



**FLAG FOOTBALL
RULEBOOK**

"THIS IS A FUN, FAMILY, FRIENDLY LEAGUE

AS OF FEBRUARY 2023

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BEFORE THE GAME

COIN TOSS

- The Home Team players will call the coin toss. The team winning the toss will have a choice of options for the first half. These are:
 - Choose whether the team will start on offense or defense
 - Choose the goal the team will defend.
- The team that loses the coin toss will have the remaining choice.
- The team that did not receive the ball the first half will receive the ball in the second half.
- Teams will switch sides for the start of the 2nd half.

SCHEDULE

- Requests for schedule changes should be request before the season.
- Requests for schedule changes may only be made by the head coach.
- Requests from parents will not be accepted.
- In the event a team has less than four players, there is a five-minute grace period with no penalty. At the end of the five-minute grace period, the team missing its players must use begin to use their three time-outs. After 10 minutes, the game clock will start and the team with its complement of players is awarded 6 points. After 15 minutes, if the team is still missing its players, the game will result in a forfeit. A scrimmage or practice may take place until 5 minutes prior to the next scheduled game.

TIMING

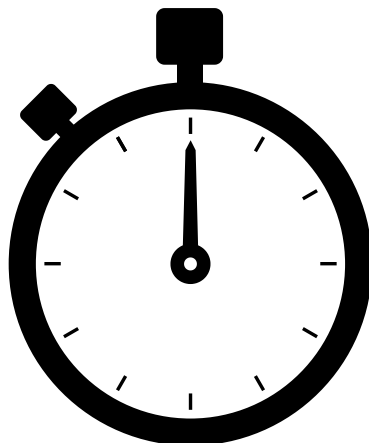
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- Games are 48 minutes running time (24 minutes for each half).
- **First half** - at the 1-minute warning the clock stops and does not start until the snap. The clock will then run as a Pro Clock meaning it stops at the change of possession, incomplete passes, out-of-bounds, and penalties. Offensive penalties occurring under 1 minute will result in a 10-second run-off unless the offense uses a time-out. If the clock is not running at the time of the penalty, there is no runoff.
- **Second Half** - at the 1-minute warning the clock stops and does not start until the snap. The clock will then run as a Pro Clock meaning it stops at the change of possession, incomplete passes, out-of-bounds, and penalties. Offensive penalties occurring in under 1 minute will result in a 10-second run-off unless the offense uses a time-out. If the clock is not running at the time of the penalty, there is no runoff.
- Each team gets three (3) timeouts per half.
- **Halftime** is 3 minutes long (Teams change sides of the field).
- Each time the ball is spotted, a team has 30 seconds to snap the ball.
- The Quarterback has seven (7) seconds to throw a pass except on fourth down, or if the offensive team is frozen or attempts a U-Point conversion (12U only).
- **On fourth down**, frozen, or U-Point attempts, the QB has only five [5] seconds to throw a pass.
- If a pass is not thrown within the allotted time, the play is dead and there is a loss of down. Under 1 minute, the play clock continues to run unless it is a change of possession or a time-out is called.

TIMING

CONTINUED

- Referees must be consistent and announce the count loudly and in the same manner for both teams. Referees must say 5 or 7 before whistling the play dead. If the event the ball is still in possession of the QB after the Referee has said 5 or 7, the play is over regardless of whether the referee has whistled the play dead.
- Once a ball is handed off, the seven (7) second rule is no longer in effect.
- There are no handoffs allowed on fourth down, when a team is frozen, or during U-Point attempts (12U).
- In the event of an injury, the clock and play clock will stop and restart after the injured player is off the field and the referee sets the ball for play. The injured player must remain out for at least one play.
- Officials can stop the clock at their discretion at any point during the game.
- There is no overtime in the regular season. Games may end in a tie.
- Overtime is for the playoffs only and is in a format similar to college. Meaning there is a 2nd coin flip that the home team calls. The winner of the coin flip decides whether they want to start on offense or defense. The other team decides which side of the field they want to begin on offense or defense. Teams will not rotate to the other side of the field. There is no game clock, only a 30-second play clock. Each team will have 1 time-out and four downs to score from their own **10-yard line per overtime period**. Offensive teams may elect to run or pass until they enter the no-run zone or on fourth down. Defensive teams may blitz anytime the offensive team is not frozen. If the Offense team scores a touchdown, they can decide whether to go for **one or two**. If the score is tied after an OT period, the two teams will move to the next overtime until a winner is declared. There is no U-Point attempt allowed in overtime.



