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A quick note from our league founder...

Welcome to the CORE 5 Flag Football program. Our flag football league promotes a competitive and developmental environment focusing on individual player fundamentals, positive reinforcement, skills training and love of the game all while focusing on player safety. These league rules are focused on developing proper instruction in the game of football and to form good player habits for the next level of competition. We recommend reading these rules and to promote positive sportsmanship so our young athletes will have a positive experience and continue to grow enjoying the game. Please remember that this is only a game and no scholarships will be handed out, our coaches are volunteers and our referees are human. I hope you enjoy your experience here at CORE 5 Flag Football and continue to grow with our program.

Joey Longo
CORE 5 Flag Football Founder & League Commissioner

CORE 5 FLAG FOOTBALL OFFICIAL RULES

1.) **The Game:**

Game officials are to conduct an equipment check of both teams prior to the coin toss. Officials will check to ensure that the following requirements are met. (see section 8 "Player equipment/attire" for details)

1. At the start of the game, captains from both teams shall meet at midfield for pre-game instructions and the traditional coin toss to determine who shall start with the ball. The visiting team shall call the coin toss.
2. The winner of the coin toss gets the choice if they want to kick off or receive (no deferrals allowed). The opponent will elect which goal to defend during the first half and will receive the kick-off to start the second half. Teams will switch end zones at half time.
3. The team who chose defense kicks off either at midfield or at the 12 yard PAT line (depending on age division). The offense has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown.
4. On 4th down, the team can choose to go for it or punt.
5. If the team elects to go for it and does not make it, the ball will then be placed where that play ended. – Except if the offensive team elects to go for it inside the 5-yard line going in for a touchdown and they do not make it, the ball will then be placed on the 5-yard line.
6. Interceptions may be returned in normal play. The only exception is if the leading team is up in points by more than 28 and the ball is intercepted, then the ball is dead at that point on the field.
7. Teams change sides after the first half. The team that started on defense the 1st half will start on offense the 2nd half.

2.) **Tournament / Playoff Play:**

1. Under no circumstances can you have a player that has not been on your seasons team roster play in the tournament. If this happens, your team will automatically be disqualified from the tournament. No Exceptions!
2. In tournament or playoff situations, an overtime period will be used to determine a winner in all divisions.
3. Each team will have (2) 30 second time-outs per half for ALL tournaments / Playoffs.
4. For all State, Regional and National Tournaments through NFL FLAG must follow official NFL FLAG rules. See your local league commissioner for details.

3.) **Inclement Weather Policy:**

The CORE 5 Flag Football inclement weather policy varies by location. It is based on each location and the needs of the league and each leagues specific field locations. Check with your local CORE 5 Flag Football League Commissioner for specific policy and procedure in the event of inclement weather and possible game changes.

4.) **Player Eligibility:**

1. All players must be registered with CORE 5 Flag Football before participating in any league activities. This includes the completion of the following: registration form on NFLFLAG.com, payment, release of liability form, complete parent and player contact information, CORE 5 Flag Football Parent Code of Conduct signed by the legal parent(s) or legal guardian(s).
 2. A player's age must fall within the specified age range according to the registration form for that particular season (winter, spring, summer or fall). The age cut off is as follows:
 3. Players shall be age eligible for the entire season if they are age eligible on the day of the first scheduled game of the season. (For example, a 9-10 player is eligible if they are 10 years old on the opening game day of the season even if they celebrate an eleventh birthday the following day).
- Only players rostered by CORE 5 Flag Football may participate in organized team activities (such as practices, games and skills training) and only for the team rosters on which they are assigned.
 - An ineligible player is one who is legally a member of the team but who is ineligible to play in a

particular game or games because of an infraction of the rules, or because of a previous violation or disciplinary action. It is the duty of the head coach to keep a record of his ineligible players.

- An illegal player is one that is not a legal member of the team (registered and rostered).
Playing illegal players will result in forfeiture of the game.

- Players may "Play Up" in higher age divisions, but are never allowed to "Play Down". No Exceptions.

4. Age verification:

- Check with your CORE 5 Flag Football League Commissioner for specific rules and policies.

5. Age divisions are 6U, 8U, 10U, 12U and 15U but each individual CORE 5 Flag Football League may have different age divisions based on their league. Please check with your local CORE 5 Flag Football League Commissioner for specific league age divisions and policies.

