

CITRUS ACADEMIC AND ATHLETIC LEAGUE FLAG FOOTBALL RULES

General Information:



- Each game will consist of four 10 minute quarters running time except during coaches or officials time-outs.
- Each team will get 2 time-outs per half. **Time-outs DO NOT CARRY OVER** from one half to the other.
- Teams will be given 1 minute between quarters and 5 minutes for half-time.
- Teams will switch sides after half-time.
- Footballs will be **Official Youth Size (Size 4)** and the game ball to be selected by the coaches (**home** team gets preference).
- No athlete will be allowed to participate in a game if he/she is wearing a harden cast or brace of any kind. Only athletic/soft braces are permitted for use during game play.
- Coaches are **required** to officiate during regular season games or are required to provide an official to represent the school.
- Tournament format will consist of single elimination format with the 4th and 6th and the 3rd and 5th seeds playing first. Losers of these games are eliminated from the tournament after these games. 1st and 2nd seeds receive a bye for the first round. Tied regular season team records will be seeded based on a coin toss.

Basics:

- Each player will have on 2 Velcro type flags hanging from their hips (one on each side).
- Shirts and belts must be tucked in at all times. ***If a player's shirt is un-tucked or their flags are not positioned correctly on the hips, the player is down as soon as he/she gains possession of the ball.***
- When blocking, offense may use their hands, as long as they remain between their shoulders. No grabbing, hitting, slapping or holding is allowed at any time and will result in a penalty.
- If there is an **inadvertent whistle**, the offense can choose to take the play at that point or replay the down.
- One foot must be inbounds for a catch or an interception to be legal.
- Free Substitution Rule is in effect at all times.
- Coaches may be on the field even if they are not a referee (but must not physically affect the game at any time).
- Defensive coaches will always be responsible for ball placement each down to ensure timely defensive preparation.
- Defensive players are not allowed to cross the neutral zone. There is no, "getting back before the snap."
- The ball is dead anytime it touches the ground except after the kick on a punt or a kick on a kickoff.
- Each team must kickoff using a kicking tee.
- The ball must travel 20 yards before it is considered a live ball on a kickoff (no on-sides kicks).
- Kickoffs are from the kicking teams' 40 yard line.
- If the ball comes in contact with a player (on accident or when attempting to catch it) by a receiving player during a kickoff or a punt and then the ball contacts the ground, the ball is ruled dead at that spot. If a player is attempting to pick up a moving or stationary ball from the ground during a kickoff or punt and mishandles it and the ball comes in contact with the ground as a result, the ball is considered dead at that spot.
- No Fake Punts allowed. No rushing the punter. 5 Defensive players must remain at the line of scrimmage prior to the punt. The offense must remain at the line of scrimmage until the punter kicks the ball.
- If a player in possession of the ball loses or knocks his own flag or flags off or they just "fall off," the ball is dead at that spot.
- Touchbacks will result in the offense beginning their drive at the 20 yard line.
- After scoring a touchdown, teams can choose to go for either a 1 point conversion from the 2 yard line or a 2 point conversion from the 5 yard line.
- **Safety - 2 points** for the defending team whom pulls the flag of an offensive player in the offensive players' end zone, if the offensive teams causes a fumble, dead ball (sideways/backwards pass or pitch) or out of bounds situation within the confines of their own end zone, or an offensive foul in the offensive teams end zone
- **After a Safety occurs**, a free kick from the 30 yard line will take place by the team the safety was scored against (choice of punt or kickoff available).

Penalties:

