

2016

YOUTH FLAG FOOTBALL MANUAL

HALTON MINOR FOOTBALL



2016 YOUTH FLAG FOOTBALL PROGRAM

STEVE BURDITT
COMMISSINER
Windwatt@yahoo.com

JON KRONERMEYER
Assistant Director

CHUCK WINTERS
Director
President@haltoncowboys.com

The logo for Halton Minor Football features a stylized grey graphic of a football helmet or a series of overlapping curved shapes at the top. Below this, the word "HALTON" is written in a large, bold, italicized sans-serif font. Underneath "HALTON", the words "MINOR FOOTBALL" are written in a smaller, italicized sans-serif font. A wide, shallow grey curve is positioned at the bottom of the logo, resembling a smile or a swoosh.

HALTON
MINOR FOOTBALL

THANK YOU!

Halton Minor Sport would like to thank you for accepting the role of volunteer coach. Volunteer coaches are critical to the success of our programs. Without your help, our programs would not be possible. Thank you!

A VOLUNTEER COACH PLAYS A SIGNIFICANT ROLE

As a volunteer coach you will have the opportunity to work with youth at a very impressionable age. For some participants, being part of your team may be their first experience in organized sports. We want all children in our programs to have an enjoyable and meaningful experience. Youth sport programs introduce children to concepts such as good sportsmanship and teamwork. This is why, as a volunteer coach you have such a significant role.

RESPONSIBILITIES OF A VOLUNTEER COACH

Parents Meeting

All coaches **must** have a preseason meeting with team parents to discuss the purpose and scope of the program, code of conduct, rules and regulations and other necessary information.

Player Supervision

In order to insure the safety of all players, Halton Minor Football is asking each coach to stay with their players after practices and games until all players have been picked up. Under no circumstance shall a coach leave a player unattended.

Parent/Spectator Control

A team is responsible for its parents and spectators. Officials may penalize a team for the behavior of its parents and spectators. Please read through the Code of Conduct and the definition and penalty for unsportsmanlike conduct.

Reporting Injuries

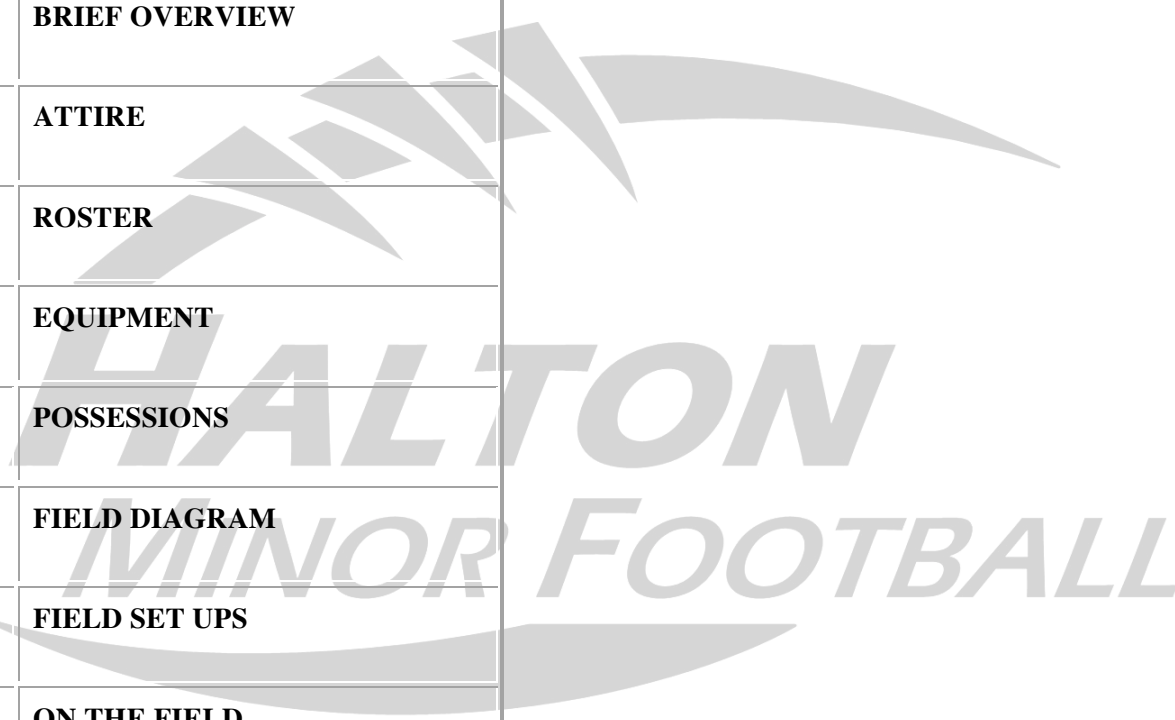
During games, Halton Minor Football staff are responsible for filling out the Accident Report Form for any injury that requires medical attention, or for any injury that may potentially require medical attention. During warm-ups or practices, coaches are responsible for filling out the Accident Report Form. A copy of the report should be turned into Halton Minor Football within 24 hours.

