



YMCA Jr. Huskers Micro Flag Football Rules

YMCA GOAL

- The YMCA goal is to give every child in Kindergarten a chance to learn and play Flag Football. Allowing the kids to create football skills, learning the importance of sportsmanship and how to work together as a team. This will allow the participants to create new friendships, create positive family reactions, and most of all having fun.

PERSONNEL

- The YMCA plays in a 6v6 league. This means the offense and defense will field six players each
- If needed, a team may field 5 to start the game on time.

PLAYING FIELD

- The Field will be 40 yards in total length, with a 1st down marker in the middle at 20 yards.

PLAYING TIME GUIDELINES

- All players must play at minimum half of a game, where the participant must take the field each half: the only exception of the ruling is poor behavior, lack of attendance, etc. * This is determined by the volunteer coach *
- Each player must start one game throughout the season. The coach may alternate his starting line-up every week.
- Each player must be given the opportunity to play ever position throughout the season.
- Must rotate offensive backfield throughout the game. Players may only play in the backfield for the equivalent of one-half per game, where that player cannot play in the backfield for the entire game. Must rotate backfield, line, and Wide Receiver position. (Any issue of playing time please contact the YMCA Youth Sports Office)

EQUIPMENT

- Player must wear the YMCA Flag Football Reversible Jersey. Home team will wear Red. Away team will wear Black.
 - Must be tucked in to prevent Flag Guarding
- Mouth Guard must be worn at all times while on the field.
- Football cleats or tennis shoes can worn. No Steel Spiked cleats allowed.
- Flag Belts and Ball will be available on the field before your timeslot begins!
 - If you need smaller or bigger belts please come to the Garage location.
- Ball Size: PeeWee Football
- Flag belts must be worn at all times. No tying, tucking, or hiding the Flag Belts. Will result in Unsportsmanlike conduct.
 - Will be available on the playing field before game starts; must returned after game ends

GAME LENGTH

- **First Schedule Game:** Will be a practice will be a full 45 minute Practice
 - The remaining schedule will be a 25 minute practice followed by a 25 minute game.
- Offensive team will be given 40 seconds to call a play. Delay of game will be called.
 - Please try to get the game moving along as you only have 25 minutes!

SCORING

- The YMCA does not keep track of official scores in the Recreation League, but as a coach, you are more than welcome.
- A touchdown will be a result of the offense team crossing the designated goal line during a live play. 6 points.
- After the initial touchdown the offense may either go for one or two points from 5 yards off the goal line:
 - 1 point will be awarded for a run play and 2 points for a pass play
- A Safety will be awarded to the defensive if a sack or tackle for a loss is behind the offense's team goal line. 2 points.
 - The defense will then be rewarded with the ball on their 7-yard line
- If the defense is to intercept the ball and return past the offense goal line, the defense will be awarded a touchdown. 6 points.

PENALTIES

- **Offside:** 5 Yard Penalty on both Offense and Defense
 - Offense: Early movement on line or backfield before the ball is snapped
 - Defense: Movement past the Defensive Line before the ball is snapped
- **Illegal Motion:** 5 Yard Penalty
 - Offensive player who are in motion toward the line of scrimmage during the snap.
- **Unnecessary Roughness:** 10 Yards Penalty from the point of the infraction on both Defense and Offense
 - An action where a player uses unnecessary force or methods to grab the flag or blocking another player
- **Unsportsmanlike Conduct:** 10 Yard Penalty on both Offense and Defense
 - Swearing, intentional fumbling, intentional early pull of flag, and spiking
 - No showboating or team cheers. We want to make sure the kids are having fun and not being demoralized.
- **Flag Guarding:** 5 yard Penalty from spot of foul
 - Ball carrier guarding their flag by swiping hands, tying belt, attempting to hurdle over the defense, stiff-arm, etc.
 - If penalty occurs after the first down marker, offense will be awarded the 1st down.
- **Illegal Blocking:** 10 yard Penalty from LOS
 - Blocking is allowed, but the use of hands will be penalized. Players must have their hands behind their back when blocking.
 - Player may not cross arms, extend arms, use hands, or dip shoulder
 - This is to help prevent any use of the hands, elbows, and arms.
- **Delay of Game:** 5 Yard Penalty on Offense only
 - Not snapping the ball off before the 30-second timer ends, which starts after the defensive line is set.
- **Holding:** 10 Yard Penalty on both Offense and Defense
 - Offense: Use of hands during a live play, by grabbing another player or body. 10 yards from the LOS.
 - Defense: Holding on to an offensive player blocking or route running. 10 yards from the spot of the ball with an automatic first down.
- **Pass Interference:** 5 Yard Penalty
 - Offense: Illegal use of hands by the Receiver to gain separation. 5 Yards loss from LOS and loss of down
 - Defense: Illegal use of hands by the Defender to prevent route or catch. 5 yard from spot of foul and first down.
- **Illegal Forward Pass:** 5 Yard Penalty and loss of down
 - Passing the ball after the ball carrier has crossed the line of scrimmage.
- **Intentional Grounding:** 5 Yard Penalty and loss of down
 - IF the QB intentionally throws the ball away with no receiver in the area to prevent the defender from getting a sack.