6. A player may only play on one team per season and may appear on one roster – any exceptions are made on a case-by-case basis and must be approved by the local league commissioner. An example of an exception would be: a player that is 10 could play in the 10U division and also play up in the 12U division.

7. No coach, parent or player can add, change or transfer a player on any particular team once the rosters have been set without the approval from the league commissioner. Any unauthorized changes may result in player disqualification.

8. Any team playing with an unregistered player(s) will result in an immediate game forfeiture and possible league suspension.

9. If a player is found playing on a team illegally, the coach and illegal player may be removed from the league.

10. Once the team rosters have been distributed to the team coaches, if a player is a "no show" or unable to commit to playing the season, we ask that the parent/ guardian and or coach communicate any roster changes ASAP.

5.) League Policy:

1. The team's head coach, whether or not they are on the coaching lines, may moderately dispute any rules interpretation but may not protest discretionary calls of the official. If a coach at any time makes any derogatory remarks about, or to the opposing players, opposing coaches or officials, he/she may be issued a penalty or immediately be ejected from the game at the official's discretion.

2. No adult, other than coaches or game officials, will be allowed on the field during the game without the consent of the officials, or be subject to penalty.

3. If any player, head coach or assistant coach conducts himself/herself in an unsportsmanlike manner he/she shall be removed from the game and the field at the sole discretion of the official or league representatives. This includes the baiting or heckling of officials or opponents.

4. Tobacco products and profanity are not allowed under penalty of forfeit. Use of the F-word is grounds for immediate ejection, in the description of the officials and league representatives.

5. If, in the opinion of the officials, a player, head coach, coach or scorekeeper, commits any act which may maim or injure an opposing player, if deemed deliberate, he shall be ejected from the game. Players or coaches who are ejected may not return to the game. An ejected player or coach must immediately leave the venue and shall not participate further in the game. CORE 5 Flag Football reserves the right to institute penalties based on the severity of the infraction for any player, coach or spectator that is ejected from a game up to and including banishment from the league.

6. Concussions: Any Player receiving contact to the head must be removed from the game for at least one play allowing the coach/parent to assess for symptoms of concussion. If the official, coach or parents suspect that a concussion has been sustained, the player must be removed from play until he/she is evaluated by a medical professional and provides the league written clearance to resume activities. Officials may not see contact to the head

during play, therefore coaches also have a responsibility to identify any player that has sustained a bump to the head and inform the official(s).

7. We do not use instant replay in any form. No photos or videos shall be used to contest or overturn an official's ruling during the game- no exceptions. Any concern regarding misinterpretation or mis-application of rules or penalties must be voiced by the head coach prior to the snap of the next play.
8. A Parent / Legal Guardian must **always** be present when your child is involved during any CORE 5 Flag Football events (i.e. games, practices or skills training).

6.) Team Rosters:

1. Teams are composed of a minimum of 5 players and a maximum of 10. Any more than 10 players require the approval of the league commissioner and the coach. There are 5 players per team on the playing field.
2. Core 5 Flag Football reserves the right to add players and/or move players from teams if it is deemed necessary by the league.
3. Home teams wear dark jerseys, away teams wear light jerseys
4. This is 5 on 5 youth flag football.
5. In the event of an injury, a team with insufficient substitute players may play with four players on the field, but no fewer than four. Teams must start a game with a minimum of four players. - Teams with 3 or fewer players at the time of kick-off shall automatically forfeit the game.

Although the coaches may choose to scrimmage during their allotted game time. - The opposing team shall not be punished with a reduced roster, and is allowed to field all five allotted players.

7.) Team Equipment:

1. Teams will provide their own football to use during practice or during games.
2. 6U & 8U divisions will use the Pee-Wee size football.
3. 10U & 12U division will use the JUNIOR size football. 4. 15U will use the YOUTH size football in league play. Check with your local league commissioner for all State, Regional and National Tournaments, see your league commissioner for details on divisions and size footballs to use.
5. Teams who use the wrong size football will forfeit the game.
6. Reminder, please check with your local CORE 5 Flag Football League Commissioner for specific league age divisions and policies.

