

TCYFL

Girls Fall Flag- 2024

Mouthguards- Are required!! Full Lip/Tooth protector. Can be clear or have color!

Section 1: League Regulations

1. Field Dimensions-

- 4th/5th Grade- Field set up like Spring 7-7(start at 40)
- 6th-8th Grade- Regulation Size Football Field (start at 20)

2. Equipment

- Flags- Pop belts must be worn during all games. (Teams are responsible for their own belts)
- Flag Dimensions: All flags must be at least 15.5 inches long and 1.5 inches wide
- Flags CANNOT match the color of the players' shorts.
- Each player must have 2 Flags attached at the side of the legs
- If the shorts have a stripe down the side, the flags CANNOT be the same color as the stripe.
- Any player with illegal flags will be disqualified
- Players are permitted to wear standard football cleats with plastic or rubber spikes. No metal spike allowed. Gym shoes can be worn.
- Hair should be controlled so it does not interfere with the waist and flag belt

3. Optional Player Equipment

- Gloves-players may wear gloves that must consist of a soft, pliable, and nonabrasive material.
- Helmets- soft helmets are recommended for game play, and if worn, MUST be secured.
- Full Shell helmets only. Xenith Loop type models are not permitted.
- NO JEWELRY ALLOWED! This includes any type of piercing.
- Players may wear a knit or stocking cap. The cap cannot have a bill.
- Wrist Coaches- Players may wear a soft, pliable wrist/forearm band that contains plays. (Strongly encouraged)
- Sunglasses-Players may wear pliable and non-rigid sunglasses.

4. Football Size

- 4/5th Grade Level- Peewee (K2)/TDJ
- 6th-8th Grade Level- TDJ/TDY

5. Uniforms

- All Team members are required to wear matching jerseys/ same color attire.
- Jerseys can have name and numbers on the back (strongly encouraged)
- If teams have to similar color of jersey a pinny may be worn over by the home team- reversible jerseys are a great idea
- Jerseys should be able to remain tucked in at all times
- Players can not have a towel tucked into shorts

6. Roster

- Must have 7 players present to start the game. If something happens during the course of the game and a player is unable to finish, the team can continue with 6 players.

Section 2- Game Rules

1. Contest Officials

- 2 Officials will be at each scheduled contest
- Referee: makes call from near the quarterback, announces the throw clock, and keeps track of the downs. Will position themselves on the opposite side of the field as the Side Judge
- Side Judge: responsible for spotting the ball and ensuring the rusher is at least 7 yards beyond the LOS. Will position themselves at that 7-yard rush mark on the opposite side of the field as the Referee.

2. Game Times

- Game Length: Two (2) 20-minute halves with a running clock
- The clock stops in the final one (1) minute of each half. All clock stoppages are limited to out of bounds, change of possession, timeouts, dead balls, or incomplete passes
- Halftime: 3 minutes

3. Coin Toss

- Visiting team will call the Coin Toss.
- Coin Toss will determine who starts with the ball, the opposite team will start with the ball in the 2nd half.

4. Play Clock

- 25-second play clock to snap the ball once it has been marked ready for play. Officials will let the offense know when the play clock is at 10 and will count down from 5.

5. Team Configuration

- Each team must have seven (7) players on offense and seven (7) players on defense.
- The offense should consist of one (1) Quarterback and six (6) eligible receivers (Center is Eligible after snap)
- The defense is allowed seven (7) players
- Games must start with seven (7) players on each side of the ball. IF a player is unable to finish a game already in progress, the team may finish with six (6) players.

6. Start of each play (SNAP)

- The ball must be snapped from the ground and between the player's (centers) legs.
- The Offensive team must have a minimum of 3 people on the LOS.
- The exchange of the snap must be from one offensive player to another offensive player, the QB may not snap the ball to themselves.
- Ball is placed in the center of the field at the beginning of each half and for extra points. The placement of the ball after the first snap will depend on what side of the field the player is down. If the player is down on the left hash the ball is placed on the left hash, etc.
- The first player that touches the ball after the snap is designated as the quarterback.
- A fumbled snap is considered a dead ball and loss of down. The ball will be spotted where it hit the ground.