EQUIPMENT

- Players must tuck their Jerseys into shorts/pants at all times.
- Players wearing shorts or sweatpants with pockets must be taped.
- Players must remove all jewelry deemed hazardous by the officials.
- Players may not wear shoulder or hip pads.
- Players may not hang towels from their waists.
- All players must wear sneakers or cleats.
- Metal cleats are prohibited.
- Players are encouraged to wear goggles or sports glasses with straps, however, metal frames should be avoided unless you have commissioner approval.
- All players must play at least **10 minutes per game**.
- All players must use a mouthpiece. If a team has players missing mouthpieces, it will have an opportunity to buy them from League Administrators. If League Administrators do not have mouthpieces, the team will lose a **timeout** but the child may play in the game
- The home team wears dark jerseys.
- Away Team Wear LIght Jerseys

DURING THE GAME

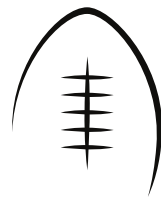
- Referees will supply game balls that must be used by both teams.
 - In the 6U and 8U divisions, the official game ball will be a pee wee size NFL Flag ball (Blue).
 - In 10U and 13U, the official game ball will be a junior-size ball.
 - In the event the Referee does not have an official game ball, the home team will supply the ball so long as it is the same size as the official game ball.
- The Referee will set the football in the center of the field. The ball may only be moved due to poor field conditions. Teams may not move the ball to the sidelines or it will result in an offensive penalty.
- The football must be snapped between the legs (Except in the 6U Division) to start play.
- Silent snaps are prohibited and will result in a penalty.
- Any player lined up behind the Center may call a hike. However, only one player may have his/her hands under the Center for the snap.
- Only the Center is required to be on the Line of Scrimmage. Teams may use any formation.
- No hand-offs to the Center on the first play. However, the Center may receive a handoff as part of a reverse as long as the handoff occurs behind the Line of Scrimmage.
- Players may not perform cartwheels or other moves not typical in a football game or it will result in an unsportsmanlike penalty.

DURING THE GAME

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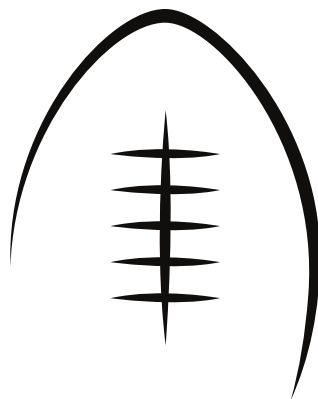
- In the event a snap is dropped or hits the ground, the referee must whistle the play dead. The play results in a loss of down and the ball are placed at the Line of Scrimmage. Safety can only result if the ball is snapped outside of the end zone. Under 1 minute, the clock continues to run on a bad snap unless a time-out is used.
- There is no blocking allowed at any time anywhere on the field. 11. There are NO pick plays.
- Any player who starts a play without flags is down when he or she is contacted or touched by a defensive player. No flag pull is required. 13. There are no fumbles or strip sacks.
- Ball is spotted where the ball carrier's hips were at the time of the fumble.
- In the case of an inadvertent whistle, the offense has two options: Take the ball where it was when the whistle blew down or replay the down from the original Line of Scrimmage.
- Teams must have a minimum of four (4) players on the field.
- If an offensive team decides to attempt a fourth-down play and is unsuccessful, the defensive team takes over at the spot where the fourth-down play ends.

