

2021
3rd & 4th GRADE PADDED
FLAG RULES



SUBURBAN YOUTH
FOOTBALL CONFERENCE

1. Game Rules

1. A coin toss determines first possession
 1. Visiting Team calls the coin toss.
2. Field is 60 yards long by far hash mark.
3. There are no kick-offs.
 1. Teams will start drives at the beginning of each half and after touchdowns on their own 10-yard line. The ball will always be placed in the middle of the field (weather permitting).
4. The offensive team has 4 plays to gain a first down at each 20-yard line.
5. There are no punts.
 1. The referee will mark off 20 yards from the line of scrimmage when the offense declares that they wish to punt. If the LOS is inside your opponent's 20-yard line, the referee will mark off half the distance. The clock will resume running when the ball is reset.
6. 30-second clock between plays.
 1. Loose rule will tighten up during season.

2. Players/Coaches

1. Only 1 coach from each team are permitted on the field at a time.
 1. Coach must back up behind huddle before snap.

3. Timing

1. The length of each quarter is 9 minutes with a 5-minute break at halftime.
2. The clock will run continuously except in the following situations:
 1. During extra-point attempts.
 2. After third down and until the punt yardage is marked off or a team decided to "go for it".
 3. After a change of possession and until the referee signals the ball in play.
 4. During the last 2 minutes of each half, in which a regulation high school stop clock will be used.
 5. During the discussion with team captains concerning penalties. The clock will resume on the referees signal.
3. Each team is permitted 3 time-outs per half. These do not carry over to the next half.

4. Scoring

1. Touchdowns: 6 points
2. Extra points:
 1. 2.5-yard line
 1. 1 point run

2. 2 point pass
3. Safety: 2 points. Ball placed at midfield.
4. No overtime for regular season play.

5. Offense

1. Each team will play with 9 players (7 to avoid forfeit).
 1. You must have 3 players off the line of scrimmage.
 2. You must have 5 players on the line of scrimmage in the tackle-to-tackle box (2 tackles, 2 guards and a center). Each of these players must be lined up heel to heel.
 3. The 6th player on the line of scrimmage can be lined up as a “tight end” or as a “wide receiver”
 4. All offensive players will line up in either a 2 or 3 point stance.

6. Running

1. The quarterback can run with the ball outside of the tackle box. NO QB SNEAKS!
2. Spinning/Diving is allowed, but players cannot leave their feet to avoid a defender.
 1. Violation of this rule will result in the play being whistled “dead” and the ball being marked at the spot where the runner left the ground.
3. The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.
4. No flag guarding or stiff-arming.
5. There is no ball carrier weight limit.
6. Center sneak plays are not permitted. The ball must exchange hands between the center and quarterback.
 1. The “sleeper”, or “lonesome end” play, is not permitted.
 - 2.

7. Passing

1. The quarterback or a running back may pass the ball as long as they are behind the line of scrimmage.

8. Receiving

1. Only the 3 players lined up off the line of scrimmage or 1 “tight end” or “wide receiver” will be eligible to receive passes.
2. Motion is allowed.
3. Screens are allowed.

4. A player must have one foot in bounds when making a reception.

9. Dead Balls

1. The ball must be snapped from between the center's legs.
2. Substitutions may be made on any dead ball.
3. Play is ruled "dead" when:
 1. Ball carrier's flag is pulled.
 2. Ball carrier steps out of bounds.
 3. Touchdown or safety is scored.
 4. Ball carrier's knee hits the ground.
 5. There are no fumbles. The ball is spotted where the ball is dropped. The defensive team cannot recover a fumble, even if it is caught in the air. The ball is dead at the spot.
 1. There is not stripping of the ball from the carrier. If the ball is stripped, it is dead at the spot of the stripping.
 2. If the flag belt accidentally falls off the ball carrier, the ball will be marked at that spot. If this occurs by a runner in his own end zone, the down will be replayed but the ball will be marked at the 1-yard line.
 3. If a whistle is blown inadvertently, the play will stand, the down will count and the ball will be marked at the spot that the whistle was blown.

10. Defense

1. The nose guard must line-up at least 1-yard off the LOS before the ball is snapped at all times.
 1. Blitzing is not allowed.
 2. No gap play must line up head-to-head.
 3. No stunting or shifting.
 4. All defensive players will line up in either a 2 or 3 point stance.
 5. All defensive players except for defensive lineman (noseguard, guards and tackles) must line up 3 yards off the line of scrimmage at the snap.
 6. Defense must have a minimum of 2 and a maximum of 5 defensive lineman with the tackle box.
 7. Interceptions are live and can be returned.

11. Blocking

1. Players must not be coached to grab, push or tackle their opponent. Arms must be bent when blocking – No straight arm extension is permitted. Arms, elbows and hands are not to be placed higher than the opponent's

upper chest.

12. Penalties

OFFENSIVE	Offside Holding Delay of Game Illegal Block/Clipping Personal Foul Pass Interference Guarding the Flag Unintentional Facemask Personal Foul Facemask Unsportsmanlike Running over a defender by dropping a shoulder	3 yds. whistled dead immediately 10 yds. from the spot 3 yds. 10 yds. from the spot 10 yds. from the spot 10 yds. from the LOS Ball whistled dead at the spot 3 yds. 10 yds. 10 yds.
DEFENSIVE	Holding, grabbing, pushing, or tackling ball carrier. Encroachment Unintentional Facemask Personal Foul Facemask Personal Foul Pass Interference Unsportsmanlike making a tackle without attempting to pull a flag	10 yds. from the spot 3 yds. (whistled dead immediately) 3 yds. 10 yds./automatic first down 10 yds. from the spot/automatic first down 10 yds. from the LOS 10 yds. from the spot/automatic first down

1. Un-sportsmanlike conduct penalties on offense or defense will result in a 10-yard penalty and ejection of the player from the game for at least 3 plays (not including punts).

1. Games cannot end on a defensive penalty, unless the offensive team declines it.
2. A second unsportsmanlike penalty on the same player results in an ejection of the remainder of that game and sitting the following game.

13. Attire

1. Only soft molded cleats are allowed.
2. Players must wear protective mouth guards.
3. Official Team Flag jerseys must be worn during play.
4. Jersey must be tucked in and flags visible.
5. Shoulder pads, helmet and shorts or unslotted pants must be worn (no padded football pants).
6. Each player must have 2 flags and each flag should be positioned on the right and left hip prior to the play starting.

14. Ball

1. All teams will play with the “Wilson K2” ball or the Nike Vapor Strike Pee wee.

15. Score

1. All final game scores will be reported by phone or email by both teams to the league commissioner within 24 hours of each game.

16. Playing Time

1. Every player must play 1/2 of the game. Therefore, no player may be out of the game for his teams’ offensive and defensive series. For example, if a player does not play offense, the player must play defense or vice versa. A player can play “both ways” but must not sit “both ways.” Substitutions may be made for injured players but if the injured player is a “one way” player, he must re-enter the game as soon as possible.

17. Mercy Rule

1. A “mercy rule” is in effect if a team takes a lead of 18 points. Play will continue and the leading team must remove the starting backfield. The leading team may retain the starting quarterback providing he does not advance the ball by run or pass. A 5-yard penalty will be called for violation of this rule. If the other team scores and reduces the lead to less than 18 points, the starting line-up may return.

SYFC

Padded Flag

Field Set-up

