



ST. HELENA
CARPY GANG
1936

FLING

RULE BOOK

2022 

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i. General Information - Schedule / Locations

1. Teams will be created based on enrollments in each of three divisions. Pee-Wee will be 2nd - 4th graders of the coming school year. Junior Varsity will be 5th and 6th graders, and the Varsity group will consist of 7th and 8th graders. The Cheer program will follow the same age group formats.
2. The Carpy Flag Football season will begin the first week of August. Games will commence starting the Saturday after Labor Day and end upon the 8th game Saturday.
3. Practices will be held two times per week. Game participation will be heavily weighed on practice attendance.
4. Games will be held at the St. Helena High School football field.
5. Game days will be broken down by division with the Pee-Wee teams playing their games between the hours of 1-3pm, JV 3-6pm and Varsity 6-9pm.
6. Sideline Cheer will perform during games, and have their respective halftime routines during the halftime window of each game.

ii. Coach and Spectator Conduct/Responsibilities

1. Family members, parents and other spectators are required to observe the contests from designated areas. The SHHS Football Facility provides ample space to observe outside the field of play. Only coaches, players and officials will be allowed inside the field gates.
2. Only the head coach and approved assistant coaches will be allowed on the sidelines during games.
3. All coaches must get certified through USA Football in the Youth Certification for Non-Contact & Contact Coaches program. <https://footballdevelopment.com/youth-certifications/> prior to being on the field with their teams.
4. Participants, coaches, parents and family members must conduct themselves appropriately during all Carpy Gang events. Inappropriate, rude or confrontational behavior by any coach, team, parent or spectator may lead to removal from premises, disqualification from season or disqualification from program both current and future.

I. Teams

1. Teams will be made up of 7-10 players each.
2. Home teams will wear dark color jerseys. Visiting teams will wear light color jerseys.
3. Teams Rosters must consist of at least 6 players for each given Saturday game day.
 - a. Teams may play with no more than 7 players and no less than 6 players on the field.
 - b. Teams will be granted a 10 minute grace period if they do not have at least 6 eligible players at the start of the game to allow for the required players to report to the field.
 - c. In the event of an injury, a team with insufficient substitute players may play with 6 players on the field but no fewer than 6.

II. Equipment

1. All players must wear mouthguards. One will be supplied to players at the start of the season. If they wish to use their own that is okay, but one must be worn for all practices and games.
2. Carpy Gang will supply each player with a reversible jersey, shorts and a mouthguard.
3. Pee-Wees (2nd-4th grade) will use a Pee-Wee size football. Junior Varsity (5th-6th grade) will use a Junior size football. Varsity (7th-8th grade) will use a Youth size football.
4. Game clocks will be supplied on game day (one per game) and will include time remaining, score, timeouts remaining, and play clock.
5. Carpy Gang will supply a set of flag belts for each team. The belts may not be altered or modified in any way.
6. Players must wear athletic turf shoes or rubber/plastic molded cleats for all practices and games. Rubber/plastic molded cleats are highly suggested.
7. Players must remove all jewelry and hats during participation.
8. Player may wear soft shelled helmets, but they must be secured at ALL times while on the playing field.
9. Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
10. We recommend players wear black shorts or athletic pants that do not have pockets. Shorts or pants with belt loops or pockets must be taped.
11. Flags cannot not be the same color as shorts or pants.

III. Terminology

Boundary Lines	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
Line of Scrimmage	(LOS) is an imaginary line running through the front point of the football and across the width of the field.
No Running Zone	At the 10 yard line headed into the end zone there will be a no running zone. All plays that start within this zone must be pass plays only.
Line-to-gain	The line the offense must pass to get a first down or score.
Offense	The team with possession of the ball.
Defense	The team opposing the offense to prevent advance of the ball.
Quarterback	(QB) The offensive player that receives the snap. The QB may not cross the line of scrimmage with the ball. An offense must use a minimum of 2 different QBs per game. Each QB must play at least 1 complete series per half.
Center	(C) The offensive player that starts the play by flipping it to the QB. The Center is not allowed downfield. Centers must be rotated every offensive possession.
Runningback	(RB) The offensive player that may be handed, tossed or passed the ball.
Tight End	(TE) The offensive player that starts the play on the LOS who then becomes a receiver.
Wide Receiver	(WR) The offensive receiver that typically starts on the LOS, depending on formation, who is passed the ball.
Flanker	(FL) The offensive receiver that typically starts off the LOS, depending on formation, who is passed the ball.
Live Ball	Refers to the period of time that the play is in action. Typically used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
Dead Ball	Refers to the period of time immediately before or after the play.
Whistle	Sound made by an official that signifies the end of the play or a stop in the action for a timeout, halftime or end of game.
Inadvertent Whistle	Official's whistle that is performed in error.
Flag Guarding	An illegal act by the ball-carrier to prevent a defensive player from pulling the ball-carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand, arm or ball.
Forward Pass	A legal forward pass is one thrown by the QB from behind the LOS. Only 1 forward pass will be allowed on any given down.
Shovel Pass	A legal forward pass across the LOS underhand, backhand or by pushing the ball forward.
Lateral	A backward or sideways toss of the ball by the ball-carrier.