- Only rubber cleats allowed. Cleats that screw in or have metal spikes are illegal. Anyone using spike or screw-in type cleats will be automatically ejected and their team will forfeit the game.
- If a kickoff goes out of bounds, the receiving team will start with the ball **at their own 40 yard line**.
- All teams may huddle before each play (no huddle/hurry-up offenses are allowed at any time) when running a no huddle/hurry-up offense, all offensive players must remain 5 yards from the sideline (NO HIDEOUTS). **10 yard penalty**
- **Clipping:** Clipping is running or diving into the back or the throwing or dropping the body across the back of the leg or legs of an opponent or pushing an opponent in the back. **15 yard penalty** from the spot of the foul.
- Only one spin is allowed, per ball carrier during a play. **5 yard penalty** from the second spot of the spin.
- The player with possession of the ball shall be stopped and considered down with the ball dead when a flag is pulled or removed from the players' belt.
- When a player pulls a flag they are to hold it in the air where they are and then hand it back to the ball carrier (player etiquette). Intentional throwing of a flag backwards is illegal and constitutes a **5 yard penalty** from the spot of the infraction.
- **Charging:** Runners with the ball must attempt to avoid physical contact against a defensive player at all times. Penalty – Personal Foul, **15 yard penalty** and loss of down from the line of scrimmage.
- Straight arming is never allowed and results in a **15 yard penalty** from the spot of the foul.
- The defender may not block or push the ball carrier out of bounds or reach across the ball carriers arms to pull a flag. Both result in a **15 yard penalty** for either infraction from the spot of the foul.
- Runners cannot huddle over the ball as they carry it. **5 yard penalty** from the spot of the foul.
- Runners must attempt to avoid defensive player attempting to pull the flag or flags. Intentionally running over a defender is unnecessary roughness and results in a **15 yard penalty**.
- No defensive player attempting a flag pull shall ever pull both flags simultaneously. **15 yard penalty** from the spot of the foul.
- Any illegal contact or attempt to stop a ball carrier in the open field, such as tripping, pushing out of bounds, holding etc., will result in a **first and goal from the 1 yard line**.
- No diving over the line of scrimmage. **15 yard penalty**
- No leaving feet at any time for blocking or avoiding a flag pull. **15 yard penalty** from the spot of the foul.
- No cross body blocking. **15 yard penalty** from the spot of the foul.
- Unnecessary roughness and unsportsmanlike conduct. **15 yard penalty. 2nd offensive is ejection from the game.**
- Intentional pull of a flag or flags before the player gains possession of the ball is a **15 yard penalty**.
- Offensive holding **5 yard penalty**.
- Ineligible reception by an offensive player (players on the line must be uncovered/exposed) **5 yard penalty**.
- Illegal Forward Pass Penalty – When the passer passes the ball with their body completely beyond the line of scrimmage. **Accepted** penalty results in a **5 yard penalty, replay the down**. **Declined** penalty results in a **loss of down**.
- Defensive holding **10 yard penalty and automatic first down**.
- Pass Interference **15 yard penalty and automatic first down**.
- Excessive celebration (teams can only celebrate amongst themselves appropriately; NO THEATRICALS, NO SPIKING THE FOOTBALL) **50 yard line kick-off penalty against the scoring team on ensuing kick-off**
- No play clocks are to be used during game play, but teams in the lead should not stall the pace of play to attempt to run out the clock. Teams should be able to snap the ball approximately within 30-45 seconds from placement of the ball after a play by the official.
- Overtime Rule – When a tie occurs at the end of regulation, a coin flip will be done to determine which team gets to choose to play offense or defense first. Once the decision is made by the winning team, each team will have an opportunity to score from the ten yard line with one set of four (4) downs. Scoring teams will be allowed to attempt an extra point or a two point try. If the first team scores on their possession and the second team does not score, the first team wins. If the second team scores on their possession after the first team tried but did not

score, the second team wins. After the first round, this will continue until a winner is declared or time for the game has expired.

- Only 4 referees are allowed on the field at one time (Order of importance 1 Offense, 1 Defense, 2 Line Judges), 2 minimum.
- Tournament @ SMS (SPR Hosts) - Single elimination first round 4 V 5 and 3 V 6. Lowest winning seed plays highest seed in the second round. Overtime is the same as the regular season with the exception that only 1 round of overtime will be played. If the game is still tied at the end over the overtime round, the team who entered the tournament as the higher seed will win and advance.

EXPONENT RULES:

- All students that participate in CAAL will be classified (Height and Weight Measured) two times per year.
- Classifications need to be completed prior to the start of the first game of the football/volleyball season and before the start of the first game of the basketball season.
- Newly enrolled students need to be classified as soon as possible.
- Students may participate in a higher classification, but must remain at that classification for the duration of that sports season.
- EXPONENT CALCULATIONS:

EXPONENTS	HEIGHT	AGE	WEIGHT	EXPONENT
1	53 Inches	10 Years	61 - 65 Pounds	1
2	54 Inches	10 Years 6 Months	66 - 70 Pounds	2
3	55 Inches	11 Years	71 - 75 Pounds	3
4	56 Inches	11 Years 6 Months	76 - 80 Pounds	4
5	57 Inches	12 Years	81 - 85 Pounds	5
6	58 Inches	12 Years 6 Months	86 - 90 Pounds	6
7	59 Inches	13 Years	91 - 95 Pounds	7
8	60 Inches	13 Years 6 Months	96 - 100 Pounds	8
9	61 Inches	14 Years	101 - 105 Pounds	9
10	62 Inches	14 Years 6 Months	106 - 110 Pounds	10
11	63 Inches	15 Years	111 - 115 Pounds	11
12	64 Inches	15 Years 6 Months	116 - 120 Pounds	12
13	65 Inches		121 - 125 Pounds	13
14	66 Inches		126 - 135 Pounds	14
15	67 Inches		136 - 145 Pounds	15
16	68 Inches		146 - 155 Pounds	16
17	69 Inches and Up		156 Pounds and Up	17