****Please Note** - Neither the play clock or game clock stops while an offensive team decides what to do on fourth down unless a team calls a time out. If an offensive team does not snap the ball or declare prior to the play clock expiring, it will result in a loss of down and the defensive team will obtain the ball at the Line of Scrimmage. If an Offensive team lines up on the field in formation on fourth down, then decides it does not want to run a play, the offensive team must use a time out or it will result in a penalty, loss of down and the defensive team will obtain the ball at the Line of Scrimmage.**



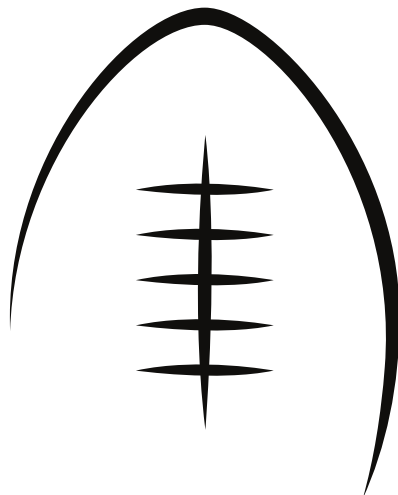
SCORING

- Touchdown: 6pts
- Extra point: 1pt (play from the 5-yard line) or 2pts (played from the 10-yard line)
- Any Defensive Score on Extra Point Attempt = 2 points • Safety: 2 points • U-Point: 3 points (U2 and above)
- Defensive U-Point Interception = 2 points (U12)
- Once an Offensive team lines up to convert a one or two-point attempt, it must remain with that decision unless a time-out is called. In the event there is an offensive or defensive penalty called, teams must remain with their initial choice.
- If an Offensive team is called for two consecutive penalties on the same extra point attempt, it will result in a Loss of Attempt and change of Possession.
- If a team is up by more than 21 points, it has only three (3) downs to get a first down or touchdown.
- If a team is up by more than 21 points and intercepts the ball, there is no run back. The team takes possession at their own 5-yard line.
- A team winning by more than 21 points may not blitz. However, the losing team may always blitz.
- If a team is losing by more than 21pts in the second half with 2 minutes or less remaining, when the losing team finishes their offensive possession, the game is over unless they score.



RUNNING

- The ball is spotted where the runner's hips are when the flag is pulled, not where the ball carrier has the ball. Forward progress will be measured by the player's hip.
 - In the event a runner loses his/her flags, the Referee must whistle the play dead where contact or touch is made by a defensive player.
 - In the event a runner has their flags off their hips, or covered by their uniform, the Referee in his/her discretion may whistle the play dead where contact or touch is made by a defensive player.
- The Quarterback is the offensive player who receives the snap. Any player except the Center may receive a direct snap.
 - Only direct handoffs behind the Line of Scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player handing off, but must be behind the Line of Scrimmage. The Offense may use multiple handoffs.
 - In the 8U Division only, the QB may run after a defensive player crosses the Line of Scrimmage on a blitz. A QB in the 8U Division may not run without being rushed.
 - Any player who receives a handoff can throw the ball from behind the Line of Scrimmage.



RUNNING

CONTINUED

- The “Center Sneak” play is not allowed. The QB is not allowed to hand off to the center on the first handoff of the play.
- Only one player may have his/her hand under the Center. 3.
- Absolutely NO laterals in any of the divisions.
- No-Run Zones are located five (5) yards before each end zone and five (5) yards on either side of midfield and are designed to avoid short-yardage, power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive team approaches only TWO No-run Zones on each drive -- one five (5) yards from the midfield Line-to-Gain and one five (5) yards from the goal line to score a TD. A play fake or an offensive player touching the ball is not considered a hand-off.
- All defensive players are eligible to rush once the ball has been handed-off.
- Runners may not charge, hurdle, leap or dive to advance the ball. Charging, hurdling, leaping, and diving to avoid a flag pull is considered flag guarding. Spinning and juking are allowed as long as the player is in control and not lowering his/her shoulders, hands, or head. Lowering of the shoulder, hands, or head is considered flag guarding.
- Runners may protect themselves if there is a clear indication that he/she has done so to avoid collision with another player, without a penalty enforced against the offensive player.

RUNNING

CONTINUED

- No blocking or “screening” is allowed at any time.
- Offensive players without the ball must stop their motion once the ball carrier has crossed the Line of Scrimmage. Running in the same area with the ball carrier will result in a penalty except if the QB has the ball behind the Line of Scrimmage.
- Flag Obstruction –Deliberately obstructed flags are considered flag guarding. Players may not wear the same color shorts as their flags.



