



Kadena Youth Sports and Fitness



TO: All Coaches, Parents, and Youth Programs Staff

FROM: Youth Sports & Fitness

SUBJECT: Youth 7-8, 9-10, 11-13 Division Flag Football By-Laws

Remember that the intent of this league is to provide each player with an opportunity to learn all aspects of the game of Football. The guiding philosophy of each team should be to have fun! These rules have been set forth to provide a framework within which to work, but if we as coaches, officials and administrators do our job properly and in the correct spirit, we will not have to refer to this document very often. It's not about winning or losing; it's about the kids having fun.

For clarification or concerns pertaining to these by-laws or the current season, contact the Youth Sports & Fitness Staff at 634-1384.

PLAYERS

- A. The age used to determine which division a child will play in is based on the child's age as of the first official practice.
- B. Players assigned to a team will attend at least one practice before playing in a game. All players must be on the official roster held at Youth Sports & Fitness to be eligible to practice or play.
- C. Only the coach and his/her first assistant coach may have their child assigned to their team.
- D. Youth Sports & Fitness will assign new players. It is the coach's responsibility to inform Youth Sports & Fitness if a team is short of players.
- E. Players from the waiting list will be assigned to teams with the lowest number of players first; (players that have been assigned to any team must be physically dropped from the roster by their parents before any other player is assigned to any team). Players must have a physical prior to participation.
- F. No child will be added to a team after 3rd game unless the team falls below the minimum number of participants to play.
- G. All games will be played even sided. Should one team be unable to field a full team, the opposing team will play with an equal number of players or opposing team players can switch and play with the opposite team to have a game. **NO FORFEITS.**

PLAYERS EQUIPMENT

- A. YSF will provide the uniforms that must be worn. **Uniforms may not be altered. Nicknames are not allowed to be embroidered on jerseys – First Name, Last Name or shorten (i.e. Cassie) names only.**
- B. Football Cleats – soft-cleated football shoes are highly recommended. Proper shoes reduce ankle, knee, leg and lower back injuries. Failure to wear required equipment will cause the player to be ineligible for that day's activities. Soccer and baseball cleats as well as tennis shoes are allowed. No metal cleats are permitted.
- C. During practice or a game, articles that may constitute a danger to the wearer or any other player must be removed, (i.e. jewelry, earrings, tongue/belly rings, watches, barrettes, chains, belts, pants or shorts with pockets, etc.).
- D. Players with plaster casts or hard splints even if padded are not allowed to play, even with the permission of a parent or medical approval.
- E. Players may not wear shorts or pants with any pockets or belt loops. Players may not wear jackets, hooded shirts or sweatshirts
- F. If the length of the jersey goes below the flag belt the player is required to tuck in his shirt.
- G. Although it is not mandatory, it is highly recommended that each player wear a mouth guard.
- H. **Prior to each game, officials will inspect personal protective equipment.** No hard material will be used for protective equipment that an Official feels is dangerous.

PLAYING TIME REQUIREMENT: Each participant is guaranteed equal playing time. While our intention is not to force a child to play more than he/she is willing, we do want to provide each child equal playing time.

A. Players Playing Time Requirement:

- **Each player must play one half (50%) of each game scheduled.**

B. Ideally, all players will have equal playing time. Failure to comply will result in a one game suspension of the Head Coach. If the situation continues the Head Coach will be removed from his/her coaching duties. Documentation must be provided to Youth Sports & Fitness PRIOR to enforcing disciplinary actions.

Reasons for disciplinary action:

- Unexcused absence from practice.
- Has not attended any practices the week prior to game.
- Disciplinary action requested by the parents. (grades, in trouble @ home or school)
- Unsportsmanlike conduct (fighting, taunting, etc.) at a practice or game

C. Prior to the Start of the Game - Coaches must notify Youth Sports & Fitness Staff and opposing coaches of any medical problem a player may have which would preclude he/she from playing their mandatory time.

SCORING

A. We believe that participants can learn from both winning and losing if winning is placed in a healthy perspective. Staff, parents, and volunteers should teach players that winning is not the primary goal, and that losing a game or event is not a reflection on their own self-worth. Staff, parents, and volunteers should inform participants that success is not solely defined as winning but is related to effort and is found in striving for the best they can do.

