

2020 FLAG RULES AND REGULATIONS



Platte County Youth Football

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League Goals:

The overall objective of this organization is to promote an ongoing youth football program in Northern Platte County, and to inspire in its participants the ideals of sportsmanship, scholarship, and physical fitness, regardless of race, color, gender or creed.

More specifically, this organization will provide a program oriented to quality supervision and safety mindfulness; a program directed at teaching the fundamentals of youth football; a program allowing its participants to grow with confidence, pride and spirit in an atmosphere that fosters these attributes both on and off the field.

This organization will strive for unity of purpose in its endeavors to encompass the whole, rather than that of its parts, and will strive to do so in a democratic fashion, free of adult ambition or personal glory.

The welfare and continuity of this organization rest with those who accept the challenges and responsibilities placed upon them for services to others in the overall youth football program.

League Payment:

- Each team is required to pay \$65 per player for participation in the league.
 - A team with 10 players would pay \$650 dollars as a team.
- Each program will pay a portion of the insurance premium covered by PCYFL.

League rules:

Minimum play rule

- All players get a minimum of 12 plays per game, 6 in the first half and 6 in the second half. Disciplinary problems and missing practice can result in loss of playing time.
- This amount of playing time is directly proportional to the amount each player practices in the week prior to the game excluding family emergencies. That means that if a player doesn't practice during the week the coach is not required giving them any minimum plays on game day and if they only make one practice a week the coach only needs to play them 6 of the required 12 plays etc.
- The league will be split into two conferences, AFC (Advanced Football Conference) and NFC (Novice Football Conference). The Advanced Football Conference should consist of 2nd Graders and can consist of 2nd Year 1st Graders. The Novice Conference WILL ONLY include 1st Graders and Kindergarteners. If a program cannot field a team without 2nd graders, the team will either play in the AFC or be forced to STRIPE their 2nd graders (NFC 2nd graders will not be able to run the ball and will be forced to play only as interior lineman) The PCYFL Board reserves the right to decide which conference a particular team will play in.
- The Home team will supply a chain crew (i.e.: parents of the home team) to run the chains and down marker. Failure to provide the chain crew will result in an unsportsmanlike conduct penalty and the home team will give up possession of the ball for the start of both halves.
- Coaches are required to complete a background check conducted by an independent research firm or sheriff's department.

Playing Fields

- Games will be played on a field measuring 40 yards wide by 80 yards long with 10-yard end zones.

Equipment

- Mouthpieces are required and must be secured to the helmet by a tether. There is a 5-yard penalty for any player not having a mouthpiece in their mouth at the start of the play.
- A K-2 football is the official game ball size.
- Each player must wear a league provided flag belt.
- Each player must wear matching team jerseys that are provided by the league. These jerseys will be turned in at the end of the season. If the player would like to keep the jersey as a keepsake, they may be purchased for \$10.

OFFICIALS:

Responsibility and Authority

- Officials have the responsibility to see that games are conducted properly according to league rules.
- Officials must and shall be in charge of the game.
- One official at each game must have a proper timing device before each game can start and will serve as official timekeeper.

Control of Behavior

- Appropriate conduct is expected of any coach, member of his team or fans that are consistent with the goals and objectives of the league. Conduct violations are subject to disciplinary action by the game officials or PCYFL Flag Director. Any official or director who have exhausted the alternatives of requesting the coach's compliance and/or penalizing the team as provided in the rules are granted the option and authority to terminate the contest and award a victory by forfeit to the other team.
- The director shall be in charge of all activities occurring before, during and after games. The director shall possess the authority to remove any parents, coaches or players whose conduct is not consistent with the league rules or goals.

Zero tolerance policy

- This rule will be put into effect to control the behavior of coaches, players and parents.
- Taunting, yelling, abusive language/gesturing and habitual complaining at the officials will not be tolerated on the playing field.
- Yelling and screaming as to embarrass a player will not be tolerated.
 - Note: A coach may call a timeout and ask the officials for an explanation of a call. After the call has been explained both parties are to turn away from each other and the game is to continue.
- Penalties for such actions will be a warning, a major penalty and or ejection from the game. An ejection is to be for one game and is subject for review by the PCYFL league board.

