



***Semper Fit Youth Sports
Flag Football Bylaws 12+ Age Groups
Amended 12 Dec 2023***

1. DEFINITIONS AND GUIDELINES

- A. MCCS Semper Fit Youth Sports follows guidelines of the National Alliance for Youth Sports.
- B. “Age groups” refers to children of the specified age of each group or children turning of the specified age during the current year. 12+ years old age group refers to children of the above-specified age, children turning the specified age during the current season or qualified 11-year-olds “playing up”. Children at eleven (11) years of age may participate in the program if he/she turns twelve (12) during the season.
- C. “Bylaws” refers to these rules.
- D. This league follows the National Intramural Recreational Sports Association (NIRSA) Flag and Touch Football rules book some modifications to accommodate MCAS Iwakuni Youth Sports.

2. COACHES

Coaches are responsible for creating opportunities for players to acquire the basic knowledge of flag football skills, to include sportsmanship; teamwork; discipline; and the value of athletic competition. Coaches are further responsible for the following:

- A. Providing players with quality instruction, matched to the players learning and understanding levels.
- B. Total administration of the team.
- C. Attending the National Youth Sports Coaches Association (NYSCA) training session and become a certified coach.
- D. Be trained in First Aid or attend First Aid training.
- E. Attend Child Abuse and Neglect Detection, Prevention and Recognition Training.
- F. Ensuring that all league rules and bylaws are complied with by players and spectators. Non-compliance of these bylaws will not be tolerated.
- G. The conduct of their team participants and spectators. Any derogatory verbalization from anyone towards opposing players or coaches is not allowed. Such lack of control will result in disciplinary action and/or forfeiture of the game in play.

3. PLAYER PARTICIPATION

- A. This League is open to all youth dependents of active duty, retired military personnel, DoD and Civilian employees, and Japanese Nationals. The eligible participants must fall under the age requirements set forth by MCCS Youth Sports.
- B. It is the intent of this league to ensure that all players have ample opportunity to play an equal amount of time to commensurate with good discipline and fairness. During the play of games, **each participant will play in at least half of one-half of each game.** This ruling is subject to two exceptions, based on player

The Youth Sports Coordinator or Athletic Director’s interpretation of the rules will be the final decision. They also reserve the right to change or add additional rules after the start of the season to reconcile sudden or unplanned disputes.



injury, or if a player is under disciplinary action. In either case the opposing coach, Youth Sports Staff and parents must be notified prior to the start of the official game time. This effort will be supervised by either the coaches or Youth Sports Staff.

- C. A player assigned to a team will not be permitted to play in a game until he/she has attend at least one (1) practice before a game in order to play and is on the official roster.
- D. Coaches will not allow a player to play or practice with a team unless the coach has a copy of the players Sports Registration form with the signature of the player's parent or legal guardian. Failure to do so invalidates the coaches National Youth Sports Coaches Association (NYSCA) liability insurance. Coaches will be personally liable for any injuries or incidents involving any player for whom they do not have a properly signed Registration Form.

4. EQUIPMENT and UNIFORMS

- A. Uniforms and equipment will be issued to coaches before the start of the season.
- B. Team bleachers must stay on the same sideline.
- C. Ball and Field Size
 - a. For the 12+ year olds age group, the game ball will be an Official Size football. This league will play on a 100 x 40 yard field.
 - b. The field will be dived into four equal parts of 20 yards with 10-yard enzones.
 - c. Markings will be at the goalline, 3-yardline, 10-yardline, 14-yardline, 20-yardline and 40-yardline.
 - i. The ball will be placed at the 14-yardline at the start of each half, try, or score.
 - 1. Exception. Moved by a penalty during a deadball.
 - ii. Teams will have 4 Downs to reach each line to gain (20-yardline, 40-yardline, 20-yardline, and goalline).
- A. The following equipment shall be considered illegal and **will not** be worn by any player:
 - i. No hard bottom street shoes/metal or screw in cleats will be allowed.
 - ii. Knee, head or hip pads containing sole leather, fiber, metal or any dangerous material.
 - iii. Casts, with the exception of a soft material cast.
 - iv. Earrings (to include ones made of clear plastic), watches, bracelets, rings, necklaces, chains or other jewelry items.
 - v. Beaded or jeweled hair fasteners/designs will not be worn.
 - vi. A knee brace may be worn, but shall be wrapped prior to the start of the game.
 - vii. Players wearing prescription glasses **must wear a head strap.**
 - viii. Hooded t-shirts or sweatshirts.
- B. Clothing:
 - i. Shoes must be gym/running shoes or molded rubber cleats.
 - ii. No shorts or pants with pockets or belt loops, jeans or button shirts will be allowed during game time. Athletic attire must be worn.
 - iii. Sunglass wear is optional and will be determined by the game officials if they are a distraction.
 - iv. Shirts must be worn and tucked in.
 - v. Mouthpieces can be worn.
 - vi. No baseball caps are allowed. Knit caps, stocking caps or a bandana may be worn.
 - vii. If ace bandages are worn, they will be taped on the ends only.

