

# **CIRCLE FLAG FOOTBALL**

**GUIDING FUNDAMENTALS OF OUR LEAGUE**

**MAKE IT FUN**

**EVERYONE PLAYS**

**TEACH EVERY POSITION TO EVERY PLAYER**

**STRESS FUNDAMENTALS**

**PROMOTE SKILL DEVELOPMENT OF ALL PLAYERS**

**YELL ENCOURAGEMENT, WHISPER CRITICISM**

# **Guiding Fundamentals of the Circle Flag Football League**

## **Circle Youth Football Governance**

Circle Youth Football is run under the auspices of the City of Towanda, Kansas. Circle Youth Football is governed by an eleven (11) member maximum Board of Directors comprised of two (2) members of the Benton Sports and Athletic Commission (BSAC), two (2) members of the Towanda Recreation Board (TRB), six (6) at-large members and the CHS Head Football Coach who sits as President. Members are appointed by BSAC and TRB. The Board of Directors will then designate Flag Football Coordinator. That Coordinator, in conjunction with and with approval of the Board of Directors, shall select a sub-commission to govern Circle Flag Football as a Flag Football Commission that will operate under the auspices of the Circle Youth Football Board of Directors. Membership of the Flag Football Commission shall not number greater than ten (10) members made up of patrons of the USD 375 Communities.

## **FLAG FOOTBALL COMMISSION**

The Flag Football Commission, under the direction of the Flag Football Coordinator, is responsible for the day-to-day operation and supervision of Circle Flag Football. It is the duty of the Commission to ensure that all rules and regulations approved by the Board of Directors for players, coaches, officials, and fans are followed during competition. A Flag Football Commissioner will be on site at EVERY Flag Football game operating in the role of Game Supervisor on behalf of the Commission and Youth Football Board. It is the responsibility of said Commission to bring forth any complaint, following the chain of command through the Flag Football Coordinator, to the Circle Youth Football Board of Directors. Rule change recommendations and suggestions for improvements shall be carried forth by the Flag Football Coordinator to the Circle Youth Football Board of Directors for discussion and action at the conclusion of each season at the closing meeting of that season's year. Those changes in rules or processes will then be added/retracted in the rules for the following season.

## **COACHES**

Head Coaches shall be at least 25 years of age. All Coaches must follow rules and guidelines established by the Circle Youth Football Board of Directors. Coaches will be selected by the Circle Flag Coordinator and the appointed Flag Football Commission after indicating a desire to coach on the Flag Registration Form. The status of "coach" is automatically terminated at the conclusion of each season. The Circle Flag Commission and Circle Youth Football Board of Directors will review any and all violations of the rules committed by any coach during the season and take appropriate action up to and including termination of status of "Coach." Should a coach be removed by the Board of Directors, the Circle Flag Football Commission will designate his/her replacement with approval of the Board of Directors.

## **FLAG FOOTBALL GAME OFFICIALS**

Two officials will work every Flag Football game. The opportunity to work as Game Officials will first be offered to players on the Circle High School Football Team. The Circle Youth Football Board of Directors believes that this is a way to further build strength throughout the program by allowing young developing players the opportunity to interact with players from the highest level of the program in a positive, educational football based environment. Should the

numbers of interested/available Circle High School players not be sufficient to adequately staff games, the Flag Coordinator shall offer the position to any/all qualified officials with approval gained for each official from the Circle Youth Football Board of Directors. In the case that a substitute official is needed, a Circle Flag Commissioner shall work as the game officials(s) for that game. A Flag Football Commissioner is NOT allowed to officiate any game that involves his own team. Pay for each official, each game, is ten (10) dollars.

### **DRAFT PROCEDURE**

The draft procedure each year will be identified by the Flag Football Coordinator and carried out only after approval from the Circle Youth Football Board of Directors and Flag Football Commission.