PASSING

- All passes must be from behind the Line of Scrimmage, thrown forward, and received beyond the Line of Scrimmage. Underhanded passes are allowed in all divisions.
- The Quarterback may make a legal pass until his/her entire body is passed the Line of Scrimmage.
- Passes that do not cross the Line of Scrimmage, whether received or not are considered illegal forward passes and will result in a 5-yard penalty and loss of down. If this foul occurs in the end zone, the play will result in safety. (Only exception to the intentional grounding penalty, is if a QB is outside of the end zone and spikes the ball with under 1 minute to stop the clock)
- The Quarterback may throw the ball away without penalty to avoid a sack (including from the players own end zone) as long as the pass crosses the Line of Scrimmage. Under 1 minute, the clock will stop on an incomplete pass.

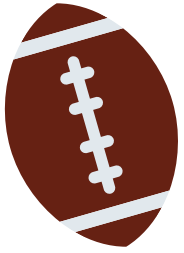




PASSING

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- If a pass is blocked by a defender and then caught by the QB, the QB may run with the ball. However, the QB cannot make another throw.
- If the Quarterback is standing in the end zone with the ball when the play is whistled dead because he/she did not throw it in the allotted time, the play results in a loss of down, and the ball is placed on the 1-yard Line. There is no safety. If the defense pulls the flag of a QB or an offensive player in the end zone, the play will result in safety.
- Interceptions on any down can be returned for a touchdown except during a U-Point attempt.



RECEIVING

- All players are eligible to receive passes (including the Quarterback if the ball has been handed off to another player behind the Line of Scrimmage).
- Only one player is allowed in motion at a time. All motion must be parallel to the Line of Scrimmage and no motion is permitted toward the Line of Scrimmage. A player can be in motion during the snap but must set if they turn to Line of Scrimmage.
- A player must have at least one foot in bounds when making a reception.
- **In High School Division you must have two feet in bounce.**
- In the case of simultaneous possession by both an offensive and defensive player, **possession is awarded to the offense.** The defense may not strip the ball from an offensive player. Defensive players can only intercept and deflect the ball prior to a catch. Stripping results in a 10-yard penalty and an automatic first down.
- If a player has 1 or no flags when receiving the ball, the ball is spotted where the player is touched or contacted by a defender.

RUSHING THE PASSER

NOTE: There is no rush (blitz) in the 6U Divisions.

The defense may rush (blitz) the passer every down except 4th down or when a team is frozen. There is no rush (blitz) during a U-Point attempt in U2 division and above.

- All players who rush the passer must be a minimum of ten (10) 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.
- Once the ball is handed off, the ten-yard rule no longer is in effect and all defenders may cross the line of scrimmage.
- The Referee is the Rush Line and will be ten (10) yards from the Line of Scrimmage. **Offensive Teams cannot snap the ball until the Referee is set.** 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 ten (10) yards from the defensive line of scrimmage.
 - 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 (breaks the 10-yard area), they may return to the rush line, reset, 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 rush the ball carrier
 - A penalty may be called if:
 - The rusher leaves the rush line before the snap and crosses the Line of Scrimmage before a handoff or pass – Illegal Rush (5 yards from LOS and Automatic First Down). Defensive players may fake a blitz without penalty.

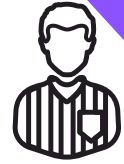
RUSHING THE PASSER

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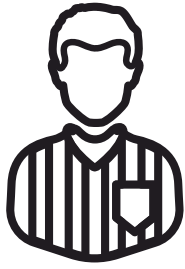
- Any defensive player crosses the line of scrimmage before the ball is snapped – Offside (**+5 yards from LOS and Automatic First Down**).
- Any defensive player not lined up at the rush line who crosses the line of scrimmage before the ball is passed or handed off – Illegal Rush (**+5 yards from LOS and Automatic First Down**).
- Special circumstances:
 - Teams are not required to rush the quarterback.
 - Teams are not required to identify their rusher before the play
- Players rushing the Quarterback may attempt to block a pass. However, no contact can be made with the quarterback. A defensive player making any contact with the Quarterback (legs, arms, shoulders, hands) will result in a roughing of the passer penalty and an automatic first down.
- If the offensive player intentionally impedes the rusher it will result in an Impeding the Rusher penalty (5 yards from LOS and Loss of Down) regardless of where the rusher(s) line up. Exception: If the offensive player **DOES NOT MOVE** after the snap, then it is the rusher's responsibility to go around the offensive player and avoid contact.
- Again a sack occurs if the Quarterback's flags are pulled behind the line of scrimmage. The ball is placed where the Quarterback's hips are when the flag is pulled. The clock continues to run for under a minute unless a time-out is used. A safety is awarded only if the sack takes place in the offensive team's end zone by a flag pull. If a QB throws a pass beyond the LOS to avoid a sack in the end zone or anywhere else on the field there is no safety or intentional grounding. The pass is incomplete and the clock will only stop under 1 minute.



