

T.S.O. SPORTS



2024 FLYWEIGHT DIVISION RULES

Field dimensions:
50 yds by 25 yds.
8 yd endzones
2 yd frozen zones
5 yds for 2 point conversion

1. **Players:**

- All members of the team will play at the same time. No child will be on the sideline for Flyweight games.
- A minimum of five (5) players are required to field a team(to the discretion of the coaches.)

2. **Equipment:**

- All players must wear a mouthpiece and a protective cup during the game (if applicable)
- Matching jerseys are required on the field of play.
- Each player must wear their flag belts over their jerseys. The jersey must NOT be tucked into pants.
- Flag belts must be completely visible at all times and may not be altered in any way.
- No hard football pads, hard braces or casts unless properly covered with soft padding. **A doctor's note allowing participation must accompany the player.**
- No metal cleats or any other illegal equipment—this is enforced at the referee's discretion.

3. **Coin Toss:**

- Visiting team calls the coin toss:
- The winner has two (3) choices to start the game—(1) receive the ball---(2) defend a goal--- (3) defer to 2nd halve
- Teams switch direction in the second half.

4. **Game Clock / Time Outs:**

- A game will consist of two (2) twenty five (20) minute halves. The clock will continue to run throughout the game and will only be stopped in the last minute of both halves (pro clock)
- Each team gets three (3) time outs per half. Each time out will be twenty (20) seconds. Time out can only be called by a player on the field or a designated coach.
- Games must start on time. The clock will be started at the time the game is scheduled. If a team is more than ten (10) minutes late, that team will forfeit the game. If a team is less than ten (10) minutes late,

the team that was on time will have the option to receive the ball both halves.

5. Rules:

- Only the “HEAD COACH” is allowed to question a call and to have an officials’ conference.
- Offensive teams are allowed one (1) forward pass per play. Pitch backs are OK and does not count as a forward pass. Shuffle passes are allowed.

Dead Ball:--The following is considered a “dead ball”

- FUMBLES—there are NO FUMBLES. The ball is spotted where it is fumbled. A ball that comes loose but does not contact the ground may be intercepted. A ball carrier may not be stripped of the ball.
- Any part of the ball carrier’s body hits the ground, except for the feet or hands
- The flag falls off the ball carrier (NO EXCEPTIONS)
- If an offensive and defensive player catches the ball at the same time, it is awarded to the offense at the spot.
- If a player catches a ball while his knee is down or if his flag has already fallen off before the catch is made, the catch is allowed but the ball cannot be advanced.

Interceptions:

If a defensive player intercepts a pass, they may run it back. However, once the interception is made, that team now becomes the offensive team and must obey the offensive rules. The intercepting team will take possession of the ball wherever they are flagged.

Blocking:

There is NO BLOCKING for the ball carrier. However, offensive players may set a basketball pick. An offensive player can run alongside the ball

carrier; HOWEVER he cannot prevent a defender from making a play on the ball carrier.

6. Offense:

- All players will have the opportunity to touch the ball during the game.
- Misdirection is allowed on offense. (Remember this is an instructional age. Players are learning the game. NO SCORE IS KEPT.)
- Offensive team starts on their own five (5) yard line. They have four (4) downs to reach the first down marker at mid-field. If so, they get four (4) more downs to score. If they fail to reach the first down marker, or if they fail to score at any time during their possession, the opposing team takes over the ball on their own five (5) yard line and vice-versa.
- **Play Clock - 25 twenty five seconds to call a play.** After the referee sets the ball at the line of scrimmage and blows the ready whistle the play clock begins. Delay of Game.
- The snap of the ball (can be from the side or between the legs)
- Receivers must have one (1) foot in bounds for it to be a completed pass.
- No silent counts. The quarterback must say a word .
- Whoever receives the ball from the center is the quarterback.
- **The quarterback MUST receive the ball from the center. The ball can be pitched back, handed back or snapped between the legs of center.**
- When the flag is pulled the ball will be spotted where the ball carrier's **HIPS** are, NOT THE BALL.
- The ball carrier can spin to avoid a defender. He cannot guard the flag or leave his feet to avoid a defender.
- The ball carrier must avoid the defensive players. There is no charging into the defensive player.
- All players must be at least five (5) yards from the sideline for the huddle to be legal.
- **Offensive receiver can not line up back and run forward (ie arena football)**
- **The ball can not be set, no closer than 8 yards from sideline**

7. **Defense:**

- The defensive players may only cross the line of scrimmage after the ball is handed off or thrown to a back. Play action does not count. There is no blitzing.
- Intentionally pulling the flag of an offensive player without that offensive player having possession of the ball is considered a hold.
- A defensive player is allowed to leave their feet in order to pull a flag—HOWEVER—in doing so; it must not impede the runner. If it does impede. It will be considered illegal contact.

8. **Coaches on the Field:**

- **Fly Weights – both coaches are allowed on the field. Coach is the QB. If you have a player that is capable, they may also play QB.**

9. **Fly Weight Division Rules:**

- all players will play at the same time
- each player will have the opportunity on offense to touch the ball
- on defense the alignments are as follows:
 - front 4 - 2 yds from line of scrimmage
 - middle 4 - 5 yds from line of scrimmage
 - back 2 - 7 yds from the line of scrimmageAll players will rotated in each position

10. **Penalties:**

Offense:

5 yards from line of scrimmage and repeat down

- Delay of game
- Defense Offside (free play)
- False start
- Failure to wear proper equipment
- Too many players on the field
- snap infraction
- **Illegal touching—if a receiver runs out of bounds**

5 yards from spot and loss of down

- **Illegal forward pass**
- **Guarding the flag**
- **Intentional grounding**

10 yards from spot of foul and loss of down

- Stiff arming
- Blocking

10 yards from line of scrimmage and repeat down

- Pass interference
- Hurdling

Personal Fouls – 10 yards from spot & loss of down

- Unsportsmanlike conduct
- Unnecessary roughness
- Tying on the flag belt
- Charging into player
- Fighting

Defense:

5 yards from the line of scrimmage and repeat down

- Off sides (**on defense live ball** / **on offense dead ball**)
- Illegal rush (**live ball**)

- Failure to wear proper equipment
- Snap infraction

Defense Pass Interference – spot foul & automatic first down

5 yards from spot of foul or end of play and auto 1st down

- Holding / Illegal contact
- Grabbing the flag before receiver has possession

10 yards from spot of foul or end of play and automatic first down

- Personal Foul
- Unsportsmanlike conduct
- Unnecessary roughness
- Tackling
- Pushing out of bounds
- Stripping or attempt to strip
- Fighting

12. **Scoring:**

NO SCORE IS KEPT AT THIS LEVEL.

ALL PLAYERS SHOULD BE INCLUDED IN THE OFFENSE. EVERY PLAYER WILL TOUCH THE BALL AT SOME POINT DURING THE GAME.

ANYTHING NOT COVERED IN HOUSE RULES, WILL BE ENFORCED FROM FEDERATION RULE BOOK.