### **COMPLAINT PROCEDURE**

If any parent, coach, or spectator feels that any rule or regulation has been violated, said person shall first attempt to resolve the situation by personally visiting with the other party involved in a reasonable manner. If the problem still exists, the issue can be taken to the Flag Coordinator. Should he/she not be able to find resolution, the Flag Coordinator will take the issue to the Circle Youth Football Board of Directors. The Circle Youth Football Board of Directors encourages the party with the complaint to access the “Circle Youth Football Tackle Regulations” at [www.circlerec.com](http://www.circlerec.com) and fill out Attachment 7 – Complaint Procedure – and follow the above chain of command. Should a complaint reach the Board of Director’s level seeking resolution, said complaint will be discussed, ruled on, action taken, and reported back to the person that filed the original complaint.

In order to accomplish the goals of this league it is imperative that the following guidelines be followed by each head coach.

### **PLAYER PARTICIPATION**

Grades PreK-3 - Each head coach has the responsibility to make an honest attempt to provide every player equal and quality time at every position. This can be accomplished by rotating players to different positions every play, series, half or game. Regardless of which method is used, each head coach shall have a plan in writing prior to the first game of the season, that attempts to accomplish equal and quality time for each player at each position over the course of the entire season. These plans should be shared with parents early in the season. Should the commission deem it necessary, coaches may be asked to provide such a plan to the commissioners for review.

### **BASIC FORMATIONS PLAYBOOK**

In order to promote continuity with the Circle Middle School and Circle High School programs, coaches are required to use the terminology (patterns, position, hole numbers, etc...) as outlined in the Circle Flag Football Playbook, provided at the start of the season. Coaches are required to use ONLY the formations/plays shown in the playbook as described in the rules of competition.

## **PRACTICES**

Practices will be held twice each week. Practices will alternate between Benton and Towanda equally. All practices will be held on Public Property. Practices are not to exceed 1.5 hours per practice. Each team is allowed 2 practices per week. To encourage support of Circle Football, the Circle Youth Football Board of Directors requests no practices will be scheduled on nights of Circle High home football games so that players can attend.

The Board of Directors will ensure that all parents are aware of these goals and guidelines by posting them online at [www.circlerec.com](http://www.circlerec.com) and will rely on parents to make the league commissioners aware of any possible disparities. Coaches in all divisions should assure that their parents understand their plan for abiding by these goals to avoid any unnecessary conflicts.

# **Circle District Flag Football**

## **RULES OF COMPETITION**

### **2010**

- 1.0 Overview of Game Structure
- 2.0 The Clock
- 3.0 Scoring
- 4.0 Offense
- 5.0 Defense
- 6.0 Special Teams
- 7.0 Miscellaneous Game Rules
- 8.0 Penalties/Game Management

Unless otherwise noted rules apply to all divisions.

#### **1.0 OVERVIEW OF GAME STRUCTURE**

- 1.1 **DEFAULT:** When there is no CDFB rule for a given situation, by default KSHSAA rules are used.
- 1.2 **DIVISIONS**
  - 1.2.1 PeeWee (Co-ed) – Pre K Grades (Boys and Girls)
  - 1.2.2 Junior (Co-ed) – K-1 Grades (Boys and Girls)
  - 1.2.3 Varsity (Co-ed) – 2<sup>nd</sup>/3rd Grades (Boys and Girls)
- 1.3 **ELIGIBILITY:** Eligibility is determined by the participant’s grade as of the current school year. A participant may play in a division for older ages, with approval of the Circle Youth Football Board of Directors, the Flag Football Commission and the coach. But only participants with special circumstances and the approval of the Football Board may participate in a younger age division. All participants from outside the Circle school district will be allowed to participate as long as they meet the registration deadline and are involved in the initial team selection process.
- 1.4 **NUMBER OF PLAYERS:** Eight players per team on the field.
- 1.5 **FIELD DIMENSIONS:** The field is 50 X 25 yards, with 5-yard end zones and a fixed first down at the 25-yard line.
- 1.6 **FIRST DOWNS:** One first down will be marked at midfield.
- 1.7 **POSSESSION CHANGES:**
  - 1.7.1 **PeeWee Division:** All possession changes except interceptions start at the offensive team’s 5-yard line. If the offensive team fails to make a first down or a score, the ball changes possession and the new offensive team takes over on its 5-yard line.
  - 1.7.2 **Junior Division:** All possession changes except interceptions start at the offensive team’s 5-yard line. If the offensive team fails to make a first down or a score, the ball changes possession and the new offensive team takes over on its 5-yard line.
  - 1.7.3 **Varsity Division:** All possession changes are down as marked, including turning the ball over on downs, punts, fumbles and interceptions.
- 1.8 **RUSHING THE QUARTERBACK:** (PeeWee and Junior Divisions Only) Players can rush the quarterback **AFTER THE RUSH COUNT** or after being “released” by the officials. Prior to

