



CHEROKEE YOUTH GIRLS FLAG FOOTBALL PLAYING REGULATIONS

GENERAL INFORMATION (Revised 02/04/25)

- 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 for the Middle School Division.
Elementary division will not be by zones. All players will be assessed and drafted to a team.
- 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. **CALENDAR OF EVENTS**
- a. A Calendar of Events will be provided during registration for each spring and fall season to highlight all important dates and information needed.
 - b. Spring Season will consist of an 8-game regular season schedule with a single elimination end of season tournament.
 - c. Fall Season will consist of an 8-game regular season schedule with a single elimination end of season tournament.
 - d. Teams may be asked to play more than one match in a day.
 - e. Seeding for the post season tournament will be determined by regular season standings. (*Tie breaking procedures will be head-to-head, if teams are still tied the next tie breaker will be a coin flip by CRPA Staff)
- D. **GHSА STATE ADOPTED PLAYING RULES**
- 1. The Official NIRSА Rulebook will govern play with the exceptions listed.**
 2. The game shall be played between (2) teams of (7) players each. (Cherokee Recreation and Parks reserves the right to change the number of players to 6v6 if needed.)
 - a. Teams may start, or finish, the game with (6) players or one player less than the designated maximum number of players allowed to play.
 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 ensure their players are legally equipped and meet uniform standards.

The winner of the coin-flip shall have the options to start on offense or defer to the second half or they may choose the direction. The loser of the coin-flip will have the choice of the remaining options.
 - b. Each team shall designate a “speaking captain” to appropriately address the officials and request timeouts.

4. The Neutral Zone will be 2 yards for all games.

E. PLAYING FIELD/ ECO/ FIELD EQUIPMENT

1. The field dimensions shall be 40 yards wide and 80 yards long. Endzones will be 10 yards deep.
 - a. Middle School- The official ball to be used all contests is Wilson 1783 TDJ
 - b. Elementary- will use the peewee size ball.

F. TIMING REGULATIONS (NOTE: Game time is forfeit time)

1. The length of the game shall be 40-minutes divided into four 10-minute quarters, with a 1-minute quarter interval and 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 and third quarters unless it is stopped for a team timeout or a referee stoppage of play.
 2. In the second and fourth quarter it will be a regular game clock at the 1-minute mark.
*Officials should announce the time remaining on the clock during all stoppages.
 3. 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.
 4. 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 **is not** to be used by the teams as an uncharged time-out. The clock will start at the snap following the one-minute warning.
 - a. During the final 1-minute of the 2nd and 4th quarter the clock will be stopped for the following, and resume on the snap of the next play:
 1. Incomplete pass attempt, injury, out-of-bounds, score, team timeout, fair catch, penalty administration, referee timeout, touchback, and/or change of possession.
 5. Prior to the beginning of the game, or during the halftime intermission, the playing time may be shortened by mutual agreement of both teams.
 6. In the event of a tie game, during the regular season, the game will end in a tie. In the event of a tie in the Playoffs, 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. Once a direction is chosen that will be the direction for the remainder of any other overtimes.
 - c. Each team is entitled to only 1 time-out in overtime this would include any additional overtime periods that are needed
 - d. 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.
 - e. For the first ~~two~~ overtime possession the scoring team will be permitted to go for 1 point, 2 points or 3 points on their PAT attempt. After the second overtime period the scoring team must go for 2 points following each touchdown.
 - f. In the event of a second overtime- both teams will have an equal chance and get one play from their try of choice until a winner has been decided.
 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.

G. PLAYER UNIFORMS AND EQUIPMENT

1. Jerseys/Uniforms – All players must wear the official CYGFF jerseys with non-duplicating numbers on the front and back. All players must have the same color shorts/pants. **No shorts/pants are allowed to have pockets. Tape may not be added over the pocket, but pockets with zippers that are zipped closed are allowed. Any player found guilty of have pockets must be sent off the field immediately and not allowed to return until proper shorts/pants are worn.**
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/encouraged.
3. Hoodies- must be under the players jersey. Hoods must be tucked inside of the neck of there jersey.
4. **Mouthpieces are Mandatory for all players and must cover all teeth.**
5. Game Ball – The official game ball shall be used and shall meet all the other specifications for a regulation CYGFF game ball. NOTE: “Offensive team” will provide the game ball for each possession.
6. 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.
7. **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 or Triple Threat Flags are the only flag belts that are legal.)**

H. 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 4th Quarter, the game shall be officially finished.

I. KICKING, PUNTING, AND 4TH DOWN

1. There are no kickoffs.
2. Prior to marking the ball ready for play on 4th down, the referee must ask the offensive captain if they want to punt. The referee must announce this decision clearly to all on field players, coaches, and officials.
 - a. The offensive captain may declare a punt on any down.
3. Elementary will not physically punt
 - a. If the team elects to punt the ball on 4th down, the ball will be moved to the opponents 36 yard line. If the offensive team elects to play on 4th down and doesn't convert the first down the ball will be turned over to the offense at the spot that ended the play.

4. After a punt is announced, the ball must be punted UNLESS (a) a time-out is called (b) the period ends (c) a foul occurs or (d) an inadvertent whistle is blown.
5. No players may cross the neutral zone until after the ball is punted.
6. Upon receiving the snap, the kicker must punt the ball immediately in a continuous motion.
7. A failed conversion on 4th down, the opposing team will receive the ball at the dead ball spot.

J. POSTSEASON TOURNAMENT

1. Each team will be eligible for the postseason tournament.
2. During each round, the higher seed in each match up will serve as the home team.

K. RUSHING THE QUARTERBACK

1. Defensive players are allowed to “rush” the initial player that receives the snap if they start 5 yards off the defensive line of scrimmage. Once the ball is handed or passed to another player behind the line of scrimmage any defensive player may cross the offensive line of scrimmage.
 - a. The 5-yard rule will be suspended once the offense is at the 5-yard line or closer to the opposing endzone. Defensive players may rush from the goal line. This includes PAT attempts. (PAT attempts from the 3-yard line, defensive players may rush from the goal line. PAT attempts from the 10 or 15, defensive players may rush from 7 yards off the line of scrimmage.)

L. 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 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.**

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

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 over or through players**. HOWEVER, a receiver may jump or dive to catch a pass and a ball carrier can dive for a first down. 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 an automatic first down

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