7. Moving the ball

- 4/5th Grade Field start at 40, 4 downs to get to 20, 4 downs to score
- Ball will always be placed back on the 40 on a new possession
- 6th-8th Grade- Start at 20, 4 downs to get to 40, 4 downs to get to opposite 40, 4 downs to get to 20, 4 downs to score.

- At Start of game, start of the half or after a TC the ball will be placed at the 20. If a team takes over after an INT or turnover of downs, the ball is played from that spot.

8. Turnovers

- Turnovers occur when the offensive team doesn't get a first down in the four (4) given downs or an interception occurs
- A fumble recovered while it is airborne will be considered an interception
- An interception by the defensive player cannot be returned. They will take over on offense.
- 4/5th Grade ball goes back to the 40-yard line.
- 6th-8th Grade take over at spot of INT/ Turnover on Downs. The 1st Downs remain static. Example 1- INT happens at the 10-yard line, the offense has 4 downs to reach the 20-yard line. Example 2- Turnover on Downs happens at the 35. Offense has 4 downs to reach the 40, however they start their drive in the "No Run Zone"

9. Contact

- ALL PLAYERS, BOTH OFFENSIVELY AND DEFENSIVELY, ARE CHARGED WITH AVOIDING CONTACT WHEN POSSIBLE. ROUGH PLAY WILL NOT BE TOLERATED. THE OFFICIALS WILL DETERMINE INCIDENTAL CONTACT THAT OCCURS DURING THE NORMAL EXECUTION OF EACH PLAY

10. Blocking

- No Blocking is Allowed! This includes any moving picks and screens, including down field after pass is caught
- Offensive Player without the ball cannot impede any defender trying to down a player with the ball.
- If player does not have the ball, they are allowed to continue the route, however it now becomes the responsibility of the player to not be in the way of a defender trying to down a player with the ball.
- Blocking Penalty is a Spot Foul 10 yards and Loss of Down.

11. Scoring

- Touchdowns Six (6) points
- One (1) point for an extra point at the 3-yard line

- Two (2) points for an extra point at the 10-yard line
- Special Rule- Anytime a team is 5 yards from the first down or from the end zone, the offense is in the “NO RUN” zone and MUST pass to advance the ball. This must be a legal forward pass towards the line of scrimmage
- Coach must declare within 25 seconds which attempt will be used following a touchdown score. The default will be a one (1) point extra point attempt if not declared.

12. Timeouts

- Two (2) 1-minute timeouts per half
- Timeouts do not rollover from half to half or from regulation time to overtime

13. Rushing the Passer (**4th/5th- No Rush,6th-8th-no limit**)

- Teams can rush on any play from a 7-yard depth. The Side Judge will mark the 7-yard rush line on the boundary
- You do not have to declare your rush to the official
- Multiply defenders can rush
- IT MUST BE AN IMMEDIATE RUSH!!
- If a rusher leaves the 7-yard rush line before the snap they may NOT reset and rush legally. An illegal rush will result in a 5-yard penalty from the loss. Offense will get the choice to replay the down or take the result of the play.
- The rusher may leave their feet to attempt to block the pass, however if they contact any part of the QB other than the Flag it will be a Roughing the passer penalty which is 15 yards and automatic 1st Down

14. In/Out of Bounds

- A player will be considered out of bounds when either a piece of their body touches the line or crosses the boundary line and touches the ground outside of the boundary
- If a player steps out of bounds during a play, she is not allowed to be the next person to touch the ball. If the player is forced out by the opposing team, the player must return to the field immediately and re-establish themselves to be eligible to touch the ball

15. Dead Ball/Play Stop

- Once the ball hits the ground, it is considered a dead ball, whether the ball was dropped or fumbled it is considered dead where it lands

- A bad snap will be considered a DEAD BALL result in Loss of Downs
- Player's knee, elbow or other body part other than the hand touches the ground the ball is dead. The hand is allowed to touch the ground.

