GBCYFL Coed Flag Football Rulebook

2026 Season

Greater Bullitt County Youth Football League (GBCYFL)

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GBCYFL COED FLAG FOOTBALL RULEBOOK 2026

1. League Overview

1.1 League Identity

The Greater Bullitt County Youth Football League (GBCYFL) offers a coed flag football league that emphasizes athlete development, safety, inclusion, skill progression, competitive balance, and positive sportsmanship.

1.2 Rule Authority

This rulebook outlines all gameplay regulations for GBCYFL Coed Flag Football. Where ambiguity exists, **GBCYFL interpretation shall take priority**.

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2. Divisions, Eligibility & Team Structure

2.1 Player Eligibility

- Players must be properly registered with GBCYFL District.
- Placement is defined in the GBCYFL Bylaws.

2.2 Team Format & Rosters

- 7v7 non-tackle flag football
- A minimum of seven (7) players is required to play. If a team has only six players, the opposing team's coach agrees to play. The game will continue as scheduled.

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3. Field Specifications & Equipment

3.1 Field Dimensions

- 70 yards long × 35 yards wide
- 5-yard end zones

3.2 Game Equipment

- Football size: K2
- League-provided official game ball

3.3 Required Player Equipment

- Mouthguards are mandatory (no mouthguard, no play)

- Foam/vinyl soft helmets are required
- League-issued flag belts must be worn during play and returned after games
- Cleats without metal spikes
- Official jerseys must be worn and tucked in
- Parent-supplied pants/shorts must have **no pockets or belt loops**

3.4 Illegal Equipment

Jewelry, hooded sweatshirts, towels attached to the waist, shorts with pockets or belt loops, hard casts not fully padded, sticky substances, and gloves with rigid inserts. Casts will be evaluated and must be approved by officials **before** the start of the game. Stud earrings may be covered with a bandaid, or spacers may be worn. Absolutely no dangling jewelry will be permitted. Permanent jewelry must be taped.

Penalty: **Illegal Equipment – 10 yards**

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4. Game Timing & Flow

4.1 Game Length

- Two 20-minute halves
- Running clock
- Halftime: 5 minutes

4.2 Timeouts

- Two 30-second timeouts per team per half
- Timeouts do not carry over

4.3 Overtime

- 3-minute break. Coin toss determines first possession. Equal possessions of 4 plays from the 10-yard line. One timeout total during overtime. Continue until the winner is determined.

4.3 2-minute Warning clock stoppage

- When inside the final two minutes of the first and second half, the clock stops on change of possession.

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5. Game Administration & Procedures

5.1 Coin Toss (Game Start)

- Conducted like normal football rules

5.2 Ball Spotting

- Each possession begins at the 10-yard line
- Ball is spotted at the center of the field horizontally

5.3 First Downs

- Field divided into two (2) 35-yard zones
- Crossing the midfield marker earns a new set of downs

5.4 Live & Dead Ball

Play begins when the ball passes through the center's legs. Play is dead when:

- A flag is pulled or falls off
- The ball hits the ground
- A player steps out of bounds
- A knee or arm touches the ground
- A touchdown or interception occurs

Dropped snaps are dead balls and result in a loss of down and are placed at the spot of the ball.

5.5 Play Clock

- 35-second play clock
- One warning before penalty
- Delay of game: 5-yard penalty

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6. Scoring & Mercy Rule

6.1 Scoring

- Touchdown: 6 points
- Extra Point:

    - 1 point from the 5-yard line
    - 2 points from the 10-yard line
- Safety is a change of possession

6.2 Mercy Rule

If a team leads by 18+ points within the final two minutes of the second half.

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7. Offensive Rules

7.1 General

- All possessions begin at the 10-yard line
    - Exception is an interception that begins at the spot of the catch.
- Three players must be on the line of scrimmage
- No live fumbles, ball is dead when it hits the ground and is spotted where the ball hits the ground.

