



2018 Youth Flag Football Parent Guide and Game Rules

Emphasizing good sportsmanship, skill development, and equal participation, Page Recreation gives youth a community based, non-competitive program to learn sport specific skills and play games in a safe, organized and fun environment.

Practice

- Practice begins October 8th at Meet Your Coach Monday. Coaches will schedule 1-2 more practices that week
- Once games begin on October 15th coaches will hold 1-2 practices per week.
- At Meet Your Coach Monday, coaches will provide parents with the practice schedule for the entire season
- You may access the practice schedule at <https://cityofpage.recdesk.com/Community/Calendar>
- Players are expected to attend practices and you should notify coaches ahead of time if they will be absent

Game Schedules, Changes or Cancellations

- Game schedules are posted on-line at <https://cityofpage.recdesk.com/Community/League>.
- Games will be cancelled when lightning is seen or any other time that player safety is at risk or fields are not playable.
- If games are cancelled the Recreation Department immediately contacts managers to notify their teams of the cancellation.
- Cancelled games will be rescheduled at the next available opportunity including on Fridays, other week days that the teams do not usually play, or at the end of the season.

Photos

- Your coach has set up a team photo session and will provide you with the date, time, and photo package information sheet.
- Whether you plan to purchase photos or not your child should participate in the team photos session.
- Team photos will be taken by the 2nd week of games so players will receive them before the end of the season.
- If you registered late your child's shirt may not arrive until after the group photo session. Your child should wear a shirt of the team color and participate in the group session. You may schedule your individual photo session after the team shirt arrives.
- Please communicate directly with the photographer, Olivia Benally (Nizhoni Photography) 928-640-0492, regarding photos.

Equipment

- Team jerseys are provided with registration and must be tucked in
- Flag belts must have tails tucked in
- Pants or shorts without belt loops, pockets or other accessories must be worn
- One mouth guard is provided with registration and must be worn at all games and practices
 - For safety, players not wearing mouth guards will not participate in practices or games
 - Replacement mouth guards may be purchased in the Recreation Department Office for \$1.00
- Non-metal cleats are allowed but not required
- Gloves, elbow and knee pads are allowed but not required
- For safety, player may not wear jewelry, watches, hard hair clips (soft pony tail bands allowed), hats or bandanas

Parent/Guardian Responsibilities

Role Model and Mentor

- Demonstrate and require good sportsmanship and acting in a respectful manner.
- Respect referees' calls and authority.
- Emphasize skill building and fun over competition and winning.
- Provide a positive, accepting and fun, atmosphere.
- Refrain from and prohibit children from using foul language.
- Pick up all trash and place in trash cans and recycling bins.
- Arrive at least 15 minutes before game-time so players and teams are ready to start games on time.

Safety and Supervision

- Ensure children wear safety gear and follow all game and safety rules.
- Attend practices and games with children and supervise non-player children.
- If you drop-off your child, ensure the coach is present before you leave, and arrive at least 15 minutes early for pick up.
- During games stay clear of the goal line and view games from the sidelines **opposite** from the teams.

- Prohibit children from climbing on, fences, trees and planters, basketball rims, sheds and other facility features not designed for climbing
- Refrain from and prohibit children from riding bikes, scooters, skateboards, skates or other wheeled vehicles inside the Sports Complex gates (these vehicles may be brought inside the gates and walked)
- Refrain from bringing pets inside the Sports Complex gates

Referees

- Coaches will referee Kits games; designated referees will officiate all other games.
- The referee is the official scorekeeper and timekeeper with each team providing an assistant scorekeeper
- Referees will call all penalties and all referee calls are final.

