

2022 WYB Flag Football Rulebook

SECTION 1 – COACHING RITERIA

ITEM 1: Coach Selection

Coach selection is a subjective process that occurs during the preseason every year. Some of the criteria considered are, but not limited to; tenure in the league, current WYB participation, performance/competence as a coach, past conduct/temperament, participation in events, participation on committees. Head coaches will then be considered and approved by the WYB Football Commissioner.

ITEM 2: Coach Certification

All WYB football coaches and parent assistants that will be on the field or bench coaching must be certified by an accepted source in concussion awareness as required by the State of Ohio. This certification is valid for three (3) years and is applicable for all sports.

ITEM 3: Coach Attendance

Each WYB football head coach or their authorized representative must attend scheduled meetings and clinics or contact the Football Commissioner to be excused prior to the meeting.

ITEM 4: Coach Conduct and Ethics

As a head coach, be a positive leader of your team. Assistant coaches, players, and parents will follow your lead. Please show good sportsmanship at all times. This includes no profanity, negative yelling, and use of tobacco or alcohol during practice or games.

ITEM 5: Coaches on the field

- 1st – 2nd Grade: Two (2) coaches are permitted on the field for both offense and defense.
- 3rd – 4th Grade: One (1) coach permitted on the field for both offense and defense
- 5th – 6th Grade: One (1) coach permitted on the field for both offense and defense

SECTION 2 – PARTICIPATION & CONDUCT

ITEM 1: Player Eligibility

Eligible players participating in the WYB Flag Football League are considered those living in the Worthington School District and are in 1st – 6th grade, or at the approval of the WYB Director.

ITEM 2: Conduct

There shall be no improper language, conduct, or actions on the part of the coaches, officials, spectators, or players in the process of conducting games, pre-game activities, or practice sessions.

ITEM 3: Player Equipment

All players must wear a protective mouthpiece at all times when engaged in contact play, including practice sessions.

ITEM 4: Playing Time

Each player must play at least 50% of the game and must be a ball carrier at least once per game. Coaches are encouraged to allow more opportunities to touch the ball. One example would be for each player to play one half of the game on offense and the other half on defense – this provides a good experience for each player on both sides of the ball and guarantees participation in 50% of the game.

ITEM 5: Injured Player

An injured player must be removed from the playing field for at least one (1) down. A player must be removed from participating (practice or game) if a coach or official observes signs or symptoms of a concussion. The player may not participate again until a licensed health care provider has provided written clearance for the player to participate again. This is a state law.

SECTION 3 – GENERAL

ITEM 1: Number of Players per Team

WYB will attempt to set each team at a roster of approximately 10 players per team but will be subject to adjustment as determined by the WYB Football Commissioner following the conclusion of signups. Flag football play will be 5 on 5 for all grade levels.

ITEM 2: Sideline Coach Limit & Field of Play

No one is permitted on the playing field or team bench unless directly involved in the game or are requested by the WYB Football Commissioner. The maximum number of coaches on the sidelines is four. At the conclusion of the game, each team will shake hands and leave the field of play.

Only authorized coaches, players, officials, and representatives of the WYB Football League are allowed on the field of play. Anyone else entering the field of play will be asked to leave the premises. Flagrant abuse of this rule may result in ban from WYB Football events for the remainder of the season.

ITEM 3: Official Football Size

Flag will utilize the Pee Wee or K2 size ball for 1st – 4th grade / TDJ or Junior size ball for the 5th-6th grade divisions.

An official game ball will be distributed by the League Commissioner before the season starts. Each team may provide the officials their WYB issued game ball for their respective offensive series. You are not permitted to use footballs that are synthetic or different from the brand/size of football provided by WYB.

ITEM 4: Weather

Games must be halted once any lightning is seen, or thunder is heard. Games may not resume until 30 minutes after the last lightning strike or thunder is heard. It is the referee's responsibility to determine whether lightning or thunder is present. Coaches must ensure that all members of their team are removed from the field and taken to a safe area during any storm. Players may not remain on the field for any reason during such delays. If lightning or thunder occurs from any time after the 1st half ends, the game becomes official and the team who is leading at that point will be determined the winner.

ITEM 5: Referee Note

Referees will remember that WYB flag football is an instructional league, and they are encouraged to educate ~~players~~ rather than penalize them. This is assuming that the infraction does not provide an advantage to the player's team.

ITEM 6: Prohibited Equipment

Metal spiked shoes, shoulder pads, helmets, hard metal or any other hard substance on a player's clothing or person, anything that conceals the flags, slick or sticky substances, any equipment in the opinion of the referee that will endanger or confuse players.

ITEM 7: House Rules

While not expressly forbidden pre-game rule alterations between opposing coaches are highly discouraged. Any proposed house rules must be explicitly approved by the Head of Referees on a conditional basis.

