

TCYFL

2025

Girls Fall Flag Rules

Mouthguards- Are required to be worn at all times during game play!! Full Lip/Tooth protector. Can be clear or have color! Must be simple and standard, Mouthguards with adornments are not allowed!

Section 1: League Regulations

1. Field Dimensions-

- 2nd/3rd and 4th/5th Grade- field set up like Spring 7-7(start at 40)
- 6th-8th Grade- Regulation Size Football Field(start at 20)

2. Equipment

- **Flags- Pop belts must be worn during all games. (Teams are responsible for their own belts)**
- **Flag Dimensions: All flags must be at least 15.5 inches long and 1.5 inches wide**
- **Flags CANNOT match the color of the players' shorts.**
- **Each player must have 2 Flags attached at the side of the legs**
- **If the shorts have a stripe down the side, the flags CANNOT be the same color as the stripe.**
- **Any player with illegal flags will be disqualified**
- **Players are permitted to wear standard football cleats with plastic or rubber spikes. No metal spike allowed. Gym shoes can be worn.**
- **Hair should be controlled so it does not interfere with the waist and flag belt**

3. Optional Player Equipment

- **Gloves-players may wear gloves that must consist of a soft, pliable, and nonabrasive material.**
- **NO JEWELRY ALLOWED!**
- **Players may wear a knit or stocking cap. The cap cannot have a bill.**
- **Wrist Coaches- Players may wear a soft, pliable wrist/forearm band that contains plays. (Strongly encouraged)**
- **Sunglasses-Players may wear pliable and non-rigid sunglasses.**

4. Host Site Requested List

- **To provide a Down Box- Home Team Volunteer to Operate it**
- **Field Markers- 40's, 20's, and Goal Line Pylons**
- **Clock Operator- If the host site doesn't have one for all games played the referee will keep the game and the play clock on the field.**
- **Should have ice, or ice packs, general 1st Aid Kit(if no Trainer at site)**
- **Opening of concession- extra revenue for your program. Min of Water/Gatorade available for Officials.**

5. Football Size

- **2nd/3rd Grade Level- PeeWee(K2)**
- **4th/5th Grade Level- PeeWee(K2)/ TDJ**
- **6th-8th Grade Level- TDJ/TDY**

6. Uniforms

- **All Team members are required to wear matching jerseys/ same color attire.**
- **Jersey's can have name and numbers on the back(strongly encouraged)**
- **If teams have to similar color of jersey a pinny may be worn over by the Home team- reversible jerseys are a great idea**
- **Jerseys should be able to remain tucked in at all times**
- **Players can not have a towel tucked into shorts**

7. Roster

- **Must have min 5 players present to start the game. Will allow players who show up late to participate as well as lending girls to opposing teams to even up the rosters. Our goal is not to have a forfeit and to play the game.**

Section 2- Game Rules

1. Contest Officials

- 2 Officials will be at each scheduled contest
- Referee: makes call from near the quarterback, announces the throw clock, and keeps track of the downs. Will position themselves on the opposite side of the field as the Side Judge
- Side Judge: responsible for spotting the ball and ensuring the rusher is at least 7 yards beyond the LOS. Will position themselves at that 7 yard rush mark on the opposite side of the field as the Referee.

2. Coin Toss

- Visiting Team will Call the Coin Toss
- Coin Toss will determine who starts with the ball, the opposite team will start with the ball in the 2nd half.

3. Game Times- 2nd/3rd Grade and 4th/5th Grade Levels

- Game Length: Two (2) 20 minute halves with a running clock
- The clock stops in the final one (1) minute of each half. All clock stoppages are limited to out of bounds, change of possession, timeouts, dead balls, or incomplete passes
- Halftime: 3 minutes

4. Game Times- 6th-8th Grade Levels

- Game Length: Four (4) Quarters with each having a 10 minute running clock
- The clock stops in the final one (1) minute of the 2nd and 4th quarters. All stoppages are limited to out of bounds, change of possession, timeouts, dead balls, or incomplete passes
- Halftime: 3 minutes

5. Timeouts

- Two(2) 1-minute timeouts per half
- Timeouts do not rollover from half to half or from regulation time to overtime

6. Play Clock

- :35- second play clock for 2nd/3rd Grade
- :25-second play clock for 4th/5th and 6th-8th to snap the ball once it has been spotted and marked ready for play. Officials will let the offense know when the play clock is at 10 and will count down from 5.

