

PV Flag Football Rules - Fall 2024



I. DEFINITIONS

- A.** Palos Verdes Flag Football League is part of the Palos Verdes Youth Football and Cheer (PVYFC) Organization, which is a non-profit youth sports league.
- B.** Palos Verdes Flag Football League will be referred to as “the League” throughout these rules.
- C.** All representatives of the League are unpaid volunteers.
- D.** Each division will have a division coordinator who will be overseen by the Palos Verdes Flag Football Athletic Director and Assistant Athletic Director.

II. PLAYERS

- A.** The League is open to players of all genders.
- B.** There are four age divisions. Divisions consist of 6/7 year olds (generally 1st/2nd graders); 8/9 year olds (generally 3rd/4th graders); 10/11 year olds (generally 5th/6th graders), and 12/13/14 year olds (generally 7th/8th graders). All players must be at least six (6) years of age as of September 1 of the season year to start playing. A player can play at 14 years, but only if he/she is in 8th grade. Players must not be in a grade higher than 8th grade. The League makes every effort to roster players in the same grade in the same age division.
- C.** A player can NOT “play down a division” no matter the circumstance. Generally, 5-year-olds are not allowed to play no matter their grade. A parent must get approval from the PV Flag Athletic Director before registering a 5-year-old. A child cannot “play up a division” without approval of the PV Flag Athletic Director.
- D.** A game is played between two teams consisting of 7 players each – 7 on 7.
- E.** The League reserves the right to merge age groups or cancel a division if there is low registration in a specific division.

- F.** Each team roster shall have a maximum of 11 players, and a minimum of 8 players.
- G.** Teams can play 1 player down if they are short. If a team is 2 players short, they will automatically forfeit the game. However, the opposing coach may lend players to the other team to allow the game to be played as a scrimmage. The officials will call the game as if it were a regular game.
- H.** For all divisions, the offensive team must have 3 players on the line and 4 players in the backfield. The defensive team should have a minimum of 2 players on the line and 5 in the backfield.
- I.** Call up Rule –
If only 7 players or fewer are available to play on a team, a coach can call up one player from the next lower division . There are no call up players for the 6/7 division. There is no MPR rule for a called-up player. Coaches who need to call a player from a lower division to play up a division, must first notify the division coordinator. Coaches can choose from an approved list. Coaches should consider calling a player up from a lower division who is on the same color team for consistent uniform purposes.

III. COACHES

The following shall apply to all coaching staffs:

- A.** All coaches are required to pass a background check and complete the USA Football training certification.
- B.** A team shall have no more than 4 coaches: a head coach and 3 assistant coaches.
- C.** Non-coaching and non-team manager parents are not allowed on the sidelines, except volunteer down marker holders and MPR monitors.
- D.** Siblings, friends, and other non-playing kids may not be on sidelines during a game.
- E.** Each coach is expected to read and understand all stated rules in this booklet.
- F.** All football personnel and coaches will abide by the Palos Verdes Youth Football and Cheer (PVYFC) Coaches Code of Conduct. Any violation of rules will result in immediate expulsion from coaching privileges.
- G.** If any coach deliberately and flagrantly violates these rules, the PVYFC Board may suspend the coach without prior notice.
- H.** The head coach has final responsibility for his/her actions, those of his/her coaches, players, staff, and parents.

- I. When a head coach of record is not present at a game, the assistant coach will act as head coach.
- J. The coach on the field is the only person allowed to speak to the referee and can only approach the referee during half-time or a time-out.
- K. All coaches are to be respectful to each other, players, parents, representatives of the League, and referees, before, during, and after games.
- L. The referees are empowered to eject any coach, parent, or player from a game if that individual is acting unsportsmanlike conduct or using foul language. Swearing at the referees because you do not agree with a call is not acceptable and will not be permitted.
- M. The head coach shall identify himself during the coin toss by accompanying his team captains.

IV. PRACTICES

- A. There will be no more than 2 practices per week for age division 6/7.
- B. There will be no more than 3 practices per week for age divisions 8/9, 10/11, and 12/13/14.

