

M.C.Y.F.L. GIRLS' FLAG BYLAWS

1. Division of Teams:

- a. Grades 7-8; herein, refer to as "Varsity";
- b. Grades 5-6; herein, refer to as "Pee-wee" aka "PW"; and
- c. Grades 3-4; herein, refer to as "Clinic".

2. Territory:

- a. Players must play for a town within MCYFL territory. If any player from another MCYFL territory is interested in playing and their town currently does not offer Girls' Flag, they may play for the nearest geographic MCYFL team that offers Girls Flag. In the event, the town decides to add Girls Flag, that player must reregister for that town.
- b. Any team outside the MCYFL territory that would like to join this league, they must first be approved by the current teams within the league and that teams' representative(s) must agree to these Bylaws in their entirety.

3. Rosters:

- a. Each year, towns will submit official rosters by the first of September. Rosters will include names, date of birth, and grades, as of the September's school year, of each player.
- b. Each level will be split into two (2) teams once there are 26-players. A town may choose to split a level into two (2) teams with fewer players, but it is mandatory once there are 26-players.
- c. If a level is split into two (2) teams, the teams must be split evenly by grade and skill level. Towns are not permitted to submit an "A" Team and "B" Team.
- d. A player may only be on one (1) roster within their town's division. There will be no cross rostering allowed at the same level; however, a player is permitted to play one (1) level up from the PW to the varsity level (i.e. a 6th grader can move up to the Varsity level) with the player's guardian(s) approval; however, a players moving up cannot negatively effect that player's current level; meaning, that player's moving up cannot make that player's current level under the player minimum (Refer to Section 11).

4. Ball Size:

- a. Clinic and PW will use a Wilson K2 game ball.
- b. Varsity will use a Wilson TDJ game ball.

5. Equipment:

- a. Flags- Flags must be nylon material with 2-popout flags. Flags shall be different colors than the uniforms as not to blend in. Flags shall be no less than 14" long as measured from the bottom of the popper or flag belt when there is no popper present and no less than 1 3/4" wide.
- b. Flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered Illegal Equipment. Flags must be evenly distributed on the belt. Poppers must face down and away from the body. Belts must be snug around the waist to avoid rotating.
- c. Uniforms **must be tucked in** at all times to not cover the flags or flag belt.
- d. Mouthpieces are required and must be within the player's mouth during play- NO EXCEPTIONS. "Fish hooking" during play will not be permitted.
- e. To improve player safety, soft headgear is not required, but recommended, to prevent player concussions.

6. Game Schedule and Time:

- a. Game times will be set on Sundays at the following time slots: 2pm for Clinic, 3pm for PW, and 4pm for Varsity.

b. There will be a minimum of six (6) players, for Clinic, to the start of the game.

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c. There will be a minimum of eight (8) players for PW* and Varsity to the start of the game. d.

Coaches must notify opposing coaches, the league's Referee Liaison, and their Flag Coordinators no later than two (2) hours prior to the start of the game if their team does not have enough players to play the game. Failure to notify will result in a forfeit.

e. Coaches, the league's Referee Liaison, and their Flag Coordinators will then work reschedule the game. The game must be rescheduled by Thursday of the same week.

f. In the event a game is cancelled due to weather it must be rescheduled by Thursday of the same week.

7. Referees:

a. There will be two (2) MCYFL approved referees for Varsity and PW games.

b. There will be one (1) MCYFL approved referee at Clinic games.

c. The home team is responsible for paying all referees prior to the start of the game. d. If a game is cancelled due to weather and the referees are present at the field, they must be paid. Once a game has begun, it is the referees' decision to cancel due to weather.

e. If the referee(s) does not arrive for a game, the following shall occur:

i. The home head coach (HC) will contact the designated Girls' Flag Referee liaison. ii.

An attempt will be made to locate the referee(s).

iii. A half (1/2) hour grace period will be permitted.

iv. If no referee arrives for the Clinic Level the game will be rescheduled.

v. PW and Varsity will only play with both referees or the game will be rescheduled.

8. Coaches:

a. All Girls Flag coaches will follow the same requirements as MCYFL Pad-Level and are subject to the same standards set forth in the MCYFL Bylaws.

b. Varsity will not have coaches on the field.

c. PW will be permitted one (1) coach, per team, on the field.

d. Clinic will be permitted two (2) coaches, per team, on the field.

e. At the level where coaches are permitted on the field, once ready for play is established, coaches are NOT permitted to direct players, assist in anyway, interfere with play, etc.

9. Team representatives, including players, substitutes, replaced players, coaches, trainers, and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of officials assigned to the game.