16. Passing, Catching, and Possession

- It will be considered a legal forward pass when an offensive player, from behind the LOS, throws the ball forward. This is only allowed once per down.
- A team CANNOT throw multiple forward passes in a single play.
- If players from opposing teams catch the football simultaneously, the ball will be declared a catch for the offense.
- A player must have one (1) foot inbounds for it to be considered a catch/possession.
- The QB has 7 seconds to pass/handoff/ or get rid of the ball. Once there is an exchange, the ref stops the 7 second clock and the defense can rush/attack the play from anywhere.
- Unlimited backwards passes and laterals are allowed as long as player is in the playing field.
- Offensive Team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by the offense in retrieving and returning the ball to the center/ref will result in a delay of game and loss of downs.
- The quarterback can run at any time unless they are in the "No Run Zone".
- The quarterback cannot run/advance the ball beyond the line of scrimmage, when they are in the "No Run Zone"
- No Run Zone-
 1. When the offense is 5- yards from a first down line or from the goal line, the offense is in the 'NO RUN' zone and MUST pass to advance the ball.
 2. The pass must be a legal forward pass toward the line of scrimmage. Once the Offensive Team enters the 'NO RUN' zone, they remain 'NO RUN' status until make the first down/score a TD/turnover on downs (**'NO RUN' status remains in effect if the offensive team is penalized while in the 'NO RUN' zone)**)

17. Inadvertent Whistle

- If an official blows an inadvertent whistle in the middle of the play, the following options occur:
 1. If the offensive player has possession of the ball, they may elect to take the ball where it was at when the play was blown dead and the down counts, or they can elect to replay the down from the original LOS

2. When the ball is in the air, the ball will be returned to the previous spot and the down will be repeated

18. Overtime

- Coin Toss will determine who is on offense and defense first
- Visiting team will call the toss
- Both teams will get an overtime attempt of a single extra point attempt. The first team that scores in overtime and the other does not will win or the team that scores more points off the overtime attempt will win.
- Both teams are required to go for one (1) or two (2) points for their overtime attempt.
- Extra Points Attempts in overtime:
 1. One (1) point for an extra point from 3-yard line- Pass only
 2. Two (2) points for an extra point from 10-yard line- Pass or run
 3. An interception ends the down for the offense, and the defense cannot return the interception for points.
- A max of 2 OT's will be played- If score remains tied after that each team will get 1 play from the 10 (run or pass), whoever gains the most yards will win the game

19. Weather

- Games will proceed in all types of weather. The only time games will not play is when lightning occurs. Then game will follow TCYFL fall tackle guidelines on return to play.

20. Host Site Requirements

- Field Markers at G-lines, 20's, and 40's
- Down Marker for LOS (since C is eligible) (person to use it- can be host site volunteer or game time home team volunteer)
- Should have ice, or ice packs, general 1st Aid Kit (if no Trainer at site)
- Opening of concession if available. Min of Water/Gatorade available for Officials.

Special Rules

- For all levels, one coach is allowed on the field for offensive possessions. It is encouraged for 6th-8th grade teams to use wrist coaches.
- Only players playing in the series are allowed on the field. Everyone else is required to be on the team's correct sidelines.

- One (1) coach may be on the field for defensive play calling. It is their responsibility to make sure they are out of the way once the play starts.
- Once the offense breaks the huddle no more coaching of players from either side
- The only player that may attempt a pass is the QB
- The QB CANNOT go out for a pass once they have handed the ball off
- The QB once handed the ball off is eligible for a lateral or handoff on a reverse- Reminder that once the QB exchanges the ball, the Defense is allowed to rush.
- 4th/5th- Man Defense only
- 6th-8th grade- Any Defense is allowed
- No flag guarding is allowed- anything that would impede a defender in their ability to get opponent's flag

Section 3- Punting- 6th-8th Grade ONLY!

1. Notification

- The offense must notify the officials of their choice to punt or go for it on 4th down. If the official is not informed in a timely manner, the choice will be declared as a punt. Once a choice is made, it cannot be changed unless a timeout is called by either team.

2. Guidelines

- Both teams must have at least four (4) players on the LOS and they must not be in motion until the ball is kicked
- The returning team may stand anywhere on the LOS. They CANNOT move during the kick, but may stand in a stationary position with their arms raised if they chose to
- The KICKING TEAM has a 5 second count to punt the ball or it will be considered dead at the spot the kicker is standing. The result of the play will be a turnover on downs at that spot.
- If a snap is fumbled by the kicker they may recover and kick but the clock is live from first touch, if the kicker CANNOT get the kick off within the 5 seconds it will be a turnover on downs from the spot of the kicker.
- The punt can be advanced by return team, if they choose to not return, they will take over wherever the ball lays at rest