B. 7-8 Division: No scores or standings are kept.
9-10 Division: Scores are kept but no standings.
11-13 Division: Scores and standings are kept.

C. **RUNAWAY GAMES:** For the sake of the children, a coach knows when he has control of the game. Embarrassment and humiliation will not be tolerated. Swift action will be taken against any violation of this rule.

EJECTION OF PLAYERS, COACHES AND PARENTS

The league will enforce a ZERO tolerance for inappropriate behavior and will exercise its power to the fullest. We expect all sponsors, players, coaches, cheerleaders, parents and fans to exhibit a high standard of sportsmanship and to observe all published rules and regulations

- A. **PLAYER EJECTIONS:** Immediate removal from the game will result for any player demonstrating unsportsmanlike like behavior such as purposely shoving or pushing another player. Verbal insults to referees, coaches, league officials or other players is considered unsportsmanlike like behavior and will result in suspension for the next game.
- B. Players ejected from a game can be substituted. The ejected player must leave out of sight and sound of the playing area within 1 minute of the ejection. Failure to do so will be valid grounds for a forfeiture of the game. If the player's parent is not at the game, the player will be escorted to a phone to make verbal contact with the player's guardian. The player will sit with a staff member until the parent returns to pick the child up.
- C. The ejected player will be automatically suspended for the next game. This includes all practices leading up to that game. This will also be documented in writing and placed in the coaching folder.
- D. **COACH OR PARENT EJECTION:** Any Coach or parent that has received 1 official warning by an Official or Youth Sports & Fitness staff member, will be suspended from all practices for the next week and the next official game. The coach will be required to meet with the Youth Sports & Fitness Director prior to resuming his/her position as coach. This will be documented in the permanent-coaching folder.
- E. Automatic ejection is in effect for fighting (swinging of hands even without contact is considered fighting), rough, unruly, or flagrant conduct, physical contact with an official, or being present at a fight on the

Kadena Youth Sports and Fitness

court (coaches or players from the bench who come onto the court where a fight is occurring makes them present at a fight on the field and therefore are subject to an automatic ejection).

- F. With the exception of responding to a communication initiated by the official (umpire or referee) or pointing out an emergency safety issue, parents and spectators should refrain from any communication, which in anyway, convey any criticism of the official. Infractions on this policy will be dealt with in the following manner:
1. First Infraction: The YSF Staff will ask the coach responsible for the team to quiet the offending spectator or will ask the spectator to refrain from the behavior.
 2. Second Infraction: The YSF Staff will instruct the spectator to leave the facility. If the spectator does not leave the facility, the game will be abandoned.

COACHING RESPONSIBILITY

- A. Coaches will be responsible for all equipment issued from Youth Sports & Fitness. All equipment must be cleaned and returned during the required time in order to receive your coaching voucher or coupon.
- B. Coaches are responsible for the conduct of their teams, coaching staff and their parents. Phrases such as "KILL-EM", taunting, or showboating in any matter will not be tolerated. Derogatory statements from the stands will not be tolerated.
- C. Coaches and players will remain on their respective team benches. No parents or spectators are allowed on any team's sidelines or behind the goals/end lines.
- D. Coaches are not allowed on the playing field during games except for 7-8 year division.

MISCELLANEOUS INFORMATION:

- A. **Accident Reporting Procedures** – An injury/incident report (AF Form 1187) must be completed by the coach whenever an injury occurs that requires first aid (band aides, ice packs, etc.) or where the participant must be removed from the game/practice. Forms are to be sent to the O'Connor Gym within 24 hours. Follow ups must be conducted.
- B. Each team is responsible for the clean up of their bench & sideline area after each game. Post game meetings with the teams should be held away from the bench area in order for the next team to set up.