UNSPORTSMANLIKE CONDUCT



- 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!**
- 2. Offensive or confrontational language is NOT allowed. Officials have the right to determine
- offensive language. If offensive or confrontational language occurs, the officials will determine
- if a warning or immediate ejection is warranted.
- 3. Players may not physically or verbally abuse any opponent, coach or official.
- 4. Ball-carriers MUST make an effort to avoid defenders with an established position.
- 5. Defenders must give free releases off the line of scrimmage to offensive players
- and are not allowed to run through the ball-carrier when pulling flags.
- **ROUGH PLAY WILL NOT BE TOLERATED**
- 6. Fans must also adhere to good sportsmanship as well:
 - 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 a minimum of 10 yards off the field in the end zone area.
 - b. Stay in the end zone area, not between fields.
 - c. Dispose of ALL trash in designated trash cans.
- 8. Unsportsmanlike conduct penalties:
 - a. Defense + 10 yards from line of scrimmage and automatic first down
 - b. Offense - 10 yards from line of scrimmage and loss of down
 - en.



DEAD BALL

The referee must whistle the play dead if any of the following happens:

- The ball carrier's flag is pulled.
- The ball carrier's flag falls off and is contacted by a defensive player.
- The ball carrier steps out of bounds.
- The ball carrier's knee hits the ground (Ball is spotted where the player's hips were at the time the knee hits the ground).
- Touchdown or safety is scored.
- There are no fumbles. No recovery of a "fumble" is necessary or should be attempted. The ball is spotted where the player's hips were at the time he/she loses control of the ball with the Offense keeping possession.

PENALTIES

- The referee will call all penalties.
- Referees determine incidental contact that may result from a 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.
- Games cannot end on a defensive penalty unless the offense declines it.
- Penalties are assessed in Live Ball then Dead Ball. Live Ball penalties must be assessed before play is considered complete.
- Penalties will be assessed as half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.



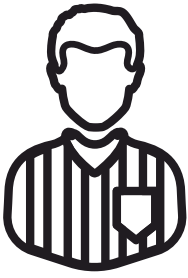
FOULS

Defensive Spot Fouls

Defensive Spot Fouls	
Holding	+5 yards and automatic first down
Stripping	+10 yards and automatic first down

Offensive spot Fouls

Offensive spot Fouls	
Screening, blocking or running with the ball	-10 yards and loss of down
Charging	-10 yards and loss of down
flag guarding	-10 yards and loss of down

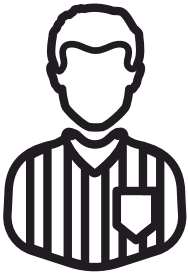


FOULS

CONTINUED

Defensive penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive unsportsmanlike conduct	+10 yards and automatic first down
Defensive Pass Interference	+10 yards from line of scrimmage and automatic first down
Roughing the passer	+7 yards from line of scrimmage and automatic first down
Illegal rush (Starting rush from inside 7-yard marker)	+5 yards from line of scrimmage and automatic first down
Offside	+5 yards from line of scrimmage and automatic first down
Taunting	+5 yards from line of scrimmage and automatic first down

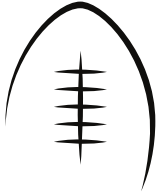


FOULS

CONTINUED PT 3

Offensive Penalties

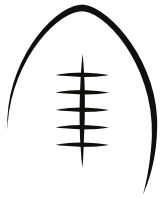
Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside / false start	-5 yards from line of scrimmage and loss of down
Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage)	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving)	-5 yards from line of scrimmage and loss of down
Delay of game	-5 yards from line of scrimmage and loss of down
Impeding the rusher	-5 yards from line of scrimmage and loss of down
Illegal Procedure	-5 yards from line of scrimmage and loss of down



