



Youth Flag Football Rule Book



Youth Flag Football Rules (Rev. 2/12/20)

General Rules

1. The game consists of two 15 minute half's for the 4U, two 20 minute half's for the 6U, 8U, 10U, 12U & 15U divisions, run on a continuous clock, which stops only for timeouts except for the last minute in the 2nd half. During this time, the clock will stop on all dead balls. Halftime is 5 minutes long. Teams will receive two 60 second time outs per half, with no carryover. The clock will stop on an injury and then restart when the injured player is removed from the field.
2. Each time the ball is spotted, the offensive team has 30 seconds to snap the ball. One warning will be given before a delay of game penalty is enforced.
3. Each team shall have a minimum of 4 players but no more than 5 players on the field of play.
4. The team captains will meet at midfield for the coin toss to determine first possession of the ball.
5. The winner of the coin toss will have the choice to start at offense or defense. The opponent will choose which end zone it will defend.
6. The offense will start play on its own 5 yard line. They will have four plays to cross midfield to get a first down. If the offense has the ball and it's 4th down, the offense has the option to turn the ball over to the opposing team on 4th down and have the opposing team start at their own 5 yard line or the offense can elect to play their 4th down to get the 1st down. If the offense fails to get a 1st down, the opposing team will take over on downs and gets the ball where it lies.
7. Once a team crosses midfield, they will get the 1st down and will have four plays to score a touchdown. If the offense fails to score, the possession changes and the new offensive team will start on their own 5 yard line.
8. A change of possession on an interception will start at the point the ball was ruled dead by the referee. There are no kick-offs.
9. If the age division has enough teams for Division I & Division II, the divisions will be determined at the end of the regular season according to the standings.
10. Teams are to report to their game field by the scheduled start of their game. If the team is running late, we will wait a maximum of 10 minutes before the game is called.

Coaches & Parents Code of Conduct /Zero Tolerance Policy

Play Sports Hawaii has developed the Zero Tolerance Policy in regards to the Coaches & Parents Code of Conduct. Any negative behavior towards the opponent teams players, parents, Coaches and referees will not be tolerated. Coaches and Parents are required to sign and follow the Code of Conduct before participation in the league. Failure to sign the Code of Conduct will not reduce the penalty.

Failure to follow the Code of Conduct Policy will result in the following:

Coaches: First offense – A Warning will be given. Second offense – 15yd Unsportsmanlike Conduct. Third offense – Head Coach will be kicked out of the game and must leave the field. If misconduct continues, the game will be stopped and the team will forfeit the game.

Parents: First offense – A Warning will be given. Second Offense - 15yd Unsportsmanlike Conduct Penalty. Third offense – Team Forfeit.

The team initiating the problem will receive the forfeit and/or team dismissal for the rest of the season. If the opponent team players, coaches and/or parents engage, they will also receive a forfeit and/or team dismissal for the rest of the season. The team(s) receiving the forfeit will also receive 35 points (against) added to their standings.

Each team must appoint a “Team Parent” to monitor the sidelines to make sure everyone is abiding by this policy.

Team Coaches, Players, must stay on their own sidelines.

The referee will control the game. A commissioner can no longer interfere or overrule the referee. The referee’s calls are final.

Anyone watching the game from the sidelines must wear a shirt or tank top.

Coaches Meeting

A coaches meeting is held prior to the start of each season. The Coaches Meeting is MANDATORY for all Head Coaches. The Head Coach can assign an assistant coach or team mom to represent him at the meeting. If the team is not represented at the meeting, they will forfeit the first season game.

Player Eligibility

A player’s age must fall within the specified age-range as of the first game day of the current season unless otherwise noted. The age of the player on this day, is his/her playing age. All players’ must have a waiver signed by a parent or guardian, present a copy of their birth certificate and registration fee paid before participation is allowed.

Any player who has not paid their registration fee and has not submitted a signed waiver, birth certificate and registration form by a parent or guardian will be considered an ineligible player.

