

US Elite Girl's Flag Football Rules Addendum

Player Eligibility – The age cutoff is August 1st for that year's Fall Season and the next year's Spring Season. For example, if a player is 8 years old or younger on August 1st, the player is eligible for that year's Fall Season and the next year's Spring Season.

Footballs – The Girl's 6U Division will use the red NFL Flag football. The Girl's 8U and 10U Divisions will use the blue NFL Flag football. The Girl's 13U Division will use the brown NFL Flag football.

Football Field – US Elite Girl's Flag Football will use the same size field as the Co-Ed leagues with the 50-yard by 30-yard playing field and 7-yard to 10-yard end zones.

Teams – US Elite Girl's Flag Football is a 5-on-5 flag football league. There will be five players on offense and five players on defense. Only US Elite Girl's Flag Football registered and rostered players are allowed to participate in team activities. Any team caught playing an unregistered or unrostered player will immediately forfeit their game and face possible league suspension. Teams must start a game with a minimum of four registered and rostered players. The opposing team can field all five players. However, the opposing team can, but is not required to, "adjust down" to four players. If a team has less than four registered and rostered players at the time of kickoff, the team will automatically forfeit the game. The teams can still play the game as a scrimmage for fun.

Coaches – In the 6U and 8U Age Divisions, one coach per team is allowed on the field during play to help players with positioning and play calling. At the snap of the ball, coaches must be at least 10 yards behind their back-most player. Coaches who are on the field must make every effort to avoid the play and must avoid physically interfering with the play. In the 10U and 13U Age Divisions, one coach is allowed on the field during a dead ball to give the team the play, but must be off the field before the ball is snapped. However, coaching from the sideline is recommended. Coaches may also come onto the field during a timeout.

Regulation Game Play – US Elite Girl's Flag Football games will consist of two 20-minute halves and a 2-minute halftime. In the 6U and 8U Age Divisions, the game clock will run continuously during both the first half and the second half of the game, unless a team timeout is called or an official stops play. In the Girl's 10U and 13U Age Divisions, the game clock runs continuously during the first half and the first 18 minutes of the second half of the game. In the last 2 minutes of the second half, the controlled clock stops for incomplete passes, a ball-carrier running out of bounds, a penalty, a change of possession, a score, and team/official's timeouts. If there is a point differential of 18 points or more, the game clock will run continuously during the last two minutes of the game. East team will have one 60-second timeout per half. An unused timeout is lost and does not carry over to the second half.

After the ball has been “spotted” by the officials, the offense will have 30 seconds to snap the ball. If the offense does not snap the ball within 30 seconds, a Delay of Game penalty will be assessed.

Coin Toss – The AWAY team will choose “heads” or “tails.” The winner of the coin toss will have the option of starting on **Offense** or **Defense**. There are no deferrals. The team that lost the coin toss will choose which goal to defend during the first half of the game. Teams will switch end zones at half-time.

Scoring – Touchdowns are worth 6 points. After a TD, the team has the option to go for a 1-point PAT from the 5-yard line or a 2-point PAT from the 10-yard line. A safety is 2 points and the ball. An interception during regular play can be returned for a touchdown. An interception on a PAT attempt can be returned for 2-points.

Spotting the Ball – The ball is spotted where the ball is when the ball-carrier’s flag is pulled or when the ball carrier goes out of bounds. The ball carrier may extend the ball out to gain additional yards. If a ball carrier’s flag accidentally falls out or their flag belt accidentally falls off during a play, the play is ruled dead, and the ball will be spotted where the ball was when the flag or flag belt came off. If a player starts a play with a missing flag or without a flag belt, the player can receive the ball either by handoff or a pass, but the ball will immediately be ruled dead at the spot where the player received the ball.

A missed snap will be re-spotted at the Line of Scrimmage. In the 6U age division, a first missed-snap on a play will be replayed without a loss of down. A second missed snap in a row will result in a loss of down.

A ball that is fumbled backwards or straight down will be spotted where the ball hit the ground. A forward-fumbled ball will be spotted where the ball carrier’s forward most grounded foot was when the player fumbled the ball, not where the ball hits the ground. A fumbled ball cannot advance the offense’s field position. A backwards pass or lateral pass that hits the ground will be ruled a fumble and spotted where the ball hits the ground.

General Offense – The offense will start at their **5-yard line**. The offense will have 4 downs to get to midfield and get a first down. Once the offense crosses midfield, they will have 4 downs to score. If the offense has not reached the midfield by their fourth down, the offense can choose to punt or play. If the offense decides to play on fourth down and fails to achieve the midfield line to gain, the opposing team will take possession of the ball at the spot it became dead on the fourth down play. In the 6U and 8U Age Divisions, if a team chooses to “punt”, the ball will be moved to the opposing team’s 5-yard line and the opposing team will take possession of the ball. In the 10U and 13U Age Divisions, the offense will punt the ball to the defense.

Blocking or screening is not allowed, even if unintentional. An offensive player cannot run interference, screen, or make contact with a defensive player to impede the defensive player’s motion or ability to pull the ball carrier’s flag. An offensive player closely following a play down

field could be called for blocking if the player inadvertently gets between the ball carrier and the pursuing defensive player.

