

2026 York County Junior Football Association Flag Football Program Policies

Organization Eligibility

Tackle programs within the York County Youth Football Association are welcome to enter the YCJFA A and B league flag football programs. Entry fee per organization is \$400.00 per year of which funds are allocated for facility rentals (if needed), awards, and other miscellaneous operating costs that may arise. This fee is due prior to roster night. Athlete registrations will begin on January 1st of the year and run until no later than March 11th. Organizations may change the registration open date only to their liking.

Teams

Each organization may field multiple teams at the same age level. Organizations must field one team at every recreational level to remain a participating organization. Individual team roster shall not surpass 10 athletes in total. A team may add an 11th player in case of a late registration with league approval only.

Athletes must play for the school district that they reside in or for the fall tackle program that they played with the year prior. If an athlete does not have a participating school district, they may register with the closest flag program in correlation with their current school address.

Waivers

As of January 1st, 2023, waivers for athletes to freely play at any participating organization will not be accepted. Moving forward, athletes MUST play within their school district's program.

Athletes wishing to participate in a YCJFA member organization who do not reside inside of a respective district program are directed to register with the nearest associated program in relation to their home address. Athletes that are eligible to play in one or more programs based off their proximity: organizational representatives are to discuss any athlete in question and are expected to arrive at a fair resolution.

Referees

Referee costs are to be split per game between the competing organizations. The YCJFA compensation rate for 2026 is \$20 per game per referee. Two referees will be assigned to each regular season game. In the event of an absent referee, a team representative will be asked to referee instead. That representative is permitted to collect compensation for the number of games he/she referees. The number of referees for playoffs and championships will be increased based on availability.

The Season

A regular season shall consist of a minimum of 6 weeks with a maximum of 8 weeks. Schedule length will be determined at the beginning of each season and be amended to accommodate the number of organizations registered.

Regular season play will begin approximately on the first Saturday of April and playoffs will end no later than the last Sunday of June.

Playoffs/Tournament

Playoff structuring is only applied to the Recreational (B Team) Conference. The number of playoff eligible teams will be determined by the number of teams entered into each recreational age division. 1st and 2nd round of playoffs will occur in one weekend with championship to be held the following week. Tie breakers will be determined in the following manner:

1. Head-to-head result
2. Win percentage
3. Points against
4. Points for
5. Point differential

In the event of a three-way or more ties; tie breakers will be determined as follows:

1. Win percentage
2. Points against
3. Points for
4. Points differential

The Competitive (A Team) Conference will have a double elimination tournament at the conclusion of its regular season schedule in lieu of a standard playoff structure.

Rosters

Recreational (B League) Conference Rosters:

A player's age division is determined on January 1st cut off of the current year.

Age divisions are as follows:

6U: 5-6 year old athletes as of 1/1

8U: 7-8 year old athletes as of 1/1

10U: 9-10 year old athletes as of 1/1

12U: 11-12 year old athletes as of 1/1

14U: 13-14 year old athletes as of 1/1

Competitive (A League) Conference Rosters:

A player's age division is determined on a January 1st cut off the current year.

Age divisions are as follows:

8U: 7-8 year old athletes as of 1/1

10U: 9-10 year old athletes as of 1/1

12U: 11-12 year old athletes as of 1/1

14U: 13-14 year old athletes as of 1/1

If an organization will be fielding more than one team in any given age bracket, a combine to evaluate the players must be held. Players are encouraged to be rated as an A-D player and fairly drafted to teams. It is at the organization's discretion if the draft will be blind or not. A player may only appear on 1 roster per age division.

Illegal player: if a player is found playing on a team illegally, the team will forfeit the game. An illegal player is defined as one who has played on two different rosters or during two separate games without league and team representative approval.

Rosters must be turned into your organizations YCJFA representative the week prior to week 1 of the regular season. Rosters must include a copy of the organization's registration form, code of conduct form, report card, and athletes birth certificate.

Roster checks prior to game time are encouraged.

Teams who will knowingly begin a game with 5 or fewer players: athletes will be allowed to temporarily join that team's roster for the day. The number of athletes moving up cannot put the roster above 6 athletes. A league teams may bring an athlete from a B league team within the same age group. B league teams may pull an athlete up from the next lower age group for that game only.