Background Check

All head coaches and primary assistant coaches must complete a National Background Screening Consent/Release Check. Coaches must be cleared before coaching any Halton Minor Football program, this includes practices.

RULE BOOK

TABLE OF CONTENTS	
1.	WELCOME, ROLE, RESPONSIBILITIES
2.	BRIEF OVERVIEW
3.	ATTIRE
4.	ROSTER
5.	EQUIPMENT
6.	POSSESSIONS
7.	FIELD DIAGRAM
8.	FIELD SET UPS
9.	ON THE FIELD
10.	PASSING GAME
11.	RECEIVING GAME
12.	RUNNING GAME
13.	RUSHING OF THE



	QUARTERBACK
14.	DEAD BALLS
15.	REPLAY OF DOWNS
16.	SCORING
17.	PLAYING TIME
18.	SPORTSMANSHIP
19.	PENALTIES
20.	ZERO TOLERANCE POLICY
21.	CODE OF CONDUCT

HALTON YOUTH FLAG FOOTBALL RULE BOOK

THE BRIEF OVERVIEW

- No contact or blocking is allowed. .
- The offense has three (3) downs to pass midfield and then three (3) downs to score. A turnover on downs will occur if the offense is short of the first down or end zone resulting in an immediate possession change spotting the ball at the 50 yard line.
- All players are eligible to receive a pass.
- No kicking or punting.
- All possessions, including interceptions, will start at the fifty yard line.
- Interceptions may be returned. EXCEPT in Tyke.
- The quarterback cannot run the ball unless there has been a direct hand-off behind the line of scrimmage.
- The player who rushes the QB must start at least seven yards from the line of scrimmage.
Exception: there is no rusher in the Tyke divisions.
- Games are played with two 25-minute halves and a five-minute half-time.
- Time is kept by the referee

- The clock will only stop at the one-minute warning of the half for an incompletion, extra points, or out-of-bounds play, and only if the game score is within an eight point differential. The clock will stop to set the Bean Bags if a first down is obtained.
- Most penalties are five yards and assessed from the line of scrimmage. Most offensive penalties will result in a loss of down. All defensive penalties will result in an automatic first down.
- The offensive team is responsible for collecting and setting both the line of scrimmage Bean Bag and the seven yard Bean bag based on the referee's positioning.
- Game-time is forfeit time. If you are not at your field for your scheduled game at game-time, you will forfeit that game.
- Home teams are required to supply a scorekeeper. Head coaches will give game sheet to convener

THE ATTIRE

PLAYERS

- Players will be designated as home or away based on the schedule. The away team will wear the white side of the jersey and the home team will wear the colored side.
- Players are required to wear protective mouthpieces at all times during a game.
- The belts that hold the flags (not the flags themselves) must be secured to ensure they do not hang appearing to be a flag. If the belt is hanging, flag guarding will be called.
- Players must wear the official jersey provided by the league for games. If a player arrives at the game without their jersey, they are not permitted to play.
- Coaches must wear the official coach's shirt or Flag jersey provided by the league for games. If a coach arrives at the game without their shirt, they will not be permitted to coach.
- Jerseys must be tucked in at all times. If a jersey is hanging out, flag guarding may be called.
- Molded cleats are permitted. No metal cleats are allowed.
- No jewelry is permitted during the games.
- Shorts and pants must not have open pockets.

