

# RULE BOOK

2023



HTB FLAG FOOTBALL YOUTH LEAGUE

[www.htbffl.com](http://www.htbffl.com)



**RULES FOR THE HTB FLAG FOOTBALL  
LEAGUE YOUTH LEAGUE**

**For the Toddler, A1, A2, B, C, and D  
Divisions**

**JR and Senior Divisions**

**Ages 5 to 18**

**Field size**

- For the Toddler and A1 Divisions the field dimensions will be 15 yards wide by 30 yards deep, with two 7 yard deep end zones, and 1 fixed first down at mid field.
- For the A2, and Divisions, the field dimensions will be 25 yards wide by 60 yards deep, with two 10 yard deep end zones, and two fixed first downs at the 20 's.
- For the B, C, D Junior and Senior Divisions the field dimensions will be 30 yards wide by 60 yards deep with two 10 yard deep

end zones, and two fixed first downs at the 20 yard lines

### **Attire and Safety**

- It is strongly recommended that all players wear a mouth piece.
- It is strongly recommended that all boys wear a protective cup.
- It is the responsibility of the parents to supply and implement the use of these items.
- Cleats are recommended, but not required. No metal cleats are allowed.
- The supplied matching shirts are required to be worn, and visible at all times, if players wear hoodies, the hood must be on the head or tucked inside the shirt.
- No hard pads are allowed. Players may wear soft helmets.
- A flag belt must be worn by all players when on the field. If the flag falls off untouched, then a one hand touch will end the play.

- All offensive players must have a flag on at the start of the play. If the play is started with player(s) not wearing one, the play will be blown dead, a five yard penalty will be assessed and the down replayed.

### **Game Clock**

- The game will consist of two (2) 20 minute halves
- The clock will continue to run unless stopped by a time out
- At the one minute mark of each half, a one minute warning will be announced. During this last minute of the half, the clock will stop on time outs, dropped passes, penalties, change of possession, and stepping out of bounds. The clock will not run during a point after attempt. Each team will receive two (2) time outs per half, and may not be carried over.
- Game clock will start at the appointed time. Teams must be at the field and prepared to play at least 15 minutes before game time. Roster exchange will occur at this time. Late

player will have to wait until halftime to enter the game, unless a timeout is used. Players entering without notification will result in the team losing all time outs for the game. If a team is late, They have fifteen minutes from game time to field a team. The time will be deducted from the game time. Furthermore, the team that is late will not have choice at either half.

### **Format**

- Each team will field 6 players on offense or defense. 7 on 7 is possible if both coaches agree.
- In the B, C, D, Junior and Senior Divisions, you must field a minimum of 5 players, or the game will result in a forfeit
- In the A division you must field a minimum of 4 players, or the game will result in a forfeit.
- If a team is playing with 4 players in the A Division or 5 in the B, C, or D Divisions, the opposing team must play with the same amount of players. (except playoffs)

- Mercy rule, if a team has a lead of 18 point or larger, then they will have 4 downs to achieve a first down, then only 4 downs to score. The team that is down by 18 points or more will start at their own 20 yard line. The game will be deemed over, if within the last minute, the team that is ahead, by 10 points or over has possession of the ball.

### The Game

- The home team will be determined by coin toss. Home team has first choice to defer, receive the ball or choose field direction. (defer gives you choice 2nd half ).
- **There is no contact, any contact not deemed incidental will be penalized**

### Offense

- The offense has 40 seconds, to call and start execution of a play or from the time the ball is spotted, or they will be penalized for delay of game. First offence is a warning, after that is a five yard penalty unless the coach calls a time out.

- Offensive team starts on their own 5 yard line. Team has 4 downs to reach 1st down marker, if so, they get 4 more downs to achieve a second first down, then 4 more downs to score. if not, the opposing team receives the ball on their 5 yard line.
- A no run zone is enforced at both ends of the field, If the ball is completely within the 2 yard marker the offense MUST pass the ball to score. QB can run only if the defense rushes in after the 3 mississippi count
- In the A Division, there is no no run zone
- 1 coach is allowed in the huddle and on the field while game is in play, but must back up behind the quarter back at the snap. A, B, and C Divisions only
- In the D Division the coach will be allowed on the field for the first 3 games.
- There must be a clear separation between the quarter back and center at the snap
- If the snap is dropped, the designated quarter back can pick up the ball, and complete the play. Only the qb, and no other player can pick up the ball. If a player other than the qb touches the ball, then the



play is ruled dead. This includes when a in motion or wild cat play is called. The player receiving the ball must call hike.

- QB is allowed 1 forward pass per play, a pitch back is allowed and does not count as a forward pass. Receivers must have 1 foot in bounds to be a legal catch. Everyone is eligible to receive the ball.
- Offensive player can set a stationary pick. Feet must be planted. Raising of arms or forward contact by the offensive player is illegal. Ball carrier must avoid defensive players. NO charging.
- A motion pick is allowed by one player only, and the player cannot change direction or impede a defensive player in any way.
- A multiple pick is illegal, and will be penalized if it is deemed by the referee that the formation was too tight to allow penetration by the defensive players.
- The cluster play is not allowed. (at snap all players surround the qb)
- If the defense intercepts the ball they can run it back for a TD, if they get flagged before scoring the spot will be marked back

at the 5 yard line if the down line was not crossed.