being “released” to rush, defensive players may come across the line of scrimmage a maximum of 1 yard. Once the ball is handed off, pitched, lateraled, or thrown, the rush-count-rule no longer applies and all defenders can rush the ball carrier. Note: a defensive player can make a play on the QB if he is within the 1 yd penetration zone.

- 1.9 RUSHING THE QUARTERBACK – RUSH COUNTS
  - 1.9.1 PeeWee Division: 4-second rush rule counted OUT LOUD on the field by the linesman official.
  - 1.9.2 Junior Division: 2-second rush rule counted OUT LOUD on the field by the linesman official.
  - 1.9.3 Varsity Division: No rush count, automatic rush at the snap.
- 1.10 BLITZING: No blitzing is allowed. Blitzing is defined as rushing the quarterback with any defender not lined up on the line of scrimmage.
- 1.11 FUMBLES
  - 1.11.1 PeeWee Division: Play may continue only if the fumble is during the QB/Center exchange. The QB is the ONLY player who can pick up the ball and continue the play. ALL other fumbles are considered “dead” and the team RETAINS possession at the spot of the fumble.
  - 1.11.2 Junior Division: All fumbles (including QB/Center exchange) are considered “dead” and the team RETAINS possession at the spot of the fumble.
  - 1.11.3 Varsity Division: All fumbles are considered “live” and the team recovering the fumble is awarded possession at the spot of the recovery. Fumbles can not be picked up and advanced.
- 1.12 DEAD BALLS – Play is ruled dead when any of the following occur:
  - 1.12.1 Flag is pulled
  - 1.12.2 Ball carrier steps out of bounds
  - 1.12.3 Touchdown or successful extra point is called
  - 1.12.4 Ball carrier’s knee hits the ground
  - 1.12.5 Ball carrier’s flag falls off.
  - 1.12.6 If during the play, the ball carrier’s jersey covers the flags and the defense cannot with ordinary effort pull the flag, then ball carrier is down when a defender touches the ball carrier with one hand.
- 1.13 OVERTIME: No overtimes will be played.

## 2.0 THE CLOCK

- 2.1 GAME LENGTH: Games consist of two 25-minute halves with a 3-minute halftime.
- 2.2 STOPPING THE CLOCK: Prior to the last two minutes of each half the only time the clock stops is during timeouts or at the referee’s discretion. During the last two minutes of each half the clock stops on all change of possessions, offensive penalties and scores. Note: All extra points in the last two minutes of each half are not timed. After scores and change of possessions the clock starts on the referee’s “ready to play” whistle, except after scores in the Varsity division the clock starts on the kickoff. On offensive penalties the clock starts on the snap of the ball.
- 2.3 TIME OUTS: Each team receives two 60-second timeouts per half, which can not be carried over into the next half. If an injured player delays the game, causing the officials to stop the clock, the injured player must sit out at least one play. The team with the injured player may not substitute one of their time outs for the official’s time out.

- 2.4 **PLAY CLOCK:** The offensive team is allowed 30 seconds between plays. The 30-second count begins when the linesman sets the ball for the next play. Teams will receive 1 warning before “delay of game” is called.

### 3.0 **SCORING**

- 3.1 **TOUCHDOWN:** 6 points

- 3.2 **FIELD GOAL:** No field goals are allowed

- 3.3 **SAFETY:**

- 3.3.1 **PeeWee Division:** There are no safeties. Offense retains possession at the 5 yd line.  
3.3.2 **Junior Division:** There are no safeties. Offense retains possession at the 5 yd line.  
3.3.3 **Varsity division:** If a safety is executed, the defense is awarded 2 points. Offense retains possession at the 5 yd line with loss of down.