COACHES

- Coaches are **REQUIRED** to wear the coach's shirt or Flag jersey provided by the league on the field of play. Without this shirt, coaches will not be permitted on the field.
- **BOTH** offensive and defensive coaches must move to the **SIDELINES**, during the snap and offensive execution of the play.

THE ROSTER

- The game is played with five (5) players. However, a minimum of four (4) players must be on the field at all times.
- A player may only appear on one roster per division.
- If a player is found playing on a team illegally, the team will forfeit that game.

THE EQUIPMENT

- The league will provide each team their jerseys, flags, and footballs. These footballs will be the mandatory game balls used for all divisions. No other footballs will be permitted during game play.
- Coaches are responsible for having a rulebook and schedule.
- BALL TYPE
- Tyke/Atom Smaller ball like K2
- PeeWee/Bantam Larger Ball like TDY

THE POSSESSIONS

- The referee will flip a coin before the start of the game to determine possession of the ball. The Away team will make the call. The options are to choose offense, defense, or you may defer your choice to the second half.

FIELD SET UP

- The field is 55 yards in total length by 25 yards in total width.
- Team benches will be on same side of the field .
- All possession changes will start at the 50-yard line.

A 5-yard (15 feet) buffer zone is in place during all games. This buffer zone completely surrounds the playing field. This zone assists in maintaining the safety of our players and spectators during game play. Only coaches, players, and league personnel are allowed within this zone during the game. Coaches are asked to enforce this rule.

- Each team is responsible for cleaning up the field and sidelines, after the game.

THE "NO RUN ZONES"

- "No Run Zones" are designed to avoid short-yardage situations.
- "No Run Zones" come into effect only when offensive team is approaching a first down or the end zone. **Exception:** If the offensive team has already achieved a

first down, but has been pushed back into a “No Run Zone”, then the “No Run Zone” is no longer in effect.

"NO RUN ZONE" ENFORCEMENT:

Tyke	<i>This rule is not applicable</i>
Atom	This rule will be enforced
Peewee	This rule will be enforced
Bantam	This rule will be enforced

FIELD COACHING:

Tyke	Two coaches are allowed on the playing field.1 for each team
Atom	Two coaches are allowed on the playing field.1 for each team
Peewee	Two coaches are allowed on the playing field.* optional
Bantam	Two coaches are allowed on the playing field.* optional

- When playing in a split division, the rules from the oldest age apply.

HALTON FLAG YOUTH FLAG FOOTBALL RULE BOOK

THE PASSING GAME

- Only one forward pass per down. All passes must be forward and received beyond the line of scrimmage.

- QB has a seven (7) second “pass clock.” If the pass is not thrown within seven seconds, the play will be ruled dead, with a loss of down. Once the ball is handed off, the seven-second rule is no longer in effect.
- Shovel passes are legal, but must be beyond the line of scrimmage.
- Interceptions and returns are allowed for ages Atom, Peewee, and Bantam. For all younger ages, an interception is a dead ball at the point of interception and the possession is that of the intercepting team.
- If an Interception is returned for a successful score it will be worth 2 points and the scoring team retains possession of the ball.
- If the team fails to return the interception for a score, it will be a dead ball and the intercepting team will keep possession of the ball.

THE RECEIVING GAME

- Once the offensive player catches the ball beyond the line of scrimmage, all other offensive players must come to a stop. Downfield screening or blocking is illegal.
- All players must start with their flag belts on. If a player starts without his flag belt properly secure with all flags attached, his team will be assessed a 5-yard and loss of down penalty.
- All players are eligible to receive passes (including the QB, if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time.
- A receiver is down where his or her flag belt is pulled. **Exception:** In order to achieve a first down, or a touchdown, the ball carrier’s **flag belt and ball**, must cross the plane of the first down line and/or goal line.
- If a receiver’s flag belt inadvertently falls off without contact from another player, **that player will be ruled down**
- Receiver must have at least one foot in bounds when making a catch.
- A player may tip the football to a teammate, as long as the initial receiver does not show possession of the ball.