10. Rules:

a. MCYFL Girls' Flag will follow NJ High School Super Football Conference (SFC) Girls Flag with modifications. Not all rules and penalties will be located within and can be located attached at the end of this document. **Specific Clinic and PW modifications can be found in Section 11.**

b. There shall be no intentional contact between players during the course of the game. All players are permitted to "Screen Block", which is described as obstructing an opponent without intentionally initiating contact with ANY part of their body. To ensure contact is limited, all players, who are screen blocking, *shall place their arms behind their backs*. All intentional contact, i.e. grabbing, pulling, placing hands on their opponent, purposely making contact, etc. shall be a blocking foul.

Penalty: Personal Foul, 10-yards from the spot of the penalty.

c. Speaking captain(s) shall be determined for both teams prior to the start of play. They will meet

at midfield with the referees for the coin toss to determine who will receive to ball for start of play.

d. Each team will have two (2) timeouts per game.

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e. The ball will start on the 20-yard line at the start of the game, start of the second half, and after a score.

f. The ball cannot be removed from a player's possession (i.e. during a handoff or exchange); however, during the course of a catch, possession of the ball between the offensive and defensive player can change. If there is a simultaneous catch between the offensive and defensive player at the conclusion of the play, the offensive player will retain possession.

g. "No Run" Zone: There will be a "No Run" zone starting 5-yards from each endzone. A team starting a new play inside the "No Run" zone must pass the ball.

Penalty: "No Run" violation, 5-yards from previous spot.

h. The Quarterback (QB) can run at any time as long as she is not within the "No Run" zones.

Within the "No Run" zone, the QB cannot run even if she is blitzed.

i. 7v7 Format for all Varsity, PW*, Clinic* Levels.

j. The ball shall be marked where it is physically when the flag is pulled, runner is mark down, and/or where a player goes out of bounds and not where the players hips or flag(s) were. Players are permitted to stretch or reach the ball out and the defenders are not permitted to strike the ball. k. The ball shall be marked where it hits the ground on punt.

l. The ball shall be marked where is hits the ground on a botched snap.

m. **PUNT:** On 4th down, the offense must declare a punt. No fake punts permitted. During the punt, all players, excluding the punter and no more than two (2) punt returners, shall be within two (2) yards of the LOS and not move until ball is punted. The punted football, can only be returned if caught in the air by the returners and the play will be "live". If the punted ball is not caught in the air, the play shall be dead, and marked where the ball first touched the ground or where is crossed out of play.

n. Touchback: When the ball is punted into, or through, the endzone. The ball will be placed on the 20-yard line.

o. Continuous Clock - The clock will start when the ball is first legally snapped at the start of the game and half. It will run continuously for the first 23-minutes of each half unless it is stopped for:

i. Team time-out (clock resumes on snap of next play).

ii. Referee's time-out (clock resumes on official's ready to play whistle).

iii. Injury to player.

p. Official game time will be 48-minutes with a 5-minute halftime.

q. At the Varsity and PW levels, there will be a **25-second play clock**. Clock will start at "Ready for play" and run until the snap of the ball or expiration of the play clock.

Penalty: Delay of Game, 5-yards from previous spot.

r. Two (2) Minute Warning - Approximately 2-minutes before the end of each half, the clock will stop until ready for play, the referee will inform both captains and/or coaches of the playing time remaining in that half.

s. Stopped Clock - During the final 1-minute of each half, the clock will stop and resume on the snap of the next play unless otherwise noted. The clock shall not run for any extra point(s) attempt during the final 1-minute. The clock will stop for the following:

i. Incomplete Pass;

ii. Out-of-Bounds;

- iii. Score (touchdown or safety);
- iv. Team time-out;
- v. Fair Catch;
- vi. Touchback;
- vii. Penalty and administration (on snap or ready for play depending on previous ball status);
- viii. Referee's Time-out - starts at his/her discretion;
- ix. Change of Possession;
- x. Team attempting to conserve time illegally; or