Referees will check each team before the game to confirm mouthpieces, proper flag belts, and shorts/pants with NO pockets. If a player is ineligible, he/she will not be allowed to play until proper equipment is provided.

All organizations are required to provide enough flag belts for their players. Flag belt models will be determined prior to the beginning of the season and purchasing information sent to organization representatives.

Game

At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.

The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.

The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield and gain a first down. If a team attempting to execute a 4th down try and fails to cross mid-field, the opposing team will take over field position as the ball is spotted. Once your 4th down declaration is made and then a coach changes his/her mind they must use a time out to change their declaration. The offense on the 4th try may also opt to give position to the opposing team at its own 5-yard line. Once a team crosses midfield, it has three (3) plays to score a touchdown.

If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.

All possession changes except interceptions, start on the offense's 5-yard line.

Teams change sides after the first half. Possession changes to the team that started the game on defense.

4 players minimum MUST be on the field to avoid a forfeit or a reschedule.

Equipment/Attire

Ball sizes per level:

6u and 8u: Peewee sized ball (max. ball size: Junior)

10u and 12u: Junior sized ball (max. ball size: Youth)

14u: Youth sized ball (max. ball size Official)

Players are required to always use protective mouthpieces during the game. Mouthpieces must not have any straps or additional or removable pieces attached to the mouthpiece. **Mouthpieces must be worn properly at all times.** A player without a mouthpiece will not be eligible to play until a mouthpiece is acquired.

Players must wear shorts/pants with no pockets, however if a player is wearing shorts or pants with pockets, the pockets must be taped for the player to be eligible.

Jerseys may be worn untucked however, the jersey must always remain under the flag belt with the flag belt to be always visible. It is recommended to play with jerseys tucked in in order to avoid potential flag guarding penalties.

A player's flags and shorts/pants are not to be the same color.

Sunglasses are not permitted. Prescription glasses are permitted as long as they are always secured snugly to the player's head. Loose fitting headwear is not permitted such as bandanas with untucked ends. Hand towels are not permitted while on the field. Hoodie style sweatshirts must have hoods tucked under the player's jersey.

Flag belts suitable for use: "easy pop" style, dual flag belt mode/manufactures agreed upon by all organizations prior to the season. "Triple threat" (3 flags) belts, competitive style brands such as Shruumz and like custom designs are not permitted.

If a ball carrier's end of his flag belt (hanging strap or the excess amount of the belt after the buckle) is hanging loosely making it appear as a third flag, is untucked, or falling out during an attempted flag pull a flag guarding penalty will be enforced.

Athletes are permitted to play while wearing casts as long as they are covered by foam, wrapping, or any other form of cushioning that is secured to the player.

Field

The field shall be 70 yards long x 30 yards wide with 10-yard end zones, "no run zones" located 5 yards from each end zone and no run zones 5 yards on both sides of midfield. No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be passing plays, even with a handoff. Each offensive team approaches only TWO no-run zones in each drive (one zone 5 yards from midfield to gain the first down, and one zone 5 yards from the goal line to score a TD).

Stepping on the boundary line is considered out of bounds. Players may line up as close to the boundary as they would like pre-snap.

Timing, Time Outs, and Overtime

Games are run with (2) 20-minute halves with stoppage at (1) minute per half and a (5) minute half time with teams having **(3) 30-second time outs per game**. The referees will announce the 1-minute warning.

If a team calls a timeout with no timeouts remaining, they will be assessed with a delay of game warning. If the false timeout is the 2nd delay of game call of the game for that team a delay of game penalty will be assessed with no clock run off. Any further attempts will result in an unsportsmanlike penalty with no clock runoff for the remainder of the game for that team.

Overtime will begin with a coin toss where the away team will now call the flip.

Playoffs cannot end in a tie. Possessions will continue the current pattern until a winner is decided.

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.

Officials can stop the clock at their discretion.

In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.

The clock will only stop at the 1-minute warning each half, for a called timeout, a player injury, or at the referee's discretion.