V. PLAYING FIELDS

- A. The field shall be rectangular with lines and zones and shall conform to either of the two designs mentioned below.
- B. 8/9, 10/11, and 12/13/14 Divisions will play on an 80-yard field: This field measures one hundred yards in length, divided into 4 zones of 20 yards each between two end zones of ten yards each. It is approximately 45 yards wide, except for the 12/13/14 Division which has the width of a standard football field (53.5 yards). The Coach's Box will be from the 20-yard line to the 20-yard line and 2 yards off of the sideline.
- C. 6/7 year old Division will play on a 60-yard field: This field measures 80 yards in length, divided into 4 zones of 15 yards each between two end zones of 10 yards each. It is 40 yards wide. The Coach's Box will be from the 15-yard line to the 15-yard line and 2 yards off of the sideline.
- D. Goal Posts are unnecessary as points after TD (conversion) are made only by passing or running and there are no field goals kicked.
- E. A conversion line will be marked 3 yards from the goal line and at an equal distance from each sideline.

VI. EQUIPMENT

A. GAME BALL:

6/7 DIVISION: Peewee Football

8/9 DIVISION: Peewee Football

10/11 DIVISION: Junior Football

12/13/14 DIVISION: Youth Football

B. FLAGS

1. Each player must wear a belt with the number of flags designated as “standard” and provided by the League, which will have 3 flags.
2. The flags will be attached to a belt and extend or hang from each side of the player’s body. The third will hang from the rear of the player’s body.
3. Flags will be 14-20 inches long and a minimum of 1.5 to 2 inches wide.
4. The belt must be tight to prevent being turned around during a deflagging.
5. The securing of flags to the body, waist or belt, other than provided by VI.B., is illegal.
6. Jerseys cannot be worn over flags.
7. If a player inadvertently loses a flag, the ball will be dead at the point where the ball carrier takes possession of the ball. The ball is dead if a ball carrier’s flag is removed on its own.

C. UNIFORMS

1. All team members must wear the same color jersey.
2. Jerseys are provided by the League.
3. Players are to wear black football pants that cover the knees. Shorts are not allowed and will result in a player being barred from the game.
4. Jerseys will be tucked in at all times.
5. Non-detachable, rubber-cleated shoes are required.
6. A player may wear a wrist coach.

D. EYE GLASSES: Eye glasses, when worn, shall be of athletically-approved construction with non-shattering glass (safety glass).

E. REQUIRED PROTECTIVE GEAR: Soft helmet, mouth guards, and protective athletic cups (boys) are required for all games and practices for all divisions. The League will provide a soft helmet for each player. Players may purchase their own helmet if desired.

F. PROHIBITED EQUIPMENT

1. Spiked or street shoes.
2. Padding of any kind, including hard surface padding such as shoulder pads and hip pads.
3. Hard metal or any other hard substance on a player's clothing or person.
4. Anything that conceals the flags.
5. Slick or sticky substances such as grease or glue.
6. Any equipment, in the opinion of the referee, that will endanger or confuse players.
7. Bracelets, watches, necklaces, or jewelry of any kind.
8. Pants or shorts with pockets.

G. DOWN MARKERS:

1. A down marker will be used to mark the zone to gain, and 8 flags on flexible shafts or 8 soft pylons at the intersection of the end zone lines and the back corner of the end zones.
2. The following shall apply to Down Marker responsibilities:
 - a. Down marker will be on the home side of the field at all games.
 - b. It is the responsibility for the home team to supply one down marker volunteer.

VII. REFEREES

- A. There will be at least two (2) referees.
- B. The League may assign more than two (2) referees for a game.
- C. Each game official will carry a handkerchief and drop it whenever an infraction occurs.
- D. Referees must enforce procedural, timing, and alignment rules to ensure best common practice in play. These rules must not be seen as discretionary by officials and must be enforced to ensure continuity in play for competitive and fair results.

VIII. THE RULES OF THE GAME

A. TEAM CAPTAINS:

1. Each team will have at least one captain on the field at all times during the game.
2. The captain will address the referees only on matters of interpretation and to obtain information.
3. The team captain will be present for the coin toss at the beginning of the game.