8.) Player Equipment/Attire:

1. The league provides each player with an NFL team jersey and a set of flags.
2. NFL team jerseys must be worn during play.
- If a player arrives at the game without his/her jersey, please check in at the main tent to discuss player options.
3. Players designated as the home team will wear the dark side of the jersey and away teams will wear the light side of the jersey.
4. Jerseys must be tucked into the shorts/pants if they hang below the belt line. 5. The belts that hold the flags (not the flags themselves) must be secured to ensure they do not hang appearing to be a flag. If the belt is hanging, flag guarding may be called. 6. Players may not wear the same color shorts as their flags. For example, no green shorts with green flags or yellow shorts with yellow flags.
- If a player arrives wearing the same color shorts as their flags, please check in at the main tent to discuss player options.
7. Shorts/pants with belt loops or open pockets must be taped shut. Players may not use green or yellow duct tape
8. Players may wear sneakers or cleats and they must be rubber soled. Absolutely no metal spikes.
9. Every player MUST wear a protective mouthpiece during games. No player will be allowed to play without a mouth guard.
10. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads,

and kneepads. Braces with exposed metals are not allowed.

11. Players must remove all watches, earrings and any other jewelry that officials deem hazardous.

9.) Coaches also have the opportunity to be of service to the community by providing guidance and leadership to our youth. The positive impact that the coach can have on the lives of young people is an intangible reward, impossible to value.

1. Coaches are typically volunteer parents or family members helping the players learn and enjoy the game.

2. The coach is responsible for all aspects of directing the teams practice skills training and play in games.

3. Each team will have 5-10 players.

4. Coach Responsibilities Include But Not Limited To:

- Teach Flag Football through effectively planned practices at a level appropriate for each member of the team.

- Be organized when it comes to both practices and games.

- Attend team skills training once a week and assist with directing drills.

- Encourage parent involvement and coordinate their assistance.

- Provide a safe and enjoyable environment for all players, giving each child an opportunity to participate.

- Communicate with CORE 5 Flag Football on all matters of policy.

- Serve as a positive role model to players, parents, officials, and fellow coaches by following all rules, demonstrating good sportsmanship.

- Communicate good health and fitness principles and positive character development concepts to players and parents.

5. In order to ensure that the children who play in our league receive the highest quality experience, we have the responsibility to select the most qualified individuals. We will be asking that every Head Coach complete the following:

6. Background Check / Screening (Valid for 2 Calendar Years)

7. NFL Flag – Level 1 Coach Certification (Valid for as long as you coach with CORE 5 Flag Football)

8. Concussion Training & Certification (Valid for as long as you coach with CORE 5 Flag Football)

9. Coaches are allowed on the field to direct players in ONLY the 6U & 8U age divisions. ONLY (1) coach may be on the field at a time. 10U, 12U & 15U age divisions, NO coach is allowed on the field...ONLY on the sidelines.

10. Coaches are to adhere to CORE 5 Flag Football philosophies, coaching guidelines and codes of conduct.

10.) The Field:

1. The field dimensions are 30 yards by 70 yards with two 10-yard end zones, and a midfield line-to-gain. No-Run Zones precede each line-to-gain by 5 yards. However, field size may vary based on field availability for each league.

2. No-Run Zones in place to prevent teams from conducting power run plays. 3. While in the No-Run Zone, teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.

- Only exception is in the 6U division. The NO-Run Zone does not exist.

4. Stepping on the boundary line is considered out of bounds. 5. NO BLITZING allowed in the 6U division.

11.) Timing and Overtime:

1. Games are played with a 40 minute continuous clock, 2 (20 minute) halves. 2. The clock will stop at every dead ball inside 1 minute of the second half if the score is within 8 points. 3. The clock will stop on defensive penalties. The clock will stop on kickoffs if

the ball goes out of bounds before the endzone.

4. Halftime is five (5) minutes.

5. Each time the ball is spotted, a team has 30 seconds to snap the ball. 6. Each team has (1) 60 second time-out per half during the "regular season". 7. Each team will have (2) 30 second time-outs per half for "end of season" tournaments / Playoffs only.

8. Officials can stop the clock at their discretion.

9. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.

10. If the score is tied at the end of regulation, the game will go into overtime except in the 6U division.

11. In tournament or playoff situations, an overtime period will be used to determine a winner in all divisions.

12. Overtime: There will be a coin toss. Each team will go for 1 point (no-run zone) (1 play). If still tied, each team will go for 1 point again (1 play). If still tied after the 2nd time, each team will go for 2 points (run or pass) (1 play) until someone wins. Teams will stay on the same side of the field during overtime.