- 3.4 **EXTRA POINT:**

- 3.4.1 **PeeWee Division:** 3 points if kicked from the 10-yard line or 2 points if ran or passed from the 10-yard line.  
3.4.2 **Junior Division:** 3 points if kicked from the 10-yard line or 2 points if ran or passed from the 10-yard line.  
3.4.3 **Varsity division:** 1 point if kicked from the 10-yard line or 2 points if ran or passed from the 10-yard line.

**NOTE:** On kicked extra points no rush is allowed. All defensive players will line up on the goal line in a 2, 3 or 4-point stance.

- 3.5 **INTERCEPTED EXTRA POINTS:** If the offense tried to pass the ball for an extra point, the defense can intercept and return it across the other goal line for two points.

### 4.0 **OFFENSE**

- 4.1 **CARRYING THE BALL:**

- 4.1.1 The ball carrier may never:  
4.1.1.1 Stiff arm or straight arm a defender  
4.1.1.2 Flag guard (using the hand or ball). Flag guarding is a stiff arm to the defender’s face or head, a forceful shove of the defender, holding the flag or slapping a hand away.  
4.1.1.3 Run directly into a defender (charge).  
4.1.1.4 Leave his/her feet in a headfirst dive to advance the ball or to avoid a defender. If a dive occurs, the ball is spotted where the dive initiated and the player and coach will be given a verbal warning. A second infraction will result in disqualification of that player for the remainder of the game. Sliding?  
4.1.1.5 Toss the ball in the air to avoid a flag pull while in possession of the ball (toss to self).  
4.1.2 The ball carrier is allowed to jump or hurdle a defensive player.

- 4.2 **MOTION:** No “man in motion” plays may be used. All players must stay set prior to the snap.

- 4.3 **QUARTERBACK RUSHING**

- 4.3.1 Pee Wee Division: QB can not run the ball. If a pass play is called, QB must throw pass, if QB crosses the LOS play is dead.
- 4.3.2 Junior Division: QB can run after the rush count has expired.
- 4.3.3 Varsity Division: No restrictions on when QB can run.
- 4.4 FORMATIONS/PLAYS: Use of only the formations and plays shown in the Circle Flag Football playbook are allowed. Note - This means for any play shown in the play book, it can be run from any of the formations (assuming the formation allows it) shown, not just the formation that shows the play. For instance, the 24 Power can be run from the Veer formation. Also, it was not meant to limit pass plays to just those out of the I formation. Pass plays are allowed out of any of the formations shown in the playbook, but only with pass routes depicted on the "passing tree".
- 4.5 PASSES: Only one forward pass is allowed per play. A forward pass is a ball thrown or handed forward, overhand or otherwise. A lateral is a ball thrown parallel to the line of scrimmage or toward the offensive side of it, overhand or otherwise. A lateral is, by definition, not forward.
- 4.6 LATERALS: Laterals are allowed behind the line of scrimmage only. No downfield laterals are allowed.
- 4.7 BLOCKING: Blocking should be open hands with contact between waist and chest only. Any close handed blocking or contact above the shoulders will constitute a holding penalty. Blockers may not leave their feet to make contact. Two-on-one blocking is legal.
- 4.8 OFFENSIVE LINE/ELGIBLE RECEIVERS: The center and two guards are not eligible receivers.
- 4.9 GOING OUT OF BOUNDS: A player without the ball that steps out of bounds on his own is ineligible to re-enter during that play.
- 4.10 LEGAL CATCH: For a legal catch the player must control the ball throughout the act of touching one foot, or any other part of the body except the hands, to the ground in bounds.
- 4.11 SLEEPER PLAYS: To be eligible to participate in a given offensive play, a player must have been in the previous huddle (no sleeper plays) and no player changes can occur during a "hurry-up" offense. These are illegal procedure.
- 4.12 CENTER'S EXCHANGE: The ball must be snapped through the center's legs. At that time, possession of the ball must be transferred from the center to another player (quarterback) and can not remain with or come back to the center. The quarterback may then transfer possession of the ball to an eligible receiver as per rule 4.6. Note that this effectively makes illegal a center sneak and associated plays.