Rule Enforcement, Sportsmanship and Referees' Authority

- Coaches may not enter the field, or question calls during games, but may use one of the 60 second or two second timeouts to ask referees to interpret rules and clarify calls.
- After one timeout for rule interpretation coaches may clarify calls at half-time or after the game but calls will not change.
- Foul play is not tolerated. Referees will stop the game and eject players for **intentional** tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act. Ejected players or coaches are suspended for the remainder of the game and the following game. Anyone ejected a second time may not play for the rest of the season and referees will file a written report to the Recreation Director.
- A least one field supervisor is present during all games to address any issues regarding games, calls, or opposing team, immediately call or text the field supervisor at 928-691-0209.
 - Any concerns or issues must be reported to the field supervisor at the time they occur
 - If game concerns are not immediately reported when they occur or the issue is not able to be resolved by the on-duty field supervisor, the person with a concern should submit a written statement to the Recreation Manager at jlnew@pageaz.gov before the teams next scheduled game.
 - If these procedures are not followed in reporting game concerns it will be assumed that referees made fair calls and all teams followed league rules and no further action will be taken by the Recreation Department
- Any player, coach, or spectator may be ejected from the facility for refusing to follow game or facility rules, or for disrespectful, unsafe or unsportsmanlike behavior.
- It is not appropriate or respectful to call out displeasure with referees, coaches or players.
- Field supervisors will eject coaches, parents or others who verbally or otherwise call out referees, coaches, or players.

Penalties

- Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.
- Only the coach may ask the referee questions about rule clarification and interpretations at half or at the end of the game. Players and parents may not question judgment calls.
- Games may not end on a defensive penalty, unless the offense declines it.

Defensive

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| • Offside | 5 yards and automatic first down |
| • Interference | 10 yards and automatic 1 st down |
| • Illegal contact (holding, blocking roughing, etc.) | 10 yards and automatic 1 st down |
| • Illegal flag pull (including diving) | 10 yards and automatic 1 st down |
| • Illegal rushing (starting rush from inside 7-yard marker) | 10 yards and automatic 1 st down |

Offensive

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| • Illegal motion (more than one person moving, false start, etc.) | 5 yards and loss of down |
| • Illegal forward pass (pass received behind the line of scrimmage) | 5 yards and loss of down |
| • Offensive pass interference (illegal pick play, pushing off/away defender) | 10 yards and loss of down |
| • Flag guarding | 10 yards and loss of down |
| • Delay of game | Clock stops, 10 yards and loss of down |

Game Length and Timeouts

- *Kits* - Two 15-minute running halves with a 3-minute halftime (clock stops only for time-outs)
- *Cubs, Bobcats, Panthers* - Two 20-minute running halves with a 3-minute halftime (clock stops only for time-outs)
- One 60-second and one 30-second time out per team per half

Players and Coaches

- Only 5 offensive or 5 defensive players may be on the field at a time
- Teams unable to field 5 players after a 5-minute grace period will forfeit the game
- All players must play at least 50% of game time
- Two coaches (1 offense, 1 defense) per team may be on the sidelines with only 1 permitted on the field at a time
- Both teams will sit on the same side of the field and on the **opposite** side of the field from parents

The Game

- The game starts with a coin toss.
 - Winner decides which team will start on offense and defense.
 - Loser chooses the end zone.
- The offensive team takes possession of the ball at its 5-yard line and has 3 plays to cross midfield. Once a team crosses midfield, it has 3 plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- Each time the ball is spotted, a team has 30 seconds to snap the ball or will receive one warning before a delay-of-game penalty is enforced.
- If the offensive team fails to cross midfield or score, possession of the ball changes and the opposition starts its drive from its 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 loser of the coin toss

Scoring, Ties and Standings

- *Kits* – No scores or standings kept
- *Cubs, Bobcats, Panthers*
 - In addition to the referee who is the official scorekeeper and timekeeper, each team provides an assistant scorekeeper who sits with the team.
 - Scorekeepers and referees will communicate to ensure teams know the score at the end of each period
 - Touchdown = 6 points
 - Extra points = 1 or 2 Point After Touchdown (PAT), after a team scores a touchdown it declares if it will attempt a 1- or 2-point conversion
 - 1 PAT is made from the 5-yard line and may only be passed
 - 2 PAT is from the 12-yard line and may be run or passed
 - Safety = 2 points to the defensive team and the ball is awarded to the defensive team at the opposite 5-yard line
 - If the score is tied at the end of game time, teams go directly into overtime with regular rules applying including the starting coin flip. Teams will have 3 plays to score unless there are penalties on the defense. If a team scores a touchdown they have the option of going for one or two points. If the game is still tied at the end of the first OT, teams will move directly into a second OT with offense and defense reversing the order. After the first OT, each team must go for a two-point conversion. Teams are allowed one 30 second time-out per overtime.