12.) Scoring:

1. Touchdown: 6 Points

2. PAT (Point After Touchdown): 1 Point (5 Yard line) 2 Points (12 Yard line)

- Note: 1 point PAT is PASS ONLY / 2 point PAT can RUN or PASS

3. Safety: 2 Points

- A Safety occurs when the ball carrier is declared down in his/her own end zone. They can be called down when their flags are pulled by a defensive player, their flags fall out, they step out of bounds or they hit the ground with their knee or arm if a bad snap ends in the end zone. - A Safety occurs when there is an offensive penalty in the end zone.

- A safety also occurs when the center makes a bad snap to the QB and the ball lands in the end zone.

- A safety is awarded if a sack takes place in the offensive team's end zone. - In the 6U and 8U age group, no safety will be awarded during punt and kick returns. The ball will be spotted at the 5 yard line. All other age divisions will be awarded safeties. - A team that scores a touchdown must declare whether it wishes to attempt a 1-pt conversion (from the 5-yard line) or a 2-pt conversion (from the 12-yard line). Any change, once a decision is made to try for the extra point, requires a charged timed out. Decisions cannot be changed after a penalty. Interceptions on conversions CAN be returned. An interception returned for a score on an extra point attempt is always worth 2 points (regardless what the offensive team attempted).

4. Mercy Rule: After one team is winning by 28 points or more, the losing team gets (1) offensive series to continue regulation play. If they do not score, the game will go into scrimmage mode. Check with your local CORE 5 Flag Football League Commissioner for information on scrimmage mode.

13.) Live Ball/Dead Ball:

1. The ball is LIVE at the snap of the ball and remains LIVE until the official whistles the ball DEAD.

2. The official will indicate the neutral zone and the line of scrimmage. In regards to a neutral zone infraction, the official may give both teams a "courtesy" to allow their players to move back beyond the line.

3. The play is still live when a "neutral zone" infraction occurs. After the play, the team without the infraction will make a decision on whether to accept the penalty.

4. A player who gains possession in the air is considered in bounds as long as (1) foot comes down in the field of play.

5. The defense may not mimic the offensive team while the QB is calling out signals to start the play.

6. Substitutions may be made on ANY dead ball.

7. Any official can whistle the play dead.

8. Play is ruled DEAD when:

- the ball hits the ground
 - the ball carrier's flag is pulled
 - the ball carrier steps out of bounds
 - a touchdown, PAT or safety is scored
 - the ball carrier's knee or arm hits the ground
 - the ball carrier's flag falls out
 - the receiver catches the ball while in possession of one flag
 - an inadvertent whistle is performed (at the spot where the ball was whistled dead)
9. In the case of an inadvertent whistle, the offense has two options: 1.) Take the ball where the whistle blew 2.) Replay the down from the original line of scrimmage

10. Note: there are NO fumbles. The ball is spotted where the ball hits the ground. 11. **A team is allowed to use a time out to question an official's rule interpretation. If the rule is interpreted incorrectly, the time out will not be charged and the proper ruling will be enforced.**

Officials should all agree upon any controversial call in order to give each team the full benefit of each call.

If the ruling is correct then the team will be charged a time out.

14.) Running:

1. The ball is spotted where the runner's front foot is when the flag is pulled, not where the ball carrier has the ball. The forward foot marks the spot.
2. The quarterback cannot DIRECTLY run with the ball in any age division.
3. In the 8U, 10U, 12U & 15U age divisions, the QB CAN run if:
 - The defense crosses the LOS when rushing from the "rush marker" (7-yards from LOS) and the offense is NOT in the "no-run" zone.
4. The QB cannot directly hand the ball back to the center after the snap. For the center to take the hand-off, he/she will need to roll behind the QB.
5. Offense may use multiple handoffs.
6. Laterals are allowed behind the line of scrimmage.
7. "No-Run Zones", located 5 yards before each end zone and 5 yards on either side of midfield, are to avoid short-yardage, power-running situations. Teams are NOT allowed to run in the No-Run Zone.
 - Reminder, the No-Run Zone does not exist in the 6U division.
8. **Once you are in the "No-Run Zone", you will stay in the "No-Run Zone", even if a penalty occurs and takes you out.**
9. The player who takes the hand off can throw the ball from behind the line of scrimmage.
10. Once the ball has been handed off in front or behind the quarterback, all defensive players are eligible to rush.
11. **Runners may not leave their feet to advance the ball. Diving, leaping or jumping is considered flag guarding.**
12. Spinning is allowed, but players CANNOT leave their feet to avoid a flag pull.
13. Runners may leave their feet IF there is a clear indication that he/she has done so to avoid collision with another player without a flag-guarding penalty enforced.
14. NO blocking or screening is allowed at any time.
15. NO running alongside, in front of or with the ball carrier to aid in blocking defenders is allowed.
16. Flag obstruction – ALL jerseys MUST be tucked in before play begins. The flags MUST be on the players' hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.
17. You are allowed to lateral the ball beyond the line of scrimmage however, if the ball is lateraled and dropped the ball is down at the spot it hits the ground. If the offense laterals the ball and the defense intercepts the ball they can advance and attempt to score a touchdown.