THE RUNNING GAME

- Once the offensive player runs the ball beyond the line of scrimmage, all other offensive players must come to a stop. Down-field screening or blocking is illegal.
- The QB cannot run the ball, QB can only run the ball if he or she has taken a direct hand-off.
- Only direct hand-offs behind the line of scrimmage are legal. Anyone behind the line of scrimmage can receive a hand-off. Exception: The ball cannot be handed off between the center’s legs. But rather wrapped around to him.
- Laterals are **ONLY** allowed behind the line of scrimmage. Once the ball is lateralled to a player, that player will be “live” to the defense regardless of his/her position behind the line of scrimmage.

- The player who takes the hand-off can throw the ball, as long as he or she does not pass the line of scrimmage first.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Once the ball has been handed off, the seven-second pass rule is no longer in effect.
- Defensive players cannot pass the line of scrimmage, during a direct hand-off play, until the ball is handed off.
- Spinning is allowed. However, jumping or diving to advance the ball is not allowed.

THE RUSHING OF THE QUARTERBACK

- Any number of players may rush the quarterback as long as they are a minimum of seven yards from the line of scrimmage. The rush marker will be designated by the referee, prior to the snap of the ball.
- If the offense draws any rusher to commit or jump that seven-yard marker, that rusher **CANNOT** rush during that play. However, any other defender that is seven yards back may rush instead.
- **The rusher must declare their rush angle or path to the QB.** If this path is crossed AND contact is made involving the rusher then an offensive penalty will be assessed.
- **The rusher CANNOT run straight into the center.** The center has the right away if the rusher does not take an angle to the QB. If contact is made with the center by the rusher who is has not taken an angle to the quarterback a defensive obstruction penalty will be called.
- Players not rushing the quarterback may defend the line of scrimmage, as long as he or she is at least **TWO** yards from the line of scrimmage.
- A rusher must go for the quarterback's flags. The rusher may attempt to block the pass but it is a penalty to make contact with the quarterback's body or arm.

"RUSHING OF THE QUARTERBACK" ENFORCEMENT:

Tyke	<i>Rushing of the quarterback is prohibited</i>
Atom	<i>Rushing of the quarterback is prohibited</i>
Peewee	This rule will be enforced
Bantam	This rule will be enforced

THE DEAD BALLS

- The ball must be snapped between the center's legs to start a play.
- A play is ruled dead when: the ball carrier's flag is pulled; the ball carrier steps out of bounds; any part of the ball carrier's body other than hands touch the ground ; the ball carrier lets the ball hit the ground; or after a touchdown or extra point is scored.
- There are no fumbles. The ball is spotted where the player loses control of the ball.
- If there is an inadvertent whistle during a play, the offense has the choice of either the result of the play **at the point the whistle was blown**, or replaying the down.
- If there is an inadvertent whistle during a passing play and the ball is in flight, the down is replayed.

REPLAY OF DOWN

- For the Tyke age group only, if a ball falls to or touches the ground during the initial center to quarterback exchange, the play will be ruled a "do over" with no loss of down.

SCORING

- Scoring: Touchdown = 6 points, Extra point (5 yards) = 1 point, Extra point (12 yards) = 2 points, Safety = 2 points.
- A Mercy rule will be declared once a 28 point differential has been obtained. No additional points will be recorded by the Leading team until such time as the trailing team closes the score to within 6 points.
- *****NEW RULE** Once a player has 2 major scores he can no longer be able to score in the game. IF the player does score again the play will be a loss of down and returned to the line of scrimmage**

PLAYING TIME

Games are played with two 25-minute halves and a five-minute half-time,

- There is a 30-second huddle clock, which starts once the line of scrimmage is marked.
Exception: Tyke divisions will be allowed a 45-second huddle clock.
- *****New Rules In Second half there is not Stop Time*****
- Each team is allowed one 60-second timeout per half. Timeouts do NOT carry over into the next half.
- Referee may stop the clock at own discretion or due to injury.
- The clock will only stop at the one-minute warning of the second half for an incomplection, extra point, if the offense goes out of bounds, or if the score of the game is within an 8-point differential. However, the clock will stop to set the bean bags, or if a first down is obtained.
- There is **NO OVERTIME** in league play.
- Overtime only in playoffs. Tie Breaker Procedure:

If the score is tied after 50 minutes, teams move directly into the tiebreaker system.