Lightweight (B) and Heavyweight (A) Classifications:

Lightweights (B) (Class C and D) = 1 - 29 Exponents
 Heavyweights (A) (Class A and B) = 30 and Up Exponents

Example:

Height = 60 inches=8
 Age = 12 years 6 months = 6
 Weight = 123 pounds = 13
 TOTAL = 27 Exponents = Lightweight

Citrus Academic and Athletic League Code Of Conduct

Alta Vista



Terra Bella



Pleasant View



Springville



Strathmore



Woodville



We, in the Citrus Academic and Athletic League, believe that middle school athletic competition should be fun but that it must also be a significant part of a sound educational program. We believe that those who coach student-athletes are, first and foremost, teachers who have a duty to assure that their sports programs **promote important life skills and the development of good character**. We believe that the essential elements of character-building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"). We believe, further, that the highest potential of sports is achieved when teacher-coaches consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of pursuing victory with honor. Finally, we believe that sincere and good-faith efforts to honor the words and spirit of this Code will improve the quality of our programs and the well-being of our student-athletes. This Code of Conduct applies to all full-time and part-time coaches involved in our sports league.

I understand that in my position as a coach, I must act in accord with the following code:

Trustworthiness

1. **Trustworthiness** – Be worthy of trust in all I do and teach student-athletes the importance of integrity, honesty, reliability and loyalty.
 - a. **Integrity** – Model high ideals of ethics and sportsmanship and always pursue victory with honor; teach, advocate, and model the importance of honor and good character by doing the right thing even when it is unpopular or personally costly.
 - b. **Honesty** – Do not lie, cheat, steal or engage in or permit dishonest or unsportsmanlike conduct.
 - c. **Reliability** – Fulfill commitments; I will do what I say I will do; be on time.
 - d. **Loyalty** – Be loyal to my school and team; put the team above personal glory.
2. **Primacy of Educational Goals** – Be faithful to the educational and character-development missions of the school and assure that these objectives are comprised to achieve sports performance goals; always place academic, emotional, physical and moral well-being of athletes above desires and pressures to win.
3. **Counseling** – Be candid with student-athletes and their parents about the likelihood of getting an athletic scholarship or playing on a professional level. Counsel them about the requirement of many colleges preventing recruitment of student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
4. **College Recruiters** – Be honest and candid with college recruiters about the character and academic abilities and interest of student-athletes.

Respect

5. **Respect** – Treat all people with respect all the time and require the same of student-athletes.
6. **Class** – Be a good sport, teach and model class, be gracious in victory and accept defeat with dignity; encourage student-athletes to give fallen opponents a hand, compliment extraordinary performance and show sincere respect in pre- and post-game rituals.
7. **Taunting** – Do not engage in or allow trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
8. **Respect Officials** – Treat contest officials with respect; do not complain or argue with official calls or decisions during or after an athletic event.
9. **Respect Parents** – Treat the parents of student-athletes with respect; be clear about your expectations, goals and policies and maintain open lines of communication.
10. **Profanity** – Do not engage in or permit profanity or obscene gestures during practices, sporting events, on team buses, or any other situation where the behavior could reflect badly on the school or the sports program.
11. **Positive Coaching/Officiating** – Use positive coaching/officiating methods to make the experience enjoyable, increase self-esteem and foster a love and appreciation for the sport. Be prepared for your coaching/officiating duties regularly by being prepared (have a whistle, score sheet, line up, etc.) and punctual. Refrain from physical or psychological intimidation, verbal abuse, and conduct that are demeaning to student-athlete or others.
12. **Effort and Teamwork** – Encourage student-athletes to pursue victory with honor, to think and play as a team, to do their best and continually improve through personal effort and discipline. Discourage selfishness and put less emphasis on the final outcome of the contest, than upon effort, improvement, teamwork, and winning with character.
13. **Professional Relationships** – Maintain appropriate, professional relationships with student-athletes and respect proper teacher-student boundaries. Sexual or romantic contact with students is strictly forbidden as is verbal or physical conduct of a sexual nature directed to or in view of student-athletes.