7. Scoring

- **Touchdowns Six (6) points**
- **One (1) point for an extra point at the 3 yard line- Must PASS**
- **Two (2) points for an extra point at the 10 yard line- Can RUN or PASS**
- **Six (6) points for an INT Returned for a TD at the 6th-8th Level**
- **Coach must declare within 25 seconds which attempt will be used following a touchdown score. The default will be a one (1) point extra point attempt if not declared.**

8. Team Configuration

- **Each team must have min (5) players on offense and min (5) players on defense. Max of (7) for Offense and Defense**
- **At max- The offense should consist of one (1) Quarterback and six (6) eligible receivers(Center is Eligible after snap)**
- **Games can start with a min of (5) players on each side of the ball. At Max roster size- IF a player is unable to finish a game already in progress, the team may finish with five (5) players. We will allow the opposing team to lend players or to even out players to continue the game.**

9. Start of each play (SNAP)

- **The ball must be snapped from the ground**
- **The Center may snap between her legs or from a kneel position**
- **There is no requirement on the number of players on the line (offensive or defensive).**
- **The exchange of the snap must be from one offensive player to another offensive player, the QB may not snap the ball to themselves**
- **Under Center snaps are allowed, it is strongly encouraged to be at least 2 yards behind the Center**
- **Ball is placed in the center of the field at the beginning of each half and for extra points. The placement of the ball after the first snap will depend on what side of the field the player is down. If the player is down on the left hash the ball is placed on the left hash, etc.**
- **Before the coin toss the coaches can agree to either keep the ball in the center of the playing field or keep it on the side where the player was downed.**
- **The first player that touches the ball after the snap is designated as the quarterback.**
- **A fumbled snap is considered a dead ball and loss of down. The ball will be spotted where it hit the ground.**

10. Moving the ball

- 2nd/3rd Grade and 4th/5th Grade Field start at 40, 4 downs to get to 20, 4 downs to score
- No Matter what happens the ball always goes back to the 40 on a new possession and play always moves in same direction.
- 6th-8th Grade- Start Game/Half ball starts at 20, 4 downs to get to 40, 4 downs to get to opposite 40, 4 downs to get to 20, 4 downs to score.
- Start of Game, Start of Half or After a TD the ball is placed at the 20. If a team takes over after an INT or Turnover on Downs the ball is played from that spot.

11. Turnovers

- Turnovers occur when the offensive team doesn't get a first down in the four (4) given downs or an interception occurs
- A fumble recovered while it is airborne will be considered an interception
- An interception by the defensive player cannot be returned at the 2nd/3rd level or the 4th/5th level. They will take over on offense.
- 2nd/3rd or 4/5th Grade Level ball goes back to the 40 yard line.
- An interception by the defensive player CAN be returned at the 6th-8th Grade Level
- 6th-8th Grade take over from where the player is downed from INT. If taking the ball over from a Turnover on Downs, the ball is placed where the TOD took place. The 1st Downs remain static. Example 1- INT happens at the 5 yard line, and the player is not downed until the 15 yard line. The offense has 4 downs to reach the 20 yard line. Example 2- Turnover on Downs happens at the 35. Offense has 4 downs to reach the 40 yard line.

12. Contact

- **ALL PLAYERS, BOTH OFFENSIVELY AND DEFENSIVELY, ARE CHARGED WITH AVOIDING CONTACT WHEN POSSIBLE. ROUGH PLAY WILL NOT BE TOLERATED. THE OFFICIALS WILL DETERMINE INCIDENTAL CONTACT THAT OCCURS DURING THE NORMAL EXECUTION OF EACH PLAY**

13. Blocking

- **No Physical Blocking is Allowed!**
- **This includes any moving picks and moving screens, including down field after pass is caught**
- **If an Offensive player sets a screen it must be like a Basketball screen- get to spot, plant feet, cross arms and no movement.**
- **Offensive Player without the ball cannot impede any defender trying to down a player with the ball.**
- **If you do not have the ball you are allowed to continue your route, however it now becomes your responsibility to not be in the way of a defender trying to down a player with the ball.**
- **Blocking Penalty is a Spot Foul 10 yards and Loss of Down**

14. New Legal and Illegal Movements

- **You are Not Allowed to Hurdle or Lift a Player into the Air**
- **You are allowed to Jump to catch a pass or when rushing the passer(see 14.6)**
- **You are allowed to Jump Cut, Spin, and Dive-**
 1. **Dive for a catch(if caught down at spot)**
 2. **Dive into End Zone- Not to Celebrate**
 3. **Dive to capture a Flag**

15. Rushing the Passer(2nd/3rd and 4th/5th- No Rush,6th-8th-Can Rush)

- **Teams can rush on any play from a 7 yard depth. The Side Judge will mark the 7 yard rush line on the boundary**
- **You do not have to declare your rush to the official**
- **Multiple defenders can rush**
- **IT MUST BE AN IMMEDIATE RUSH!!**
- **If a rusher leaves the 7 yard rush line before the snap they may NOT reset and rush legally. An illegal rush will result in a 5 yard penalty from the loss. Offense will get the choice to replay the down or take the result of the play.**
- **The rusher may leave their feet to attempt to block the pass, however if they contact any part of the QB other than the Flag it will be a Roughing the passer penalty which is 15 yards and automatic 1st Down**

