



# PSA FOOTBALL RULES, POLICIES AND PROCEDURES

## ADDENDUM 1: SPRING FLAG FOOTBALL

The PSA Football Rules, Policies and Procedures will govern the operations of the spring flag football program with the following modifications to accommodate the indoor flag football format.

Resolution of any issue raised in or pertinent to the PSA Football Program that is not otherwise covered by the Rules, Policies & Procedures or this addendum shall be left to the sole discretion of the Football Director.

The Football Director reserves the right to make exceptions to the rules, policies and procedures contained herein in special cases or under special circumstances.

The Football Director reserves the right at any time to modify or apply any rule set forth in the Rules, Policies & Procedures and in this addendum.

### 1. Teams and Team Structure

#### **Roster Size:**

**Grades K-4:** All teams must have a minimum of 7 players. Teams in Grades K-4 may not carry more than 13 players without the prior approval of the Football Director.

**Grades 5-7:** All teams must have a minimum of 6 players. Teams in Grades 5-7 may not carry more than 12 players without the prior approval of the Football Director.

**Player Eligibility:** The rosters kept in PSA's files and/or system of record shall constitute the PSA teams' official rosters. Only players listed on a team's official roster are eligible to participate in PSA games and/or practices occurring after the close of registration. "Guest" players are not permitted under any circumstances.

**Coaching Eligibility:** All Coaches must have a "PSA COACHES' APPLICATION AND CONTRACT" ("Coach's Contract") on file with PSA as outlined in Section 5.1 of the PSA Rules, Policies and Procedures. All coaches are expected to comply with the "Code of Conduct" contained in the Coach's Contract and are subject to the standards set forth the Section 8.1 of the Rules, Policies and Procedures.

### 2. Minimum Play Time

Each player must, at a minimum, start on *either* offense or defense and play on that unit for the entire game. A player may change units only at half time. By way of example, a player may satisfy the Minimum Play Time requirement by playing under any one of the following scenarios: (a) playing on defense for an entire game; (b) playing on offense for an entire game; or (c) playing on defense for one-half of the game and playing on offense for the other half of the game. Players may play "two-ways"—on both offense *and* defense during the same half or game—so long as every player on the roster satisfies one of the Minimum Play Time scenarios



set forth above. Notwithstanding the foregoing, a player may sit out one (1) play per half when his/her unit is on the field unless the player is injured. If minimum playing time is not met, the player's Coach will be subject to disciplinary action as noted in Section 15.1.3 of the Rules, Policies and Procedures.

### 3. Equipment

**Footwear on Indoor Field(s):** No cleats of any kind will be allowed.

**Size of Football:** Footballs used in each league:

- Grades K-4: K2 or equivalent
- Grades 5-6: TDJ or equivalent
- Grade 7: TDY or equivalent

**Flags:** PSA will supply the flags, and these are the only flags authorized.

**Uniforms:** All players must wear SOLID shorts/pants that do not visually obscure the flags. Any player wearing shorts/pants that are either yellow or have stripes running down the side of the leg will not be eligible to play.

Belts must be worn over the jersey so that the entire flag is visible. Flags must be worn at the side.

All jersey colors and team names are subject to review and approval of the Football Board.

Jersey color conflicts will be resolved based upon the "Seniority" system as described in Section 8.2 of the Rules, Policies and Procedures.

### 4. Playing Rules Applicable to All Leagues

**Clock:** The game will consist of two 20 minute halves with a running clock. Teams will have three minutes for halftime. The clock will not stop for an incomplete pass or when a ball carrier steps "out-of bounds".

If a team that is winning a game is called for a pre-snap penalty (delay of game, false start, etc.) in the last two minutes of the second half, then the referee will stop the clock. The Timekeeper will restart the clock on the next snap.

There will be no stoppage of the clock for penalties committed prior to the last two minutes of the second half or for penalties committed by the team that is losing at the time.

**Time-Outs:** Each team will have two (2) time-outs per half. Unused time-outs will not carry to the next half. Timeouts must be called to the referees by a coach or player on the field, not to the timekeeper.

**Play Clock:** The offense will have 25 seconds to get a play off after the ball is spotted and whistled "ready for play". The play clock is maintained on the field. Enforcement of the 25-



second play clock is the responsibility of the Referees, not the timekeeper.