B. TEAM COACHES:

1. One coach for each team will be permitted on the field in the 6/7 and 8/9 Divisions only.
 - a. A coach is allowed in the huddle with his/her players. The on-field coach cannot talk once the huddle is broken.
 - b. The on-field coach must be 10 yards deeper than the deepest player on both sides of the ball. E.g., The offensive on-field coach 10 yards back from the running back. The defensive on-field coach 10 yards back from the safety.
 - c. The on-field coach is not permitted to direct players or communicate to individual players/correct player alignments/move or touch players (chess-piece players) once the huddle is broken. A violation of this rule will deem the ball dead and a 5-yard procedural infraction will be assessed against the offensive/defensive coach. Play will resume on that down. This rule is to be strictly enforced after one warning.
 - d. Sideline coaches are allowed to communicate with players on the field.
 - e. For the 6/7 Division, the coach on the field may communicate to players if standing outside the hash marks on the field and remaining 10 yards back
 - f. The refs have discretion to determine if a coach is abusing the communication rule.
2. Coaches are not allowed in a team's huddle or on the field of play at any time during the play of the game in the 10/11 and 12/13/14 Divisions.

C. SUBSTITUTIONS: The free substitution rule is always in effect and a player may enter the game any time the ball is dead.

D. COIN TOSS

1. Before the game, the referee will gather players (4 Max) from each team near the center of the field for the coin toss. The head coach must accompany the players and identify himself/herself to the refs.
2. The game opening toss and the overtime toss (if applicable) will be called by the visiting team before the coin is flipped. The winner may choose one of these options: Direction or Receive/Kick.
3. The loser of the coin flip will be given the other option – i.e., Direction or Receive/Kick.
4. Teams do the opposite in the second half. There is no second half coin flip.

E. TIME: There will be:

1. Two 25-minute running clock halves.
2. 3 time-outs per team per half. Each time-out is 1 minute long. Teams can call time-outs at any point during the game. 2 time-outs per team per overtime period.
3. 5 minutes between halves.
4. A team will have 30 seconds to put the ball in play after the ready signal given by the referees. This rule is to be strictly enforced.
5. Games will have a running clock except for the final 1 minute of the first half and final 2 minutes of the second half if the score is within 16 points or less. The game clock stops at the end of the half on dead balls listed in Rule VIII.T. at the end of half.
6. If the game is within 16 points with 2 minutes remaining, the clock will be operated according to clock rules.
7. At any time within the last 2 minutes the scores exceed a point difference of 16 points, the clock will become a running clock and remain that way for the remainder of the game.
8. Regular season games should attempt to end within the one hour allotted (playoff games may run slightly longer if required).

F. BEGIN OF GAME: The game will begin with one team taking possession on their 25-yard line for the 8/9, 10/11, and 12/13/14 Divisions. The

game will begin with one team taking possession on their 20-yard line for the 6/7 Division.

G. BEGIN OF SECOND HALF: The team that began on defense for the game will have possession to start the second half on their 25-yard line for the 8/9, 10/11, and 12/13/14 Divisions and on the 20-yard line for the 6/7 Division.

H. BEGIN OF PLAY: To start the game and after touch down, the ball will be placed on the receiving team's 25-yard line to begin a new series for the 8/9, 10/11, and 12/13/14 Divisions and 20-yard line for the 6/7 Division. After a safety, the ball will be placed on the receiving team's 30-yard line to begin a new series.

I. MANDATORY PLAY RULE (MPR):

1. Mandatory Play Rule: All players will play a minimum of 10 plays in each game. Failure to abide by this rule will result in forfeiture of that game. Any players not receiving their minimum plays by the end of the first half must remain in the game until their requirements are met.
2. MPR Monitors for each team are responsible for completing the MPR form and ensuring all players have complied with the minimum number of plays per game.
3. Before the start of the game, it is required that both teams have a minimum of one MPR Monitor ready and available to carry out his/her duties.
4. Monitors should stay as close to the 30-yard line on either side, if possible.
5. The MPR Monitor should be prepared at all times to provide the Head Coach with the number of plays each player has completed.
6. The MPR Monitor must notify the head coach before the start of the second half if their records indicate that any players have not fulfilled their mandatory plays.
7. NOTE FOR PLAYOFFS: Teams will be monitoring the opposition's MPRs, and vice-versa. If both coaches agree it is not necessary to monitor each other's MPR, then this requirement is waived.
8. Coaches must turn in MPR sheets to the League at the completion of each game.