Birth Certificate copies are acceptable. If there are any questions regarding the copy, Play Sports Hawaii will ask to see the original Certificate. If the parent/guardian refuses to submit the original, the player will be denied participation. No refund will be issued if participation is denied. A credit will be given.

Any team using an ineligible player and /or any player not on their team roster, will forfeit all games that player participated in.

After the second season game, no team can add players unless that team has 5 or fewer players.

After the second season game, no players are allowed to “switch” teams.

The deadline for adding new teams to the season is 1 week prior to the first game.

Only individual registrations for players will be accepted up till the second season game.

Double Roster Players

Double Rostering is not allowed in the same division. Players are only allowed to play on one team during the entire season within the same division.

A team cannot enter a division with an entire team of double roster players, paying the double roster fee. If a team wants to double roster an entire team, each player will need to pay the full registration price for both teams.

Double roster players can help fill a team if that team is short players.

Every effort will be made to schedule the teams to accommodate the double roster players, but it is not a guarantee for the regular season games.

Playoff/Championship games will not be scheduled to accommodate double roster players.

Equipment/Uniform

1. All players must wear their Official Team jerseys. The entire team must have the same jerseys including design and color. If after the 2nd game, players still do not have their jerseys, the player will need to get permission to continue by the Field Commissioner. If teams are waiting for their jerseys to come in, all players must wear the same color shirts. Jerseys must be tucked into pants/shorts.
2. All players participating in the 6U-15U divisions are required to wear soft helmets. The helmets must be worn properly with the chin strap secured.
3. Pants/shorts cannot have any pockets or belt loops. Players who show up at the game in shorts with pockets or belt loops must either change into appropriate shorts, purchase appropriate shorts from the Play Sports Hawaii Tent or sit out the game. No taping of shorts is allowed & no turning shorts inside out..
4. All players must wear shoes. Cleats are allowed except for metal spikes.
5. All players are required to use a mouthpiece except the 4U Division. Players in the 4U Division can opt to not use a mouthpiece.
6. All players in the 6U-15U Divisions must use the NFL Pop Flag bearing the the NFL Flag Logo or the Play Sports Hawaii pop flag issued by Play Sports Hawaii with the Play Sports Hawaii Logo on it. The 4U Division players must use the 4U flags issued by Play Sports Hawaii. Player’s shorts cannot be the same color as the flags. Players flags cannot be altered in any way. Flags cannot be cut to a shorter length.
7. Taping of hands, fingers, forearms are allowed. Players may wear gloves, knee and elbow pads.
8. Braces with exposed metals are not allowed.
9. All jewelry must be removed.

10. A player will not be allowed to play with a cast (soft or hard)
11. Play bands cannot be placed on the flag belts.
12. Football Sizes: The 4U – 8U divisions use the Pee Wee size football. The 10U-12U Divisions uses the Jr. size football and the 15U Division uses the Youth or Official size football. Using improper equipment will result in a game forfeiture.

Game Terminology

1. Line of Scrimmage – an imaginary line running through the point of the football and across the width of the field.
2. Line-to-Gain – the line the offense must pass to get a first down or score.
3. Rush Line – an imaginary line running across the width of the field 7 yards from the line of scrimmage.
4. Offense – the team with possession of the ball
5. Defense – the team opposing the offense to prevent them from advancing the ball.
6. Downs (1,2,3,4) – the offensive team has four attempts or “Downs” to advance the ball. They must cross the line-to-gain to get another set of downs or to score.
7. Live Ball – the period of time that the play is in action. Used in regards to penalties, live ball penalties are part of the play and must be enforced before the down is complete.
8. Dead Ball – the time immediately before or after a play.
9. Flag Guarding – any use of hands to prevent the defender from pulling the flag is not allowed. Charging – the movement of the ball carrier directly at a defensive player who has established his/her position on the field. This includes making contact with a shoulder, forearm, chest or lowering of the head.
10. Lateral – a backwards or sideways passing of the ball by the ball carrier.
11. Shovel Pass – a pass made by throwing the ball underhand or pushing it towards the receiver.
12. Unsportsmanlike Conduct – Any rude, confrontational or offensive behavior or language.