**First Downs/Scoring/PATs:** The game field is divided into halves. The offense will have four downs to reach midfield. Once the offense has crossed the midfield line, it will have four downs to score. If the offense takes possession of the ball beyond midfield, it will be first and goal.

There is no kicking game. The offense may elect to declare a “punt” on any down. After a declared punt, the ball will be advanced 20 yards and turned over to the other team. The ball cannot be placed inside the opponent’s 5-yard line. Thus, if the offense declares a punt inside the defensive/receiving team’s 25-yard line, the ball will be placed no further downfield than the defensive/receiving team’s 5-yard line.

After a touchdown score, the scoring team has the choice of going for 1 point or 2 points as a Point(s)-After-Touchdown (PAT) attempt. If the scoring team elects to go for 1 point, the ball will be placed at the 5-yard line. If the scoring team elects to go for 2 points, the ball will be placed at the 10-yard line. After the PAT attempt, the ball will be spotted as specified in the league-specific rules set forth below.

**Overtime:** If a game is tied at the end of regulation, each team will have 4 downs to score from midfield. If the score remains tied after both teams have had a possession beginning at midfield, each team then will receive a second possession beginning at the 10-yard line. If the score is still tied after both teams have had two possessions in overtime, the game will end in a tie.

**Fumbles:** Any fumble is a dead ball at the spot of the fumble. However, if the QB fumbles the snap, either in the conventional or shotgun position, and the ball does not bounce over the line of scrimmage, then the QB can pick up the ball and continue the play.

**Sidelines/Out-of-Bounds:** The padded wall is the out of bounds. If a ball-carrier touches or comes in contact with the wall, he is considered “out-of-bounds”, and the play will be whistled dead. If he catches pass and with his body touching the wall it will be considered a completed pass but the receiver cannot advance the ball.

Any pass that comes in contact with the wall prior to being caught is incomplete.

**Possession/Special Rules:** Teams losing by 20 points or more will start offensive possession after a touchdown on their own 20 yard line.

A team losing by 20 or more points at halftime automatically starts on offense to start the 2<sup>nd</sup> half.

A team winning by 20 or more points cannot call timeout at any point or under any circumstances.

**Field Set Up/Take Down:** Both teams playing the first game of the day are required to set-up the pads; teams playing the last game of the day are required to take down the pads. Please allow extra time to accommodate the set-up/tear down of the field.



**Bench Area Protocol:** Only authorized personnel are allowed in the bench area (this means players, coaches, and one camera person per team). No more than 4 adults are allowed in the bench area. Siblings and friends that are coming to watch the game should do so from the stands.

## 5. Penalties

Normal penalties and yardage will apply except as noted below.

### *Offense:*

#### **Illegal Pass (Grades 4-7 ONLY)**

- A forward pass completed behind the line of scrimmage is illegal.
- The ball is returned to the previous spot; the penalty is a loss of down.

#### **Offensive Pass Interference**

- The penalty is 10 yards from the previous spot and a loss of down.

#### **Flag Guarding**

- The penalty is 10 yards marked from the *spot of the foul* and a loss of down.

#### **Illegal Contact**

- The penalty is 10 yards marked from the *spot of the foul* and a loss of down.

### *Defense:*

#### **Pass Interference**

- The penalty is 10 yards marked from the previous spot and an automatic first down.

#### **Illegal Contact**

- The penalty is 10 yards marked from the *spot of the foul* and an automatic first down.

#### **Illegal Flag Pull (before receiver has the ball)**

- The penalty is 10 yards from the previous spot and an automatic first down.

#### **Illegal Rushing (inside the 7 yard marker)**

- The penalty is 10 yards from the previous spot and an automatic first down.

**Note: A pre-snap penalty committed in the last two minutes of the second half by the team in the lead will result in the stoppage of the game clock.**



## 6. League-specific Rules and Procedures Applicable to KINDERGARTEN

### *General Procedures:*

- The season will consist of 8 games with no playoffs.
- The game is played “7-on-7”.
- Run or Pass at all times
- No score will be kept.
- Participation trophies will be awarded.

### *Offense:*

The offense shall have a QB, center and five (5) receivers. All players are eligible to receive a pass including the center and the quarterback after a legal hand-off or toss.

All plays must start with a legal snap.

Each offensive team MUST have a minimum of three (3) offensive players on the line of scrimmage.

The offense can either run or pass at any time, but the quarterback cannot run the ball. Every play must incorporate at least one legal exchange after the snap (hand-off, toss, pass). Plays may use multiple hand-offs.

