

Westchester Youth Football League

2011

Flag

Rules and Regulations



2011 Teams

Ardsley Panthers 2

Armonk Warriors 2

Dobbs Ferry Eagles 2

Mt Vernon Razorbacks 2

Ossining Indians 1

Pleasantville Panthers 1

Tarrytown Wolfpack 3

North Yonkers Knights 1

Valhalla Vikings 1

White Plains Bernies 1

White Plains Wolverines 1

Yonkers (Pelton) 1

WESTCHESTER YOUTH FOOTBALL LEAGUE (WYFBL)
ADMINISTRATIVE / PRE-SEASON / QUICK RULES

Mission:

The Westchester Youth Football Flag League (WYFBL) was formed to provide young players of our communities the opportunity to have fun while learning the importance of sportsmanship and teamwork through the game of football. The league will be as strong as our community directors, coaches, officials, parents and guardians. The league's emphasis is on safety, instruction, full participation, and fun.

Sportsmanship:

All players, coaches, fans, and officials shall show the highest respect for one another. Modesty and respect shall be displayed in victory, and graciousness and respect shall be displayed in defeat and in times of disappointment. Unsportsmanlike conduct will not be tolerated, and all adults are expected to set a positive example. Officials are authorized to remove anyone not acting appropriately.

Team Eligibility:

Every team must be properly registered and in good standing with the League office, which will require, at minimum:

- A \$50 per team fee by July 1st
- number of flag teams you will have in the league Due August 1st
- A Certificate of Insurance, Coach Certification, and Approval of team colors
- Home Field availability for at least three (3) games.
- List of all coaches
- Attendance at all mandatory to all league meetings. If you have just a flag team in the league, meetings are not mandatory.

Player Eligibility:

Every player must be properly registered with the League office, which will require, at minimum:

- Team roster including name, address, grade and age of all players
- A copy of the Birth Certificate, if requested.
- There are no height or weight restrictions on players.
- Attendance in Kindergarten through 2nd grade. If your program offers flag to 3rd graders, this must be approved by league.
- A WYFBL flag participant shall not be permitted to participate in any other football programs.

Officials / Community Conduct / Responsibilities:

- Every community must have present at each practice and game:
 - A cell phone to alert emergency personnel.
 - A first aid kit.
 - Access to restrooms.
 - Water or other non carbonated beverages.
- Coaches are responsible for the conduct of players, coaches, and parents on the sideline.
- Tobacco and Alcohol use are strictly prohibited.
- Head Coach is responsible to report all "Major" accident/injuries "WITHIN 24 HOURS" whether they occur during official scrimmages, practices or games, to League Director. The definition of a "Major" accident/injury is one that requires the assistance of an EMT, Police and/or Fire personnel, hospital Emergency Room or Medical Doctor visit.

Practice:

Official practices may commence on Monday after August 15th. Practice shall be limited to 6 hours and 3 sessions per week.

Pre-Game:

- Home Team shall mark the field
 - Ideally, the field will measure 100 yards (80yards OK) by 40 yards (sideline to opposite hash mark).
 - Divided into 4 zones of 20 yards each between 2 end zones of 10 yards each.
 - Cones placed at the 20, 40, and 20 yard line will represent the first down markers.
- Each team must supply at least 1 official, who shall be equipped with a whistle. This can be a coach from each team.
- Players must use a mouthpiece at all times while on the field of play.
- All players must wear the same color jersey, which must be tucked in at all times
- All players must wear a three-sided break away belt.
 - The flags must be of a different color than the primary color of the uniform
 - The flags must be 14 – 20 inches long and a minimum of 2 inches wideThe flags may not be wrapped around the belt or made of velcro

General:

- Team roster: Minimum- 10 / Maximum – 20 / subject to league schedule and availability of qualified coaches.
- A game consists of two teams of 8 players on each side of the ball.

Game Start / Time:

- Coin flip will determine offense / defense in 1st half with opposing team selecting 2nd half.
- Each game will comprise of 2 halves of 30 minutes running time per half / Halftime will not exceed 10 minutes.
- The coaches will agree on who keeps time.
- Game Ball (K2 or equivalent) will be placed on the 30 yard line to begin play.
- 2 coaches will be allowed on the field for each team, but must be quiet once the play begins.

Permitted Formations:

Offense:

- Balanced Line – 5 players on line of scrimmage / 2 on each side of the Center.
- All linemen, must get into a three-point stance
- Backs - 3 players in the backfield / QB plus 2 running backs.
- Motion is NOT permitted.

Defense:

- Balanced Line – 4 players on line of scrimmage head up to offensive line with center uncovered.
- Backs must be at least 3 yards behind the deepest lineman / 1 yard when backed up to your own 10 yard line.
- Defense must wait to cross line of scrimmage until the earlier of a hand off, pitch, or 5 seconds.
- DBs may not move forward prior to the snap and cannot blitz.

Blocking:

- All blocking must be done with open hands / no drive or shoulder blocks.
- A blocker must stay on his or her feet at all times / no rolling or flying blocks
- No blocking below the waist or above the neck, and no blocking in the back.
- No blocking a player out of bounds.

Advancing the Ball:

- The ball shall be placed in the middle of the field between the hash marks for every play.
- Center must snap the ball between the legs. Shotgun is permitted.
- The ball may not be run between the offensive tackles / 5 yards on either side of the center.
- All players are eligible receivers. Receivers need only 1 foot in bounds for a completed catch.
- Dual possession goes to the offense at the spot.
- A ball carrier cannot lower his or her head, stiff arm or otherwise protect his or her flag. The ball carrier can also not spin or hurdle a defender
- Each team has 4 downs to advance the ball into the next zone and begin a new series. Once a team enters a new zone, it is a first down and a new series begins. The ball touching a line is the determining factor in measurement
- Failure to advance shall result in loss of possession at the spot.

Dead Balls: The play shall be dead as soon as:

- The ball touches the ground from the center, QB, running back, or receiver. No fumble recoveries.
- The ball carrier's body, other than hand or foot, touches the ground.
- The ball carrier is missing a flag or blocks a defensive player from grabbing the flag.

Flagging:

- A defensive player cannot tackle, hold, push, pull or grab an offensive player or ball carrier.
- A defensive player can push a blocker sideways to get to the ball carrier, but not in the back or to the ground.
- A defensive player cannot jump over or hurdle an offensive player to get to the ball carrier.

All penalties like holding, clipping, and interference should be called only if they affect the play. Penalties should only be 5 yards. If the penalty does not affect the play, the player should be told why it is a penalty and allow play to continue. A repeated infraction by the same player should prompt a lesson on the sideline for that player. After the first infraction by a player, the referee can either penalize the infraction by moving the ball back 5 yards or have the coach sit player for series of downs.

Scoring / Special Rules:

- Touchdown - 7 points / Safety – 2 points. No extra points. Tie games end in ties, and everyone goes home happy!!
- Halftime Change of Possession: if a team trails by 14 points at halftime, the trailing team receives the ball to start.
- Penalties (Off-sides, holding, etc.) should only be called if they affect the outcome of the play.