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- xi. First Down (this is a temporary stop, wind the clock once ball and officials are set). t. Substitutions - No substitute shall enter during a down. All substitutions must enter the game during a dead ball.
- u. All players, including the Center, are eligible to receive a pass.
- v. Field: 80-yard x 40-yard (High School numbers to numbers wide)*.
 - i. Field will be divided into four (4) "First Down Zones"*.
 - ii. A team has 4-downs to cross into the next first down zone/endzone*.
- w. If one (1) team has at least a 19-point margin at, or inside, the 5-minute mark remaining in the game the game will be considered over and the score shall be recorded; however, if both teams agree, the play can continue to the conclusion of the game.
- x. Scoring:
 - i. Touchdowns are worth 6-points. Remember, the ball scores, not the players hips or flag. ii. Safety worth 2-points. This occurs if the player with ball position has her flag pulled while within their endzone and/or the ball is snapped and first touches the ground within the endzone and/or snapped through the endzone
 - iii. Extra points will be worth and placed at the following:
 - 1pt = 3-yard line;
 - 2pts = 10-yard line; or
 - 3pts = 20-yard line .
 - iv. Interceptions on extra point tries returned for a score will be worth 2-points. y. No Fumbles. Ball is marked dead as soon as it hits the ground, including on punts, backwards laterals, and dropped/missed snaps.
 - z. Ball Carrier is not allowed to dive or hurdle to avoid contact/gain extra yards. aa. Receivers are permitted to dive to attempt to catch a pass. Possession with one (1) foot, or body part other than the hand, contacting the ground 1st for completed a catch.
 - bb. No defensive player can be within 1-yard off the LOS.
 - cc. Blitzing: Any defensive player blitzing, must start 5-yards off the LOS. There is no limit to the number of blitzing players per play.
 - dd. All non-blitzing players may not cross the LOS until there is a handoff or the QB is outside the "tackle box".
 - ee. Flag Guarding - A runner shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag. A player may use a spin, jump cut, or dip, however; must keep their arms away from their flag to avoid flag guarding. A runner shall be prohibited from contacting an opponent with an extended hand or arm which includes the use of a "stiff arm" to flag guard.
 - Penalty:** Flag guarding, 5-yards from the spot of the penalty.
 - ff. When a runner loses their flag belt, or flag, either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play continues. The deflagging reverts to a one-hand tag of the runner between the shoulders and knees.

- gg. **Safety Check Required:** All players, prior to the start of the game, will meet with one (1) of the referees to show that they have a mouthpiece, their jerseys are tucked in, flags are proper (one flag on each hip), and both flags are "ready for play" (players will "pop out" both flags). Any issues with equipment will be addressed prior to the start of the game.
- hh. Prohibited Acts - There shall be no unsportsmanlike conduct by players, substitutes, coaches or others subject to the Rules. Examples include, but are not limited to:
- i. Attempting to influence a decision by an official.
 - ii. Disrespectfully addressing an official.
 - iii. Indicating objections to an official's decision.
 - iv. Holding an unauthorized conference or being on the field illegally.
 - v. Using profanity, insulting or vulgar language or gestures.

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- vi. Intentionally contacting a game official physically during the game by persons subject to the rules.
- Penalty:** Player/Coach/Spectator will be removed from the game. Subjected to MCYFL Board Review and suspension.
- ii. Personal Fouls - No player shall commit a personal foul during a period or an intermission. Any act prohibited hereunder, or any other act of unnecessary roughness is a personal foul. No player shall:
- i. Punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
 - ii. Trip an opponent.
 - iii. Contact an opponent who is on the ground.
 - iv. Throw the runner to the ground.
 - v. Hurdle any other player.
 - vi. Contact an opponent either before or after the ball is declared dead.
 - vii. Make any contact with an opponent that is deemed unnecessary of any nature including using fists, locked hands, elbows, or any part of the forearm or hand, except according to Flag Rules.
 - viii. Deliberately drive or run into a defensive player.
 - ix. Clip an opponent.
 - x. Tackling the runner.

Penalty: *Offense:* 10-yard loss from previous spot and loss of down.

Defense: 10-yard from previous spot and automatic first down.

11. Rule Modifications:

- a. With the varying skill levels between each division, modification of rules are as follows:
 - i. Varsity- None
 - ii. Pee-wee- (7v7 OR 5v5*)
 - iii. Clinic- (Field will be 60-yard x 40-yards (all field rules shall apply, i.e. first downs (every 20-yards) and "No Run" zones), 7v7 or 5v5*, No punts (ball will be placed at the opponent's 20-yard line on turnover of downs), if a drive ends within the opponent's 20-yard, the ball will be placed back at the opponents' 20-yard line, and if there is a change in possession due to an interception, the ball will be placed at the dead spot.

* To ensure teams can provide enough players at each level and to prevent players being forced to move up or move-down, or not play at all, teams with less than 7-registered players at the Clinic and/or PW levels, can play 5v5 games (all rules remain at their respective levels). Teams with greater than 8-

registered players at the aforementioned levels will not be permitted to 5v5 games unless there are extortory circumstances arise at which time the league would vote to approve the 5v5 game play.

Revised May 18th, 2025