The Youth Sports Coordinator or Athletic Director's interpretation of the rules will be the final decision. They also reserve the right to change or add additional rules after the start of the season to reconcile sudden or unplanned disputes.



5. PRACTICE

- A. Practice times will be assigned by Youth Sports. Coaches are expected to contact their players to communicate practice days and times. Practice times will be 60-90 minutes. Youth Sports and Coaches will notify if practice is 60 minutes or 90 minutes.
- B. All teams will be given two 1-hour practices per week. Any practices or scrimmages in addition to those scheduled by Youth Sports must be voluntary and must not exceed the 1-hour limit.
- C. Players must attend at least one (1) practice before a game in order to play. Players will not be penalized for missing extra practices or scrimmages. If a player does not attend two (2) or more consecutive practices, he or she may not be allowed to participate in the next game. This will be at the discretion of the coach and Youth Sports Staff.
- D. If a coach needs to reschedule a practice, the coach should contact Youth Sports to arrange for a suitable day and time. The coach will then contact his/her team with the information.
- E. Scrimmage games may be played as coaches desire. A scrimmage game can count as a practice for the teams involved.

6. FORFEITS/GAME RESCHEDULING

The Youth Sports Coordinator will manage the game schedule. Games will be rescheduled if time permits, fields are available and when it is most feasible for all involved, to include staff, officials, and teams.

7. GAME RULES

- A. Both home team and visitor team must provide a down-marker volunteer for each half; with the home team during the first half and the visiting team during the second half.
- B. Teams should be ready to play fifteen (15) minutes prior to the game time. Ten (10) minutes after game time, if a team does not show or have enough players to play the game, it will be considered forfeiture.
- C. The game shall be played with seven (7) players each. Seven (7) players are required to start the game and avoid a forfeit.
- D. Teams may assign a up to 2 team captain to meet with the official at the start of the game.
- E. Games will be played in two (2), twenty (20) minute quarters with a (5) minute halftime break.
 - i. Clock continues to run unless there is an injury or timeout.
 - ii. 2-Minute Warning
 - i. Approximately 2 minutes before the end of the 2nd half, the Referee shall stop the clock and inform both captains of the playing time remaining in that period. The clock starts on the snap. The Back Judge will announce to the captains the remaining time and status of the clock after every play duringt he final 2 minutes of the 2nd half.
 - iii. Last 2 Minutes of the 2nd Half
 - i. During the final 2 minutes of the 2nd half, the clock will stop for the following reasons:
 - 1. Incomplete legal or incomplete illegal forward pass – clock starts on the snap.
 - 2. Out of bounds – clock starts on the snap.
 - 3. Safety – clock restarts on the snap.
 - 4. Team time-out. – Clock starts on the snap.
 - 5. First down – clock starts dependent on the previous play.

The Youth Sports Coordinator or Athletic Director's interpretation of the rules will be the final decision. They also reserve the right to change or add additional rules after the start of the season to reconcile sudden or unplanned disputes.