Scoring

1. Touchdown: 6 points

2. PAT (point after touchdown) 1 point (5-yard line spot) or 2 points (10-yard line spot)
a. Note: 1 point PAT attempt is pass only; 2-point PAT attempt can be run or pass. Coaches must indicate prior to the play as to which point attempt they wish to perform. A coach may call a time out after the initial attempt declaration is made and may switch to the other point attempt.

If a coach calls a timeout to change their attempt declaration after a penalty is assessed from a one point try to a two point try, five yards will be walked off to indicate a pass/rush attempt.

If a Coach wishes to change their pat declaration, they must call a time out in order to acknowledge the change and to give the refs time to re-spot the ball.

3. Safety: 2 points

A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners are called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a dead ball occurs on a hand off in the end zone. Any offensive spot foul that occurs in the endzone will result in a safety. If a snapped ball lands beyond the end zone, the ball returns to the line of scrimmage.

4. A team that scores a touchdown must declare whether to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A

decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.

5. After one team is winning by **30 points** or more, the game is over. Once a **30** or more-point advantage is gained, no PAT will be attempted. The losing team will have one possession to score after the **30-point** threshold has been met. **One possession is defined as a minimum of 4 downs.** If the Mercy Rule threshold is met: the scoreboard will reset to zero. The two teams may continue normal play, opt to a 10 and 10 possession scrimmage, or completely end all field activity.

6. Forfeits are scored **30-0** for the winning team.

7. If the Mercy Rule threshold is met at the end of the first half with the losing team not receiving its final possession to break the Mercy Rule threshold or if the winning team is to possess the ball in the second half: the losing team will receive the ball first at the beginning of the second half. **If a timeout by the winning team will NOT be granted.**

8. If the defense causes a penalty during an extra point attempt the penalty be assessed as stated below:

2 Point conversion: A penalty causing the ball to be placed on the 5-yard line or closer to the end zone after the penalty, the offense will still be permitted to run or pass for the attempt.

1 Point conversion: The ball will be moved equivalent to half the distance to the end zone. The no run zone is still enforced.

Coaches

Coaches are allowed on the field to direct players according to need and age divisions. These on-field guidelines pertain to the Recreational (B Team) Conference ONLY.

Coaches are not permitted on the field at any time for athlete instruction within the Competitive (A League) Conference.

6U – 1 coach is allowed is always on the field (before the play starts, please step back at least 10 yards to give the kids room to play). A coach not adhering to the yard spacing will be issued a 5-yard penalty from the LOS.

8U – 1 coach always allowed on the field. (before the play starts, please step back at least 10 yards to give the kids room to play). A coach not adhering to the yard spacing will be issued a 5-yard penalty from the LOS.

10U – coaches are allowed on the field to call the play but need to be off the field before the ball is snapped.

12U – coaches call plays from the sidelines.

14U – coaches call plays from the sidelines.

Coaches that are deemed to have intentionally or unintentionally affected a live play can be penalized at the referee's discretion.

No more than three coaches are permitted on the sidelines during game play. Excessive coaches, parents, or individuals not approved by the league will be asked to leave the sideline and that team will receive a sideline warning.

Live Ball/Dead Ball

The ball is live at the snap of the ball and remains live until the official whistles the ball dead.

The ball must be snapped between the centers' legs to start the play. Exception: 6U & 8U may snap from the side while on one knee (the center is not considered down when side snapping).

Substitutions may be made on any dead ball.

Any official can whistle the play dead.

Play is ruled "dead" when:

- The ball hits the ground (If the ball hits the ground because of a bad snap, the ball is then placed at the line of scrimmage, and you have a loss of down).
- The ball-carriers flag is pulled.
- The ball-carrier steps out of bounds.
- A touchdown, PAT, or safety is scored.
- The ball-carrier's knee, elbow, and or the ball hit the ground while being possessed. (A runner slips and uses the ball to not hit the ground)
- The ball-carriers flag falls out.
- The receiver catches the ball while in possession of one or no flag(s).
- The 7 second pass clock expires.
- Inadvertent whistle.

NOTE: There are no fumbles. The ball is spotted where the ball initially hits the ground.