16. In/Out of Bounds

- You will be considered out of bounds when either a piece of your body touches the line or crosses the boundary line and touches the ground outside of the boundary
- If a player steps out of bounds during a play, she is not allowed to be the next person to touch the ball. If the player is forced out by the opposing team, the player must return to the field immediately and re-establish themselves to be eligible to touch the ball

17. Dead Ball/Play Stop

- Once the ball hits the ground, it is considered a dead ball, whether the ball was dropped or fumbled it is considered dead where it lands
- A bad snap will be considered a DEAD BALL result in Loss of Downs
- Player's knee, elbow or other body part other than the hand touches the ground the ball is dead. The hand is allowed to touch the ground.

18. Passing, Catching, and Possession

- It will be considered a legal forward pass when an offensive player, from behind the LOS, throws the ball forward. This is only allowed once per down.
- A team CANNOT throw multiple forward passes in a single play.
- If players from opposing teams catch the football simultaneously, the ball will be declared a catch for the offense.
- A player must have one (1) foot inbounds for it to be considered a catch/possession.
- The QB has 7 seconds to pass/handoff/ or get rid of the ball. Once there is an exchange, the ref stops the 7 second clock and the defense can rush/attack the play from anywhere.
- Unlimited backwards passes and laterals are allowed as long as you're in the playing field.
- Offensive Team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by the offense in retrieving and returning the ball to the center/ref will result in a delay of game and loss of downs.
- The Quarterback can run at any time.
- The Center may snap the ball to any player behind the LOS, whoever that player is, is designated as the QB.
- The Quarterback is not an eligible WR

19. Inadvertent Whistle

- If an official blows an inadvertent whistle in the middle of the play, the following options occur:
 1. If the offensive player has possession of the ball, they may elect to take the ball where it was at when the play was blown dead and the down counts, or they can elect to replay the down from the original LOS
 2. When the ball is in the air, the ball will be returned to the previous spot and the down will be repeated

20. Overtime(NONE at 2nd/3rd Grade Level)

- Coin Toss will determine who is on offense and defense first
- Visiting team will call the toss
- Both teams will get One (1) overtime attempt of a single extra point attempt. The first team that scores in overtime and the other does not will win or the team that scores more points off the overtime attempt will win.
- Both teams are required to go for one (1) or two (2) points for their overtime attempt.
- Extra Points Attempts in overtime:
 1. One (1) point for an extra point from 3-yard line- Pass only
 2. Two (2) points for an extra point from 10-yard line- Pass or run
 3. An interception ends the down for the offense, and the defense cannot return the interception for points.
- A max of 2 OT's will be played- If score remains tied after that each team will get 1 play from the 10 (run or pass), whoever gains the most yards will win the game, if both teams get same yardage the game will end in a TIE

21. Weather

- We will play in all types of weather. The only time we will not play is when lightning occurs. Then we will follow our fall tackle guidelines on return to play.

Special Rules

- For all levels, one coach is allowed on the field for offensive possessions. It is encouraged for 6th-8th grade teams to use wrist coaches.
- Only players playing in the series are allowed on the field. Everyone else is required to be on the team's correct sidelines.
- One (1) coach may be on the field for defensive play calling. It is their responsibility to make sure they are out of the way once the play starts.
- Once the offense breaks the huddle no more coaching of players from either side
- The QB CANNOT go out for a pass once they have handed the ball off
- The QB once handed the ball off is eligible for a lateral or handoff on a reverse- Reminder that once the QB exchanges the ball the Def is allowed to rush
- 2nd/3rd Grade Level- Man Defense only
- 4th/5th and 6th-8th Grade Level- Man or Zone Defense is allowed.
- No flag guarding is allowed- anything that would impede a defender in their ability to get opponents flag

Section 3- Punting- 6th-8th Grade ONLY!

1. Notification

- The offense must notify the officials of their choice to punt or go for it on 4th down. If the official is not informed in a timely manner, the choice will be declared as a punt. Once a choice is made, it cannot be changed unless a timeout is called by either team.

2. Guidelines

- Both teams must have at least four(4) players on the LOS and they must not be in motion until the ball is kicked
- The returning team may stand anywhere on the LOS. They are allowed to jump in the air as well as wave their arms up and down.
- The KICKING TEAM has a 5 second count to punt the ball or it will be considered dead at the spot the kicker is standing. The result of the play will be a turnover on downs at that spot.
- If a snap is fumbled by the kicker the play will be dead at that spot and it will be a turnover on downs.
- The punt can be advanced by return team, if they choose to not return they will take over wherever the ball lays at rest
- The return team can advance a punt that is bouncing