6. Touchdown – clock restarts on the snap (after the Try).
 7. Penalty and administration – clock restart is dependent on the previous play
(EXCEPTION 1: Dealy of game foul is accepted – clock restarts on the snap.
Exception 2: Any fouls occurs – offended team may elect to restart on the clock on the snap).
 8. Official's time-out – clock restarts at their discretion.
 9. Touchback – clock restarts on the snap.
 10. A is awarded a new series – clock restart is dependent on the previous play
 11. B is awarded a new series – clock restarts on the snap
 12. Either team is awarded a new series following a legal punt – clock restarts on the snap.
 13. Team attempting to conserve time illegally (includes a backward pass intentionally throwing the ball out of bounds) – clock restarts on the ready.
 14. Team attempting to consume time illegally – clock restarts on the snap.
 15. Inadvertant whistle – clock restarts on the ready.
- iv. Correcting Timing Errors.
- i. The Referee shall have authority to correct obvious timing errors if discovery is prior to the 2nd live ball following the error unless the period has officiall ended.
- F. Each team may use 2, one (1) minute time outs in each half. Unused 1st half time-outs will not carry over to the second half.
- G. Players will be granted four tries to get the ball across the 20-yardline, to the 40-yardline, 20-yardline, and goalline. Once they pass the first down line their tries will reset and continue their drive. From then on the next first down line will be either 20 yardline, 40-yardline, 20-yardline to the goal line.
- i. At any time that the offense does not convert a first down in four tries the ball will be turned over to the opposing team.
- H. Prior to the beginning of the game the referee will conduct a coin toss with the captains of each team to determine which team will start the game with possession of the ball.
- i. The winner of the coin toss has the following options.
 - i. Offense
 - ii. Defense
 - iii. Which Side to defend
 - iv. Defer to the Secon Half
 - ii. The loser of the coin toss has the remaining options.
- I. The ball will be placed on the 14-yardline for the offensive team to begin each half.
- J. To legally start a play, the ball must be snapped between the legs or off to the side of the body to a person at least 2 yards behind the line of scrimmage. No direct snaps are allowed.
- i. The ball must start from the ground. The snapper will have one continuous motion.
 - i. Foul: Illegal Snap, 5 yard penalty, dead ball foul
- K. There must be at least 1 player on the line of scrimmage (snapper), with all players still for one second prior to the snap. The Line Judge will let the offensive line know they have 1 on the line by dropping his

The Youth Sports Coordinator or Athletic Director's interpretation of the rules will be the final decision. They also reserve the right to change or add additional rules after the start of the season to reconcile sudden or unplanned disputes.



hand. If the Line Judge keeps his hand up, then the offense has not come set before the snap and the official will signal to whoever is not on the line to move up or back.

- L. When the Lead Referee blows the whistle the 25-second play clock has started. When it reaches 10 seconds, the referee will verbally signal to the offense that they have 10 seconds left before the play clock runs out.
 - i. Ready for Play whistle will be when the ball comes back to the LOS or when the ball spotters are set.
 - ii. Offense players are responsible in getting the ball.
- M. Teams will change goals at halftime.
- N. After a team scores a touchdown:
 - i. 1-Point attempts, Teams will attempt the extra point from the 3-yardline. Extra point attempts are worth 1 point.
 - ii. 2-Point attempts, Teams will attempt the extra point from the 10-yardline.
 - iii. 3-Point attempts, Teams will attempt the extra point from the 20-yardline
 - iv. After the attempt (successful or not) the other team will take possession at their own 10-yard line.
 - v. If the defense
- O. On 4th down if the offense fails to get the first down the other team will take possession.
- P. Scores will be kept. There will be no overtime periods, until playoffs
- Q. In the case of lightening within 5 miles of the game or practice site, all activities will be terminated immediately. All affected games are subject to cancellation.

8. PUNTS

- A. Team A may elect to punt on any down.
- B. Once a team elects to punt, they must punt. EXCEPTION: They may use a timeout to choose to go for the line-to-gain or elect to punt. Once the team selects an option, they must play their selection.

9. PUNTING THE BALL

- A. The snap must be one continuous motion from the ground to the kicker/punter. The snap may be from between the snappers' legs or from one side.
- B. Once the kicker/punter receives the snap, they must quickly and fluidly make their kicking motion.
 - a. Intentionally delaying kicking the ball will result in a penalty.
 - i. The referee will have the discretion to kill the play if the delay is too long and have the clock start on the snap.
- C. The Line of Scrimmage for the Kicking Team
 - a. There must be at least 1 player on the line of scrimmage (snapper), with all players still for one second prior to the snap.
 - b. All Kicking Team players may not pass the neutral zone until the ball is kicked.
 - c. All Receiving Team players must be behind the defenses line-of-scrimmage (indicated by a cone or ball spotter).
 - d. Defensive players may not enter the neutral zone until after the ball is kicked.
- D. Fair Catch
 - a. There is no fair catch rule.

The Youth Sports Coordinator or Athletic Director's interpretation of the rules will be the final decision. They also reserve the right to change or add additional rules after the start of the season to reconcile sudden or unplanned disputes.



E. Kick Catch Interference

- a. The kicking team must not come within 3-yards around the receiver.
- i. Penalty: Kick Catch Interference; 10-yard penalty.