SECTION 4 – RULES OF PLAY

ITEM 1: Basic Rules

A coin toss or a “1 or 2” behind the officials back will determine first possession. Teams change sides for the 2nd half of play. Possession changes in the 2nd half to the team that started the game on defense.

Field dimensions are 60 yards long X 30 yards wide with 5-yard end zones

ITEM 2: Length of Game & Timeouts

There will be two 20-minute halves and a 5-minute halftime. The game clock will be a running clock the entire game. Officials can also stop the clock during play at their discretion. The clock will NOT stop if a team is winning by more than eighteen (18) points.

30 seconds is permitted between plays from the time the referee sets the ball (exception: Grades 1&2 will have 45 seconds). If not, the offensive team will be assessed a 5-yard delay of game penalty (and loss of down).

Each team is permitted 2 timeouts per half with no carry over to the next half. Each timeout will be one (1) minute in length.

ITEM 3: Scoring

- Touchdown: 6 points
- Extra point options: Played from the 10-yard line:
 - Run = 1 point
 - Pass = 2 points
- Extra Point Attempt Interception Return: 2 points
- Safety: 2 points
- Forfeits: Any forfeit will be scored as 7-0 for the non-forfeiting team

ITEM 4: Ties

The ball will be placed on the 5-yard line with the ability to run one

play. Run TD = 1 PT / Pass TD = 2 PT

This will continue until a winner is determined.

ITEM 5: Kickoffs & Punting

No Kickoffs or punts in flag football.

ITEM 6: Fumbles & Interceptions

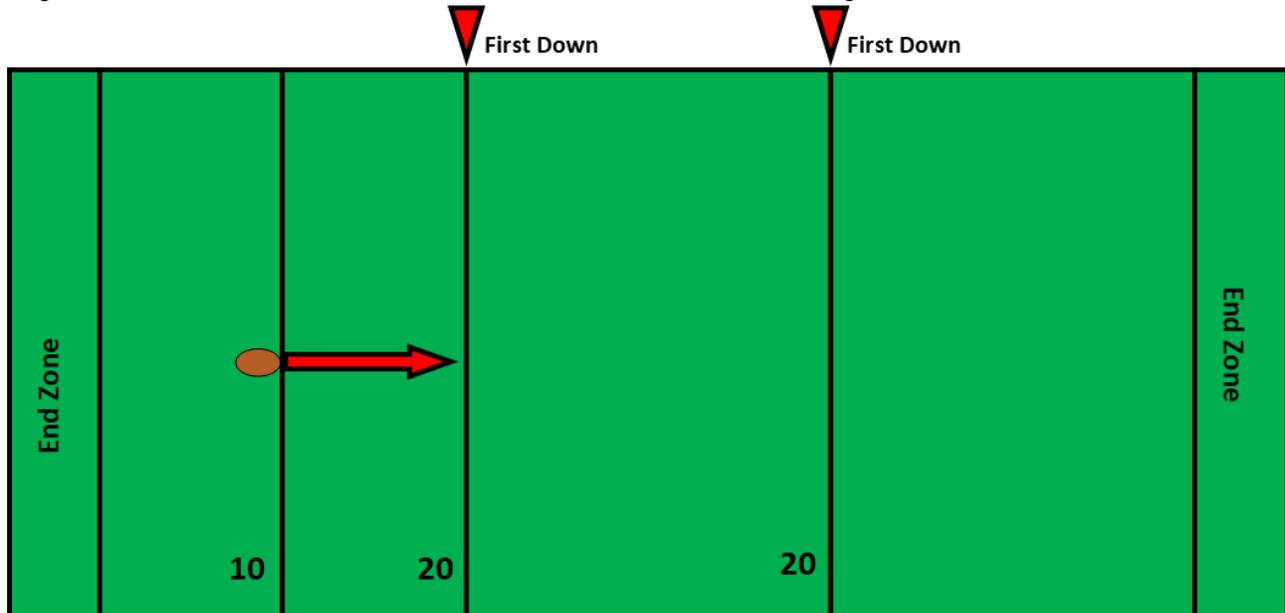
A fumble is a dead ball with the offense retaining possession where the ball is fumbled (not where the ball lands). Interceptions for grades 1-4 result in an immediate dead ball and change of possession. The intercepting team receives the ball at their own 10-yard line regardless of where the ball was intercepted. Interceptions for grades 5 & 6 are live and may be returned for a score. The intercepting team will gain possession of the ball where the interceptor's flag is pulled.