15.) Passing:

All passes must be from behind the line of scrimmage and thrown forward. Shovel passes ARE allowed outside the NO RUN ZONE. Shovel passes ARE NOT allowed in the NO RUN ZONE. The quarterback has a 7- second "pass clock". If a pass is not thrown within the 7- seconds, the play is still LIVE. A penalty flag will be thrown but the play continues (just in case the defense intercepts the ball).

After the play has been completed, if the defense did not intercept the ball, the ball will be placed at the original LOS.

Once the ball is handed off, the 7-second rule is NO LONGER in effect.

16.) Receiving:

All players are eligible to receive passes (including the QB if the ball has been handed off behind the LOS).

ONLY one player is allowed in motion at a time. All motion must be parallel to the LOS and NO motion is permitted towards the LOS.

A player must have at least (1) foot inbounds when making a reception.

In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense. Interceptions ARE returnable.

You are allowed to lateral the ball beyond the line of scrimmage however if the ball is lateraled and dropped the ball is down at the spot it hits the ground. If the offense laterals the ball and the defense intercepts the ball they can advance and attempt to score a touchdown.

17.) Punting:

1. The offensive team may elect to punt on 4th down. Punting is required for 10U division and above. For the 8U division, a pass may be substituted for a punt. For the 6U, the ball will be placed on the opposing team's 5 yard line.
2. Once a punt has been declared by the offense: a.) All defensive players must take position behind the rush cone (7 yards from the line of scrimmage) and may not rush the punter, b.) The center must long snap to the punter between his/her legs. c.) The offense can not advance down the field until the ball has been kicked. d.) If the offense advances past the line of scrimmage before the ball is punted, the offense will re-punt with a 5 yard penalty. (The Punter shall have 7 seconds after the snap to punt the ball, e.) False start by the offense will result in a 5 yard penalty and re-punt. If the ball hits the ground during the snap the play is dead at that spot.
3. Fake punts are not allowed. Teams must declare a punt.
4. Punts traveling out of the field of play are spotted at the point where the ball left the playing field.
5. If a runner is tackled in his own end zone during a punt or kick return, the play shall be ruled a safety (except in the 6U and 8U age group, no safety will be awarded during punt and kick returns).
6. If the receiving team in any way drops the ball or the ball hits them and then hits the ground the ball will be dead at that spot. The receiving team can pick the ball up off the ground as long as the ball did not touch any receiving player. If the kicking team touches the ball on the ground the ball is dead.

18.) Kick-Offs:

1. The game shall begin when the referee whistles to begin the kick-off. The kick-off will take place shown on the age group below:

Division 6U: Kick Off occurs at midfield

Division 8U: Kick Off occurs at midfield

Division 10U: Kick Off occurs at the 12 yard PAT line

Division 12U: Kick Off occurs at the 12 yard PAT line

Division 15U: Kick Off occurs at the 12 yard PAT line

The ball will be considered live until it is touched by a defender, travels out of bounds, or the ball carrier for the returning team has the flag pulled.