Responsibility

14. **Life Skills** – Always strive to enhance the physical, mental, social and moral development of student-athletes and teach them positive life skills that will help them become well-rounded, successful and socially responsible.
15. **Advocate Education** – Advocate the importance of education beyond basic athletic eligibility standards and work with faculty and parents to help student-athletes set and achieve the highest academic goals possible for them.
16. **Advocate Honor** – Prominently discuss the importance of character, ethics and sportsmanship in materials about the athletic program and vigorously advocate the concept of pursuing victory with honor in all communications.
17. **Good Character** – Foster the development of good character by teaching, enforcing, advocating and modeling (T.E.A.M.) high standards of ethics and sportsmanship and the six pillars of character.
18. **Role-Modeling** – Be a worthy role-model, always be mindful of the high visibility and great influence you have as a teacher-coach and consistently conduct myself in private and coaching situations in a manner that exemplifies all I want my student-athletes to be.
19. **Personal Conduct** – Refrain from profanity, disrespectful conduct, and the use of alcohol or tobacco in front of student-athletes or other situations where my conduct could undermine my positive impact as a role model.
20. **Competence** – Strive to improve coaching competence and acquire increasing proficiency in coaching principles and current strategies, character-building techniques, and first-aid and safety.
21. **Knowledge of Rules** – Maintain a thorough knowledge of current game and competition rules and assure that my student-athletes know and understand the rules.
22. **Positive Environment** – Strive to provide a challenging, safe, enjoyable, and successful experience for the athletes by maintaining a sports environment that is physically and emotionally safe.
23. **Safety and Health** – Be informed about basic first aid principals and the physical capacities and limitations of the age-group coached.
24. **Unhealthy Substances** – Educate student-athletes about the dangers and prohibit the use of unhealthy and illegal substances including alcohol, tobacco and recreational or performance-enhancing drugs.
25. **Eating Disorders** – Counsel students about the dangers of and be vigilant for signs of eating disorders or unhealthy techniques to gain, lose or maintain weight.
26. **Physicians' Advice** – Seek and follow the advice of a physician when determining whether an injured student-athlete is ready to play.
27. **Privilege to Compete** – Assure that student-athletes understand that participation in interscholastic sports programs is a privilege, not a right and that they are expected to represent their school, team and teammates with honor, on and off the field. Require student-athletes to consistently exhibit good character and conduct themselves as positive role models. Student-athletes must achieve and maintain a GPA of 2.0 during the current sport(s) season(s) they are participating in. Schools may have additional requirements which are on a district by district basis.
28. **Self-Control** – Control my ego and emotions; avoid displays of anger and frustration; don't retaliate.
29. **Integrity of the Game** – Protect the integrity of the game; don't gamble. Play the game according to the rules.
30. **Enforcing Rule** – Enforce this Code of Conduct consistently in all sports-related activities and venues even when the consequences are high.
31. **Protect Athletes** – Put the well-being of student-athletes above other considerations and take appropriate steps to protect them from inappropriate conduct.
32. **Access** – Help make your sport accessible to all diverse communities.
33. **Improper Commercialism** – Be sensitive to and avoid unwholesome commercialism including inappropriate exploitation of my name or the name of the school and undue financial dependence on corporate entities. Make sure any affiliation or association with a corporate entity is approved by school and district officials.
34. **Game Results** – Athletic Directors will email game results of both the A and B teams games to the league commissioner no later than the following Tuesday after the games have been played.

Fairness

35. **Fair and Open** – Be fair in competitive situations, selecting a team, disciplinary issues and all other matters; and be open-minded and willing to listen and learn. All athletic teams are to be comprised of only students enrolled in grades 6th through 8th grade (exception being the track teams which may include 5th grade students). "A" or "Varsity" teams can be comprised of 6th through 8th grade athletes regardless of exponents. "B" or "Junior Varsity" teams can be comprised of 6th through 7th grade students only and must meet the league exponent criteria designated by the league rules.
36. **Exponents** – Exponents for student-athletes will be measured at the start of the school year before the first athletic contests take place and will be re-measured before the start of the basketball season annually. See exponent chart for details.