1. A coin toss at the end of regulation will be conducted.
2. The winner of the toss will have the option of offense or defense.
3. Each Team will have 3 offensive downs from the 10-yard line to score.
4. If the game is still tied then the overtime procedure will continue until there is a winner.
5. Each Team will receive (1) 30-second timeout per overtime.
6. The winner of the Tie Breaker shall be awarded 1 extra point.

All children will generally participate equally on both offense and defense.

- Tyke: *This rule will be enforced all regular season.*
- Atom: *This rule will be enforced all regular season.*
- Peewee: *This rule will be enforced all regular season.*
- Bantam: *This rule will be enforced all regular season.*

Rotation chart OPTIONAL during playoffs.

SPORTSMANSHIP

- Trash talking is not allowed. Trash talking is offensive language used against opposing coaches, players, officials, league personnel or fans. Officials will give one and only one warning. If this trash talking continues, the offender may be ejected from the game.
- If any league personnel or official witnesses any act of rough housing, including but not limited to, tackling, elbowing, cheap shots, or any other unsportsmanlike act, the game will be stopped and that player may be ejected. Further disciplinary action may follow including expulsion from the league.
- After the game, teams are expected to form a line at midfield and high-five and congratulate the opposing team regardless the outcome of the game.

PENALTIES

- Defensive penalties are 5 yards and an automatic first down.
- Offensive penalties are 5 yards and loss of down from the line of scrimmage. **EXCEPT** for flag guarding, diving and jumping which will be a 5 yard penalty from the spot of infraction.
- Penalties on interceptions will be assessed where the interception occurred. Exception: If the game referee judges that a player intentionally or flagrantly commits a penalty then the penalty will be at the point of the foul, no less than the point of interception.
- All Personal Fouls and Unsportsmanlike Conduct will result in a 15 yard penalty and loss of down or automatic first down.
- Any type of blocking or screening is illegal and will result in a penalty.

- Extra attempts: If the offense throws an interception and commits an infraction after the interception, when the opposing team takes offensive possession they will get an additional 5 yards from the line of scrimmage. If a flagrant foul or intentional foul occurs on the extra point play, the penalty will still be assessed from the line of scrimmage.
- Only head coaches may approach the referee. **Judgment calls cannot be argued.**
- Games will not end on any accepted live ball defensive penalty.
- Any offensive penalty in your own end zone will result in a safety (2 points).
- A second penalty on an extra point, will equate to the number of points the offensive team was attempting and be awarded.

CODE OF CONDUCT

- We are committed to creating opportunities and experiences that will foster the development of positive moral and ethical values, and we strive to promote good sportsmanship among all participants. As a volunteer coach, I hereby pledge to live up to the following code of conduct.
 - I will abstain from using any tobacco or alcohol products in or around the playing field, or the sports complex in which the field is located. I will also refrain from participating in any practice or game activity when it is apparent that I have consumed alcohol prior to arriving ____ initials
 - I will refrain from using abusive or profane language in or around the playing field or the sports complex in which the field is located. ____ initials
 - I will refrain from permitting a player to participate in a practice or game when in doubt as to the player's health or physical condition, and I will abide by a doctor's decision in all matters relating to a player's health or physical condition. ____ initials
 - I will consistently act in the best interest of all players and the particular program in which I am volunteering, so as to provide a positive experience for all players and to promote a positive image of the program. ____ initials
 - I will strive to promote good mental and physical health in all aspects of participation and refrain from any type of verbal or physical abuse of any players. I will make any criticism "constructive" in nature and reserve it for private moments. ____ initials
 - I will consistently display and demand good sportsmanship in practice and in games, including but not limited to accepting decisions of the officials in a professional manner; refraining from criticizing opposing coaches,

players, and spectators; refraining from “running up the score” and congratulating opposing teams following a game. _____ initials

- I will conduct myself in accordance with all rules, regulations, and determinations of the particular league or program in which I am volunteering. _____ initials
- I will hold a pre-season parents’ meeting, and maintain open communication with parents relating to all aspects of participation, including conduct of both spectators and players. _____ initials

Coach Signature

Date