CANCELLED OR TERMINATED GAMES OR PRACTICES:

- A. Inclement Weather Policy: TC-2 automatically cancels practices and games.
- B. Any unsportsmanlike conduct by a team or spectator that threatens the safety of the players may result in cancellation of the game by the Referee or the Youth Sports & Fitness staff.
- C. Coaches cannot cancel or reschedule any game.
- D. YS&F staff will determine if games or practices are canceled due to unsafe weather or field conditions. For weeknight games or practices YS&F staff will notify coaches by 1600 if games or practices are cancelled. For weekend games YS&F staff will notify coaches by 0800 if games are cancelled. It is the coach's responsibility to contact the players on his or her team. After 1600 on weekdays and 0800 on weekend it is the coach's or officials decision to cancel practices if unsafe weather or field conditions occur.
- E. Cancellations will be recorded on the YS&F info line (632-0286) and will also be posted on the YS&F website bulletin board at www.kadenaforcesupport.com/youthsports.html

PRACTICES AND GAMES

- A. Each team will be assigned a practice time during the week. Practices are to be conducted only during your assigned time frames and in your assigned locations.
- B. Coaches are required to conduct practices within the standards set forth by KYSF. These are limited by the Air Force Guidelines and resources available within the program.
- C. If a practice is canceled, YSF must be notified to ensure the facility is secured at the appropriate time.
- D. Participants must attend a minimum of 1 practice in order to participate in the game.
- E. No player will remove his or her jersey until after the game is over and hands have been shaken.
- F. All teams should arrive to the facility 20-30 minutes prior to game/practice time and stretch BEFORE your scheduled field time. This allows full usage of your floor time.

HEALTH AND SAFETY: The youth staff, league administrators, team coaches, officials, parents, and players must share the responsibility for safe play.

- A. Alcohol, smoking, dipping, chewing tobacco, or any substance will not be allowed within sight of any child, youth or within the vicinity of any Youth Sports & Fitness event or activity. Failure to adhere to these guidelines may result in the removal of the individual from the playing area.
- B. Profane language or inappropriate behavior will not be tolerated. Failure to adhere to these guidelines may result in the removal of individuals from the playing area.

DIVISION SPECIFIC RULES:

Spectators: No spectators shall be allowed behind the end zones or within 3 yards of the sidelines during the course of the games. Coaches and players on the sideline must remain between the 20 foot line markers. There will be a coach's box drawn on the field to mark this area.

Ball size

- 7-8 ages will use the Pee-wee size ball.
- 9-10 ages will use the Junior size football.
- 11-13 ages will use Youth size football.

Field Size

70 x 30 Yards

RULES OF PLAY

Flag Football was developed as a safe recreational substitute for tackle football. Physical contact is prohibited in flag football. Players are not allowed to make contact when attempting to block. A player who screens shall not make contact when assuming a screen position. After assuming his legal screening position a player may NOT move to maintain it.

I. GAME

1. At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.
2. The winner of the coin toss gets first offense possession. The loser of the coin toss chooses the end zone it would prefer to defend. Teams may not choose to defer to second half choice.

3. The offensive team takes possession of the ball at its 20 yard line. A down or play from scrimmage begins when the center snaps the ball to the quarterback. Whenever a team gains possession of the football, it has four downs (plays from scrimmage) in which to move the ball across the next zone line. Lines to gain will be the 30, 50, and 30 yard lines. When a team has a first down, in the last zone before the goal line, the team will have 4 downs to score a touchdown.

4. 7-8 Division: If the offense fails to cross into the next zone, or fails to score, the ball changes possession and the new offensive team takes over on its own 20 yard line.

5. 9-10 and 11-13 Division: If the offense fails to cross into the next zone, or fails to score with 3 downs (plays from scrimmage) the offense has the following options.

a. **“Punt Option”** – Without actually punting, the offense can declare on 4th down that they wish to punt. This “punt” will place the ball on the opponent’s 20 yard line and possession will change.

b. **4th Down Try** – The offense can try another play from scrimmage on 4th down. If the offense fails to cross into the next zone or score on fourth down, the defense will take possession of the ball at the spot the ball is downed.

