

2020 TREC Youth Flag Football Rules

The Rules listed below are subject to, but not limited to:

RULES and RECOMMENDATIONS for Covid -19:

- All participants, parents, fans, coaches, event staff and anyone attending games, practices or any event sanctioned by TREC must be advised that we are in a global pandemic.
- By attending any activity sanctioned by TREC, you are acknowledging the inherent danger associated with social activities such as Youth sports.
- TREC cannot guarantee that the guidelines and protocol that we recommend will prevent you from contracting this or any other disease.

SOCIAL PRACTICE:

- Remember to stay 6 feet apart from anyone not in your household.
- Mask are mandatory for parents and coaches.
- Officials will be required to have a mask to and from the field. They are allowed to remove the mask during the game.
- No handshakes or fist bumps of any kind are allowed.
- Each player and coach will have their own drink. No team coolers.
- Concessions will not be sold.
- Hand sanitizer will be available on each team bench.
- Parents are encouraged to bring their own chairs, bleachers will not be available.

Please remember the reason we choose to involve our kids in activities such as this.

Our intention at TREC is to provide recreation and community activity for every one of all ages.

We are trying to ease ourselves back into some version of normal.

Keep your distance, avoid congregating in large groups, and use common sense if you are not feeling well or have been exposed to someone who is sick.

2020 TREC Youth Flag Football Rules

The Rules listed below are subject to, but not limited to:

EQUIPMENT:

- Players must wear shoes. Metal cleats are **NOT** allowed.
- Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.
- Team jersey must be worn for all games.
- Pants or shorts with belt loops or pockets must be taped.

TIMING:

- Games will be 50 minutes – (18 minute halves- running time)
- The clock only stops for timeouts.
- Half Time will be 3 minutes.
- Only 1 time-out per half will be allowed.
- Each time the ball is spotted, a team has 30 seconds to snap the ball.
- There will be no overtime allowed in regular games. Overtime will only be allowed for tournament games.

SCORING:

- Touchdown = 6 points
 - Extra 1 point option will be placed on the 5 yard line and will be pass only.
 - Extra 2 points option will be placed on the 12 yard line and run or pass will be allowed.
- Safety = 2 points
- The **Mercy Rule** will be in effect.

COACHES/PLAYERS:

- Only 1 coach will be allowed on the field during the game. The coach should be well behind the players when the snap is eminent.
- A maximum of 6 players are allowed on the field for the (7-9) League.
- A maximum of 5 players are allowed on the field for the (10-12) League.
- Coaches must rotate players in and out in a manner that is fair and sportsmanlike.

LIVE / DEAD BALL:

- The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone.
- Substitutions may be made on a dead ball.
- In the case of an inadvertent whistle, the offense has two options:
 - Take the ball where the whistle blew, or
 - Replay the down from the original line of scrimmage.

RUNNING:

- The quarterback cannot directly run with the ball.
- NO laterals or pitches of any kind are allowed.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off by the quarterback, all defensive players are eligible to rush.
- Runners may not leave their feet to advance the ball. Diving, leaping, or jumping is considered flag guarding.
- Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
- No blocking or "screening" is allowed at any time.
- **FLAG OBSTRUCTION:** All uniform shirts **MUST** be tucked in before play begins. The flag must be on the player's hips and free from obstruction. **Deliberately obstructing flags will be considered Flag Guarding.**

2020 TREC Youth Flag Football Rules

The Rules listed below are subject to, but not limited to:

PASSING:

- Shovel passes are allowed, but must be received beyond the line of scrimmage.
- All passes must be received beyond the line of scrimmage.
- The quarter back has a seven-second "Pass Clock." Once the ball is handed off, the 7-second rule no longer is in effect.

RECEIVING:

- 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 towards the line of scrimmage.
- A player must have at least one foot inbounds when making a reception.
- Interceptions are returnable, but not on conversions after touchdowns.

FLAG PULLING:

- Defenders can dive to pull flags, but cannot tackle, hold or run through ball carrier's possession at any time.
- No stripping or pulling the ball from the carrier's possession at any time.
- No Flag Guarding allowed. For example: stiff arming, dropping the head, hand, arm or shoulder, or intentionally covering the flags with the football or uniform shirt.

FORMATIONS:

- An offensive team must have a minimum of one player on the line of scrimmage (the Center) and up to five players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - One player at a time may go in motion 1 yard beyond and parallel to the line of scrimmage.
 - No motion is allowed towards the line of scrimmage.
- Offensive players must come to a complete stop for one second before the ball is snapped unless he is the one player in motion.
- 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 legs to a player in the backfield, and the ball must completely leave his hands.

GAME:

- The offense takes possession of the ball at its 5 yard line and has four plays to cross midfield. Once a team crosses midfield, it has four plays to score a touchdown.
- If the offense fails to score, the ball changes possession and the new offensive team takes over at its own 5 yard line.
- All possession charges, except interceptions, start on the offense's 5-yard line.

FIELD:

- No Run Zones are in place to prevent teams from conducting power run plays. (A 5 yard imaginary zone before midfield and before the end zone.)
- Only 1 player is allowed to rush. Rusher must start on the marker, which is 10 yards beyond the line of scrimmage.

5 YARD PENALTIES:	10 YARD PENALTIES:
<ul style="list-style-type: none">• Offside• Illegal Motion• Delay of Game• Illegal Flags• Illegal Forward Pass (LOD)• Intentional Grounding (LOD)• Diving With Ball• Flag Guarding	<ul style="list-style-type: none">• Holding• Blocking• Pass Interference• Unsportsmanlike Conduct• Tripping