2. No turnovers may occur on kick-off or punt returns, unless a lateral pass is intercepted or safety occurs.
3. The kicking team must remain inside during the kick/punt or be subject to penalty.
4. If the ball is kicked out of bounds (sidelines) without being touched, the receiving team will have the option to take the ball where it went out of bounds or have the kicking team re-kick the ball and move 5 yards back from the spot of the ball. (The clock will stop if the ball is kicked out of bounds before going through the end zone) Except in the case of punts. The intent of this rule is to discourage teams from intentionally kicking the ball out of play. Intentionally kicking the ball out of play goes against the developmental part of the game and is discouraged.
5. If a kick-off fails to go 7 yards, the kicking team will be penalized 5 yards and will re-kick. 6. In the 6U, 8U divisions, no safety will be awarded during punt and kick returns. The ball will be spotted at the 5 yard line.
7. Touchbacks will be spotted at the 5 yard PAT line and occur when the ball is kicked out of the end zone by the kicking team, when the returning team kneels in the end zone, or when the ball is declared a dead ball in the end zone.
8. After a touchdown and extra point is finished the team that scored will then kick-off to the defense.
9. On kickoff returns if the receiving team in any way drops the ball or the ball hits them and then hits the ground the ball will be dead at that spot. The receiving team can pick the ball up off the ground as long as the ball did not touch any receiving player. If the kicking team touches the ball on the ground the ball is dead.
10. You are allowed to lateral the ball down field however, if the ball is lateraled and dropped, the ball is down at the spot it hits the ground. If the offense laterals the ball and the defense intercepts the ball they can advance and attempt to score a touchdown.

19.) Rushing the Passer:

1. All players who rush the passer must be a minimum of (7) yards from the LOS when the ball is snapped. Any number of players can rush the QB.
2. Once the ball is handed off, ALL defenders can cross the LOS.
3. A special marker, or the referee, will designate a RUSH line (7) yards from the LOS.
 - A legal rush is:
 - Any rush from a point 7-yards from the LOS.
 - A rush from anywhere on the field AFTER the ball has been handed off by the QB.
 - If a rusher leaves the rush line early, they may return to the rush line, reset and then legally rush the QB.
 - If a rusher leaves the rush line early and the ball is handed off BEFORE they cross the LOS, they may legally rush the QB.
 - A penalty may be called if:
 - The rusher leaves the rush line before the snap and crosses the LOS before a handoff or pass.
 - Any defensive player crosses the LOS before the ball is snapped.
 - Any defensive player, not lined up at the rush line crosses the LOS before the ball is passed or handed off.
 - Special Circumstances:
 - Teams are NOT required to rush the QB, the seven-second clock is in effect. • If a rusher leaves the 7-yard line before the snap, he/she can immediately drop back to act as a defender with no offside penalty enforced.
4. Players rushing the QB may attempt to block a pass. However, NO illegal contact can be made with the QB in any way. (illegal contact is hitting the head, hand or arm of the QB or running into them.)
5. Blocking the pass and then striking the passer will result in a 10-yard penalty. 6. A safety is awarded if a sack takes place in the offensive team's end zone. 7. **You can run a route in the way of a blitz, however you may not shadow the blitz or make any contact with the**

defender in an attempt to block the blitz. The officials will make a judgement call.

20.) Flag Pulling:

1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
2. **Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when trying to pull his/her flag.**
3. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
4. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball.
5. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
6. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff-arming, dropping of the head, hand, arm or shoulder, or intentionally covering flags with the football or jersey.

21.) Charging:

1. The ball carrier must show a clear attempt to step to the side of the defender. If the ball carrier does not show a clear attempt and collides with the defender, the ball carrier will be assessed a 10 yard penalty.
2. Note: In order to keep our players safe, the officials will be watching the ball carriers direction of their feet at time of contact. They will be trained to make this call a very high priority call. - Please teach and practice this with your players. Thank you in advance.

22.) Formations:

1. An offensive team must have a minimum of 1 player on the LOS (center) and a max of 4 players on the LOS. The QB must be off the LOS.
 - One player at a time may go in motion, 1 yard beyond and parallel to the LOS.
 - No motion is allowed towards the LOS. (All players can motion at a time before the center holds the ball).
2. Offensive players must come to a complete stop for 1 second before the ball is snapped, unless he/she is the one player in motion.
3. Movement by a player who is set or a player who runs towards the LOS while in motion is considered a false start.
4. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the back field, and the ball must completely leave his/her hands.

23.) Unsportsmanlike Conduct:

1. If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. NO appeals. FOUL PLAY WILL NOT BE TOLERATED.
2. Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give (1) warning. If it continues, the player or players will be ejected from the game.
3. Players may not physically or verbally abuse any opponent or official.
4. Ball carriers MUST make an effort to avoid defenders with an established position.
5. Defenders are NOT allowed to run through the ball carrier when pulling flags.
6. Fans must also adhere to good sportsmanship.
 - Yell to cheer on your players, not to harass officials or other teams
 - Keep ALL comments clean and profanity free.
 - Compliment ALL players, not just one child or one team.