7. Teams change sides after the first half. Possession changes to the loser of the coin toss.

II. TERMINOLOGY

- **Boundary lines** – the outer perimeter lines around the field. They include the sidelines, and the rear end zone lines.
- **Line Of Scrimmage** – an imaginary line running through the point of the football and across the width of the field.
- **Line-To-Gain** – the line the offense must pass to get a first down or score.
- **Rush Line** – an imaginary line running across the width of the field 7 yards (into the defensive side) from the Line of Scrimmage.
- **Offense** – the squad with possession of the ball.
- **Defense** – the squad opposing the offense to prevent them from advancing the ball.
- **Quarterback** – the offensive player that calls the signals to start the play.
- **Passer** – the offensive player that throws the ball and may or may not be the QB.
- **Rusher** – the defensive player assigned to rush the Quarterback to prevent them from passing by pulling their flags or blocking the pass.
- **Downs (1-2-3-4)** – the offensive squad has four attempts or “Downs” to advance the ball. They must cross the Line to Gain to get another set of downs or to score.
- **Live Ball** – the period of time that the play is in action. Generally used in regards to penalties, Live Ball Penalties are considered part of the play and must be enforced before the down is considered complete.
- **Dead Ball** – the period of time immediately before or after a play.
- **Whistle** – the sound made by an official using a whistle that signifies the end of the play or a stop in the action for timeout, half time or the end of the game.
- **Inadvertent whistle** – an official’s whistle that is performed in error.
- **Charging** – the movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, forearm or the chest.
- **Flag Guarding** – the action of the ball carrier moving his hands or arms in such a manner as to prevent a defensive player from pulling his flags
- **Shovel Pass** – a legal pass made by throwing the ball underhand or pushing it towards a receiver in a shot put type manner.

- **Lateral** – a backwards or sideways toss of the ball by the ball carrier.
- **Unsportsmanlike Conduct** – rude, confrontational or offensive behavior or language.
- **Blocking** – impeding the path of an offensive or defensive player by making physical contact
- **Screening** – impeding the path of an offensive or defensive player without making physical contact. The player creating the screen cannot move once he/she has established their position to screen a player.

III ROSTERS

Games will be played with 7 offensive and 7 defensive players. If a team has less than 7 players, the game can be played with a minimum of five players (both teams will play with the same amount of players). If a team fails to field the minimum eligible players at any point during the contest or the number of eligible player's falls below the minimum, the game will not begin or will be terminated. Coaches can agree to give the other team players from their own roster in order to keep the game going, and allow the kids to play. One coach per team is allowed on the field at all times to assist players as needed (only for 7-8's).

IV. TIMING

1. Games are played on a 32 minute continuous clock (16 minute halves) except for the final 2 minutes of each half for 7-8 Division. 9-10 and 11-13 games are played on a 40 minute continuous clock (20 minute halves) except for the final 2 minutes of each half. For the last two minutes of each half the clock will stop for incomplete passes, ball carrier running out of bounds, timeouts, administration of penalties and resetting the pucks after change of possession or a made first down (clock will restart on the Referee's ready for play whistle when yard markers are change, and will start on the snap if player goes out of bounds).
2. Halftime is five minutes long.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
4. Each team has three 60-second time-out per half. Unused 1st half time-outs will not carry over to the second half.
5. Officials can stop the clock at their discretion.
6. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.
7. If the score is tied at the end of 32 or 40 minutes, the game should be determined a tie.

V. SCORING

1. A Touchdown scored is worth 6 points and is scored when one teams runs or passes the ball successfully into the end zone of the opposing team. **A PLAYER'S FOOT AND THE BALL MUST BOTH CROSS THE GOAL LINE FOR A TOUCHDOWN TO COUNT.**
2. 7-8 and 9-10: An extra point will be worth 1 point and the ball will be placed on the 3 yard line for the extra point attempt.
3. 11-13: Teams will have a choice of going for 1, 2, or 3 points. For a 1 point attempt, the ball will be placed on the 1 yard line. For a 2 point attempt, the ball will be placed on the 20 yard line. For a 3 point attempt, the ball will be placed on the 30 yard line.
4. Safety: 2 Points . A Safety occurs when the ball carrier is declared down in his/her own end zone. They can be called down when their flags are pulled by a defensive player, they fumble the ball, they step out of bounds, or they hit the ground with their knee or arm. A Safety also occurs when there is an offensive

penalty in the end zone. After a safety the defensive teams receives possession of the ball on their 20 yard line.