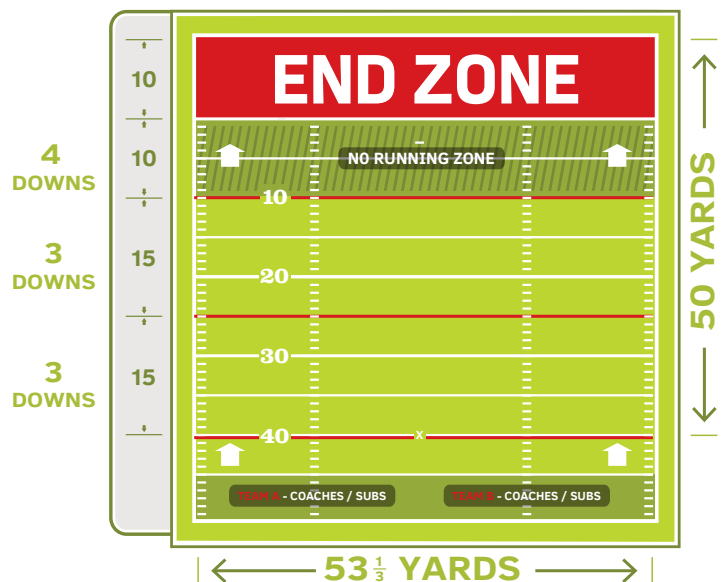
IV. Game Format

1. Regular Season Games are played on a 40 minute continuous clock with two 20 minute halves. Clock will stop only for time outs, injuries and the Officials discretion during the running clock portion of the game (first 18 minutes of each half for JV and Varsity only). The clock will stop on incompletions, runs or catches out-of-bounds, scores, time outs, injuries and the Officials discretion during the last 2 minutes of each half.
2. Halftime will be 10 minutes for recovery and Cheer routines.
3. At the start of each game the “visiting” team will start on offense the first half and the “home” team will start on offense the second half.
4. Each time the ball is spotted, a team has 25 seconds to snap the ball.
5. Each team has three 30-second timeouts per game.
6. In the event of an injury, the clock will restart when the injured player is removed from the field of play.
7. Referees will keep time during the stoppage portions in the last 2 minutes of each half and timeouts.
8. Sack times will vary depending on age group. A sack time is determined from the snap of the ball to the point when the quarterback releases the ball. Pee-wees will have 7 seconds, JV will have 6 seconds, and Varsity players will have 5 seconds to get the pass off. If the sack time expires the play is blown dead by the referee.



V. The Field

1. The field dimensions are $53 \frac{1}{3}$ yards wide by 40 yards long with 10-yard end zone.
2. There is a no running play zone from the 10-yard line in. While in the no-run zone, teams cannot run the ball in any fashion. All plays must be pass plays.
3. Stepping on the boundary line is considered out of bounds.
4. Teams will start offense heading towards the end zone from the 40-yard line. They will have 3 downs to get to the first down marker at the 25-yard line. Then another 3 downs to get to first down marker at the 10-yard line. After reaching the 10-yard line the offense will have 4 downs to score a touchdown.



VI. Scoring

1. **Touchdown** - 6 points.
2. **PAT** (point after touchdown) - **1 point** [pass play from the 3-yard line], **2 point** [pass play from the 10-yard line], or **2 point** [place kick from the 10-yard line].
3. A team that scores a touchdown must declare whether it wishes to attempt a 1 point pass, a 2 point pass or a 2 point kick. Any change, once a decision is made will requires a charged timeout. A decision cannot be changed after a penalty.
4. An interception that is run back to the 40-yard line will be considered a touchdown. That defensive team will then become the offense for the PAT try. An interception that has a run back and flag pulled before the 40-yard line will be considered a change of possession. The defensive team making the interception will then become the offense and start from the 40-yard line.
5. Interception returns are not permitted on extra point plays.