Playing Field

1. The field size is 30 yards wide & 50 yards long with two 10-yard end zones. The line-to-gain First down is midfield. No Running Zones precede each line-to-gain by 5 yards.
2. No Run Zones – a 5 yard imaginary zone before midfield and before the end zone. Teams may not run the ball in these zones. All plays must be pass plays. If a team runs the ball in the No-Run zone, they will be assessed a 5-yard penalty.
3. All fans and family members can sit on either side of the end zones and must be at least 5 – 10 yards away from the end zone. No one will be allowed on the sidelines except for the Coaches and players listed on the team roster. No family, siblings or other team members not listed on the roster will be

allowed on the sidelines. The referee at his discretion, will refer to the team roster to make sure that players on the sideline are listed on the roster. An exception is made for fields 5 and 6 at Kapolei Regional Park. The end zones of Fields 2 and 3 runs adjacent to the sidelines of fields 5 and 6. Parents can sit in this area but cannot interfere with or roam the sidelines of Fields 5 and 6. If we feel there is too much interference, parents will be asked to move.

4. The Home team will stand on left sideline and the Away team will stand on the right sideline. The home team is the first team listed on the game schedule. Please refer to the Field Layouts.
5. The referee will start the game even if the sidelines are not cleared of everyone other than the players and coaches, then he will penalize the team in violation. Sideline violation penalty: 5 yards and Loss of Down.

Live ball/Dead ball

1. The ball is live at the snap and remains live until the official whistles the ball dead.
2. The referee will determine the neutral zone and line of scrimmage. The referee will give both teams a “courtesy” neutral zone notification to allow the players to move back of the line. It is an automatic dead ball foul if any player enters the neutral zone.
3. A player who gains possession in the air is considered inbounds as long as one foot comes down in the field of play. The second foot can land out of bounds, but the player must have full control of the ball prior to the second foot landing out of bounds.
4. A play is ruled dead when:
 - The ball hits the ground.
 - The ball carrier’s flag is pulled.
 - The ball carrier steps out of bounds.
 - The ball carrier commits an offense such as flag guarding, etc. If a player is called for flag guarding, the play will be ruled dead . Flag guarding is also an Offensive Penalty.
 - A touchdown, extra point or safety is scored.
 - The ball carrier’s knee or arm hits the ground.
 - The receiver catches the ball while in possession of one flag. If the player starts the play with only 1 flag and receives a pass, they will be down at that spot.
 - The 7 second pass clock expires.
5. In the case of an inadvertent whistle, the offense has 2 options:
 - Take the ball where the whistle blown made the play dead.
 - Replay the down from the original line of scrimmage.
6. A team is allowed to use a time out to question a Referee’s rule interpretation. If the rule is interpreted incorrectly, the time out will not be charged and the proper ruling will be enforced. Referees should all agree upon any controversial call in order to give each team the full benefit of each call. If the ruling is correct, the team will be charged a time out.

Scoring

Touchdown : 6 points – an offensive player may not dive into the end zone to score a touchdown.

Extra Point from the 5 yard line – 1 point

Extra Point from the 12 yard line – 2 points

4U Division – Extra Point from the 3 yard line – 1 point

4U Division – Extra Point from the 5 yard line – 2 points

The scoring team must let the referee know whether they are attempting a 1 point conversion or a 2 point conversion. Any changes will result in a charged time out. No changes will be allowed following a penalty. If the first or second half ends with a touchdown scored and no time left on the clock, the team that scored the touchdown will be allowed to try for the extra point.

Safety – 2 points

A safety occurs when the offensive ball carrier is downed in his/her own end zone by a flag pull, if they step out of bounds, hit the ground with their knee or arm, if their flag falls out and player is tagged or if there is an offensive penalty in the end zone. If the center snap goes over the quarterback's head and lands in the end zone, it is a safety.

