - Talk that may be offensive to Officials, opposing players, team, or spectators will not be permitted and will result in an unsportsmanlike penalty.

24. Penalties:

a. Defense:

Offside	5 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 a receiver has the ball)	10 yards and automatic first down
Illegal rushing	10 yards and automatic first down

b. Offense:

Illegal motion	5 yards
False start	5 yards
Illegal pass (backward pass, lateral, etc.)	5 yards
Offensive pass interference	10 yards
Flag guarding	First - Warning Second - 10 yards, from the line of scrimmage
Delay of game	First - Warning Second - 5 yards

- c. Referees determine incidental contact that may result from normal play.
- d. Only the Coach on the field may ask the Referee questions about rule clarification and interpretations. Players may not question judgment call.
- e. Games can not end on a defensive penalty, unless the offense declines the penalty. The offensive will be awarded 1 non-timed play.

GENERAL RULES & MISCELLANEOUS ITEMS:

(Parents please read carefully)

PARENTAL CONDUCT - disruptive parents are subject to immediate expulsion from the Marauder Youth Football League and may be subject to arrest.

LOCATION OF PARENTS - it is required that all spectators at games or practices sit in the area on the opposite side of the field from the players. A spectator is defined as anyone other than Coaches approved by the Board, Players, Officials, sideline down markers and Board Members. Spectators must be at least 2-yards off of the sideline and may not go beyond the 20-yard line.

REFUND OF FEES - Full refunds will be given up to the first day of football practice and/or prior to uniforms being ordered. After this date, refunds will be given at the discretion of the Board.

BACKGROUND CHECKS - all Head and Assistant Coaches or parents having contact with children are required to file a release for a criminal background check prior to participating in the league. This will be done on an annual basis and will be required by the MYFL.

SPORTSMANSHIP - Any *loud, obnoxious or unruly behavior* by any Coach, Assistant Coach and/or parent will be cause for an unsportsmanlike penalty to be assessed and immediate removal from the game. A review of the incident by the MYFL Board must take place prior to the affected Coach and/or parent being allowed to return to any practice and/or game.

ABUSE OF PEOPLE INVOLVED IN THE GAME - verbal or physical abuse of a player or Officials will not be tolerated regardless of the circumstances. Foul language in the presence of team members and/or parents **IS STRICTLY FORBIDDEN**.

CONDUCT-

Coaches for the program will be select individuals from the community who volunteer their time to teach the players the skills, disciplines and conduct that make for good sportsmanship. The COACH is vital to the success of the program. As such, the Coach must uphold the MYFL rules and regulations, along with the bylaws, or face the consequences of being suspended by the Board of Directors. There should be solidarity between Coaches as to goals, with *emphasis* on the player's welfare, interest, and attitudes, which the player will learn or reflect by observing the Coach. Decisions of the Board of Directors are final. The Board will rule on any matter not covered.