VII. Live Ball / Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the line of scrimmage and corresponding neutral or blocking zones.
3. A player who gains possession of the ball while in the air is considered in bounds as long as the first foot or other body part contacts the ground in the field of play.
4. Substitutions may be made on any dead ball.
5. Any official can whistle the play dead.
6. Play is ruled "dead" when:
 - a. The ball hits the ground.
 - i. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground.
 - b. The ball-carrier's flag is pulled.
 - c. The ball-carrier steps out of bounds.
 - d. A touchdown, PAT or safety is scored.
 - e. The ball-carrier's knee or arm hits the ground.
 - f. The ball-carrier's flag falls out.
 - g. The receiver catches the ball while in possession of one or no flag(s).
 - h. The sack clock expires.
 - i. Inadvertent whistle.
 - j. Ball-carrier leaves their feet to avoid a downed player on the field of play.



NOTE: There are no fumbles. The ball becomes a dead ball upon hitting the ground and is spotted where the ball carrier lost possession of the ball.

7. If inadvertent whistle occurs the offense has two options:
 - A) take the ball where the whistle blew and the down is consumed. OR
 - B) replay the down from the original line of scrimmage.If it occurs on the last play of the half or game, the offense will be awarded one untimed down and given those two options.

VIII. Running

1. The ball is spotted where the ball is when the flag is pulled.
2. The quarterback cannot directly run with the ball (The quarterback is the offensive player who receives the snap.)
3. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
4. A No-running zone is located 10 yards before the end zone. Teams are not allowed to start a run play if the LOS is within this zone. Passing plays only within the No-running zone.
5. Once the ball has been handed off, pitched or lateralled all defensive players are allowed to cross the LOS into the offensive side.
6. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
7. Spinning / Jump cuts are allowed, but players cannot leave their feet to avoid a flag pull. Spinning out of control (by judgement of the official) will be called for flag guarding.
8. Offensive players in close proximity of the ball-carrier must stop their motion once the ball has crossed the free blocking zone. No running with the ball-carrier beyond that point.

IX. Passing / Receiving

1. All passes must be thrown by the quarterback with one hand from behind the LOS, thrown forward and ball out of hand prior to breaching the line of scrimmage.
2. Shovel passes are allowed but must be received beyond the line of scrimmage.
3. The quarterback has a “sack clock.” (Time based on age group) If a pass is not thrown within the sack clock, the play is dead, the down is consumed and the ball is placed at the original line of scrimmage.
4. All players are eligible to receive passes (excluding the center and the quarterback).
5. Only one player is allowed “in motion” at the time of the snap. All motion must be parallel to the LOS and no motion is permitted toward the LOS.
6. A player must have at least one foot or other body part in bounds, contacting the ground within the field of play first.
7. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
8. Interceptions are returnable aside from during an extra point play.

X. Blocking / Screening / Press Coverage

OFFENSE

1. There will be a 3-yard imaginary line from the line of scrimmage towards the defensive team where offensive players can block or screen.
2. The blocking or screening will be similar to a basketball block / screen. The player making the block or screen must be stationary with hands / arms at their side or on their hips. No arms may be extended during a blocking situation or this will be considered offensive holding.
3. Centers can only go downfield if a screen pass is thrown behind the line of scrimmage. The Center may block only to the 3-yard Blocking line.
4. Receivers and Running Backs can block / screen defensive players within the 3-yard blocking window, as well.

DEFENSE

5. The 3-yard imaginary line beyond the line of scrimmage will also allow defenders to utilize press coverage.
6. Defenders may use Press Coverage against Receivers who line up ON the LOS, however, once the offensive player has gone 3 yards down field the Press Coverage window is eliminated and normal coverage must commence.
7. All other defenders must be 5 yards behind the LOS.

XI. 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 cannot tackle, hold or run through the ball-carrier when pulling flags.
3. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession.
4. If a player's flag inadvertently falls off during a play while that player has possession, the player is down immediately and the play ends. The ball will be placed where the flag lands.
5. If a player who has one or no flags in their belt takes possession of the ball, the play is dead at the spot on the field. (when using the "pop" style flags)
6. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
7. Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, shoulder, arm or hand or intentionally covering the flags with the football jersey.

XII. Formations

1. Offenses must have a minimum of 2 players plus the center on the line of scrimmage.
2. Teams may shift formations prior to the snap as long as they are set for at least 1 second before the ball is snapped.
3. One player at a time may go in motion at least 1 yard behind the line of scrimmage.
4. Movement by a player who is set or a player who runs toward the LOS while in motion is considered a false start.
5. The center must snap the ball from the ground with a rapid and continuous motion between his/her legs OR from the side to a player in the backfield. The ball must completely leave his/her hands.