10. SCREEN BLOCKING

- A. Screen blocking is legally obstructing an opponent without using any part of the body to initiate contact.
 - a. Offensive player must be facing the defender and feet must be set.
 - i. Offensive player may move to reposition but must be set in time for the defense to avoid contact.
 - b. Arms and legs must stay within the frame of their body.
 - i. Cannot stick out an arm, elbow, knee, hip, etc.
 - c. Must give the defender time and distance to see and react to avoid contact.

11. MOTIONS AND SHIFTS

- A. Once all players have come set prior to the snap, teams are permitted to motion or shift their formations.
 - a. Motion: After coming set, 1 player may come in motion. Moving laterally to the line-of-scrimmage and cannot be going towards the line-of-scrimmage during the snap.
 - i. If a player does not meet these criteria, penalty.
 - 1. Illegal Motion, 5-yards, Live Ball Foul
 - b. Shift. A shift is the action of 2 or more players who, after taking a set position, move to a new set position before the ensuing snap.
 - i. If all players do not become set, penalty.
 - 1. Illegal Shift, 5-Yards, Live Ball Foul

12. FLAG GUARDING

- A. Ball Carriers must keep their arms and elbows above their waist.
 - a. If the defender contacts the ball carriers' arm, wrist or elbow while covering the flag, then there is a penalty.
 - b. Runners may duck, juke, spin, and extend arm for a line-to-gain.
 - c. Runners may not jump over a player, dive through players, or initiate/create contact for an advantage (trucking, stiff arm, etc.)

13. OVERTIME

- A. All Players and Coaches will meet at midfield for the referee to explain Overtime Rules. The Referee will then conduct a coin toss (with the away team deciding heads or tails).
 - o The winner of the coin toss has the following options.
 - Offense
 - Defense
 - Which side of the field we will be playing
 - o The loser of the coin toss has the remaining options.
 - o Once side of the field is determined, the entire OT will be played on that field for both teams.
- B. Each team will get an opportunity to be on offense.
- C. Teams will get 4-downs starting from the 10-yardline, with goal line-to-gain.
 - o Exception. Moved by penalty. Goal line will remain the line-to-gain.
- D. An interception by the defense, the play is automatically dead.
- E. An interception by the defense during a try, the play is automatically dead.
- F. If the game is still tied after the 1st OT, Team B will start on Offense for the 2nd OT.
- G. If the game is tied after the 2nd OT, teams will go into a "shootout" from the 3-yardline.
 - o Clarification on OT Possession.

The Youth Sports Coordinator or Athletic Director's interpretation of the rules will be the final decision. They also reserve the right to change or add additional rules after the start of the season to reconcile sudden or unplanned disputes.



- 1st OT
 - Team A - Offense attempt
 - Team B - Offense attempt
- 2nd OT
 - Team B – Offense attempt
 - Team A – Offense Attempt
- 3rd OT – Shootout from the 3-yardline
 - Team A – Offense Attempt
 - Team B – Offense Attempt
- 4th OT – Cont. Shootout from 3-yardline
 - Team B – Offense Attempt
 - Team A - Offense Attempt

14. CONDUCT

- A. All participants in this league will observe the highest level of conduct to include: Sportsmanship, team camaraderie and respect to all involved while playing, watching, coaching or officiating. Disrespect to fellow players, coaches or officials is unacceptable conduct and will not be tolerated by Youth Sports. Youth Sports Staff has the option to order any player, coach, official or spectator off the field and out of sight and sound of the game for violation of conduct standards. Once the order of removal has been issued, the game will be stopped until complied with. Should the offender refuse to comply with the order the game will be terminated.
- B. The intentional commission of any of the below offenses will result in the ejection from the game of the player committing the offense.
 - i. Kicking or attempting to kick an opponent
 - ii. Tripping or attempted tripping with leg or body
 - iii. Charging an opponent from behind in a violent manner
 - iv. Striking or attempting to strike an opponent
 - v. Holding an opponent
 - vi. Pushing an opponent with hand or arm
 - vii. Tackling an opponent
 - viii. Verbal exchanges to opposing players, officials or coaches. (harassment)
 - ix. Any unsportsmanlike conduct as decided by the acting officials
- C. Any player or coach being ejected from the game for poor conduct will be asked to leave the "sight and sound" of the field for the rest of the game and for the next game of the season. Playing a disqualified player is not allowed and is a valid ground for forfeiture.
- D. A player who provokes a fight with another player will automatically be suspended for his or her next regular season game.

15. SUSPENSIONS

- A. An ejected player or coach might be subject to a one game suspension by the Youth Sports Coordinator/Athletic Director.
- B. It is the player or coaches' responsibility to appeal the suspension in writing to the Youth Sports Coordinator/Athletic Director within 24 hours of the next working day.