Mercy Rule – After one team is winning by thirty-five (35) points or more, the losing team gets the ball at midfield with 6 plays to score. If the losing team does not score, the game will go into a scrimmage mode. If the losing team wants to continue in regular game mode then the game goes on as usual. If the game goes into scrimmage mode, there will be no scoring added. Mercy Rule for playoff games is twenty-eight (28) points.

The winning team can only play non-starters on offense. The winning team must switch out their starting quarterback.

Interceptions by the winning team may be returned. If a touchdown is scored, the winning team will be awarded 2 points. If the interception does not result in a touchdown, the ball will be spotted at the losing team's original line of scrimmage. The losing team will retain possession and continue on their next subsequent down.

Ties - If the score is tied at the end of the game, the game will be determined a tie.

Volunteer Coaches

Coaches are volunteer parents or family members. Parents are encouraged to support the coach at all times.

Coaches are allowed on the field to coach their team. For the 4U division, there can be 2 coaches on the field for offense and defense. The 6U & 8U divisions can have 1 coach on the field for offense and defense. For the 8U division, the coach can call a

play on defense, be he has to move to the side, completely away from the players, once the play is called. Coaches on the field cannot interfere with the play in any way. For the 10U, 12U & 14U divisions, the coach is allowed on the field to call the play, but must come off the field and onto sidelines prior to the start of each play. All coaches must be registered as a Coach with Play Sports Hawaii and be wearing a valid Coach Badge issued by Play Sports Hawaii to go onto the sideline. The last day to register as a coach for the season is by the 2nd game of the season. The Coach Badge must be worn around the neck and be visible during the entire game to Referees and PSH Staff. If a Coach is found using a Coach Badge belonging to another coach, the team will be given a 15yd penalty and LOD. Coaches must stay on their own sideline. Coaches will not be allowed to coach their team from the opposing team's sideline. Coaches will not be allowed on the field without a Badge and the referee will only speak to the Head Coach.

Coaches are to address the Referees in a respectable, non-threatening, professional manner. Failure to do so will receive the penalties as outlined under "Coaches & Parents Code of Conduct".

Each team will only be allowed a total of a total of 4 Coaches/Personnel on the sidelines of any Play Sports Hawaii Game.

A coach cannot decide to pull a team from participation during the season. If the coach cannot continue, a new coach will be assigned to the team until the end of the season.

All Coaches must wear covered shoes. No slippers.

All Coaches must wear a shirt or tank top while on the sidelines or on the field.

All Coaches and players are not permitted past the 5-yard line on either side of the field.

Offensive Runners

1. The quarterback cannot take the snap from center and run downfield.
2. The offense may use multiple handoffs.
3. The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. If one foot is in front of the other, the forward foot will mark the spot.
4. The player who takes the handoff can throw the ball from behind the line of scrimmage.
5. Once the quarterback has handed off the ball, all defensive players are eligible to rush. If the quarterback rides any player behind the line of scrimmage, the defensive players will be allowed to rush the quarterback without the need to be 7 yards off the line of scrimmage.
6. In the 4U Division, the coach is the quarterback. Once the ball leaves the coach's hands, he cannot get the ball back. Coaches have 8 seconds to hand off or throw the ball. If the ball has not been handed off or thrown, play will result in a sack and ball will be back at the line of scrimmage and the team will get a loss of down.
7. 4U Division – Coaches are not allowed to ride the runner (5yd penalty). Coaches get 1 yd left and right to hand off. After that a penalty will be called. Coaches are not allowed to aid the runner in any way (5yd penalty). If the