NOTE: For typical offensive formations refer to Formations pages that follow.



XIII. Unsportsmanlike Conduct

1. If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. **Foul play will not be tolerated!**
2. Offensive or confrontational language is not allowed. If offensive or confrontational language occurs, the referee or coach will give one warning. If it continues, the player or players will be ejected from the game or practice.
3. Players may not physically or verbally abuse any opponent, coach or official.
4. Ball-carriers MUST make an effort to avoid defenders with an established position.
5. Fans must also adhere to good sportsmanship. Keep comments positive, compliment ALL players, not just one child or team.

XIV. Penalties

1. The referee/official will call all penalties.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the LOS, except as noted. (Spot Fouls)
4. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not questions calls.
5. Games or halves may not end on a defensive penalty unless offense declines it.
6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
7. Penalties will be assessed half the distancce to the goal yardage when the penalty yardage is more than half the distance to the goal.

Defensive spot fouls

Defensive pass interference	Automatic first down
Holding	+5 yards and replay the down
Stripping	+5 yards and replay the down

Offensive spot fouls

Charging	-10 yards and loss of down
Flag Guarding	-10 yards and loss of down

Defensive penalties

Defensive unnecessary roughness	Automatic first down
Defensive unsportsmanlike conduct	Automatic first down
Offsides	+5 yards from line of scrimmage
Illegal flag pull (before the receiver has the ball)	+5 yards from line of scrimmage
Taunting	+5 yards from line of scrimmage

Offensive penalties

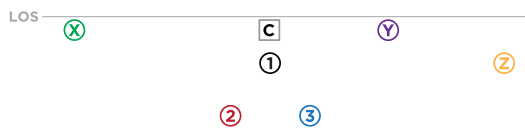
Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
False Start	-5 yards from line of scrimmage
Illegal motion / procedure	-5 yards from line of scrimmage
Delay of game	-5 yards from line of scrimmage
Ineligible player downfield	-5 yards from line of scrimmage
Offensive pass interference	-5 yards from LOS and loss of down
Illegal forward pass	-5 yards from LOS and loss of down

Offensive Formations

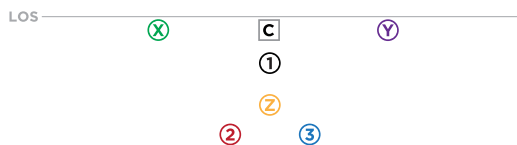
NOTE: This is not an all inclusive list of formations, but merely some standard, legal offensive formations. Formations below can be flipped.