ITEM 7: Offense & The Line of Scrimmage

The offensive team will always take possession on their own 10-yard line (exception: interceptions for grade 5/6). Permanent 1st Down markers are placed on each 20-yard line, and they will be marked by a cone that will be set up by the referees. Furthermore:

- The offense gets 4 plays to reach the 1st Down line to gain, or score;
- Wherever the ball carrier is downed becomes the new line of scrimmage;
- Once a 1st down line to gain has been reached the offense will have four (4) more plays to reach the next 1st down marker, or score;
- If the offense fails to score or gain a first down in 4 plays, the ball changes possession and the opposing team takes over on its 10-yard line.

The example shows the offensive team taking possession at their own 10-yard line, moving the ball to the right. A first down is attained if the offense reaches the marked line to gain.



Blocking is NOT permitted. Offensive players are not permitted to move in a fashion that appears to shield or obstruct a defender's ability to get to the ball carrier. A stationary player or an offensive player that is attempting to get out of the way is not typically considered a blocker for this rule, however this is subject to referee discretion.

There are no limitations on formation, other than one player minimum on the line of scrimmage.

Grades 1-4 are not required to have a center. The QB can start the play with the ball in hand up to 3 yards behind the line of scrimmage. The play starts when the QB moves their feet, or any offensive player moves toward or passed the line of scrimmage.

Grades 5-6 require a center snap the ball between the legs to the quarterback. The quarterback may be under center or in a shotgun formation. If the snap is dropped it is considered a fumble and a dead ball. Each team is given one snap repeat if a fumble occurs – thereafter it is considered a loss of down. Additionally, it is illegal for the quarterback to 'exchange' the ball back to the center as part of the snap (the quarterback can hand back to the center but NOT under the legs as part of the snap). The QB may never cross the line of scrimmage without giving the ball to another player first (hand-off, pitch, pass). EXCEPTION: Grade 5/6 QB's may cross the line of scrimmage after the defense crosses the line of scrimmage during a blitz. Otherwise, the QB has 7 seconds to get rid of the ball until the play is blown dead with the loss of down.

The ball carrier cannot use his hands or arms to protect his flags (Flag Guarding). The ball carrier cannot lower his head to drive or run into a defensive player. Stiff arming by the ball carrier is illegal. All players touching the ball on a particular play MUST have the flag belt and flags positioned in the waist area, and in a manner that is fully accessible to defenders. The referees have full discretion to determine if flags are being worn correctly.

All players are eligible to receive forward passes. A receiver may catch a ball as long as he comes down with one foot in bounds. If an offensive and defensive player catches a pass simultaneously, the ball is declared dead at the spot of the catch and the passing team is awarded possession.

The play is blown dead at the following times: any time the ball touches the ground during a play (including the snap), when the ball carrier touches the ground with his body (other than hands/feet), as soon as the flag comes off the ball carrier during the play, if a ball carrier has a missing flag (replay down), following a score or, when the ball carrier touches out of bounds.

Offensive Penalties

The following penalties are penalized with 5 yards from the line of scrimmage and loss of down:

- Delay of game (30 sec)
- Illegal forward pass
- Off pass interference
- Illegal Contact

Flag Guarding will be 5 yards from the spot of the foul, no loss of down.

If a loss of down penalty takes place on 4th down, or the result of the penalty prevents a 1st down on a 4th down attempt, then possession is exchanged to the defensive team on their respective 10-yard line.

The defensive coach has the option to decline penalties.

The referees will use their best judgment when making calls and may give warnings at their discretion. Please respect their decision. Only the coach on the field may ask the referee questions about rule clarification and interpretations. Players and/or parents should not question or judge calls.

ITEM 8: Defense & The Line of Scrimmage

There are no limitations on formation.

Defensive players on the line of scrimmage must align 1 yard off the football – this will be considered a neutral zone. A defensive player may not run over, push, or pull an offensive player at any time. The offense has the right of way.

There shall be no tackling of the ball carrier. The defensive player cannot hold, push or trip the ball carrier to remove the flag. An accidental touch of the body or grabbing of clothing while reaching for the flag shall NOT be considered a violation. Consistent violation of this by a single player will be considered intentional.

Blitzing is permitted. All blitzing players must be a minimum of eight yards from the line of scrimmage when the ball is snapped. Any number of players can blitz. Players not blitzing may defend on the line of scrimmage. Once the ball is handed off or thrown, all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate eight yards from the line of scrimmage.

The following defensive penalties are penalized with 5 yards from the line of scrimmage and repeat of down:

- Offside
- Illegal Contact
- Illegal blitz (w/in 8-yard marker)
- Pass interference
- Defensive holding

Tackling ball carrier is penalized 5 yards from the spot of the foul

The offensive coach has the option to decline the penalty if desired.

ITEM 9: Official Football Rules

Where applicable, the Official Football Rules published by the National Federation of State High School Athletic Associations (NFHS) shall govern all games, unless a rule is otherwise modified by the WYB in the above listed RULES OF PLAY section.