The center must snap the ball with a rapid and continuous motion either between the center's legs or with a side snap. The center must be completely behind the Line of Scrimmage when snapping the ball. The player who receives the snapped ball from the center becomes the quarterback. Center sneak plays are prohibited.

The quarterback cannot run the ball beyond the line of scrimmage unless a defensive player legally or illegally crosses the Line of Scrimmage.

The quarterback has 7 seconds to handoff or pass the ball. If the quarterback still has possession of the ball behind the Line of Scrimmage at the end of the 7-second pass clock, the play will be ruled dead and the ball will be spotted at the original Line of Scrimmage, like an incomplete pass. The passer's body must be entirely behind the Line of Scrimmage when the ball is released. Only one forward pass is allowed per play.

A catch is ruled complete when the receiver maintains possession of the ball and the first body part to touch the ground after the catch lands in-bounds. If a ball is simultaneously caught and controlled by an offensive and defensive player, the ball will be ruled dead at the spot of the catch and possession will be awarded to the offense.

No-Run Zones - No-Run Zones are located 5 yards before midfield and 5 yards before each End Zone. All plays that start in a No-Run Zone must begin with a forward pass from the person who received the snap from the center. Each No-Run Zone is directional and applies to the current Line to Gain only.

There are no No-Run Zones in the 6U and 8U Age Divisions. In the 10U Age Division, there are no midfield No-Run Zones. In the 13U Age Division, the midfield and End Zone No-Run Zones are in effect.

General Defense – The defense must line up at least one yard in front of the Line of Scrimmage. Rushing the quarterback is not allowed in the 6U and 8U Age Divisions. In the 10U and 13U Age Divisions, the rush line will be 7 yards in front of the Line of Scrimmage and marked with a bean bag. Players rushing the quarterback must be behind the rush line when the ball is snapped. Any number of defensive players may rush the quarterback. Defensive players lined up in front of the designated rush line cannot cross the Line of Scrimmage until the ball has been handed off, or until the ball has been touched by a receiver behind the Line of Scrimmage. When a defensive player crosses the Line of Scrimmage (legally or illegally), the quarterback becomes eligible to run the ball beyond the Line of Scrimmage, even in the No-Run Zones.

Defensive players rushing the quarterback cannot make contact with the quarterback's body or arm. If the ball is still in the quarterback's hand, it is considered part of the quarterback's body. Defensive players must go for the quarterback's flags.

Defensive players cannot make intentional contact with receivers as they are coming off the Line of Scrimmage or during their pass routes.

Interceptions can be returned for a touchdown during regular downs, or for 2 points during a PAT attempt.

Overtime – If the score is tied at the end of regulation, the game will move into overtime. Overtime will consist of a one play point conversions competition with the offense having the option of trying for one point from the 5- yard line or two points from the 10-yard line. The HOME team will start on offense of the first round of overtime. After the HOME team’s point attempt, the AWAY team will have their offensive point attempt. If subsequent overtime periods are necessary, the teams will alternate first offensive possession. Interceptions returned during overtime are worth 2 points. There are no timeouts in overtime play. If the offense commits a penalty on a point conversion attempt, the attempt will be ruled no good. If the defense commits a penalty on a point conversion attempt, the offense can retry to point conversion attempt with all penalty yardage applied.

Penalties – All offensive penalties result in a loss of down, except pre-snap penalties. Defensive penalties result in a replaying of the down.

Delay of Game	5 Yards from original LOS
Too Many Players	5 Yards from original LOS
Improper Equipment	5 Yards from original LOS
Illegal Participation	5 Yards from original LOS
Unsportsmanlike Conduct	10 Yards from the end of the play
Unnecessary Roughness	10 Yards from the end of the play

Offensive Penalties

Illegal Motion	5 Yards from original LOS	No loss of down
False Start	5 Yards from original LOS	No loss of down
Illegal Hike	5 Yards from original LOS	No loss of down
Missed Snap	N/A	Loss of down only
7-Second Pass Clock	N/A	Loss of down only
Center Sneak	5 Yards from original LOS	Loss of down
Illegal Forward Pass	5 Yards from original LOS	Loss of down
Illegal Forward Pass Downfield	5 Yards from spot of foul	Loss of down
Illegal Run in the No-Run Zone	5 Yards from original LOS	Loss of down
Offensive Pass Interference	5 Yards from original LOS	Loss of down
Offensive Illegal Contact	5 Yards from original LOS	Loss of down
Illegal Participation	5 Yards from original LOS	Loss of down
Blocking	5 Yards from spot of foul	Loss of down

Flag Guarding	5 Yards from spot of foul	Loss of down
Illegal Ball Advancement	5 Yards from spot of foul	Loss of down

Defensive Penalties

Offsides	5 Yards from original LOS	Replay down
Illegal Rush	5 Yards from original LOS	Replay down
Illegal Flag Pull	5 Yards from original LOS	Replay down
Holding	5 Yards from spot of foul	Replay down
Defensive Illegal Contact	5 Yards from spot of foul	Replay down
Face Guarding	Ball placed at spot of foul	Replay down
Defensive Pass Interference	Ball placed at spot of foul	Automatic first down
Roughing the Passer	10 Yards from end of play	Replay down