Running

- The quarterback can rollout, but cannot advance the ball for positive yards. The QB must pass or handoff the ball while in the back field. The QB is the person who the center hikes the ball to.
- Only direct handoffs behind the line of scrimmage are permitted by the QB. Offense may use multiple handoffs, behind the line of scrimmage.
- Absolutely NO laterals or pitches of any kind.
- "No-Run Zone," located 5 yards from each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.

- Spinning is allowed, but players cannot leave their feet to avoid a flag pull. Ball carrier cannot flag-guard.
- Flag obstruction – Jerseys **MUST** be tucked in before play begins with flags on the player's hip free from obstruction.
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
- Leaping, diving, or leaving your feet to grab a flag is **NOT** permitted.
- If the quarterback is in the shotgun and the ball is rolled to him/her it is still a live ball. If the ball is fumbled after that it is dead at that spot. If the quarterback is under the center and the ball is fumbled to the ground it is dead at that point.

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 to the line of scrimmage.
- A player must have at least one foot inbounds when making a reception.
- A player may leave their feet to catch a pass.
- Interceptions cannot be returned and result in a change of possession. Interceptions are the only changes of possession that don't start on the 5-yard line.

Passing

- All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- The quarterback has a 7-second "pass clock." If no pass is thrown or handed off within the seven seconds, play is dead, 1 down is used 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.
**NOTE: 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 for the next down. (This is NOT a safety)

Live ball/Dead ball

- The play is live when the ball passes through or next to the center's legs.
Kits and Cubs
 - If the ball rolls on the snap and the QB picks up the rolled ball without touching a knee to the ground, referees will issue a warning but allow play to continue.
 - In all other instances dropped snaps are dead balls and loss of down.*Bobcats and Panthers* - A dropped snap is a dead ball and loss of down
 - Substitutions may be made on any dead ball.
 - Play is ruled "dead" when:
 - Ball carrier's flag is pulled.
 - The ball hits the ground.
 - Ball carrier steps out of bounds.
 - Touchdown or safety is scored.
 - At the point of an interception (Interception returns are not allowed).
 - Ball carrier's knee hits the ground.
 - Ball carrier's flag falls out.
 - The 7 second pass clock expires.
- NOTE: There are no fumbles. The ball is spotted where the ball hits the ground.**

Rushing the Quarterback:

- **Rushing can only begin once the ball has left the center's hands.** All players who rush the passer must be a minimum of (7) 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.
- Once the ball is handed off or passed, the seven-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. **No blocking or tackling allowed.**
- Players rushing the Quarterback may attempt to block a pass including jumping blocks, but, NO contact can be made with the quarterback.
- Blocking a pass or attempting to block a pass, then making contact with the passer will result in a roughing the passer penalty.

- Offense cannot impede the rusher in any way. If the rusher has a CLEAR PATH to the QB and a defensive player deliberately positions themselves that would impede his/her path to the QB, will be considered screening and assessed a penalty. The defense may attempt to block a pass provided they do not strike the passer.
- A sack is called when the QB's flags are pulled behind the line of scrimmage and the ball is placed where the QB's feet are when the flag is pulled.

Flag Pulling

- A legal flag pull takes place when the ball carrier is in full possession of the ball.
- Defenders may not dive, tackle or hold or interfere with the ball carrier in the pursuit of pulling a flag.
- It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
- Any player whose flag or flags fall off cannot be eligible to make a defensive or offensive play.
- If a player's flag inadvertently falls off and the player takes possession of the ball, the ball is dead and placed where the flag fell off.
- A defensive player may not intentionally pull the flags off players who are not in possession of the ball.
- 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.