7.2 Formation & Eligibility

- Quarterback must be off the line of scrimmage
- Two running backs may line up behind the LOS
- At least 3 linemen must line up within two feet of each other
- No motion permitted, all players begin in a two-point stance

7.3 Passing

- One forward pass per play
- Quarterback may roll out but may not cross the LOS to pass the ball
- All players are eligible receivers
- One foot in bounds required
- 7-second pass clock applies

7.4 Hand-Offs & Runs

- Hand-offs behind LOS permitted

- No diving, hurdling, or jumping into contact
- Quarterbacks must run outside the linemen.

7.5 Flag Guarding

- Flag guarding is illegal and a 5-yard penalty
- Missing flag = ball down at the spot

7.6 Illegal Passes

Past the line of scrimmage, more than one forward pass, intentional grounding, or purposeful throw out of bounds

Penalty: 5 yards + loss of down

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8. Defensive Rules

8.1 Formations

- The number of linemen must be less than or equal to the offense linemen, with a minimum of three. Linemen must line up one yard off the line of scrimmage and head-to-head with the offensive line.
- All other players must line up at least 3 yards off the line of scrimmage.

8.2 Rushing

- Rush begins once the ball leaves the center's hands
    - Any defensive player may rush the ball

8.3 Defensive Contact

- A defensive player may use their hands to get around a block
- No bull rushing or throwing blockers
- Hands to the head or face is illegal (5-yard penalty, unless determined to be flagrant)
- Flagrant contact results in ejection

8.4 Pass Coverage

- Defensive pass interference: 5-yard Penalty

8.5 Flag Pulling

- No tackling, holding, or stripping the ball
- No diving for flags
- Flags may only be pulled from the ball carrier
- **Flags must always be clearly visible and unobstructed**

8.6 Interceptions

- Ball is dead immediately; possession changes at the spot of interception

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9. Blocking

- Blocking is positioning between the defender and the ball carrier
- Blockers may use their hands
- No hands to head/neck/face/helmet, chop blocks, elbowing, or forearms
- Flagrant violations will result in a 15-yard penalty + ejection

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10. Penalties

All penalties take place from the original line of scrimmage. The only exception to this is tackling a runner downfield. That penalty will be assessed from the spot of the foul.

- Offensive - All penalties are assessed for 5 Yards.
    - Illegal Equipment
    - Illegal motion (more than one person moving, false start, etc.)
    - Flag guarding (hindering the pull of a flag by the ball carrier)
    - Charging (not attempting to avoid the defense)
- Defense - All penalties are assessed for 5 Yards.
    - Offsides
    - Pass Interference
    - Illegal contact (Holding, blocking, etc.)
    - Defense Illegal rushing (bull rushing offensive lineman)
    - Stripping the ball (attempting to cause a fumble)
- 10 Yard Penalties
    - Illegal Equipment

The penalties below are assessed as a 10-yard loss with
an automatic first down (if against defense) or loss of down (if against offense) and carry an individual warning to the player committing the penalty (one warning to the player and team before ejection).

- Unnecessary Roughness
- Taunting
- Unsportsmanlike conduct

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11. Sportsmanship & Conduct

Two coaches are on the field during plays. Coaches are not to talk to players once players are set. Must be back 7 yards by the start of the play

Zero tolerance for taunting, profanity, arguing with officials, or unsportsmanlike parent behavior. Penalties are outlined in the GBCYFL Zero Tolerance policy.

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12. Seeding

12.1 Tie-Breaker Procedures

1. Fewest Points Allowed (PA)
2. Coin Toss

12.2 Coin Toss for Seeding

- Conducted immediately following the final regular season game of the last day of the regular season
- Must include:
    - A game official
    - Director of Football
- Each team must have a representative present
- Absence results in a lower seed
- Results are final and not subject to appeal

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13. Forfeits, Weather & Scheduling

League forfeits, weather delays, lightning protocols, rescheduling, and scrimmage provisions are outlined in GBCYFL and KHSAA/NFHS guidelines.

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14. Officials & League Authority

Officials have full authority during games. League leadership decisions are final.

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15. Final Statement

This rulebook is designed to promote safety, skill development, fairness, and a positive experience for all participants. GBCYFL reserves the right to modify rules as necessary to improve league operations.