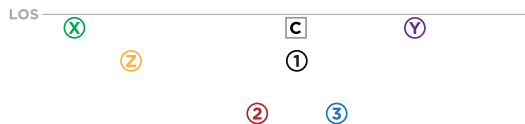
PRO RIGHT



WISHBONE



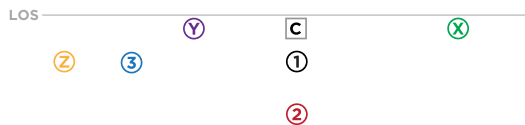
PRO RIGHT TWINS



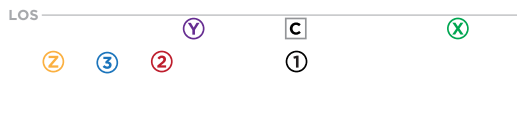
PRO RIGHT TWINS SLOT RIGHT



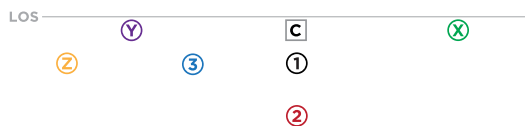
TREY LEFT



TREY LEFT SLOT LEFT



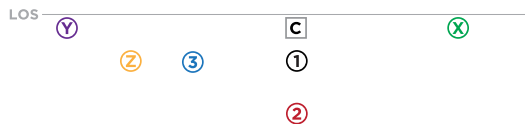
TRIPLE LEFT



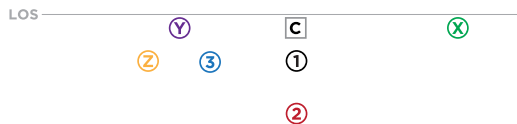
DIAMOND LEFT



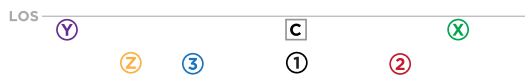
TRIPS LEFT



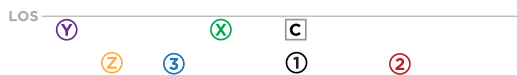
TRIPLE LEFT BUNCH



TRIPS LEFT SLOT RIGHT



FORMATION THAT MAKES X INELIGIBLE

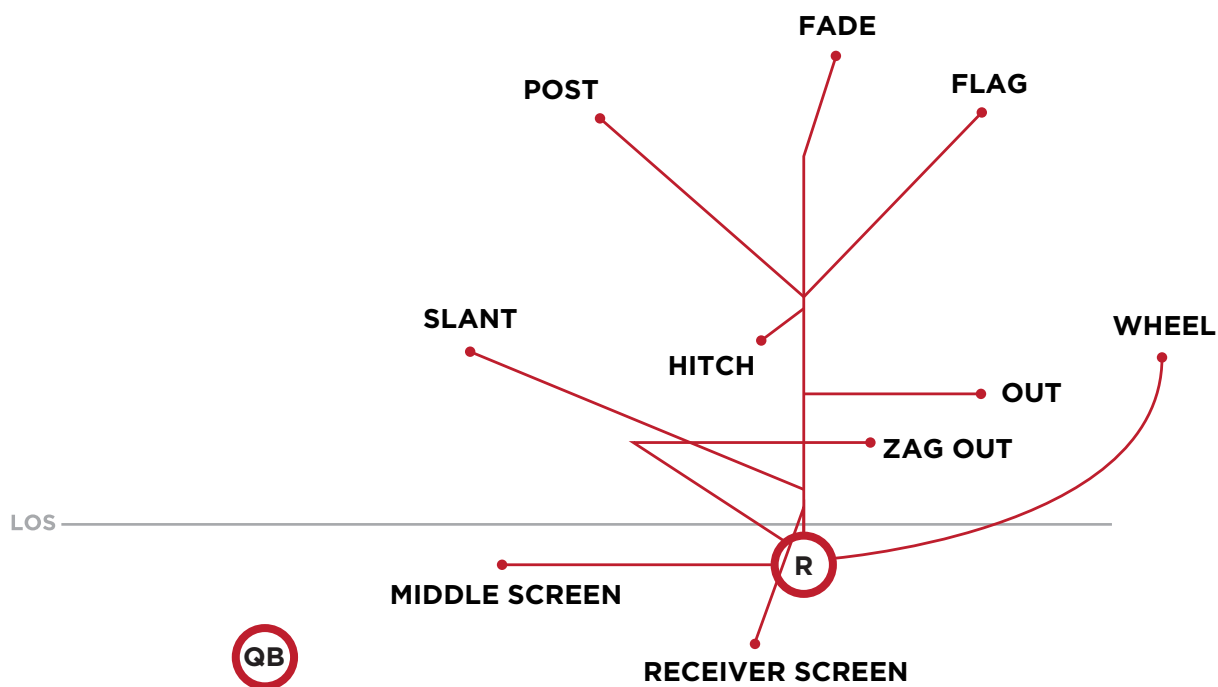


(BECAUSE THE Y IS "COVERING HIM UP". X CANNOT GO DOWNFIELD TO RECEIVE A PASS.)

Passing Routes

NOTE: This is not an all inclusive list of passing routes, but merely a sampling of names and diagrams of standard passing routes. In the diagram below you can see the relationship of route runner (R) to where the pass is coming from (QB).

SLANT	Quick forward movement then break in towards the middle of the field. Pass is typically completed in the area of the Linebackers.
POST	Similar to a slant just further down field. "Post" refers to the center pole of the goal post.
OUT	Forward movement with quick cut towards the outside of the field.
FLAG	Receiver will travel downfield and then break towards the corner of the end zone.
ZAG OUT	Receiver first heads inward then makes a reverse pivot back to the outside of the field. Pivot should face the LOS.
HITCH	Receiver will travel downfield and then break back towards the LOS to receive the ball. Also called a Hook. Can be inward or outward.
FADE	Receiver runs straight up the field, the ball should be thrown over his/her outside shoulder, and receiver will "fade" to the catch.
WHEEL	Receiver will travel around the outside of another receiver in this route. Running backs doing this type of route from the backfield is typically called a Bubble.
SCREEN	Screens are passes that happen behind the LOS. Screens can include a forward step or two, but ball must be caught behind the LOS.



Notes / Questions





CARPY GANG ALUMNI ASSOCIATION
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