J. PUNTING

1. The offensive team may punt at any time.
2. A punt is always a free kick.
3. Punting intentions are announced to the referee by the captain, acting captain, or coach.
4. The punter has 10 seconds to punt the ball. A violation of this rule results in a dead ball and a 5-yard penalty.
5. Rushing the punter is prohibited. No offensive or defensive player may move across the line of scrimmage until the kick has been made.
6. Fair Catch: There shall be a fair catch of a punt. The receiver shall signify his intentions for a fair catch by waving his hand clearly over his head.
7. The "A" gap must remain free of players, with the center able to relocate following the snap.
8. A ball that hits the ground during a punt may be returned provided the punted ball has not been touched.
9. A punt can be walked back a spot behind the line of scrimmage from a direct snap.
10. Punters are allowed to regain possession of a bad snap before a punt.
11. Offensive players on the punt team must remain in their stances until the ball is punted. Once punted, the ball is live and the receiving team is free to advance the ball.

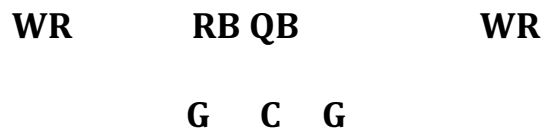
K. DOWNS

1. Each team will have 4 consecutive downs to advance the ball into the next zone or to score a touchdown.
2. Once a team enters into the next zone, it is a first down and a new series of downs begins.
3. A team failing to move the ball into the next zone will lose possession. The opposing team takes over at the point where the ball is declared dead and begins its series of first down and zone to go.
4. The forward part of the ball touching any line will be the determining factor in measuring for a first down.

5. When the offensive team is within the last zone and has a first down, it will be first down and goal to go.
6. At the conclusion of each down, the referee will place the ball in the center of the field (equal distance from sidelines-not on a hash mark).
7. If a team moves backwards into previous zone via penalty, the down to gain remains two zones ahead.

L. SCRIMMAGE PLAYS:

1. For scrimmage plays, the offensive team must have 3 players on the line of scrimmage and 4 players in the backfield. The offensive guards must be positioned no further than 1 yard on either side of the center (snapper). Backfield players may be positioned anywhere off the line of scrimmage. Backfield players must be 3 yards outside the offensive guards unless they are 5 yards or more behind the line of scrimmage. See diagram below.



2. **Offensive Motion Rule:** Motion is defined by a player who is moving in motion parallel to the line of scrimmage or away from the opponent's goal when the ball is snapped. Only one player can go in motion at a time. Once one player motions, he must get completely set before another person can go in motion. Only players off the line of scrimmage can go in motion. No forward movement at the time of the snap is permitted.

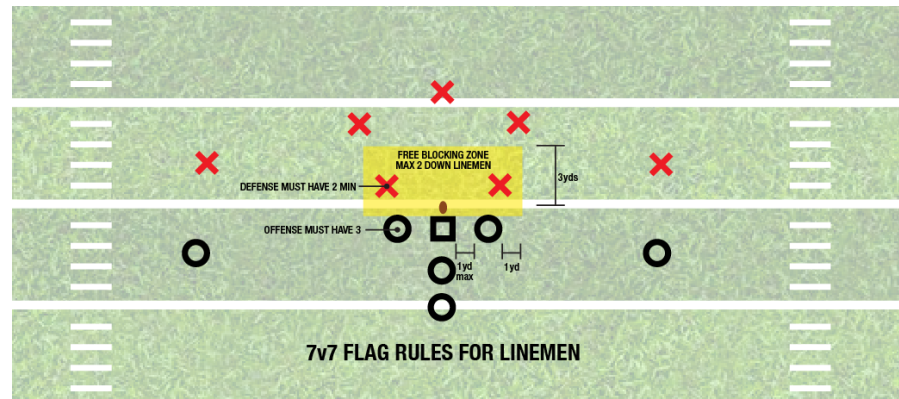
Offensive Shift Rule: The offense is free to shift and move as many players as they want as long as they are all set for a full second before the ball is snapped. Shifting players cannot be moving at full speed. Any sudden football moves can be called a false start or illegal shift. No forward movement at the time of the snap is permitted.

