

Jr. Bronco Flag Football



YMCA GOAL

- The YMCA goal is to give every child between the grades of 1st-4th a chance to play flag football. To teach flag football skills, sportsmanship, working together as a team: promote new friendships, positive family interactions and to have FUN.

YMCA FACILITY POLICES

- All YMCA facilities and game and practice locations are smoke tobacco, and alcohol free zones. All facilities and locations are pet/animal free zones for the direct safety of the kids.

SPORTSMANSHIP

- Coaches are directly responsible for team members before, during, & after the game.
- If the referee or supervisor witnesses any acts of tackling, elbowing, cheap shots, blocking or unsportsmanlike conduct, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**
- Any trash talking or taunting which is intended to embarrass, ridicule, or demean others under any circumstance will not be tolerated. First offence is a warning; the second offense is ejection from the game.

COACH'S CONDUCT:

- Coaches are expected to adhere to YMCA philosophies, coaching guidelines, codes of conduct, and hold themselves with utmost integrity.
- One coach is allowed to be on the field for offense and defense.

PRACTICES

- Practice will be scheduled by the coach in conjunction with team members. Teams practice once a week for approx. 1 hour. During the first week, teams are allowed to practice 2 times before their first game.
- Reminder: Outside facilities are open to members; you may have to share with other YMCA teams.
- In case of bad weather, coaches will make the decision whether to cancel practices. Game cancellations/delays will be determined by Y staff.

UNIFORMS:

- Team jerseys will be given to each player prior to the first game.

EQUIPMENT:

- All participants will receive a Jr. Bronco jersey—flags must be visible and at the hips.
- Each team will be provided 2-3 footballs, flags, and cones to practice with throughout the season.
- Mouth guards are highly recommended. Rubber cleats are optional, metal spikes are not allowed.
- Coaches must return all equipment after the last game of the season

TEAM SIZE:

- 1st-2nd Grade will be 5v5 — 8-12 players per team
- 3rd-4th Grade will be 6v6 — 8-12 players per team

The YMCA emphasizes equal participation, please allow players to play different positions and play at least half of each game.

BALL SIZE:

- 1st-2nd Grade will play with Pee Wee size ball
- 3rd-4th Grade will play with Junior size ball

FIELD OF PLAY:

- 1st-2nd Grade-- Approximately 50 yards long by 20 yards wide. (5-yard end zone)
- 3rd-4th Grade--Approximately 65 yards long by 30 yards wide. (5-yard end zone)

TIMING

- Games are two 20-minute halves (running clock) with a 5 minute halftime. Teams switch directions at halftime.
- No overtime for either grade division.
- Referees and coaches must attempt at snapping the ball within 30 seconds to avoid long delays.
- Each team has one 60 second timeout per half, no carryover. Clock will stop for timeouts.
- Officials can stop the clock at their discretion.

START OF GAME

- The game is started with the players/coaches meeting with the referee at midfield and going over the Sports Pledge.
- The offensive team begins the game and second half by taking possession of the ball on its 5-yard line.
- Coaches and officials may improvise rules under any circumstance, including number of players on the field to maximize the potential for fun and participation.

GAME:

- Teams have 4 plays to gain a first down and 4 additional plays to score a touchdown. Interceptions are allowed and are returnable. Interceptions on PAT's will be considered dead.
- All fumbles will be a dead ball at the spot where the fumble occurs, except on muffed snap.
- **1st-2nd Grade:** Every possession and change of possession will begin at the 5 yard line. There will be no punts for this division. All four downs will be used without the concern of giving up field position.
- **3rd-4th Grade:** Possessions will begin at the 5 yard line unless there is a punt or a team fails to convert a TD or first down. 3rd-4th grade has the option to punt. Punts are returnable.
 - *A team may punt on any down but must first tell referee and defending team.
 - *No one may rush the punter. If so, re-kick.
 - *Any punt that is not caught and rolls, the ball will be spotted where the ball is touched or stops rolling.
 - *The kicking team cannot cross the line of scrimmage until the ball is kicked.
 - *A punt that is downed by the receiving team in the end zone will be spotted at the 5-yard line.
 - *A team may choose to go for the first down or a touchdown on 4th down but if it does not convert, the other team will take over possession of the ball where the play ends.