In the case of an inadvertent whistle, the offense has two options:

- Take the ball where it was when the whistle blew, and the down is consumed.
- Replay the down from the original line of scrimmage.

- Time will stop immediately at the time of the inadvertent whistle so that the referee can explain to the coach his/her options.

Running

THE BALL WILL NO LONGER BE SPOTTED BY THE PLAYER'S FEET AS IN YEARS PAST; SPOTTING IS NOW DONE TO THE TRUE POSITION OF THE BALL AT THE END OF ANY PLAY. A player may extend the ball forward in order to extend the spot but may not leap, dive, flip, or leave their feet to advance the ball spot. Forward extension of the arm(s) is permitted, forward progress will be measured by the ball.

The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap.

Only direct handoffs, pitches, and laterals behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.

"Center sneak" play is not allowed. The QB is not allowed to handoff to the center on the first handoff of the play.

Any player who receives a handoff can throw the ball from behind the line of scrimmage.

Once the ball has been handed off in front, behind, or to the side of the quarterback, ALL defensive players are eligible to rush.

Runners may not leave their feet to advance the ball. Diving, leaping, or jumping to avoid a flag pull is considered flag guarding.

Spinning is allowed, but players cannot leave their feet to avoid a flag pull.

*Players spinning out of control will be called for flag guarding. *

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.

No blocking or "screening" is allowed at any time.

Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.

Flag obstruction – The flags must be on the players hips and free from obstruction. Obstructed flags will be considered flag guarding. If a player receives possession and his/her flags are off their hips while a defender is attempting to pull their flag, a flag

guarding penalty does occur. The excess amount of the flag belt must be always taped or tucked into the player's pants.

Passing

Only 1 forward pass thrown from behind the line of scrimmage is permitted each offensive play. The ball must be out of quarterback's hand **prior to the ball breaching the line of scrimmage. All of the qb's body parts must be behind the line of scrimmage.**

- Passes may be thrown backwards and laterally behind the line of scrimmage.
- There is no intentional grounding.
- All passes, except backwards passes and laterals, that do not cross the line of scrimmage whether received or not, are illegal forward passes unless touched by a defender. Passes must go beyond the line of scrimmage.
- The quarterback may throw the ball away to avoid a sack. The pass must go beyond the line of scrimmage.
- Shovel passes are allowed but must be received beyond the line of scrimmage.

The quarterback has a seven-second "pass clock." If a pass is not thrown within seven seconds, the play is dead, the down is consumed, and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.

- If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).

Receiving

All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).

Only one player is allowed in motion at a time. All motion must be parallel or **behind** the line of scrimmage, and no motion is permitted toward the line of scrimmage.

A player who gains possession in the air is considered inbounds as long as one foot comes down in the field of play. A foot that comes down of the boundary line is considered out of bounds.

In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.

Interceptions are returnable but NOT on conversions after touchdowns.

THE BALL WILL NO LONGER BE SPOTTED BY THE PLAYER'S FEET AS IN YEARS PAST; SPOTTING IS NOW DONE TO THE TRUE POSITION OF THE BALL AT THE END OF ANY PLAY. A player may extend the ball forward in order to extend the spot but may not leap, dive, flip, or leave their feet in order to advance the ball spot. Forward extension of the arm(s) is permitted, forward progress will be measured by the ball.

Rushing the Passer

All players who rush the passer must be a minimum of 7-yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback can defend on the line of scrimmage.

Once the ball is handed off, the 7-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage.

A special marker, or the referee, will designate a rush line 7-yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.

A legal rush is:

- Any rush from a point 7-yards from the defensive line of scrimmage.
- **A straight path to where the quarterback (QB defined as whoever receives the snap) catches the snap. If the blitz deviates from his/her straight line impeding the rusher cannot be enforced.**
- A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
- If a rusher leaves the rush line early pre-snap (breaks the 7-yard area), they may return to the rush line, reset **before the ball is snapped** and then legally rush the quarterback.
- If a rusher leaves the rush line early and the ball is handed off before he/she crosses the line of scrimmage, he/she may legally cross the line of scrimmage.