- penalty occurs on Defense, the team will receive a 5yd penalty. If a TD occurs, the penalty will be enforced on the extra point play. If a player runs in the wrong direction and gets his/her flag pulled, the ball will be down where the flag was pulled or where a player either drops the ball or falls down. The ball will be spotted where it becomes dead.
8. In the 6U division, Coaches are not allowed to aid the rushers in any way (5yd penalty). If a touchdown occurs, penalty will be enforced on the extra point play.
 9. Runners may leave their feet to avoid collision with another player without a flag guarding penalty enforced.
 10. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
 11. All jerseys must be tucked in before the play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructing flags will be considered flag guarding. Whether the referee witnesses a player move the flags or not, if the flag is not on the players side when a defensive player attempts to pull it, it will be considered flag guarding. If the flags are properly put on and fitted snug on the player, the flags will not shift during play.
 12. No blocking or screening allowed.
 13. Diving into the end zone is not permitted.
 14. No Run Zones, located 5 yards before each end zone and 6 yards on either side of midfield, are designed to avoid short-yardage, power-running situations. Teams are not allowed to run (except the QB if defense sends rusher) in these zones if the subsequent line is Live. Each offensive team approaches only two No Run Zones in each drive (5 yards from midfield to gain the first down & 5 yards from the goal line to score a touchdown).
 15. Once a team reaches the no run zone, all passes must be completed in front of the line of scrimmage.
 16. Breakaway Rule - If a player in possession of the ball is running towards the end zone and there are no players in front of him/her, gets tackled by a defensive player to prevent a touchdown, the offensive player will be awarded a touchdown.

Passing & Receiving

1. Shovel passes are allowed.
2. The hook and ladder is not allowed.
3. The quarterback has 7 seconds to pass the ball. If a pass is not thrown within the 7 seconds, play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7 second rule is no longer in effect.
4. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line).
5. In case of a simultaneous possession by both an offensive and defensive player, the possession of the ball is given to the offense.

6. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.
7. Interceptions are allowed and can be returned for a touchdown.
8. For the 6U Division, when the team is on offense and in the No Run Zone, the quarterback does not need to throw the pass forward. The pass can be thrown to the side, behind, or an underhand shovel pass (shovel pass must be going forward). A pitch or a toss behind the quarterback – the pass has to be an overhand throw.
9. Face Guarding - Any act by a player to inhibit an opponent's (usually a potential receiver) ability to see the ball and/or other players without making an attempt to catch, intercept or bat the ball, is considered face guarding. Face guarding is illegal.

Offensive – Penalty: 10 yards (previous spot) and loss of down.

Defensive – Penalty: 10 yards (previous spot) and automatic first down.

Applies to 6U, 8U, 10U, 12U & 14U Divisions only.

Defensive Rusher

1. Any player who rushes the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
2. There shall be no contact with the Quarterbacks arm. Contact with the Quarterbacks arm will result in a penalty. The official will make the determination whether contact was intentional or non-intentional
3. The seven-yard rule is no longer in effect once the ball is handed off and all players may go behind the line of scrimmage.
4. The referee will designate a rush line seven yards from the line of scrimmage. Defensive players should verify with the referee if they are in the correct position on every play.
 - A penalty may be called if:
 - a. The rusher leaves the line before the snap and crosses the line of scrimmage before a handoff or pass.
 - b. Any defensive player crosses the line of scrimmage prior to the snap of the ball.
 - c. Any defensive player that rushes in before the ball is handed off that is lined up inside of the seven-yard mark.
5. Offense cannot screen or block off the rusher in any way. The rusher has a clear path to the quarterback inside the middle, left or right of the center and any interference that would stop his/her path to the quarterback will be considered impeding the rusher.
6. Striking the passers arm while he/she is throwing the ball will result in a 10-yard penalty and automatic 1st down.
7. A sack occurs if the quarterback's flag is pulled behind the line of scrimmage. The ball is placed where the quarterback's feet are when the flag is pulled.

- A safety is awarded if the sack takes place in the offensive team's end zone.
8. No Rushing is allowed on a team that is in the Mercy Rule.
 9. Rushers cannot jump up and swat the ball .
 10. Rushers cannot leave their feet.