37. **Game Management** – Coaches are required to officiate all games throughout the regular season. The exception to this is if an outside official(s) have been retained and are aware of the league rules and code of conduct, than the coaches have the option to allow the third party official to take over the games officiating duties which will allow the coaches to coach only (should this be accepted, the coaches understand that the official has all officiating powers and responsibilities and must abide by the decisions made by the third party official as long as it is within the rules of the Citrus Academic and Athletic League. No spectators are allowed on team benches or sidelines at any time (players/coaches/school personnel only). No one other than coaches and/or athletic directors may approach any officials/score keepers at any time. Spectators whom do not comply will be removed from the game and/or the game will be ended and a forfeit will be awarded to the opposing team. No drinks on playing courts or fields at any time (sidelines only) or a delay of game violation will be the result.
38. **Cancelled Games Outcomes** – Ideally games will be cancelled twenty four (24) hours in advanced (10 am the day of as last resort/emergency). Games cancelled due to inclement weather or for administrative reasons result in a no game played. Discipline cancellations result in a forfeit and win for the opposing team.

Caring

39. **Safe Competition** – Put safety and health considerations above the desire to win; never permit student-athletes to intentionally injure any player or engage in reckless behavior that might cause injury to themselves or others.
40. **Caring Environment** – Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.

Citizenship

41. **Honor the Spirit of Rules** – Observe and require student-athletes to observe the spirit and the letter of all rules including the rules of the game and those relating to eligibility, recruitment, transfers, practices and other provisions regulating interscholastic competition.
42. **Improper Gamesmanship** – Promote sportsmanship over gamesmanship; don't cheat. Resist temptations to gain competitive advantage through strategies or techniques (such as devious rule violations, alteration of equipment or the field of play or tactics designed primarily to induce injury or fear of injury) that violate the rules, disrespect the highest traditions of the sport or change the nature of competition by practices that negate or diminish the impact of the core athletic skills that define the sport.

Complaints/Incidents/Games Played Under Protests

43. **Complaints/Incidents** – Individuals apart of the league such as coaches, officials, scorekeepers and administrators will have twenty four (24) hours to write up and submit a formal complaint/incident to their schools site athletic director whom after their initial review and resolution will then have it submitted to the league committee for review. All other parties with a complaint/incident must report with a write up within twenty four (24) hours to their schools site athletic director which should be resolved in-house and only in extreme circumstances will be submitted to the league committee for review. Once a complaint/Incident is written up and submitted, the other involved parties will have forty eight (48) hours to respond with a formal write up of their account of the complaint/incident. Both formal written accounts will be reviewed by the league and necessary actions, disciplines, etc. will be determined on a case by case basis which may include but are not limited to removal of attendance privileges of league games/events, suspension and/or termination of participation in league and/or more formal discipline including police/legal action.
44. **Complaints/Incidents Disciplinary Actions** – Individuals apart of the league such as coaches, officials, scorekeepers and other personnel will be given three (3) opportunities to correct behavior and/or actions throughout the duration of a single season. After the third incident, the individual(s) will be relieved of the responsibilities for the duration of that season and will not be asked back for a minimum of the next full season. Repeat offenders of two (2) consecutive alternating disciplined years will be subjected to a five (5) year suspension from all activities in the league. Conduct detrimental to any person(s) beyond a reasonable/rational verbal dispute of the rules will result in more severe consequences including but not limited to, game(s) suspensions and/or termination of participation within the Citrus Academic and Athletic League. The League Committee will use a majority vote to determine consequences for offenders and repeat offenders on a case by case basis based on a thorough, efficient and time appropriate investigation. Consequences may include but are not limited to removal of attendance privileges of league games/events, suspension and/or termination of participation in league and/or more formal discipline including police/legal action.
45. **Games Played Under Protest** – Games played under protest are when a team is in violation of one or more rules and chooses not to comply with the rules as stated in the current approved rule book as validated by the Citrus Academic and Athletic League Committee. Games played under protest will receive a swift and thorough investigation and the team whom violated the rules regardless of reason will vacate any win(s) of the contest(s)

and the win will be awarded to the other team. A game is only considered to be played under protest if a coach before the game begins announces such to the opposing coach and the on-site athletic director(s). Example: Playing a team whose player(s) are wearing metal cleats. Immediate Solution Example: Student-athlete removes cleats and plays or student-athlete does not play or team forfeits the game if neither of the other options is utilized.

By accepting any participating position or attending any game/event within the Citrus Academic and Athletic League, I have read, understand, acknowledge and will abide by at all times the requirements of this Code of Conduct. I will act in accordance with this code daily. I understand that school (and district) officials as well as league officials will and should expect that I will follow this code. Should I fail to comply with any aspect of this code in any capacity, I understand that my school (and district) administrators as well as and/or league committee officials may ask me to resign or terminate me of league participation duties and/or attendance of games/events and/or take appropriate action against me.