## 5.0 DEFENSE

- 5.1 RUSHING THE QUARTERBACK: See Rule 1.8 and 1.9
- 5.2 BUMPING RECEIVERS: Each defender is allowed only one chuck of a receiver. A legal chuck (or bump) is with open hands between the waist and shoulders within the first five yards. The hands must be withdrawn after initial contact.
- 5.3 PASS DEFENSE: The defender cannot use contact to break up a pass play. It's pass interference to shield the receiver's eyes. The defender can not de-flag the receiver prior to the

reception. After a pass is touched, contact can be made without pass interference being called. However, a pass may still not be broken-up with contact.

- 5.4 DEFENSIVE AUDIBLES: The defense is not allowed to simulate offensive calls by trying to sound like the quarterback. This includes, but is not limited to, saying things as “hut-hut” or “go-go”. This is called “imitating the offensive calls”.

## 6.0 SPECIAL TEAMS

### 6.1 DEFINITIONS:

- 6.1.1 Muff: A ball dropped or touched by a kick or punt returner who never fully had possession of the punted or kicked ball.

### 6.2 KICKOFFS

- 6.2.1 PeeWee Division: No kickoffs. All possession changes, except interceptions, start on the offense’s 5-yard line.
- 6.2.2 Junior Division: No kickoffs. All possession changes, except interceptions, start on the offense’s 5-yard line.
- 6.2.3 Varsity Division:
- 6.2.3.1 A kickoff from a tee at the 20-yard line will initiate each half and after each PAT (point after touchdown).
- 6.2.3.2 The ball must cross midfield before it can be touched by a member of the kicking team. If the ball fails to reach the midfield line or is touched by a member of the kicking team before it reaches midfield, the receiving team has the option of declining the penalty and taking the result of the play, playing the down over (re-kick) or taking possession of the ball at midfield.
- 6.2.3.3 The first player to gain legal possession of the ball may advance the ball whether or not they caught the ball on the fly or picked it up off the ground. Note this means a player may advance a kick after a muff.

### 6.3 PUNTS:

- 6.3.1 PeeWee Division: No punts. All possession changes, except interceptions, start on the offense’s 5-yard line.
- 6.3.2 Junior Division: No punts. All possession changes, except interceptions, start on the offense’s 5-yard line.
- 6.3.3 Varsity Division:
- 6.3.3.1 All punts are declared (no fakes).
- 6.3.3.2 No rush or release is allowed by either team until the ball is kicked. All offensive and defensive linemen will line up in a 3 or 4-point stance.
- 6.3.3.3 The first player on the return team to gain legal possession of the ball may advance the ball whether or not he/she caught the ball on the fly or picked it up off the ground. Note this means a player may advance a punt after a muff.

## 7.0 MISCELLANEOUS GAME RULES:

### 7.1 EQUIPMENT:

- 7.1.1 Each participant shall be given a flag belt to wear both during practices and games.
- 7.1.2 Each participant shall receive a shirt, designated in a team color, with a number identification on the back. Shirt must be tucked in at all times.
- 7.1.3 Protective mouthpieces will be provided and are MANDATORY for participation.
- 7.1.4 Cleats are allowed, except for metal spikes with inspections prior to the beginning of each game.
- 7.1.5 Footballs will be age appropriate size. Grades Pre-K thru 2 will use a K2 or “PeeWee” size football. Grades 3-4 will use a TDJ or “Junior” size football.

- 7.1.6 No pads (thigh-hip-knee-tail) in pants allowed. No helmets. Only pads approved by the commission in the case of covering an injury (i.e. finger).
- 7.2 SPOT OF THE BALL: The ball is spotted where the ball is when the flag is pulled or lost and at the discretion of the officials. See rule 4.1 for diving to advance the ball.
- 7.3 COACHES: Two coaches from each team are allowed on the field during play. Coaches are allowed to be in the huddle for play calling, if they so choose.
- 7.4 INADVERTENT WHISTLES: If the whistle is blown prematurely, the team in possession at the time of the inadvertent whistle will have the choice of the play to the point of the whistle or the down over. If the ball is loose by punt, pass or kick or at the time of the inadvertent whistle, the down is replayed.
- 7.5 TOSS OF THE COIN:
  - 7.5.1 PeeWee Division: The team that wins the toss can choose 1) to be on offense first 2) to be on defense first, 3) direction, or 4) defer their choice to the second half. The team not choosing for the first half will choose for the second.
  - 7.5.2 Junior Division: The team that wins the toss can choose 1) to be on offense first 2) to be on defense first, 3) direction, or 4) defer their choice to the second half. The team not choosing for the first half will choose for the second.
  - 7.5.3 Varsity Division: The team that wins the toss can choose 1) to receive 2) to kickoff, 3) direction, or 4) defer their choice to the second half. The team not choosing for the first half will choose for the second.