- Fans are required to keep fields safe and kid friendly.
- Keep younger kids and equipment such as coolers, chairs, and tents away from the sidelines. 7. If a coach/fan/parent is asked to leave the game because they have been unsportsmanlike and they do not leave, the game WILL BE forfeited.
- 8. CORE 5 Flag Football has and always will provide an atmosphere where players, friends and families can feel comfortable enjoying a day of football. Any players, teams, or family members that jeopardize that environment will be asked to leave.
- 9. CORE 5 Flag Football operates under a ZERO TOLERANCE POLICY. 10.) Throwing opponents flags after pulled will be considered unsportsmanlike conduct. (we encourage our players to hand the flag back to the opponent.)
- 11.) **PLAYOFFS / DOUBLE HEADER If a coach, player or parent is ejected from the game by an official or field monitor, they will not be allowed back in the venue for the rest of the day or the team will be forced to forfeit.**
- 12.) **If a defender is the last man to prevent an offensive touchdown and tackle or pushes the offensive player out of bounds, that will result in an automatic touchdown for the offense.**



24.) Penalties:

General:

1. The referee will call ALL penalties.
2. Referees determine incidental contact that may result from normal course of play.
3. ALL penalties will be assessed from the line of scrimmage, EXCEPT as noted. 4. Only the head coach may ask the referee questions about the rule clarification and interpretations. Players cannot question judgment calls.
5. Games cannot end on a defensive penalty, UNLESS the offense declines it. 6. Penalties are assessed LIVE BALL or DEAD BALL. Live ball penalties must be assessed before play is considered completed.
7. Penalties will be assessed half the distance to the goal when the penalty yardage is more than half the distance.
8. If an offensive penalty occurs in the "No-Run Zone", the penalty will be enforced and the offense will still be considered in the "No-Run Zone". Offense MUST pass. 9.) During the play if the offense AND defense commit a penalty before the play is ruled a dead ball then the penalties will be offset and the offense will replay the down.

ALL offensive penalties will result in a loss of down.

ALL defensive penalties result in an automatic first down.

5 Yard Penalties

Illegal Equipment - 5 yard penalty
Offside - 5 yard penalty
Illegal Motion (more than 1 person moving, false start) - 5 yard penalty
Offensive Pass Interference - 5 yard penalty
Screening, blocking or running with the ball carrier in attempt to block defenders from pulling flag - 5 yard penalty
Delay of Game - 5 yard penalty
Defense: Illegal Contact (holing, blocking) - 5 yard penalty
Defense: Illegal Flag Pull (before the receiver has the ball) - 5 yard penalty
Defense: Illegal Rushing (starting to rush from inside the 7 yard marker) - 5 yard penalty

10 Yard Penalties

Roughing the Passer - 10 yard penalty
Taunting - 10 yard penalty
Unsportsmanlike Conduct - 10 yard penalty

Spot Fouls

Defensive Pass Interference - Automatic first down
Holding - +5 yards & automatic first down
Stripping - +10 yards & automatic first down
Defensive Unnecessary Roughness - +10 yards & automatic first down
Screening, Blocking or Running with the ball carrier in attempt to block defenders from pulling flag - -5 yards & loss of down
Charging - -10 yards and loss of down
Flag Guarding - -10 yards & loss of down
Offensive Unnecessary Roughness - -10 yards & loss of down

Defensive Penalties

Offside - +5 yards from line of scrimmage & automatic first down
Illegal Rush - +5 yards from line of scrimmage & automatic first down
Illegal Flag Pull (before the receiver has the ball) - +5 yards from the line of scrimmage & automatic first down
Roughing the Passer - +10 yards from line of scrimmage & automatic first down
Taunting - +10 yards from line of scrimmage & automatic first down
Defensive Pass Interference - SPOT FOUL Automatic first down
Holding - SPOT FOUL +10 yards & automatic first down
Stripping - SPOT FOUL +10 yards & automatic first down
Defensive Unnecessary Roughness - SPOT FOUL +10 yards & automatic first

down **To many players on the field when the ball is live** - +5 yards & automatic first down