Formations

- The offensive team must have a minimum of one player on the line of scrimmage (the Center).
- The Quarterback must be off the line of scrimmage, behind the center.
 - Only one player at a time may go in motion and must be 1-yard behind and parallel to the line of scrimmage.
 - No motion is allowed towards the line of scrimmage.
- No handoffs are allowed back to the center from the QB during the set formations.
- After the hike, the center may position themselves behind the line of scrimmage for a play.
- Movement by a player who runs toward the line of scrimmage while in motion is considered a false start.
- The center must snap the ball to the quarterback with rapid and continuous motion using a side swipe or under-the-legs handoff.

Terminology

Boundary lines – the outer perimeter lines around the field, including sidelines, and rear end-zone lines

Line of scrimmage – an imaginary line running through the point of the football and across the field's width

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 and prevents them from advancing the ball

Quarterback – the offensive player who calls the signals to start the play

Passer – the offensive player who lines up behind the center.

Rusher – the defensive player assigned to rush the quarterback; must be positioned 10 yards behind the scrimmage line

Downs (1-2-3) – the offensive squad has three attempts to advance the ball and must cross the mid-field line 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.

Charging – the ball carrier moves directly at a defensive player who has established position on the field and results in a penalty; including lowering the head, or making contact with the defender with a shoulder, forearm or the chest

Flag Guarding – the deliberate guarding of the flags by the ball carrier to inhibit the defense from making a grab. Generally, a lowered and swinging, slapping arm motion, resulting in a penalty.

Shovel pass - throwing the ball behind or beyond the line of scrimmage using legal underhand or shot-put type pushing passes

Lateral or Pitch – tossing the ball backwards or behind the scrimmage line only; may only be thrown by the QB or ball carrier

Unsportsmanlike Conduct – rude, confrontational, disrespectful, offensive, or unsafe behavior or foul language, refusing to follow game or facility rules by players, coaches and spectators resulting in a penalty

Safety - occurs when the ball carrier is declared down in his/her own end zone, when the defense pulls the player's flag, a flag falls out, the players steps out of bounds or the player hits the ground with a knee or arm, or may occur when there is an offensive penalty in the end zone.

City of Page Recreation Department Contacts (Office Hours Monday – Thursday; 2 PM – 5 PM)

Location	Office	Cell/Field Supervisor	Mailing Address
Page Sports Complex 477 Haul Road	(928) 645-4380 (928) 645-4381	(928) 691-0209	PO Box 1180 Page, Arizona 86040
Recreation Director Jackie La New jlanew@pageaz.gov (928) 660-8457	Recreation Assistants Cheryl John cjohn@pageaz.gov Jaycee Billy jbilly@pageaz.gov	Field Maintenance Blaine Simpson bsimpson@pageaz.gov	Community Services Director Debbie Winlock dwinlock@pageaz.gov (928) 645-4272

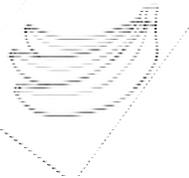
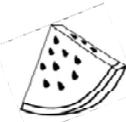
Suggestions for Healthier Snack Options

One of the reasons we have our kids in sports is to **encourage physical activity and good health**. We want our kids to play in sports so they move their bodies, burn off energy, and be strong- so let's give them a snack that keeps them healthy. The best thing for kids to drink before, during, and after sports is regular water, according to the American Academy of Pediatrics. The electrolytes lost during sweat can easily be replaced with their next meal. If Every child brings a water bottle, and **parents take turns bringing a healthy snack** for after the game then parents would only have to bring the snack and not have to worry about also providing drinks. Wash fresh fruit and vegetables so they are ready to grab and eat, and if you choose to bring cut fruits or vegetables please bring them pre-packaged. *(Please do not bring fruit roll-ups or fruit snacks, since those are mostly added sugar.)* Here is a **list of suggested healthy snacks**:





Bananas
Clementines
Oranges
Seedless Grapes
Apples
Strawberries
Blueberries
Mixed Berries
Box of Raisins
Baby Carrots
Celery Sticks
Sugar Snap Peas
No-Sugar Added Applesauce
Yogurt Tubes
Low-Fat Cheese Sticks
Whole Wheat Crackers

*Please make sure you check with the parents and the coach about any potential food allergies before preparing any team snacks.