VI. LIVE/DEAD BALL

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead. **THE CENTER MAY SNAP THE BALL BETWEEN HIS/HER LEGS OR TO THE SIDE OF THEIR WAIST.**
 2. The official will indicate the neutral zone, line of scrimmage, and 7 yard rush line. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regards to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back beyond the line.
 3. A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.
 4. The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out signals to start the play.
 5. Substitutions may be made on any dead ball.
 7. Any official can whistle the play dead.
 8. Play is ruled “dead” when:
 - a. The ball hits the ground.
 - b. The ball carrier’s flag is pulled.
 - c. The ball carrier steps out of bounds.
 - d. A touchdown, PAT or safety is scored.
 - e. The ball carrier’s knee or arm hits the ground.
 - f. An inadvertent whistle is performed (at the spot where the ball was whistled dead).
 9. In the case of an inadvertent whistle, the offense has two options:
 - a. Take the ball where the whistle blown made the play dead.
 - b. Replay the down from the original line of scrimmage.
- Note: There are no fumbles. The ball is spotted where the ball hits the ground.*
10. A team is allowed to use a time out to question an official’s rule interpretation. If the rule is interpreted incorrectly, the time out will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call. If the ruling is correct the team will be charged a time out.

VII. RUNNING

1. The ball is spotted where the runner’s feet are when the flag is pulled, not where the ball carrier has the ball. If one foot precedes the other, the forward foot marks the spot.
 - a. For Line-To-Gain and Goal Lines, the ball AND foot must cross the line.
2. The quarterback cannot directly run with the ball.
3. The player who takes the handoff can throw the ball from behind the line of scrimmage.
4. Once the ball has been handed off in front or behind the quarterback, all defensive players are eligible to rush.
5. Runners may not leave their feet to advance the ball. Diving, leaping or jumping is considered flag guarding.
6. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
7. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
8. No blocking is allowed at any time.
9. Offensive players must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.

10. Flag Obstruction – All jerseys **MUST** be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

VIII. PASSING

1. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
2. Shovel passes are allowed, but must be received beyond the line of scrimmage.

VIII. Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line).
2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage. No motion is permitted towards the line of scrimmage.
3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions change the possession of the ball at the point of interception.
6. Interceptions are returnable.

IX. RUSHING THE PASSER

1. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
2. Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
3. A special marker, or the referee, will designate a Rush Line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
 - a. A legal rush is:
 - i. Any rush from a point 7 yards from the defensive line of scrimmage.
 - ii. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
 - iii. If a rusher leaves the rush line early, they may return to the rush line, reset and then legally rush the quarterback.
 - iv. If a rusher leaves the rush line early and the ball is handed off before they cross the line of scrimmage, they may legally rush the quarterback.
 - b. A penalty may be called if:
 - i. The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass – Illegal Rush (5 yards LOS and first down).
 - ii. Any defensive player crosses the line of scrimmage before the ball is snapped – Offsides (5 yards LOS and first down).
 - iii. Any defensive player, not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed – Illegal Rush (5 yards LOS and first down).
 - c. Special circumstances:
 - i. Teams are not required to rush the quarterback.
 - ii. Teams are not required to identify their rusher before the play.
 - iii. If rusher leaves the 7-yard line before the snap, he/she may immediately drop back to act as a defender with no offside penalty enforced.

4. Players rushing the Quarterback may attempt to block a pass. However, NO contact can be made with the quarterback in any way.
5. Offense cannot BLOCK the rusher in any way. The rusher can only be screened, and any contact on his/her path to the QB will be considered blocking. The defense may attempt to block a pass provided they do not strike the passer.
5. Blocking the pass and then striking the passer will result in a 10-yard penalty.
6. A Sack occurs if the QB's flags are pulled behind the line of scrimmage. The ball is placed where the QB's feet are when the flag is pulled.
 - a. A Safety is awarded if the sack takes place in the offensive team's end zone.

