



CHEROKEE YOUTH GIRLS FLAG FOOTBALL PLAYING REGULATIONS SPRING SEASON

GENERAL INFORMATION (Revised 3/9/22)

- A. **Cherokee Youth Girls Flag Football** is a CRPA youth athletics program organized on a district basis based on CCSD high school zoning, playing during the Spring and Fall each year.
1. 1st Practice Date: March 28
 2. 1st Game Date: April 18
 3. Last Game Date: May 11
 4. End of Season Tournament: May 16-18
- B. **PARTICIPATION** – All coaches must play all players. In the first half, players must play every snap of offense or defense. In the second half, players can be substituted freely. Coaches must get subs on and off the field quickly. All players must play a minimum of half of the game. (Exemption: Injury, ejection, etc.)
- C. **GHSB STATE ADOPTED PLAYING RULES**
1. **The Official NIRSA Rulebook will govern play with the exceptions listed.**
 2. The game shall be played between (2) teams of (7) players each.
 - a. Teams may start, or finish, the game with (6) players.
 3. The games shall be regulated under the supervision of (1) or (2) registered contest officials.
 - a. Three (3) minutes prior to the start of each game both head coaches, team captains, and the officiating crew shall conduct a pregame conference. It is the responsibility of each head coach to insure their players are legally equipped and meet uniform standards.
 1. The winner of the coin-flip shall have the options to start on offense or defer to the second half. The loser of the coin-flip will have the choice of the remaining options. The winner will then be given the choice of direction.
 - b. Each team shall designate a “speaking captain” to appropriately address the officials and request timeouts.
- D. **PLAYING FIELD/ ECO/ FIELD EQUIPMENT**
1. The field dimensions shall be; 40 yards wide and 40 yards long. Endzones will be 10 yards deep.
 - a. The official ball to be used all contests is; Wilson 1783 TDJ
- E. **TIMING REGULATIONS (NOTE: Game time is forfeit time)**
1. The length of the game shall be 40-minutes, divided into two halves of 20-minutes, with a 5-minute halftime interval (3-minutes if overtime is required).
 - a. The game will be played using a “running clock”.
 1. The clock starts when the ball is legally snapped and will run continuously for the first 19-minutes unless it is stopped for a team timeout or a referee stoppage of play.
 2. Each team is entitled to (3) charged timeouts per game and must be requested by the designated team captain or Head Coach. Any unused timeouts will not carry over into overtime.
 3. On or near the 1-minute point in each half the Referee shall stop the clock and inform both teams of the remaining playing time, this clock stoppage may be used by the team as an uncharged time-out. The clock will start at the snap following the one-minute warning.
 - a. During the final 1-minute of each half the clock will be stopped for the following, and resume on the snap of the next play:

1. Incomplete pass attempt, out-of-bounds, score, team timeout, fair catch, penalty administration, referee timeout, touchback, and/or change of possession.
4. Prior to the beginning of the game, or during the halftime intermission, the playing time may be shortened by mutual agreement of both teams.
5. In the event of a tie game in the regular season, the game will end in a tie. In the event of a tie game in the **POST SEASON**, the “OVERTIME” procedure shall be:
 - a. After a 3-minute intermission, a coin-flip with the team captains and the referee shall be conducted in order to determine possession and direction to start the overtime period.
 - b. The winner of the coin-flip shall have the options to start on offense or defense. The loser of the coin-flip will have the choice of direction.
 - c. Each team is entitled to 1 time-out per overtime period. Any unused timeouts will not carry over to the next overtime period.
 - d. For the first two overtime possessions the scoring team will be permitted to go to for 1 point, 2 points or three points on their PAT attempt. After the second overtime period the scoring team must go for 2 points following each touchdown.
 - e. The offensive team (Team A) will start from the opponent 10-yard line and have four downs to score a touchdown, followed by the opponent (Team B) having the same opportunity to score.
 1. If still tied, the procedure will be repeated with teams (in the second overtime Team B will now be on offense first and Team A will not be on defense). Teams will continue to flip possession for each subsequent overtime period until a winner is determined.

NOTE: The referee shall have the authority to correct all obvious timing errors, but must be corrected prior to the ball becoming live after the error occurred.

F. PLAYER UNIFORMS AND EQUIPMENT

1. Jerseys/Uniforms – All players must have matching jerseys with non-duplicating numbers on the front and back. All players must have the same color shorts/pants. Please note: CYGFF will provide shorts as an article of the uniform. **No shorts/pants are allowed to have pockets.**
2. Headwear – Players may wear a knit stocking cap, elastic headband, or a cap without a bill. Players are not permitted to wear bandanas. A soft pliable and non-abrasive protective headgear is recommended.
3. **Mouthpieces are Mandatory for all players and must cover all teeth.**
4. Game Ball – The official game ball shall be a “junior” ball and shall meet all the other specifications for a regulation CYGFF game ball. NOTE: “Home team” will provide game balls.
5. Illegal Uniforms & Equipment (Penalty- 5 yards) Jerseys/Shirts shall be tucked in at all times. NOTE: Referee may send off players who do not conform after multiple warnings.
6. **All Flag Belts MUST meet NIRSA Standards and shall be a color that contrasts with the color of the gameshorts/pants. (Quick Release Belt W/3 Flags)**