3. For scrimmage plays, the defensive team may choose any formation with the following exception: must have a minimum of 2 players on

the line and to protect the center (snapper), defensive players may not line up in either the “A” gap (between guard and center) or in front of the center. Defensive players must remain on a 1 technique or outside shade of the guard.

- a. For clarification purposes, the “A” gap is described as the space between the inside shoulder of the offensive guards and the center (snapper).
- b. The defense may have a player within the “A” gap provided the player starts five or more yards off the ball/line of scrimmage (LOS).
- c. For the safety of the center (snapper), the “A” gap shall be off limits to players from both the offensive and defensive teams.
- d. Two small cones of a bright color will be used and placed by one of the two officials one yard on each side of the ball marking the “A” gap before the start of each play while the two teams are in their respective huddles.
- e. The offense must run plays outside of the center and never through the “A” gap.
- f. The defense may not rush or blitz through the “A” gap.
- g. The center (snapper) must snap the ball between his legs.
- a. There is no blitzing. A blitz is considered any player moving toward the line of scrimmage before the ball is snapped. Any movement within or outside the box moving toward the line of scrimmage will be considered a blitz. If there is a violation of this rule, the play will be deemed dead and a 5-yard penalty will be assessed against the defensive team from the line of scrimmage.
- b. Defenders can move and adjust to the offense, jump up and down, and make noise, but they cannot in any way attempt to penetrate the line of scrimmage.
- c. Defensive players may not simulate the sound of the quarterback’s cadence or “hike.” A violation of this rule will result in a 5-yard penalty.
- d. A “down” lineman is defined as a lineman on the line of scrimmage.
 - (i) There shall be no more than 3 “down lineman” on the offensive line of scrimmage.
 - (ii) There shall be no more than 2 players inside the free blocking zone or box as a defensive front. The free

blocking zone or box is considered to be 1 yard outside each offensive guard and 3 yards deep on either side of the ball.



- e. All linebackers, safeties, and corners must be outside the free blocking zone or box at least 3 yards deep or they are considered in the box.
- f. The free blocking zone disintegrates once the ball is snapped. Defensive players cannot blitz, but defensive players can pursue the ball behind the line of scrimmage once the ball has been snapped if the offensive player runs laterally or backwards.
- g. Defensive players must remain in a 2-point stance. No 3- or 4-point stances are permitted.

M. KICKOFFS: There are no kickoffs or on-side kicks.

N. DEFLAGGING

1. Players are down when a flag is removed. The ball will be marked where the ball was located when the flag was pulled.
2. There shall be no tackling of the ball carrier, passer, or punter.
3. The player carrying or having possession of the ball is down when the flag is removed from the player's waist (deflagging). The defensive player shall hold the flag above his head and stand still to indicate the play and the spot.
4. If a ball carrier's flag is removed on its own, he/she is immediately down.
5. The defensive player cannot hold or push the ball carrier to remove his flag. An accidental touch of the body or shoulder while reaching

- for the flag shall not be considered a violation; however, touching of the head or face shall be considered a violation.
6. A defensive player may not run over, push, or pull a blocker away from him. He may push him sideways if he gets past him, but he cannot push the blocker down.
 7. A defensive player must go for the passer's flag. He cannot touch the passer's arm.
 8. A defensive player may not dive for a flag. The player may wind up falling down while trying to pull a flag, but not intentionally leave his/her feet to get the flag.
 9. Players must go for the ball carrier's or passer's flags.
 10. Players may not go after the ball carrier's or passer's arms or body.
 11. Players may not strip anyone of the ball. Anyone making intentional contact with the ball while it is being carried causing the ball to be fumbled will be called for stripping and a 10-yard penalty will be assessed.