NOTE If the ball is on the 5-yard goal line, then defensive fouls will net half the distance to the goal.

START OF GAME

- Coaches and Captains will meet to decide who will receive the ball first.

OFFENSE

- Must have only three players on the Line of Scrimmage (LOS) before the ball is snapped. Must have a center to snap the ball with another two players to the Center's Left and Right.
 - Must be in a two-point stance.
- Yards gained by offense player will be determined by the ball carries body position rather than the ball position, extension of ball does not extend the amount of yards gained.
- Quarterback CANNOT directly run with ball past the LOS immediately after the ball has been snapped. Must handoff, pitch, toss, or pass the ball to another player.
- All backs that received the ball upon QB exchange can pass, pitch, toss, pass, or run with the ball.
- No player in motion at any time before the ball has been snapped.
- Any snapped ball the touches the ground before touching a player will be repeated with no huddle. May have up to two attempts before a loss of down is penalized.
- The "Hide Out Play" is not allowed. This is defined by fake substituting an offense play to the sideline to then streak down the field.
- Offense will start on the 10-yard line, and then will have four downs to make it to the first down marker at 20-yards. This will be the only first down marker on the field. If the ball has crossed the first down marker, will be awarded with a first down.

PASSING

- May only forward pass the ball past the LOS, if the ball is thrown after crossing the LOS an Illegal Forward Pass will be called
- Once the ball has snapped, any player on offense is now considered eligible to receive the football.
- Any number of passes may be made behind the LOS

BLOCKING

- ***New*** Players must have their hands behind their back when engaged in blocking another player. They may not be folded across their chest.
- There will be no contact blocking made by an offensive player. A pick or screen is allowed, as long as the player has their hands behind their back.
- May move their body in form of a moving screen or pivot around to impede the oncoming rusher, but may not extend arms or block through an oncoming rusher. May not hold, chip block, or crack back the opposing team.
- Blockers may not dip their shoulder or head while blocking of defenders. They may not run and block alongside the ball carrier.
- Any rough tactics, such as trying to block through, push with hands, use of extended fist or elbows, or any contact to the opposing players head with open hands will be unnecessary roughness.

BALL CARRIER

- May not protect their own flag belt in any way. Hands and arms must be kept above the waist or behind their back.
- Ball carriers teammates must attempt not run alongside the ball carrier. If this is, being taken advantage of a Flag Guard penalty will be called.
- The ball carrier is allowed to spin or jump cut (laterally or backwards) in order invade defenders.
- The ball carrier may not attempt to hurdle or run through a defender to gain progression of the play.

DEFENSE

- All players must line up 3-yards from the Line of Scrimmage. Defense must wait until the ball carrier crosses the Line of Scrimmage to make a defensive attempt to pull the offense ball carriers flag. May not rush the QB.

DOWNING THE BALL CARRIER

- The ball carrier will be considered "down" upon the flag belt being removed from the player. This includes whether the flag was pulled or fell off on its own. The play is dead, and the ball carrier is down where the flag was pulled or where it touched the ground.
 - Defensive players must hand back the flag. May not throw flag away from the offensive player. Unsportsmanlike Conduct.
 - Receiver may still make an attempt of the ball if flag has fallen off before possession. Is down upon catching the ball.
 - If the ball carrier knee or arm touches the ground at any point, they are deemed down from the spot of the touch.
- The Defensive player must not hold, push, run through, or stop the progression of the ball carrier. They must "play on the flag rather than the ball carrier".

PUNTING

- May go for the first down marker or give up the ball to the opposing team on opposite 10-yard line

COACHES CONDUCT

- Coaches are expected to adhere to YMCA philosophies, coaching guidelines and codes of conduct
- Coaches are allowed to be on the field for offense and defense.