THROWOFFS

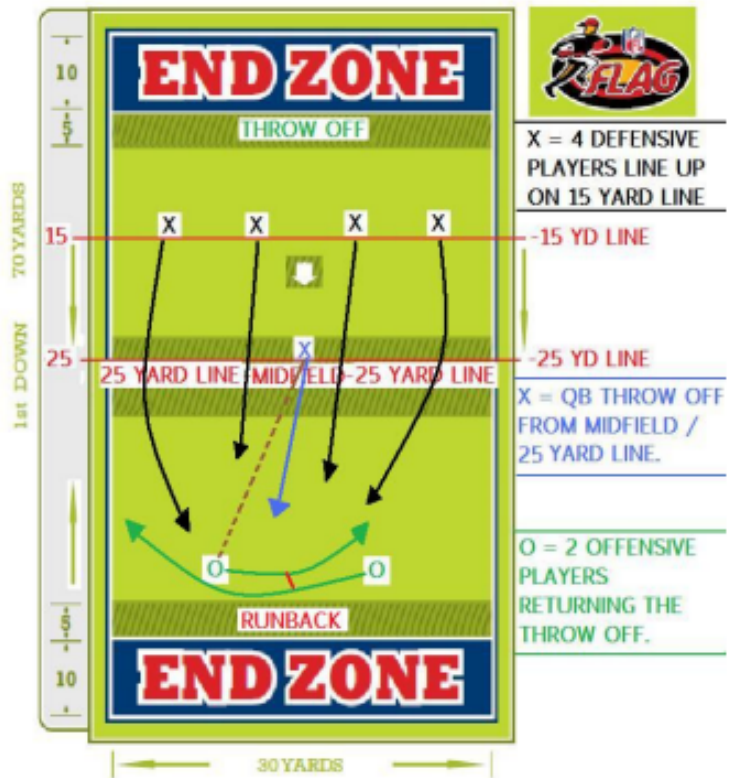
NO THROWOFFS WILL BE ALLOWED IN THE U6 and U8 DIVISIONS

- During each half, there will be a throw-off. The clock starts when the offensive team catches the ball. The clock does start on a touchback or penalty.
- The throw-off will consist of 5 defensive players on the throw-off vs 2 offensive players.
- The Thrower will start on the 25-yard line (15-yard line 12U Division) and the remaining players will begin on the 15-yard line. The thrower should stand in the middle of the field. Teams must attempt the throw off and cannot declare that they want to throw the ball out of bounds.
- Any ball that hits the end zone will result in a touchback and the offensive team will start at the 5 yard line.
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- The throw-off will consist of 5 defensive players on the throw-off vs 2 offensive players.
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THROWOFFS

CONTINUED



SPECIAL RULES

U-POINT 3.0 (United Sports Replica of Field Goal points for U2 division and up).

*No Field goal attempts at all.

- USYL has the U-Point system which is a substitute for a field goal attempt. You may attempt a U-Point conversion on any down. However, the offense can only attempt the U-point conversion if the team is inside midfield. (25 yards or less). When attempted and unsuccessful the opponent take over
- The U-Point is two v. two scenarios and will consist of a QB, two offensive players (receiver and center) versus 2 defensive players. The center must snap the ball between his leg and QB must be at least 3 yards in the shotgun position behind the center. The QB may not run and must throw a forward pass within five (5) seconds or the play is dead.
- Once a team declares for a U-Point and lines up on the field, the offense must run a U-Point attempt or call a timeout. In the event of a time-out, the offense can change its mind and run a regular offensive play.
- If a team is called for a penalty during a U-Point attempt on first, second, or third down, the team may try another U-Point attempt so long as the team is still within the midfield. However, if the offensive penalty is on 4th down, it is a loss of down and a change of possession at the Line of Scrimmage.
- An offensive team receives 3 points if either offensive player scores.
- The offense is not allowed to quick sub and quick snap. Referees must allow the defense a reasonable chance to respond with its substitutions. If the play clock expires before the defense has had a reasonable chance to complete its substitution, it is a delay of the game by the offense.
- The defense may be called for an unsportsmanlike conduct penalty if they intentionally delay their substitutions during a U-Point attempt. If the defense commits a penalty during the U-Point attempt that penalty will result in an automatic first down. The defense will receive 2 points if the ball is intercepted. No run back is required or allowed.