O. BLOCKING

1. **A blocker must be on his feet at all times while blocking.** All linemen, except the center, must not assume the three-point. Instead, they must simply stand at the line of scrimmage and await the snap. The center, though crouching, if he is to block, must first stand straight up.
2. Cross body and roll blocking are not permitted.
3. A player must keep his hands inside the defender's body. Grabbing or blocking outside of the body may result in a holding penalty. "Body" means below the neck, inside armpits, and above belt.
4. No blocking below the waistline.
5. Blocking shall be done with the hands between the shoulders and waist. Players may not have both arms extended when they block. Players are not to use their shoulders or forearms to block. Blocking should be with open hands only with bent elbows.
6. A defensive player cannot block or push a ball carrier out of bounds.
7. Butting, elbowing, or knee-blocking is not permitted.
8. There will be no two-on-one blocking for the ball carrier beyond the line of scrimmage.
9. Blocking a player from behind is not permitted (clipping).

10. There will be no interlocking blocking.
11. A defensive player will be restricted in the use of his hands to the blocker's body and shoulders. Defenders may use an open hand (swim, rip, ice pick, etc.) in an effort to get rid of the offensive blockers hands or get around the blocker.

P. BALL CARRIER

1. The ball carrier cannot use his hands or arms to protect his flags. The defensive player must have the opportunity to remove the ball carrier's flags.
2. The ball carrier cannot lower his head to drive or run into a defensive player. The ball carrier must make an attempt to avoid contact with defensive players.
3. Stiff-arming by the ball carrier is illegal.
4. The ball carrier cannot spin continuously, hurdle, or jump to prevent a defensive player from removing his flags.
5. He may run in any direction until the ball is declared dead.

Q. CENTER (SNAPPER)

1. The center must snap the ball between his legs.
2. He must have both feet on the scrimmage line with no part of his body beyond the forward point of the ball.
3. He may adjust the long part of the ball at right angles to the scrimmage line for one time only.
4. Errant Snap Rule: If the player touches the ball on an errant snap, then the ball is placed where the player touched it. If the player does not touch the ball on an errant snap, the ball is placed where the ball lands.
5. The defense cannot in any way engage the center. Even if a defensive lineman lines up for an inside technique of a guard, no contact is allowed on the center (snapper).
6. Any contact with the center while the ball is being snapped by a defensive player is considered an "unsportsmanlike penalty" and the team is assessed a 15-yard penalty.
7. Silent Snaps/ "A Gap" Runs: No under center snap can be made without the offensive line being set and in a ready position by

verbal command. A ready position is defined as a player being in a two-point stance with appropriate spacing between players.

8. The quarterback must indicate a snap by either motion in a shotgun/pistol position or verbal prompt. No silent snaps are allowed.
9. The silent snap and run through the "A Gap" is contrary to the ability of the defense to not hit the center. This gives the offense a clear advantage in yardage every play and could eliminate other players on offense from ever running the ball. This is strictly forbidden. Any coach using this tactic will face an unsportsmanlike penalty.

R. PASSING

1. All backfield players are eligible passers.
2. Passing will be attempted from behind the line of scrimmage only.
3. A lateral pass is a pass thrown parallel to the line of scrimmage or back toward the passer's own goal line. A lateral pass is not considered a forward pass.
4. A forward pass is a pass thrown from behind the line of scrimmage toward the defensive team's goal line.
5. The quarterback may spike the ball to kill the clock at the end of half. Intentional grounding will be called when the quarterback downs the ball while in the tackle box to avoid a loss of yardage.

S. RECEIVING

1. All players are eligible to receive forward passes.
2. The center (snapper) must clear 5-yards from the line of scrimmage to become an eligible receiver. The center must run 5 yards within the "A" gap box. Once this occurs, the center may continue to run any route.
3. The pass is complete if the receiver catches the ball with one foot in-bounds.
4. Two or more receivers may touch a ball in succession resulting in a completed pass.
5. If a receiver's flag falls off before making a catch or is pulled while making a catch, it is ruled a reception, and the ball is spotted where he/she made the catch.