Defensive Flag Pulling

1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
2. Defenders can dive to pull flags, but they cannot tackle, hold or run through the ball carrier when pulling flags.
3. A defensive player cannot strip or pull the ball from the ball carrier's possession at any time.
4. If a player's flag inadvertently falls off at the start or during the play, the player may continue running. The defensive player may down the offensive player who has inadvertently lost his flag, with a one-hand touch.
5. A defensive player may not intentionally pull the flags off of a player who does not have possession of the ball.
6. Stiff arming, dropping of head, hand, arm or shoulder, or intentionally covering the flags with the football jersey is considered flag guarding.

Offensive Formations

1. An offensive team must have a minimum of one player (center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - One player at a time may go in motion 1 yard beyond and parallel to the line of scrimmage.
 - No motion is allowed towards the line of scrimmage.
2. Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the one player in motion.
3. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
4. The 4U & 6U divisions may center the ball from the side to a player in the backfield. The 8U, 10U, 12U & 15U divisions must center the ball between the legs with a rapid and continuous motion. In the 8U-15U divisions, if the Quarterback or Center is a girl, the ball can be centered from the side. In all divisions, the ball must completely leave the center's hands. The "muddle huddle" is not allowed.
5. If the quarterback hands the ball back to the center, it must be done behind the line of scrimmage. The center must stand and turn around to receive the hand off from the Quarterback.

Inappropriate Conduct

1. The Play Sports Hawaii Commissioners have the authority to assist the referee if there is a ruling on the field that needs to be confirmed or clarified. The Commissioners ruling are final.
2. If a parent or spectator enters the field of play for any reason, the game will immediately stop and that team will forfeit the game.
3. If the referee witnesses intentional tackling, elbowing, cheap shots, pushing a player, blocking or any other inappropriate conduct, the game will be stopped and the player will be issued a warning and will have to sit out for 8 downs of play before he/she can return back in the game. Upon returning to the game, if the player acts out of conduct again, that player will be ejected from the game and will also sit out the next game.
4. Offensive or confrontational language is illegal. Referees have the right to determine offensive language. The referee will give one warning. If it continues, the player or players involved will be ejected from the game.
5. Players may not physically or verbally abuse an opponent or referee.
6. Ball Carriers must make an effort to avoid defenders with an established position.
7. Defenders cannot run through the ball carrier to pull flags.
8. Spectators must also adhere to good sportsmanship. They should yell to cheer on the players, not to harass referees, coaches or other teams. Keep all comments clean and profanity free. Harassing any player, coach, referee or opposing team spectator may result in ejection from the game site and/or game forfeiture for your team.
9. Every effort should be made to compliment all players, not just one child or team.
10. Spectators cannot roam the sidelines during any game. All spectators must sit or stand outside of the end zone areas. If parents or spectators do not follow this rule, it could be grounds for game forfeiture. Spectators are required to keep field's safe and kid friendly. Drinking of alcoholic beverages at practices and games are prohibited.

Penalties

1. The referee will call all penalties and determine incidental contact.
2. All penalties will be assessed from the line of scrimmage except for spot fouls.
3. Only the Head Coach may ask the referee for clarification of a ruling on the field and interpretations. Assistant Coaches, Parents or Players cannot question the referee.
4. Games cannot end on a defensive penalty, unless the offensive team declines the penalty.
5. Live ball penalties must be assessed before the play is considered completed.
6. Penalties will be assessed half the distance to the goal line if the distance to the goal line is less than the penalty yardage.
7. 5 Yard Penalties:
 - Offside

- Illegal Motion (more than one person moving, false starts, etc.)
- Illegal forward pass (throwing a pass beyond the line of scrimmage.)
- Offensive pass interference.
- Blocking
- Delay of Game
- Illegal Rush
- Too Many Players on the Field
- Jumping or Raising hands pass the line of scrimmage – 5 yds & automatic 1st down for offense.
- Coaches or players on sideline, in the 5 yd area. The team will incur a 5yd penalty and loss of down if on Offense or 5yd penalty and 1st down for offense if team is on defense.