A forward pass completed behind the line of scrimmage is legal at all times.

Any player who takes a hand-off may pass provided he does not cross the line of scrimmage.

There will be no contact. A “blocker” may “screen” a defensive player, but he/she cannot initiate contact or push a defender with his/her hands or body. Any illegal contact on the offense will result in a 10-yard penalty and a loss of down.

If the quarterback fumbles the snap, he/she will be allowed to pick it up and continue the play provided the fumbled ball does not cross the line of scrimmage. All other fumbles will be marked as a dead ball at the spot of the fumble.

Spinning is allowed, but players cannot jump, dive, hurdle or otherwise leave their feet to avoid a defensive player.

**The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.**

Two offensive coaches may remain on the field to call plays and help players line up. Once the offense is set, the coaches must remain 10 yards behind the offense and out of bounds.



### *Defense:*

There is no restriction on defensive formation.

Defenses may play zone or man coverage, but no contact on any receiver is allowed.

Defensive players aligned within seven (7) yards of the line of scrimmage cannot cross the line of scrimmage until a handoff, toss, or pass occurs.

Defensive players aligned a minimum of seven (7) yards from the line of scrimmage may blitz on the snap of the ball. A special marker, or the referee, will designate seven (7) yards from the line of scrimmage.

Defensive players must make every reasonable effort to avoid contact with “blockers”. An illegal contact penalty on the defense is a 10-yard penalty and an automatic first down.

Two defensive coaches may remain on the field to call plays and help players line up. Once the offense is set, the coaches must remain 10 yards behind the **offense** and out of bounds. Once the QB is ready to accept the snap, the defensive coach on the field must be quiet.

## **7. League-specific Rules and Procedures Applicable to GRADES 1 THRU 3**

### *General Procedures:*

- Season is 8 games followed by playoffs.
- Every team qualifies for the play-offs
- The game is played “7-on-7”.
- Scores will be reported and standings kept.
- Trophies will be awarded to League Champions and Runners-Up.

### *Offense:*

The offense shall have a QB, center and five (5) receivers. All players are eligible to receive a pass including the center and the quarterback after a legal handoff or toss. All plays must start with a legal snap.

Each offensive team **MUST** have a minimum of three (3) offensive players on the line of scrimmage.

The offense can either run or pass unless the play originates in a designated “No Running Zone” or the offense leads by 20 or more points. The quarterback **cannot** run the ball. Every play must incorporate at least one legal exchange after the snap (hand-off, toss, pass). Plays may use multiple hand-offs.

**Designated “No Running Zones” are located five yards from a first down and five yards from the goal line of the endzone in which the offense is trying to score.** This rule is designed to avoid short yardage, power-running situations. Any play that originates within these areas must be a forward pass thrown beyond the line of scrimmage.



**If the offense is inside a “No Running Zone” and a penalty takes them out of the zone, they are still required to pass until they either score or make a first down.**

Any player who takes a hand-off may pass provided he does not cross the line of scrimmage.

There will be no contact. A “blocker” may screen a defensive player, but he/she cannot initiate contact or push a defender with his/her hands or body. Any illegal contact on the offense will result in a 10-yard penalty and a loss of down.

If the **quarterback** fumbles the snap, he/she will be allowed to pick it up and continue the play provided the fumbled ball does not cross the line of scrimmage. All other fumbles will be marked as a dead ball at the spot of the fumble.

Spinning is allowed, but players cannot jump, dive, hurdle or otherwise leave their feet to avoid a defensive player.

**The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.**

A team winning by 20 or more points cannot run the ball on offense at anytime. They must pass at all times. The defense can rush following the normal rules.

One offensive coach may remain on the field to call plays and help players line up. Once the offense is set, the coach must remain 10 yards behind the offense and out of bounds.

### ***Defense:***

There is no restriction on defensive formation.

Defenses may play zone or man coverage, but no contact on any receiver is allowed.

Defensive players aligned within seven (7) yards of the line of scrimmage cannot cross the line of scrimmage until a handoff, toss, or pass occurs.

Defensive players aligned a minimum of seven (7) yards from the line of scrimmage may blitz on the snap of the ball. A special marker, or the referee, will designate seven (7) yards from the line of scrimmage.

Defensive players must make every reasonable effort to avoid contact with “blockers”. An illegal contact penalty on the defense is a 10-yard penalty and an automatic first down.