6. If an offensive and defensive player catch a pass simultaneously, the ball is declared dead at the spot of the catch and the passing team is awarded possession.
7. An interception may be returned at any time.
8. An offensive player cannot be out-of-bounds and return in-bounds to catch a pass. This will be ruled an incomplete pass.
9. An offensive player may dive to catch a ball but not into contact with another player.
10. An offensive player must try to avoid contact. An offensive player will be penalized for running over a defender, just as a defensive player would be penalized for tackling.
11. An offensive player may not dive for extra yardage or a touchdown.

T. DEAD BALLS: All balls touching the ground are immediately dead (except punts). For example, the ball is declared dead at the following times:

1. When the ball carrier touches the ground with his body, other than hands or feet.
2. When the ball carrier's flag has been pulled.
3. If a pass receiver or ball carrier has a missing flag (ball is dead at that spot).
4. Following a touchdown, safety, or touchback.
5. When the ball goes out-of-bounds for any reason.
6. When the ball hits the ground as a result of a fumble or muffed ball. There are no fumble recoveries.
7. If the ball is fumbled forward, the ball will be placed at the spot the ball was last legally controlled/touched. If the ball is fumbled backwards, the ball will be placed where the ball first touches the ground.
8. If a lateral pass touches the ground (ball is declared dead at that point). If a lateral pass goes out-of-bounds, the ball is ruled dead at the point it crosses the boundary line.
9. If a forward pass strikes the ground or is caught at the same time by an opposing player(s).
10. When a player on the kicking team touches a punt before a player on the receiving team.
11. When the punter fails to punt the ball in 10 seconds.
12. A free catch (cannot be advanced).

U. SCORING

A touchdown occurs when the ball breaks the plane.

Touchdown: 6 points

Safety: 2 points

Points After Touchdown (PAT): The ball will be placed on the 3-yard line for a Point After Touchdown attempt.

Passing: 2 points

Running: 1 point

Forfeit (offended team wins by): 1-0

V. TIE GAMES

1. Tie games will go into the record as such and will not be played off in regular season play.
2. All Playoff Games:
 - a. Ball will be placed in the center of the field. The referee will toss a coin in the presence of the two team captains. The winning captain will have the option of possessing the ball or deferring possession.
 - b. Each team will get a chance to score. The ball will be placed on the last zone line and each team will get 4 downs to score. This will continue back and forth until a winner is decided with teams alternating possession. After two consecutive overtimes the ball will be placed on the line for extra point and each team will have a possession and opportunity to score. This will continue until a winner is decided with teams alternating possession.
 - c. Penalties will count as plus or minus yardage.
 - d. Intercepted passes will result in a turnover and the intercepting team will either gain possession on the last zone line or wins the game by stopping the opposing team from scoring if having scored first.
 - e. If the score is still the same at the end of each team's four down series, the series will be repeated.
 - f. Teams will attempt point after touchdown.

W. STANDINGS: Standings will be based in order on:

1. Winning percentage
2. Number of wins
3. Head to head
4. Head to head differential
5. Total points for
6. Total points against

X. LOPSIDED SCORE RULE: When a point difference of 28 or more points is achieved at the half or after, the game will continue with a running clock and that score will be removed from the scoreboard. The team that achieved the 28-point difference will be declared the winner regardless of what proceeds after.

Y. INJURED PLAYERS: Once removed from a game because of injury, a player must sit out at least one down and may not re-enter the game without the approval of attending medical personnel.

Z. PENALTIES: Penalties will be assessed in 10 and 5 yard increments.

1. Line of Scrimmage – Centering
 - a. Offside, defensive or offensive: 5 yards
 - b. Illegal snap: 5 yards
 - c. Failure to observe 30 second rule: 5 yards
 - d. Illegal motion-more than one backfield man in motion: 5 yards
 - e. Illegal formation, offense: 5 yards
2. Punting
 - a. Failure to announce to the referee: 5 yards and punt is repeated, or the receiving team may take the ball at the spot where the ball is declared dead.
 - b. If the kicking or receiving team enters the neutral zone before the punt: 5 yards from the spot where the ball is declared dead after the kick.
 - c. Less than 5 players on the line of scrimmage for the offensive or 4 players on the line for defensive team: 5 yards from where the ball is declared dead after the kick.
 - d. De-flagging a receiver after a fair catch signal: 10 yards from the spot of the foul.
3. Passing

