

**INDIAN TRAIL ATHLETIC ASSOCIATION  
YOUTH FLAG FOOTBALL LEAGUE  
EDNA LOVE PARK**

Indian Trail Athletic Association Youth Flag Football League thanks you for registering your child to participate in the 5 on 5 ITAA Flag Football program.

The league will be governed by the NFL Flag Football Rules with ITAA local rule modifications. Please see NFL Flag Football complete official rule book for further details.

For any questions, please contact:

**Marlon L. Pruitt** (Commissioner)    **or**    **Warren Nance**  
704.821.7460

**RULES AND REGULATIONS**

<http://www.nflyouthfootball.com/>

**GENERAL**

**Commissioner & Board**

will have complete control of league, rules & regulations, eligibility, code of conduct and disciplinary actions.

**Officials**

will control all games and actions occurring within the game officiated.

**Teams**

- a. All teams and participants in the league must abide by all rules and regulations set forth by NFL Flag & ITAA.
- b. All participants must wear **REQUIRED** mouth piece / mouth guard at all times during practice and game play.
- c. All participants must wear their official jerseys at each game.
- d. Teams will carry up to (10) registered players per roster.
- e. All kids will play equal amount of time both halves.

**I. Game**

1. At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.
2. The winner of the coin toss gets first offense possession. The loser of the coin toss chooses the end zone it would prefer to defend. Teams may **not** choose to defer to second half.
3. The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crossed midfield, it has (3) plays to score a touch down.
4. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
5. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
6. All possession changes, except interceptions, start on the offense's 5-yard line.
7. Teams change sides after the first half. Possession changes to the loser of the coin toss.
8. Teams must field a minimum of **(4)** players at all times.

**II. Scoring**

1. Touchdown: 6 points
2. PAT (Point After Touchdown) **1 point** (5-yard line) or **2 points** (12-yard line). The PAT decision cannot be changed.
3. Safety: 2 points

**III. Running**

1. Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
2. The quarterback cannot directly run with the ball.
3. The player who takes the handoff can throw the ball from behind the line of scrimmage.
4. Once the ball has been handed off in front or behind the quarterback, all defensive players are eligible to rush.
5. Absolutely NO laterals or pitches of any kind.
6. "No-Run Zones," located 5 yards before each end zone and 5 yards on either side of midfield, are designed to avoid short yardage, power-running situations.
7. Runners may not leave their feet to advance the ball. Diving, leaping or jumping is considered flag guarding.
8. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
9. Runners may leave their feet if there's a clear indication that he/she has done so to avoid collision with another player without a penalty
10. Flag Obstruction – All jerseys **MUST** be tucked in before play begins.

**IV. Passing**

1. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
2. Shovel passes are allowed, but must be received beyond the line of scrimmage.
3. The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, play is dead. Once the ball is handed off, the 7-second rule no longer is in effect.

## V. Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line).
2. 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 forward.
3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to offense.
5. Interceptions change the possession of the ball at the point of interception. They are the only changes that don't start at 5-yard line.
6. Interceptions are returnable.

## VI. Rushing the Passer

1. All players who rush the passer must be a minimum of (7) yards from the line of scrimmage when the ball is snapped.  
Any number of players can rush and the players not rushing quarterback may defend on the line of scrimmage.
2. Once the ball is handed off, (7) yard rule **no** longer is in effect and all defenders may go behind the line of scrimmage.
3. A special marker will designate a Rush Line (7) yards from the line of scrimmage.

## VII. PENALTIES

1. The referee will call all penalties.
2. Referees determine incidental contact.
3. All penalties will be assessed from the line of scrimmage, except as noted (spot fouls).
4. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations.
5. Games cannot end on a defensive penalty, unless the offense declines it.
6. Two forms of penalties are assessed: live ball and dead ball.
7. Penalties will be assessed half the distance to the goal line if the distance to the goal line is less than the penalty.

### 5 Yard Penalties

- Illegal Equipment
- Offside
- Illegal motion (more than one person moving, false start, etc.)
- Illegal forward pass (pass received behind line of scrimmage or throwing a pass beyond the line of scrimmage)
- Offensive pass interference (illegal pick play, pushing off/away defender)
- Screening, Blocking or Running with the ball carrier
- Delay of game
- Defense Illegal contact (holding, blocking, etc.)
- Defense Illegal flag pull (before receiver has ball)
- Defense Illegal rushing (starting rush from inside 7-yard marker)

### 10 Yard Penalties

- Roughing the passer
- Taunting
- Unsportsmanlike conduct: offense receives 10 yard penalty from the yard line of PAT attempt. (Final warning will be given).

## VIII. Timing and Overtime

1. Games are played on a 40 minute continuous clock = 2 halves of 20 minutes.
2. Each team has one 60-second time out per half.
3. Halftime is one minute long.
4. Each time the ball is spotted, a team has 15 seconds to snap the ball.
5. Officials can stop the clock at their discretion.
6. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.
7. If the score is tied at the end of 40 minutes, the game should be determined a tie.
8. In tournament or playoff, an Overtime (OT) Period will be used to determine a winner. OT format is as follows:
  - a. Each team gets one series of (4) plays starting from the team's 5 yard line (1pt) or 10 yard line (2 pts).
  - b. All regulation period rules and penalties are in effect.
  - c. There are no time-outs.
  - d. There is a three try limit and if no score - it goes down to the season games head to head

## IX. Equipment

1. The League provides each player with flag belts and each team with a football. Teams can also provide their own ball.
2. ALL KIDS MUST HAVE MOUTHPIECE / MOUTH GUARD AT ALL TIME OF PLAY - Practices and Games.
3. Players must wear shoes. Cleats are allowed, however cleats with exposed metal are not allowed.
4. Players may extra padding such as gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed.
5. Players must remove all necklaces, watches, earrings and any other jewelry that the officials deem hazardous.
6. Player's jerseys must be tucked into the pants if they hang below the belt line.
7. Pants or shorts with belt loops or pockets must be taped.

## X. Coaches

Coaches are typically volunteer parents or family members helping the players learn and enjoy the game.

Parents are encouraged to support the coach at all time.

Coaches are allowed on the field prior to play but must move to the sidelines before the snap of the ball.

Coaches are expected to adhere to NFL FLAG philosophies, coaching guidelines and codes of conduct.

Only three coaches per team are allowed on the sidelines.

A Coach is allowed to use a time out to question an official's rule interpretation. If the rule is interpreted incorrectly, the time out will not be charged. If the ruling is correct, then the team will be charged for a timeout or penalized if no more available.

## XI. Unsportsmanlike Conduct

1. If 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 ejected from the game. The decision is made at the Referee's discretion.  
**No appeals! FOUL PLAY WILL NOT BE TOLERATED.**
2. Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
3. Players may not physically or verbally abuse any opponent or official.
4. Ball carriers **MUST** make an effort to avoid defenders with an established position.
5. Defenders are not allowed to run through the ball carrier when pulling flags.
6. Fans must also adhere to good sportsmanship:
  - 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 away from the sidelines.
  - b. Stay in the end zone area, not between fields.

## XII. Disciplinary Actions

Any and ALL Disciplinary Actions will be reviewed and administered by the ITAA Board and Commissioner.