A penalty may be called if:

- The rusher leaves the rush line before the snap crosses the line of scrimmage before a handoff or pass – illegal rush (5-yards from the line of scrimmage and first down).
- Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (5-yards from line of scrimmage and first down).
- Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – illegal rush (5-yards from the line of scrimmage and first down).

- Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then contacting the passer will result in a roughing the passer penalty.
- The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. If the “path or line” is occupied by a moving offensive player, then it is the offense’s responsibility to avoid the rusher. Any disruption to the rusher’s path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher’s responsibility to go around the offensive player and to avoid contact.
- A sack occurs if the quarterback’s flags are pulled behind the line of scrimmage. The ball is placed where the quarterback’s feet are when flag is pulled.
- A safety is awarded if the sack takes place in the offensive team’s end zone.

Flag Pulling

A legal flag pull takes place when the ball-carrier is in full possession of the ball.

Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.

It is illegal to attempt to strip or pull the ball from the ball-carriers possession at any time.

If a player’s flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands. If a player’s flag falls off prior to possession of the ball, the player can be downed by “one hand touch”.

If a ball carrier’s end of his flag belt (hanging strap or the excess amount of the belt after the buckle) is hanging loosely making it appear as a third flag, is untucked, or falling out during an attempted flag pull a flag guarding penalty will be enforced.

A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.

Flag Guarding

Is an attempt by the ball-carrier to obstruct the defenders’ access to the flags by stiff arming, dropping the head, hand, arm or shoulder or intentionally covering the flags with their jersey. The excess amount of the flag belt that is untucked or not taped and is hanging down and appears as a third flag will also be classified as flag guarding.

Formations

Offenses must have a minimum of one player on the line of scrimmage (the center) and up to 4 players on the line of scrimmage. The quarterback must be off the line of scrimmage.

1 player at a time may go in motion 1-yard behind and parallel or **backwards** to the line of scrimmage. **Two or more players who shifts must be fully set for a minimum of 1 second.**

No motion is allowed toward the line of scrimmage.

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.

The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands. If the center picks up a "set" ball, the play is considered "live" and the defense may rush.

Unsportsmanlike Conduct

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 will be considered. FOUL PLAY WILL NOT BE TOLERATED!

Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the players will be ejected from the game.

Players may not physically or verbally abuse any opponent, coach or official.

Ball-carriers MUST try to avoid defenders with an established position.

Defenders are not allowed to run through the ball-carrier when pulling flags.

Fans must also adhere to good sportsmanship as well:

- Yell to cheer on your players, not to harass officials or other teams.
- Keep comments clean and profanity free.
- Compliment ALL players, not just one child or team.
- Fans are required to keep fields safe and kids friendly:
- Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area.
- Dispose of ALL trash in designated trash cans.

Unsportsmanlike conduct penalties:

- Defense + 10 yards from line of scrimmage and automatic first down
- Offense - 10 yards from line of scrimmage and loss of down

Penalties

The referee will call all penalties.

Referees determine incidental contact that may result from normal run of play.

All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)

Only the head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.

Games may not end on a defensive penalty unless the offense declines it.

Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.

Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

Inclement Weather Policy

In the event of unplayable weather conditions, the head referee for game will be the one to “call” or end the game after confirming that both teams agree to the Cancellation/stoppage. The game will be resumed or rescheduled in the future with a date agreed upon by both competing teams. The YCJFA reserves the right to cancel any games prior to game days based on updated weather forecasts. Each organizational representative will be notified of the cancellation prior to the scheduled game in a timely fashion.

Inclement weather conditions would include torrential rain showers, accumulations of snow which hinders the athlete’s footing, standing water, high winds, and any other natural weather occurrence that will interfere with safe game play.

In the event of thunder and lightning: all players on the field are to leave the field for 30 minutes. The 30-minute wait time for a game to resume restarts with every sign of lightning and sound of thunder. The head referee will confer with both teams after the second occurrence of lightning/thunder to reschedule the contest.

Gameplay will continue in rain and light snow conditions.