Playing rules:

- A game will consist of two, 25 minute halves with a continuous running clock. The clock will stop on any injury at any time during the game and will start on ensuing snap.
- Clock will also stop after the 2:00 mark of the 2nd Half on- Penalty, Change of Possession, Incomplete Pass, and Out of Bounds. Restart on ensuing snap.
- Each team is given two, 1 minute time outs in the first half and three 1 minute time outs in the second. Unused time outs DO NOT carry over to the second half. The third time out in the second half will only stop the clock and your 45 second huddle will start after the spot of the ball.
- There will be a 5-minute half time.
- 45 second huddles will be enforced.
- 8 players are required on the field from each team at any one time.
- The ball is placed on the 20-yard line at the beginning of each half and after each score or safety.
- No punts. A team opting to punt will have the ball advanced 20 yards, but never within the opponent's 15-yard line.
- Extra Point: The ball is placed on the 2 ½ yard line. Running the ball is worth 1 point. Passing forward pass is worth 2 points.
- The ball is dead at the spot it touches the ground and cannot be advanced.
- The ball is placed where a fumble occurs. In the case of an incomplete pass the ball is returned to the line of scrimmage.
- Interceptions can be advanced.
- There shall be no more than 5 coaches on the sideline during games.
- Only 2 coaches from each team will be allowed on the field.
- Any inadvertently lost flag by the ball carrier results in a dead ball at the spot of the fallen flag. If a play is blown dead because a defender is holding the flag of a player other than the player possessing the ball; the offensive coach has a choice to replay the down or spot the ball where their player possessing the ball is when the play is blown dead.
- If a player starts a play with only one or no flags and touches the ball. The play is blown dead, the ball is placed where the player touched the ball and is a loss of down.

Defense

- Defensive Tackles/Interior Lineman must utilize a three-point stance however Defensive Ends have the option of being in a three-point stance and may use a two-point stance (can be a 4v4).
- The defense must line up with no more or less than 4 defenders one yard off the line of scrimmage and must leave the center uncovered. Linebackers are to be 5 yards off the ball and defensive backs or corners another 2 yards behind them. Inside the ten-yard line teams are allowed to use a goal line defense. A goal line defense is defined as defensive linemen remaining one yard off the ball; linebackers can follow the first down marker, but can be no closer than 2 yards off the line of scrimmage and the defensive backs or corners must remain 2 yards behind the linebackers.
- Tackling and Face mask penalties will be 10-yard penalties and result in an automatic first down. The referee may award a touchdown if a defender's tackle or illegal push prevents opponent's touchdown.
- When defender leaves feet to pull a flag that causes a downed player, this should be called "Tackling."
- Contact made at "point of attack" between ball carrier and defender will only be called tackling when there is no intent to pull a flag.
- Defenders may rush and avoid offensive blockers using their hands.
- Encroachment by the defense is a 5-yard penalty. This includes any lineman, linebackers and defensive backs lined up inside the yardages explained previously.

Offense

- Four (4) players are required on the line of scrimmage, 3 of the 4 must be down linemen and the player on the outside of the unbalanced (strong) side is eligible.
- Offensive lineman must utilize a three-point stance.
- Offensive holding is a 5-yard penalty.
- Flag guarding and stiff arming by the ball carrier is **NOT** allowed and will result in a 5-yard penalty from the spot of the foul. Any contact with the helmet will result in a 10-yard penalty from the spot of the foul and loss of down.
- Ball carriers must avoid contact. Ball carriers may not lower their shoulder. It is the official's judgment call to determine if the ball carrier sufficiently attempted to avoid contact. Penalties are 5 yards from spot of the foul.
- Flag guarding is a 5-yard penalty from the spot of the foul.
- Off sides and or false start by the offense is a 5-yard penalty.

Overtime:

- Teams will have one timeout for the entire overtime period(s).
- There will be no ties. If a game is tied up at the end of regulation play, the contest will be decided as follows:
 - The captains will re-flip for playoff position. The winner of the flip has the choice of either offense or defense or which goal the playoff will take place. The loser of the flip will make the remaining choice. This will be the condition of the three overtimes if needed.
 - First try both teams will get an opportunity with four plays from the 10-yard line to score. Extra points will be attempted for all touchdowns achieved during overtime.
 - If both teams are tied after the first event, a second attempt will be given to both teams in the same order as the first try, with two plays from the 5-yard line. If a third attempt is needed, it will be in the same order as the previous attempts, with one play from the 2 ½ yard line. If the teams are still tied, then they will play sudden death overtime.

Sudden death overtime

- This is a “first team to score, wins” situation. Each team will re-flip again, consistent with the rules with the first overtime. The teams will be given alternating opportunities with 2 plays from the 5-yard line with the first team scoring, the winner.

Tiebreakers (if necessary)

1. Head to Head
2. Record against common opponents
3. Fewest points given up against common opponents
4. Points scored against common opponents