X. FLAG PULLING

1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
2. Defenders can dive to pull flags, but cannot tackle, hold or run through ball carrier when pulling flags.
3. It is illegal to attempt to strip or pull the ball from the carrier's possession at any time.
4. If a player's flag inadvertently falls off during the play, the defense will down the player by using one or two hands between the shoulders and knees.
5. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
6. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping of head, hand, arm or shoulder, or intentionally covering flags with the football or jersey.

XI. FORMATIONS

1. A seven man offensive team must have a minimum of four players on the line of scrimmage (the Center) and up to six players on the line of scrimmage. The quarterback must be off the line of scrimmage. 5 man offensive teams must have minimum of three players on the line of scrimmage.
 - a. One player at a time may go in motion 1-yard beyond and parallel to the line of scrimmage.
 - b. No motion is allowed towards the line of scrimmage.
2. Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the one player in motion.
3. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
4. The center must snap the ball with a rapid and continuous motion to a player in the backfield, and the ball must completely leave his/her hands.

XII. UNSPORTSMANLIKE CONDUCT

1. If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. .No appeals! FOUL PLAY WILL NOT BE TOLERATED.
2. Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
3. Players may not physically or verbally abuse any opponent or official.



Kadena Youth Sports and Fitness



- 4. Ball carriers MUST make an effort to avoid defenders with an established position.
- 5. Defenders are not allowed to run through the ball carrier when pulling flags.
- 6. Fans must also adhere to good sportsmanship:
 - a. Yell to cheer on your players, not to harass officials or other teams.
 - b. Keep comments clean and profanity free.
 - c. Compliment ALL players, not just one child or team.
- 7. Fans are required to keep fields safe and kids friendly:
 - a. Keep younger kids and equipment such as coolers, chairs and tents away from the sidelines.
 - b. Stay in the end zone area, not between fields.

XIII. FUMBLES

- 1. A fumble occurs when the player in possession of the ball drops it and the ball touches the ground. The ball is down at that point and cannot be covered by either team. The team that fumbled the ball maintains possession

XIV. PENALTIES

i. General:

- 1. The referee will call all penalties.
- 2. Referees determine incidental contact.
- 3. All penalties will be assessed from the line of scrimmage, except as noted (spot fouls).
- 4. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- 5. Games cannot end on a defensive penalty, unless the offense declines it.
- 6. Two forms of penalties are assessed: live ball and dead ball. Live ball penalties must be assessed before the play is considered completed.
- 7. Penalties will be assessed half the distance to the goal line if the distance to the goal line is less than the penalty yardage.

iv. Spot Fouls

- Flag guarding.....10 yards & loss of down
- Charging.....10 yards & loss of down
- Defensive Pass Interference.....10 yards and first down
- Stripping..... 10 yards and first down

v. Defense

- Offside.....5 yards from the LOS & repeat down
- Interference..... Spot foul and automatic first down
- Illegal contact (Holding, blocking, etc.).....5 yards LOS and automatic first down
- Illegal flag pull (Before receiver has ball)..... 5 yards LOS and automatic first down
- Illegal rushing (Starting rush from inside 7-yard marker).....5 yards LOS and repeat down
- Roughing the passer10 yards LOS and first down
- Taunting10 yards LOS and first down
- Unnecessary Roughness..... Spot foul, 10 yards and first down
- Stripping..... Spot foul, 10 yards and first down



Kadena Youth Sports and Fitness



vi. Offense

- Illegal motion (More than one person moving, false start, etc.).....5 yards LOS and loss of down
- Illegal forward pass (Pass received behind line of scrimmage or throwing a pass beyond the line of scrimmage)
.....5 yards LOS and loss of down
- Offensive pass interference (Illegal pick play, pushing off/away defender)5 yards LOS and loss of down
- Flag guarding.....Spot foul, 10 yards & loss of down
- Screening, Blocking or Running with the ball carrier.....5 yards LOS and loss of down
- Charging.....Spot foul, 10 yards & loss of down
- Delay of game.....5 yards LOS and loss of down