G. SCORING

1. All touchdowns shall be (6) points, and extra points shall be either (1), (2) or (3) points.
 - a. Teams have the options to attempt the extra point from the 3-yard line for one point, from the 10-yard line for two points, or from the 15-yard line for three points. NOTE: The field captain will confer the choice to the referee following a touchdown. Once the spotters have been placed a team cannot change their mind unless they are able to use a remaining timeout.
 - b. The Defense cannot score on an extra point try. The ball is dead on the change of possession.
2. A safety shall be (2) points.
 - a. Following a safety or touchback, the ball is spotted of the offenses own 14-yard line. 1st down and 6 yards to go.
3. Sportsmanship Rule – If a team is leading by 19 or more points at the 1-minute point or less in the second half, the game shall be officially finished.

H. KICKING, PUNTING, AND 4TH DOWN

1. There are no kickoffs.
2. There are no punts.
 - a. On 4th down, the offense must attempt to convert a 1st down no matter the distance.
 1. If the offense fails to convert, the result is a “turnover on downs.” The defensive team will switch to offense, and their drive will begin at their own 10-yard line no matter where the turnover on downs occurred.

I. POSTSEASON TOURNAMENT

1. Each team will be eligible for the postseason tournament with the top (2) teams receiving a first-round bye.
2. During each round, the higher seed in each match up will serve as the home team.
3. The first 4 games will be played on Monday, May 16. The final 5 games will be played Wednesday, May 18.

J. SPRING SEASON ADJUSTMENTS

1. The spring season consists of forward passes only.
 - a. The offense is allowed to advance the ball by completing (1) forward pass. Backwards or lateral passes between players will still be allowed after (1) forward pass is completed.
 - b. At the 1-minute warning for each half, teams will be allowed to advance the ball with run plays, in which players may be handed the ball out of the backfield or take a direct snap and advance the ball with a run.
 1. This will also apply to all PAT attempts.
2. Defensive players are allowed to “blitz” if they start 7 yards off of the line of scrimmage.
 - a. The quarterback MAY NOT advance the ball with a run while being blitzed.
 - b. The 7-yard rule will be suspended once the offense is 7 or fewer yards away from the opposing endzone. Defensive players may blitz from any distance at this point.
 1. This will also apply to all PAT attempts.

K. PLAYER AND COACH CONDUCT

1. One coach may be on the field with their team (one on offense, one on defense)
 - a. Coaches are to move (5) yards away from the deepest player on their side of the ball when the play starts
 - b. Coaches may not assist by touching players or crossing the 5-yard threshold while the play is in progress (enforced by a 10-yard penalty)
2. Non-physical unsporting acts include, but are not limited to; profane/inappropriate/obscene language or gestures, taunting or baiting an opponent, disconcerting acts prior to the snap in an attempt to interfere with the offensive signals, disrespecting a game referee.
3. Physical unsporting acts include, but are not limited to; kicking, striking or attempting to kick or strike an opponent, spiking the ball, illegal participation.

NOTE: The penalty for an unsporting act is **10 yards**. **The 2nd unsporting act results in the ejection of the offending player(s) and a 1-game suspension. The 2nd unsporting act results in the ejection of the offending coach(es) and a 2-game suspension. Ejections for fighting carry a 2-game suspension penalty.**

L. OTHER PLAYING RULES AND DEFINITIONS MAY BE FOUND IN THE OFFICIAL NIRSA RULEBOOK

PLAYING TERMS

Screen Blocking – Screen blocking is the legal act of obstructing an opponent's movement without making physical contact. All screen blocking shall be without physical contact, by keeping the hands and arms at the side or behind the back. They may not use their hands/ arms in front of their chest. Players shall not block by interlocking with a teammate. The penalty is **10 yards using the All but One Principle**). There shall be NO moving screens by the offensive player beyond the LOS. Offensive players beyond the LOS may set a standing pick (similar to basketball) or may follow the play in the event of a backward lateral pass (pitch play).

Diving – A runner **with the ball is NOT ALLOWED to dive**. HOWEVER, a receiver may jump or dive to catch a pass. Defensive players may jump or dive to defend a pass and/or dive to pull a flag.

Illegal Pass – A forward pass is illegal if the passer's foot is beyond the line of scrimmage, the ball is intentionally thrown to the ground or out of bounds to avoid a loss of yardage, or if there is more than one forward pass. (NOTE- there is no inside or outside of the tackle box in flag football since all players are eligible to receive a pass.) **The penalty is 5 yards from the spot of the foul and LOSS of down.**

Flag Guarding – A ball carrier using their arms or legs to protect their flag. **The penalty is 5 yards from the spot of the foul.**

Defensive Pass Interference- Penalty is 10 yards and repeat the down

Offensive Pass Interference- Penalty is 10 yards and repeat the down