Offensive Penalties

Offside / False Start - -5 yards from line of scrimmage & loss of down

Offensive Pass Interference - -5 yards from line of scrimmage & loss of down

Illegal Motion - -5 yards from line of scrimmage & loss of down

Delay of Game - -5 yards from line of scrimmage & loss of down

Screening, Blocking or Running with the ball carrier in attempt to block defenders from pulling flag - SPOT FOUL - -5 yards & loss of down

Charging - SPOT FOUL -10 yards & loss of down

Flag Guarding - SPOT FOUL -10 yards & loss of down

Offensive Unnecessary Roughness - SPOT FOUL -10 yards & loss of down

Illegal Punt- -5 yards loss & re-punt

To many players on the field when the ball is live - -5 yards and loss of

25.) **Conduct**



1. Reckless play deemed by the game officials to be potentially dangerous or harmful (i.e. pushing out of bounds, cheap shots, elbowing, roughing) will result in an unsportsmanlike conduct penalty. Two such acts committed by one player during a game will result in automatic ejection.
2. Players, teams or coaches who are found to have intentionally cheated will forfeit their game and be suspended until addressed by the league commissioner.
3. Contact is limited to incidental contact that is a normal part of flag football. 4. Taunting, trash talking, cursing or other offensive language or behavior by players, coaches or their fans will result in an unsportsmanlike conduct penalty for the first offense and possible forfeiture for the second offense (in the game official's sole discretion). Use of the F-word is grounds for immediate ejection, in the discretion of the officials and league representatives.
5. Players are expected to behave in a civil manner. Flag slamming, flag throwing, or other uncivil acts will result in a verbal warning for the first offense and an unsportsmanlike conduct penalty for each subsequent offense. Players are encouraged to return a pulled flag to the offensive player after a tackle.
6. Play that is deemed by the game official to be intentionally malicious (i.e. fighting, attempted punching, clothes lining, blatant tackling with no effort to pull flags, etc.) will result in an unsportsmanlike conduct penalty and player ejection. Two such acts by one team during a game will result in immediate forfeiture and potential league sanctions for future games.
7. Players, coaches or spectators who are ejected from a game, must vacate the premises. Failure to do so will result in game suspension, game forfeiture or league banishment. 8. Field supervisors and game officials have the authority to suspend play and declare a forfeit if players, fans and/or coaches behave in a manner that is threatening, dangerous or violates the published code of conduct.
9. Field supervisors, game officials, security or other CORE 5 Flag Football representatives will make reports to the League Commissioner of conduct violations by anyone at any CORE 5 Flag Football event. In addition to the penalties assessed during a game, conduct violations may carry the additional penalties in the discretion of the commissioner:
 - A.) Intentional Unsportsmanlike Conduct- 8 day suspension from practice and play. B.) Ejection from a game- 8 day suspension from practice and play.
 - C.) Physically threatening an official- season suspension.
 - D.) Hitting an official- season suspension, possible league banishment.
 - E.) Public intoxication- season suspension.
 - F.) Fighting / Physical Threats- season suspension or league banishment. G.) Second offense A or B- season suspension.
 - H.) Playing an ineligible player- forfeiture of game (minimum) 10.) For safety reasons, spectators must be seated a minimum of 10 yards behind the sidelines.

26.) Standings Calculations

1. League standings are based on wins and losses. In the event that teams are tied in the standings the team with the fewest points allowed (PA) will advance. CORE 5 Flag Football discourages "running up the score". The league is organized for competitive fun and encourages coaches with a strong lead to mix up their player positions and plays to ensure that development and fun is the focus.
2. In an effort to keep the focus on player development during the "regular season", the league does not recognize division leaders with awards.

27.) PARENTS CODE OF CONDUCT

I hereby pledge to provide positive support, care and encouragement for my child participating in sports by following the Parent's Code of Ethics Pledge.

- I will encourage good sportsmanship by demonstrating positive support for

all players, coaches and officials at every game, and at practices.

- I will insist that my child play in a safe and healthy environment.
- I will place the emotional and physical well being of my child ahead of a personal desire to win.
- I will support the coaches and officials working with my child in order to encourage a positive and enjoyable experience for all.
- I remember that the game is for youth and not for adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans and officials with respect.
- I promise to help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching or by being a good role model.
- I promise to **always** be present or have a legal guardian present when my child is involved in any CORE 5 Flag Football event (i.e. games, practices or skills training). - ****We reserve the right to refuse service to anyone who may interfere with the safety and well-being of our patrons and Core 5 Flag Football itself.****