One defensive coach may remain on the field to call plays and help players line up. Once the offense is set, the coach must remain 10 yards behind the **offense** and out of bounds. Once the QB is ready to accept the snap, the defensive coach on the field must be quiet.



## 8. League-specific Rules and Procedures Applicable to GRADE 4

### *General Procedures:*

- Season is 8 games followed by playoffs.
- The game is played “7-on-7”.
- It is pass only no running plays
- Scores will be reported and standings kept.
- Trophies will be awarded to League Champions and Runners-Up.

### *Offense:*

The offense shall have a QB, center and five (5) receivers. All players are eligible to receive a pass including the center and the quarterback after a legal handoff or lateral.

All plays must start with a legal snap. The QB will have 5 seconds as counted by the referee to throw the ball. The referee will verbally count out the 5 and will call the play dead. The ball will be placed at the original line of scrimmage with a loss of down. There is no rush of the QB at anytime.

Each offensive team **MUST** have a minimum of three (3) offensive players on the line of scrimmage.

All plays must result in a forward pass thrown beyond the line of scrimmage. No running plays or forward passes completed behind the line of scrimmage are allowed.

A lateral behind the line of scrimmage is allowed as long as it is followed by a forward pass thrown beyond the line of scrimmage. In the event of a fumbled or dropped lateral, the ball is dead and placed at the spot the fumble occurred. The 5 seconds will start at the snap.

There will be no contact. A “blocker” may screen a defensive player, but he/she cannot initiate contact or push a defender with his/her hands or body. Any illegal contact on the offense will result in a 10-yard penalty and a loss of down.

If the quarterback fumbles the snap he will be allowed to pick it up and continue the play provided the fumbled ball does not cross the line of scrimmage. All other fumbles will be marked as a dead ball at the spot of the fumble.

Spinning is allowed, but players cannot jump, dive, hurdle or otherwise leave their feet to avoid a defensive player.

**The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.**

One offensive coach may remain on the field to call plays and help players line up. Once the offense is set, the coach must remain 10 yards behind the offense and out of bounds.



### ***Defense:***

There is no restriction on defensive formation.

Defenses may play zone or man coverage, but no contact on any receiver is allowed.

There is no rush of the QB allowed.

All defensive coaches must be in their team's bench area.

## **9. League-specific Rules and Procedures Applicable to GRADES 5 THRU 7**

### ***General Procedures:***

- Season is 8 games followed by playoffs.
- It is pass only there are no running plays
- The game is played "6-on-6".
- Scores will be reported and standings kept.
- Trophies will be awarded to League Champions and Runners-Up.

### ***Offense:***

The offense shall have a QB, center and four (4) receivers. All players are eligible to receive a pass including the center and the quarterback after a legal handoff or lateral.

All plays must start with a legal snap. The QB will have 5 seconds as counted by the referee to throw the ball. The referee will verbally count out the 5 and will call the play dead. The ball will be placed at the original line of scrimmage with a loss of down.

Each offensive team MUST have a minimum of three (3) offensive players on the line of scrimmage.

All plays must result in a forward pass thrown beyond the line of scrimmage. No running plays or forward passes completed behind the line of scrimmage are allowed.

A lateral behind the line of scrimmage is allowed as long as it is followed by a forward pass thrown beyond the line of scrimmage. In the event of a fumbled or dropped lateral, the ball is dead and placed at the spot the fumble occurred.

There will be no contact. A "blocker" may screen a defensive player, but he/she cannot initiate contact or push a defender with his/her hands or body. Any illegal contact on the offense will result in a 10-yard penalty and a loss of down.

If the quarterback fumbles the snap, he/she will be allowed to pick it up and continue the play provided the fumbled ball does not cross the line of scrimmage. All other fumbles will be marked as a dead ball at the spot of the fumble.

Spinning is allowed, but players cannot jump, dive, hurdle or otherwise leave their feet to avoid a defensive player.



**The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.**

One offensive coach may remain on the field to call plays and help players line up. Once the offense is set, the coach must remain 10 yards behind the offense and out of bounds.

***Defense:***

There is no restriction on defensive formation.

Defenses may play zone or man coverage, but no contact on any receiver is allowed.

Defensive are not allowed to cross the LOS to rush the passer

Defensive players must make every reasonable effort to avoid contact with offensive players". An illegal contact penalty on the defense is a 10-yard penalty and an automatic first down.

All defensive coaches must be in their team's bench area.