- Flag shielding and stiff arming is not allowed.
- Diving or jumping to advance the ball or scoring, is not allowed, spinning, and jumping for the ball is allowed
- The position of the hips determines the spot of the ball,. If the hips cross the down marker before the flag is pulled, it is a first down, and if they cross the goal line, it is a score.
- Any time a player falls, or a knee touches the ground, even if untouched, the play is ended.

### Scoring

- Touch Down - 6 points,
- extra point -1 (run or pass from 2 yd line)
- 2 point conversion (run or pass from 5 yd line)
- Safety 2 points

## Defense

- At the snap of the ball the referee will count 3 mississippi, defensive players must wait for the full completion of the count before crossing the line of scrimmage. No Blitzing is allowed
- If the quarter back hands off the ball, then the count will stop and the defense may cross the line of scrimmage.
- Stepping in front of an offensive player and causing contact is not allowed.
- 1 coach may be in the defensive huddle, but must back out of the way at the snap
- In the D Division, the coach is allowed on the field for the first 3 games. Junior and Senior Divisions the coach is not allowed on the field

### Junior and Senior division additional rules

- In addition or superseding those rules above

- On fourth down will declare a punt or to go for a first down. If such attempt fails, the opposing team will receive the ball on the spot.
- An intercepted ball and runback will be placed on the spot of the flagging unless there is a score.
- There is a free blitz per set of four downs. The defenders must go on the snap. No delay is allowed and will be called an offside. Defenders that blitz from the line must be head to head with an offensive player i. e. the center. If not head to head it will be called an illegal blitz and penalty assessed. Multiple players may blitz but must be 7 yards back.
- There is a blitz allowed on all point after attempts, same as above.

### Penalties

- Defensive- Off-sides: (+ 5) yards and replay the down or "o" takes result of play
- Holding the ball carrier: replay the down at the spot of the foul.

- Interference: 10 yards from original spot, automatic 1st down or result of play
- Ball stripping: 5 yards from the spot of the foul, replay the down.
- If ball stripping occurs within the 5 yard line, the result will be a touchdown.
- Personal fouls: tackling or pushing out of bounds, 10 yards and a warning (2nd, eject) If occurred within the 5 yard line then its an automatic touch down.

### Offensive

- Offensive- Off-sides or false start: (-5) yards and replay the down
- Tying flag belt (-10) and loss of down and possible ejection of player, coach, and/or parent.
- Flag shield: (-5) yards from spot of foul, down counts (under review)
- Interference: Blocking (-5) yards from original spot, down counts Illegal forward pass: passing beyond the line of

scrimmage. 5 yards from original spot, and loss of down.

- Offensive pass interference (-10) yards and replay the down
- Forward lateral: If after a forward pass, and/or past the line of scrimmage. 5 yards from the spot of the fowl, and the down counts.
- Personal fouls: Charging (must avoid players) (- 10) from spot of foul, down counts
- Stiff-arming: (-10) from spot of foul, loss of down and warning (2nd, eject) (under review)
- Embellishment –poor sportsmanship (-5 yds) down counts
- Cursing, and aggressive behavior will not be tolerated and will result in a (-10 yd) penalty on the team
- Delay of game, throwing or kicking the ball (-5 yd) spectators stepping on the field or out of bounds line, one warning then (-5 yd)

- Diving to advance the ball- 15yd penalty and loss of down.
- The coaches are responsible for the conduct of their teams. This includes spectators. Unruly behavior will result in a 15 yd unsportsmanlike penalty on the team.
- A team having been found to use unregistered players, will forfeit the game, a second offence will result in the coach being suspended, and would have to petition the committee for reinstatement.

### Additional

All teams are required to supply the league with individual pictures of their players with name and birthdate of player on a word file. This will then be placed online for player identification.

You must pick up all your garbage when you leave

You must park in designated spots

You must stay behind the out of bounds line at all time (5 yd penalty after one warning)

There is no smoking allowed at any field

Cursing or fighting will result in ejection from the game. This includes spectators

Teams must be ready to take the field five minutes before the scheduled time, if first game or as soon as the prior game is completed.

Referee will blow the whistle and call for coaches and captains. The teams have two minutes to comply. If one team is on the field and the other is not by the second whistle that team will lose choice. If both teams do not comply then the referee will start the game clock. This is for the start of the game. The teams must still be at the field for roster exchange 15 minutes before scheduled game start.

Footballs Wilson NFL

Toddler Division mini ball

A1 Division mini ball

A2 Divisions mini ball or pee wee ball

B Division pee wee ball

C Division 1<sup>st</sup> season choice pee wee or junior

Then junior ball

D and Junior Divisions junior ball

Senior Division Official ball







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