Concussion Management

- All coaches must be concussion certified before the first practices take place.
- No athlete can return to play or practice on the same day as a possible concussion.
- Any athlete suspected of having a concussion should be evaluated by an appropriate health care provider as soon as possible.
- Any athlete with a concussion must be medically cleared by a healthcare professional before resuming practice or games.
- **Referees must obtain concussion certificates**

Appendix A Penalties

Defensive Spot Fouls

Spot fouls are penalties that are assessed from the spot on the field where the foul occurred.

Type	Description	Yardage
Defensive pass interference	The player significantly hinders an eligible receiver's opportunity to catch the ball	Automatic first down
Holding	The player restrains another player who is not in possession of the ball	Automatic first down
Stripping	A player smacks or grabs the football out of the ball-carrier's possession	+10 yards and automatic first down

Offensive Spot Fouls

Any loss of down on the third down results in a turnover with the other team taking possession.

Type	Description	Yardage
Screening, blocking or running with the ball	The player uses physical attempts to gain yardage by obstructing the path of their opponent	-10 yards and loss of down
Charging	The player challenges their opponent for space without using their arms or elbows	-10 yards and loss of down
Flag guarding	The ball-carrier intentionally obstructs the defender's access to their flags	-10 yards and loss of down

Defensive flag football penalties

Type	Description	Yardage
Defensive unnecessary roughness	Using methods beyond what is necessary to pull the flag off the opponent	+10 yards and automatic first down
Defensive Unsportsmanlike conduct	Examples include excessive celebration, using abusive language, punching or kicking	+10 yards and automatic first down
Offside	A player crosses the line of scrimmage before the ball is snapped	+5 yards from line of scrimmage and automatic first down
Illegal rush (Starting rush from inside 7-yard marker)	The rusher is not lined up at least 7-yards off the line of scrimmage	+5 yards from line of scrimmage and automatic first down
Illegal flag pull (Before the receiver has the ball)	A player pulls the flag off an opponent before they have full possession of the ball	+5 yards from line of scrimmage and automatic first down
Roughing the passer	A player makes contact with the passer	+5 yards from line of scrimmage and automatic first down
Taunting	A type of unsportsmanlike conduct where the player purposely creates ill will between teams	+5 yards from line of scrimmage and automatic first down

Offensive flag football penalties

Type	Description	Yardage
Offensive unnecessary roughness	Using methods beyond what is necessary to pull the flag off the opponent	-10 yards and loss of down
Offensive unsportsmanlike conduct	Examples include excessive celebration, using abusive language, punching, or kicking	-10 yards and loss of down
Offside / false start	A player charges or moves in a way that indicates the start of the play before the ball is snapped	-5 yards from line of scrimmage and loss of down
Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage)	A player throws the ball forward once they are past the line of scrimmage	-5 yards from line of scrimmage and loss of down
Offensive pass interference	The eligible receiver significantly hinders the defensive player's opportunity to intercept the ball	-5 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving)	Players shifting and not coming to a complete stop before the ball is snapped	-5 yards from line of scrimmage and loss of down
Delay of game	Teams fails to snap the ball and put it in play	-5 yards from line of scrimmage and loss of down
Impeding the rusher	The rusher's path or line is occupied by a moving offensive player	-5 yards from line of scrimmage and loss of down
Illegal Procedure	A technical rule violation, such as illegal formation	-5 yards from line of scrimmage and loss of down

Appendix B
Codes of Conduct

ATHLETE CODE OF CONDUCT

I will:

1. Have fun!
2. Be a good sport (win or lose), be honest and fair.
3. Learn the value of commitment to the team: sportsmanship, ethical conduct, and fair play.
4. Show courtesy and respect to my teammates, opponents, coaches and officials.
5. Know that athletic contests are educational experiences.
6. Give complete attention to the instructions of my coaches and league officials.

Violations

1. Use of profanity, "trash" talk, or taunt others before, during or after any game.
2. Display any unsportsmanlike behavior.
3. Criticize my teammates or players from other teams.
4. Act in any way that may incite spectators.
5. Willfully harm or harass any of my teammates
6. Arguing or showing disrespect to football officials or coaches.

Violations of the above may result in a verbal and/or written warning (1st offense)
suspension (2nd offense): and/or expulsion (3rd offense).