## 8.0 PENALTIES/GAME MANAGEMENT

- 8.1 GAME MANAGEMENT: The officials on the field will call all penalties. THEIR JUDGEMENT CALLS WILL BE STRONGLY BACKED BY FLAG FOOTBALL COMMISSIONERS who will be present at all games. They will conference with officials when indicated or conference with coaches when rule violations are observed.
- 8.2 ENFORCEMENT NOTES: When a penalty yardage exceeds more than 50% of the remaining yardage to the goal line, the ball is spotted half the distance to the goal line. For a defensive penalty during a score, enforcement is on the kickoff. If both teams commit a penalty on the same play, the play is run over (this is called off-setting penalties). If one team commits multiple fouls on the same play, only the largest single one is enforced. In addition, all personal fouls are always enforced.
- 8.3 PENALTY ASSESSMENT:
  - 8.3.1 Penalties will be assessed from the line of scrimmage (except for illegal tackling see 8.4.5).
  - 8.3.2 Penalties can be declined.
  - 8.3.3 Games cannot end on a defensive penalty unless declined by the offensive team.
- 8.4 DEFENSIVE PENALTIES:
  - 8.4.1 Offsides: 5 yards + Replay the down.
  - 8.4.2 Diving at flags (coming off the ground): 5 yards + first down
  - 8.4.3 Pass interference: 10 yards + first down
  - 8.4.4 Illegal flag pull: 10 yards + first down
  - 8.4.5 Illegal contact (initiating): 10 yards + first down. Note - Illegal contact is a hold, bumping a receiver, not avoiding contact, etc. If a hold or tackle is called on the last defender, the TD is awarded (discretionary call by the officials/supervising commissioners)

- 8.4.6 Unsportsmanlike action: 15 yards + first down
  - 8.4.7 Illegal rush: 5 yards + replay the down.
- 8.5 OFFENSIVE PENALTIES:
- 8.5.1 Off-sides: 5 yards + replay the down
  - 8.5.2 Illegal motion: 5 yards + replay the down
  - 8.5.3 Illegal forward pass: 5 yards and loss of down
  - 8.5.4 Pass interference: 10 yards + replay the down
  - 8.5.5 Flag guarding: 10 yards and loss of down. Note - Flag guarding is a stiff arm to the defender's face or head, a forceful shove of the defender, holding the flag or slapping a hand away, diving to avoid your flag from being pulled, or running into a defender.
  - 8.5.6 Delay of game: 5 yards + replay the down
  - 8.5.7 Unsportsmanlike Conduct: 15 yards and loss of down
  - 8.5.8 Holding: 10 yards and loss of down
  - 8.5.9 Blocking should be open hands with contact between waist and chest only. Any close handed blocking or contact above the shoulders will constitute a holding penalty.
- 8.6 SPORTSMANSHIP/ROUGHING:
- 8.6.1 If the official on the field or league commissioner witnesses any acts of elbowing, cheap shots, hard blocking, or ANY unsportsmanlike act, THE GAME WILL BE STOPPED AND THE PLAYER WILL BE EJECTED IMMEDIATELY. FOUL PLAY WILL NOT BE TOLERATED. Trash talk by either PLAYERS OR COACHES is illegal. Officials have the right to determine offensive language. Trash talk is considered to be talk by a player or coach is considered to be offensive to the officials, opposing players, teams, or spectators. If trash talking occurs, the official will give ONE warning. If it continues, the guilty party or parties will be ejected. If a coach is involved, the league commission has the right to TERMINATE the coach's right to coach his/her team after meeting with the game official.
  - 8.6.2 Unsportsmanlike fouls will result in team warnings and possible player/coach ejection. Examples: tackling, trash talking, or intentional rough play.
  - 8.6.3 Incidental contact resulting from the normal running of a play is a discretionary call and will be determined by the referees.