OFFENSE

- **The Quarterback CANNOT run the ball across the line of scrimmage, he/she must hand off or pass.** The quarterback does have the ability to scramble in the back field, but cannot advance the ball beyond the line of scrimmage. This is in place to include others in each offensive play. Without this rule, a quarterback could dominate each play by advancing the football.
- The ball must be snapped between the legs, not off to one side, to start play.
- A muffed snap to the quarterback will not be considered a fumble and may be picked up and play continues. If the defense recovers, the result is loss of down.
- No Center or QB Sneaks allowed.
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
- If the ball carrier accidentally loses the flag belt or falls down, the ball is dead at that spot. (receiver is still eligible, but if catches pass, is down at that spot)
- Offensive players must try and avoid contact with the defensive player.
- Players are allowed to spin only to avoid contact with the defender.

BLOCKING

- Blocking is allowed on the line of scrimmage on the defenders upper body. **No extending of hands is allowed!**
- Downfield blocking is not allowed 5 yards beyond the line of scrimmage. Players may get in defenders way but not initiate contact.
- Once the ball has been handed off or pitched, all defensive players may rush.

RECEIVING

- All players are eligible to receive a forward pass.
- A player must have at least one foot inbounds when making a reception.
- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

PASSING

- Quarterback has **10 seconds** to throw the ball. If a pass is not thrown within 10 seconds, it is treated as an incomplete pass (loss of down). If the QB is standing in the end-zone at the end of 10-second clock, the ball will be returned to the line of scrimmage.
- Substitutions may be made on any dead ball.

DEAD BALLS

Play is ruled dead when:

- Ball carrier's flag is pulled
- When the ball is a fumble, except when the ball is snapped
- Ball carrier steps out of bounds
- Touchdown or extra-point is scored

- Ball carrier's knee hits the ground
- Ball carrier's flag falls out or the receiver catches the ball while in possession of one or no flag(s).
- The **10 second** pass clock expires.

FUMBLES

- If the ball hits the ground it is a fumble and is then a dead ball. The ball will be spotted at the point of the fumble. Only on muffed snaps is the play eligible to continue.

RUSHING THE QB

- All players who rush the passer must be a minimum of **7-yards** from the line of scrimmage when the ball is snapped. Referee will designate a rush line **7-yards** from the line of scrimmage.
- Once the ball is handed off to another player or play-action is shown, the seven yard rule is no longer in effect.
- Any number of players may rush the passer.

PENALTIES

All penalties will be called by the referee.

- **Unsportsmanlike Conduct** (swearing, disrespecting officials, taunting, spiking, etc.)--10 yard penalty and automatic 1st down or loss of down depending on infraction; it may result in ejection.
- **Personal Foul**-(intentional flagrant actions beyond illegal contact)—Player is ejected. 10 yard penalty and loss of down or automatic 1st down if by defense.
- All penalties within 5 yards of the end zone will be half the distance to the goal line.
- Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

Defense:

- **Offsides**—5 yards and replay down
- **Pass Interference**—5 yards and replay down
- **Illegal Contact** (holding, blocking, tackling, pushing, stripping of ball)—5 yards and replay down
- **Illegal Rushing** (start rush inside 7-yard marker)—5 yards and replay down
- All defensive penalties incur automatic a 5 yard penalty and replay of the down.

Offense:

- **Illegal Motion** (false start, offsides, QB running ball)—loss of 5 yards and replay down
- **Illegal Forward Pass** (throwing a pass beyond line of scrimmage)—loss of 5 yards and loss of down
- **Illegal Contact**-(stiff arm, holding, charging, pushing, excessive blocking) - loss of 5 yards and loss of down
- **Offensive Pass Interference** (illegal pick, pushing off defender)—loss of 5 yards and loss of down
- **Flag Guarding**—loss of 5 yards from the spot
- **Delay of Game** (more than 30 seconds to begin next play)— loss of down