The Youth Sports Coordinator or Athletic Director's interpretation of the rules will be the final decision. They also reserve the right to change or add additional rules after the start of the season to reconcile sudden or unplanned disputes.

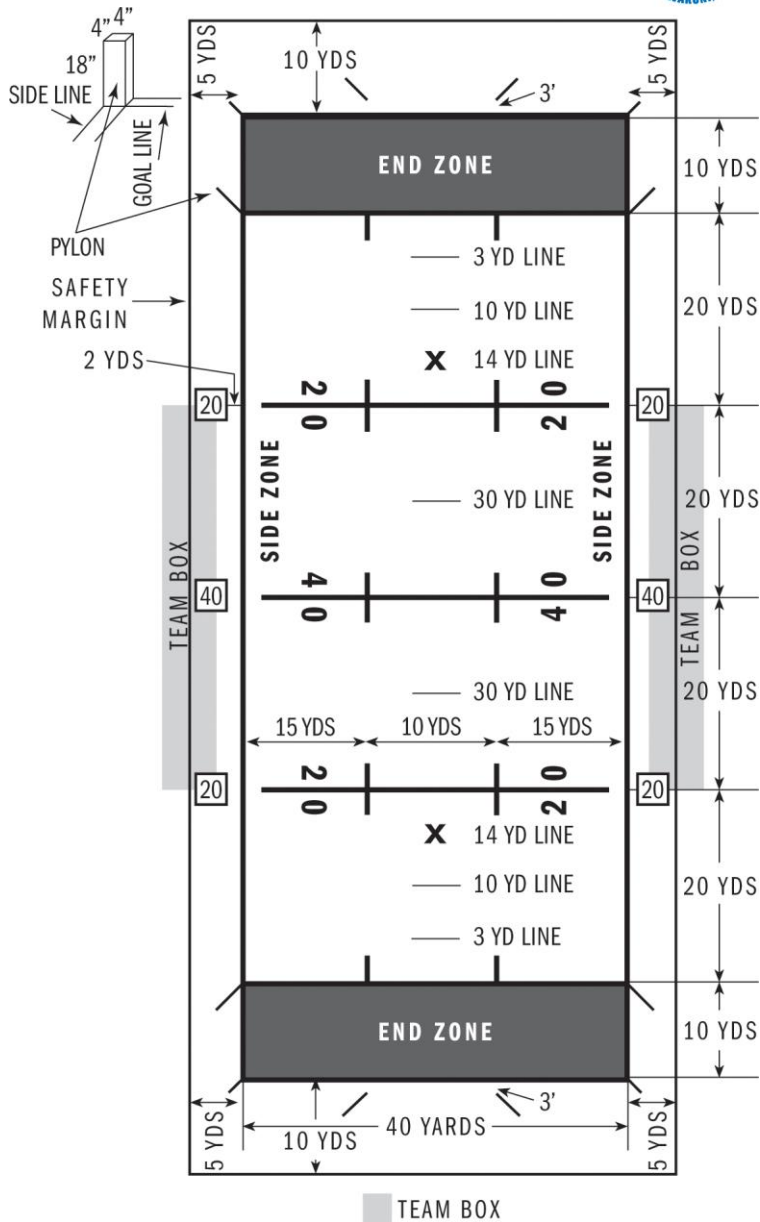


- C. Players ejected a second time may be suspended from the league for the remainder of the season. Individuals may appeal the season long suspension through the Semper Fit Athletic Director or the Chief of Semper Fit.
- D. The Officials are asked to submit a report on incidents that involve ejections, PMO assistance and injuries.

16. ALCOHOL & TOBACCO

- A. The use of any tobacco products by anyone at any Youth Sports Program activity is strictly prohibited.
- B. No alcohol of any sort will be allowed at any Youth Sports event.
- C. No one will be allowed to observe or participate in any Youth Sports Program while under the influence of alcohol.
- D. No glass containers will be allowed at any sporting event.
- E. Smoking is not permitted at the field or near any play or spectator area.

The Youth Sports Coordinator or Athletic Director's interpretation of the rules will be the final decision. They also reserve the right to change or add additional rules after the start of the season to reconcile sudden or unplanned disputes.



The Youth Sports Coordinator or Athletic Director's interpretation of the rules will be the final decision. They also reserve the right to change or add additional rules after the start of the season to reconcile sudden or unplanned disputes.