SPORTSMANSHIP

- There are no camera or video phone replay reviews by officials. Please do not approach or allow parents to approach the referee during or after the game by showing them a video of a blown call.
- If the field monitors or referees witness any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, in addition to a penalty, the game will be stopped and the players will be ejected from the game.
- Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.)
 - If trash-talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
 - Coaches, Parents, or spectators who are ejected from the field, will be responsible for paying a fine and volunteering to clean and set up the field.
- Coaches and parents must remain outside of the 10-yard line and at least 3 yards from the out-of-bounds. Strollers should be a minimum of 5 yards from the sidelines.
- Parents may remain on the same sideline as their children.



COACHES & PARENTS

- Coaches and parents must remain outside of the 10-yard line and at least 5 yards from the out-of-bounds. Strollers should be a minimum of 10 yards from the sidelines. or station near bleachers or gate. No strollers can station on the middle part of the field.
- Parents may remain on the same sideline as their children.
 - Coaches are expected to adhere to NFL Flag philosophies, coaching guidelines and code of conduct.
- Coaches, this is your responsibility to keep your fans and any other team associated members in the designated areas
- Commissioner may designate area for home and away team to station. The commissioner will inform the entire league through email.



STANDINGS

- Win/Loss records will dictate standings. In the event of a tie, we will use points allowed as opposed to points scored. Remember good sportsmanship is imperative and teams with large leads should always treat the other team with respect.
- League Directors may arrange a two-tiered playoff division to insure fair and competitive games. After the first round, playoffs are dictated by a bracket as opposed to win/loss record.
- The stronger division will always receive trophies while the other division will receive medals.
- Teams may not add new players to the roster after week three without commissioner approval. Teams may be required to take a team photograph during weeks four or five.



U4 DIVISION

- The U4 Division is usually players who are in grades 1st-2nd or ages 7yr and under.
- The field dimensions is 50X25.
- Amount of Downs: Change of possessions always starts at the five (5) yard line except for interceptions which can be run back for touchdowns.
- Offense- No player cannot receive/run the ball on consecutive plays. For example, John cannot get a handoff on the first and then again on the second down. Failure to follow this will result in a loss of down and a - 5-yard penalty.
- No Defensive Blitz
- Defenders MUST line up at least five yards from the line of scrimmage prior to the snap.
- Extra Point: All passing plays only and one (1) pts is 3 yards and 2pts 5 yards.
- Coaches may agree to the special situations but must notify referee.

U3 DIVISION

- The U3 Division is usually players who are in grades 2nd or ages 7yr and under.
- In the 8U Division only, the QB may run after a defensive player crosses the Line of Scrimmage on a blitz. A QB in the 8U Division may not run without being rushed. Amount of Downs: Change of possessions always starts at the five (5) yard line except for interceptions which can be run back for touchdowns.
- Offense- No player cannot receive/run the ball on consecutive plays. For example, John cannot get a handoff on the first and then again on the second down. Failure to follow this will result in a loss of down and a - 5-yard penalty.
- Extra Point: All passing plays only and one (1) pts is 3 yards and 2pts 5 yards.
- Coaches may agree to the special situations but must notify referee.

GIRLS FLAG FOOTBALL

- Girls Division may have a different format which might consist of 6 on 6 or 7 on 7.
- The Girls division is option is a new division that might take time to develop and might start with in-house team or travel team..
- Travel Team are 12U , 14U and 17U
- More information will be updated



HIGHSCHOOL

- League Directors may arrange a two-tiered playoff division to insure fair and competitive games. After the first round, playoffs are dictated by a bracket as opposed to win/loss record.
- The stronger division will always receive trophies while the other division will receive medals.
- Teams may not add new players to the roster after week three without commissioner approval. Teams may be required to take a team photograph during weeks four or five
- Jerseys:: High School can wear one color jerseys with numbers.
- Football Size must be official size.
- more informtion will be added.



VICTORY

- At the conclusion of the season we will add championship team to the gallery of champions.
- We thank all coaches, assistant coaches, team parents and everyone to being apart of the United Sports Youth League. .



FOR QUESTIONS:
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