Signature _____

Printed Name _____

Date _____

REFEREES CODE OF CONDUCT

1. At any YCJFA event, practice or competition, referee who: verbally abuses, attempts to intimidate, is flagrantly rude, cannot control their language or actions with a coach, player, volunteer, or parent, will be asked to leave that event. They will then receive a written warning regarding their behavior. In addition, his or her child (children) will be immediately removed from that YCJFA event based on the head official's discretion.

2. Anyone referee who commits a second similar offense that is pursuant to a preceding offense during the same season will be fined according to appendix c. A third offense that is pursuant to a preceding offense during the same season will be banned from refereeing in YCJFA events for the remainder of that season.

3. Anyone referee who physically assaults a coach, player, fellow referee, parent or volunteer will be banned effective immediately from the YCJFA participation for one calendar year. If the referee commits a subsequent offense, he or she will be permanently banned from participating in the YCJFA program with no opportunity for appeal.

4. Any infractions may result in fines or penalized spectator involvement or referee scheduling at the YCJFA Commissioner's discretion.

5. Referees will refrain from detrimental behavior while officiating such as but not limited to: negative communication with spectators, coaches, and athletes; adhere to a professional appearance and unbiased management of the game; to always act in a professional manner; to explain the rules when questioned; and to ensure a positive game atmosphere.

Uniform: Proper dress is as follows - ref shirt, closed toe shoes/sneakers, shorts or pants. If you arrive to ref a game in clothing not in the above dress code you will not be permitted to ref any games until the proper attire is adorned. A three-strike rule will be in effect for the dress policy (1st. Warning, 2nd. No games scheduled for the following week, 3rd. Dismissal from all ref duties and removal from schedule). If you are in need of more equipment, please reach out to the commissioner immediately.

You must appear ready to ref in the proper attire listed above and always have the following items on you for your scheduled games:

Whistle, Penalty Flag, Coin, Watch/Clock (Phone can be used if needed. Any improper use such as social media usage as an example will be addressed by the commissioner as needed), Penalty reference card, and a Pen and Paper (used to track timeouts).

Record the score and verify with field reps.

Signature _____

Printed Name _____

Date _____

COACHES CODE OF CONDUCT

The YCJFA is committed to the principles of Positive Coaching and growth as an individual. A coaching philosophy to use this sports experience to help young people learn “life lessons” and positive character traits that will help them be successful throughout their lives is paramount.

To ensure the appropriate atmosphere for these activities, the YCJFA has adopted a zero-tolerance policy in the enforcement of the Code of Conduct.

- I will place the emotional and physical well-being of my players ahead of my personal desire to win.
- I will treat each player as an individual and expect age-appropriate skills from all my players.
- I will do my best to provide a safe playing situation for my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players on and off the field.
- I will respect the decisions of referees and other coaches.
- I will remember that I am a youth sports coach and that the game is for children and not adults.
- I will adhere to the Coaches Code of Conduct while participating in any YCJFA sports activity.
- I will be knowledgeable in the rules and will teach these rules to my players.

I do understand that I will abide by the above Code of Conduct, if I do not live up to the Coaches’ Code of Conduct, I will be banned from participating in any YCJFA activities for a period determined by our staff. Monetary fines may also be levied at the YCJFA’s commissioner’s discretion.

Signature _____

Printed Name _____

Date _____

Appendix C **Fines Schedule**

Adults including referees, coaches, and spectators:

1st Violation of the signed code of conduct form: Written warning

2nd Violation: \$50.00 fine

3rd Violation: \$100.00 fine and removal from all YCJFA events for the remainder of the current regular and post season activities.

Organizations:

Unpaid referee fees prior to post-season activities (playoffs and or tournaments) will result in said organization being ineligible to participate.

Infractions of an organization's coach, spectator, and or an athlete's parent or guardian will be assessed with a \$25.00 fine per instance.

Failure to maintain a safe and positive venue as reported and validated will result in a \$100.00 fine per incident. Three infractions will result in a \$300.00 fine and expulsion from the YCJFA for the remainder of the current regular and post-season activities.

Referees:

Infractions will result in a \$75.00 infraction for the first and second reported and validated infraction. The third infraction will result in the removal of said referee for the remainder of the current regular and post season activities.