- a. If an illegal forward pass is thrown and intercepted, the play will continue until the ball is declared dead. The intercepting team has the option of possession from that spot or accepting the penalty of 5 yards.
 - b. Passer crosses the line of scrimmage: 5 yards and loss of down.
 - c. Intentional grounding: 5 yards and loss of down.
 - d. Offensive pass interference: 10 yards from line of scrimmage and loss of down.
 - e. Defensive pass interference: 15 yards from the line of scrimmage for the offensive team.
4. Delay of Game
- a. Continuing to play after the ball is dead: 5 yards from spot where the ball is dead.
 - b. Recovering a fumble or falling on the ball: 5 yards
 - c. Advancing a fair catch: 5 yards
 - d. Unnecessary delay of game for any reason: 5 yards
5. Flag Wearing and Deflagging
- a. Tackling: 10 yards
 - b. Wearing the flags illegally: 5 yards
 - c. Ball carrier using his hands to prevent a defensive player from de-flagging: 10 yards from spot of infraction.
 - d. Holding, pushing, or hitting the ball carrier while de-flagging: 10 yards
 - e. Leaving one's feet while de-flagging: 10 yards from spot of foul.
 - f. Any violation of the flag wearing rules listed in section VI.B. above.
6. Illegal Hand Off
- a. If the ball is handed forward beyond the scrimmage line: 5 yards and loss of down.
 - b. Handing or snapping a ball to a lineman: 5 yards.
7. Illegal Substitutions
- a. More than 7 players on the field: 5 yards
 - b. Substitution(s) while the ball is in play or before it is declared dead: 5 yards
 - c. Disqualified player entering game: 15 yards
8. Blocking
- a. Leaving feet to block: 10 yards

- b. Cross body blocking or roll blocking: 10 yards
 - c. Illegal use of hands by blocker: 10 yards
 - d. Holding a defensive player: 10 yards
 - e. Defensive player blocking or pushing the ball carrier out of bounds: 10 yards
 - f. Butting, elbowing or knee blocking: 10 yards
 - g. Defensive player using hands illegally: 5 yards
 - h. More than two blockers for the ball carrier (on one defensive player) beyond the line of scrimmage: 5 yards
 - i. Clipping: 10 yards
 - j. Interlock Blocking: 10 yards from spot of foul.
 - k. Hands to the face or head: 15 yards
9. Ball Carrier
- a. Stiff arming: 10 yards from spot of foul.
 - b. Lowering head to drive or run into defensive player: 10 yards from spot of foul
 - c. Use of head: 10 yards from spot of foul
 - d. Use of hands or arms to protect flags: 10 yards from spot of foul
 - e. Spinning or hurdling: 5 yards from spot of foul
10. Unnecessary Roughness
- a. Offensive and Defensive: 15 yards + automatic first down from the spot of the foul
 - b. Disqualification of guilty player or players if repeated.
11. Unsportsmanlike Conduct
- a. Fighting: 15 yards + automatic first down and offenders ejected from game.
 - b. Defensive player pulling offensive player's flag to make him ineligible for play: 15 yards
 - c. Insulting and abusive language: 10 yards
 - d. Interference with progress of the game by coaches or any other team personnel: 10 yards
 - e. Illegal play: 10 yards
 - f. Contact with the center while the ball is being snapped: 15yards
 - g. Team leaving field before game is completed: 15 yards. Failure to return-Forfeit. Win for team remaining on the field.
 - h. Disqualification of guilty player or players if repeated.
 - i. Unsportsmanlike conduct is at the referee's discretion.

VIII. PROTESTS

- A. Only protests involving rule interpretations or the eligibility of a player shall be considered-never the judgment of an official in calling a play.
- B. Protests should be submitted in writing to the Palos Verdes Youth Football and Cheer Board and will be decided by the Board of Directors of the Palos Verdes Youth Football and Cheer.