10-Yard Penalties:

- Roughing the Passer
- Unsportsmanlike Conduct
- Face Guarding
- Defensive Pass Interference – Penalty from the line of scrimmage – 10yd & Automatic 1st down)

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11. Spot Fouls

- Flag Guarding – 10yd Penalty & Loss of Down
- Blocking – 5yd Penalty & Loss of Down

12. Defensive Penalties

- Offside – 5yd penalty & Automatic 1st Down
- Roughing the Passer – 10yd penalty & Automatic 1st Down
- Unnecessary Roughness – 10yd penalty & Automatic 1st Down
- Pass Interference – 10yd penalty from LOS & Automatic 1st Down

13. Offensive Penalties

- Illegal Motion – 5yd penalty & Loss of Down
- Illegal Forward Pass – 5yd penalty & Loss of Down
- Pass Interference – 5yd penalty & Loss of Down
- Flag Guarding – Spot Foul 10yd penalty & Loss of Down
- Delay of Game – 5yd penalty & Loss of Down
- Unnecessary Roughness – 10yd penalty & Loss of Down
- Offside – 5yd penalty & Loss of Down
- Player must have soft helmets to participate in games. Helmets must be worn correctly to protect the players. This means helmets must be pulled down on the head and strapped beneath the chin. No warning will be given – 5yd penalty & Loss of Down

Overtime

Overtime in Playoffs Only – In the event of overtime, the winner of the coin toss has a choice to go on Offense or Defense. The team that goes on Offense has 4 plays from midfield to score. If the Offense Scores, that team will win

the game. If the Defense holds the Offense, the Defensive Team wins the game.

Schedule Changes

No changes will be allowed once the game schedule has been posted. If the team cannot play the game as scheduled, that team will forfeit their game. The only time the schedule will be changed is if we have team changes (add or drop) and to correct any mistakes.

Seeding for Playoff Games

The seeding for the Playoff Games will be based on Win/Loss/Tie record. If teams are tied in standings, we will figure seeding on a point system based on win/loss/tie record, head to head results and Points Allowed.

Note: Inclement Weather

In the event the games are cancelled due to inclement weather, the head coach will be notified by email to check the website the morning of the game. Coaches are responsible for notifying their team.

If regular season games or playoff games are cancelled due to inclement Weather, Play Sports Hawaii will make every effort possible to schedule a makeup game. If a makeup game cannot be scheduled for the playoff games, the top 4 teams in each division will proceed to the Semi-Final/Championship games. The remaining teams will play in the consolation bracket. No refunds will be issued if the games are cancelled due to Inclement Weather, Natural Disaster, etc., if Play Sports Hawaii is unable to schedule a makeup game.

If the game is cancelled after teams have already started playing, Play Sports Hawaii will contact the coaches with options. If a solution is not available, those games will not count towards the standings.

PLAYER POLICY

Once a player is placed on a team, the head coach, assistant coach or team parent cannot make the decision to remove that player from the team. The only ones who can remove a player from a team is Play Sports Hawaii.

If there is a problem between the parents and coaching staff, Play Sports will investigate the problem. If we find that the problem is major enough to warrant the player being moved, we will do so. If not, the player will remain on the team. It will be up to the coaching staff and parents to resolve their differences. If the coaching staff is unwilling to resolve the issues, the staff will be removed and a new coaching staff will be assigned to the team.

For future seasons, Play Sports Hawaii may elect to ban those involved from further participation in the league.

Part of coaching a team is bringing the team (including parents) together to make a cohesive team and resolving issues.

Play Sports Hawaii's decisions are only based on the best interest of the child.

If you request or are placed on a team that doesn't form due to shortage of players, we will place you on another available team. If you decline to be placed on another team, we will issue a credit voucher for the amount you paid. The credit voucher is good for 1 year and is transferable.

We do not refund, once the registration fee is paid. If you need to pull your child out for the season and notify us prior to the first game, a credit voucher will be issued. Once the season starts, there are no refunds and no credits issued

Play Sports Hawaii reserves the right to add, change, delete or modify any rules as deemed necessary for the overall improvement of the league and/or to address any safety issues, at any time.

Play Sports Hawaii reserves the right to refuse any player or coach participation in the program for any reason.