



Cultural & Community Services

2025 Flag Football Rulebook

REVISED 9/19/2025
Changes are indicated in red

**305 West Third Street
Oxnard, CA 93030
(805) 385-7995**

League Schedule and Standings: <http://www.teamsideline.com/oxnard>

Youth Sports Mission Statement

The purpose of the City of Oxnard's Youth Sports Program is to provide quality recreational sport experiences for the community's youth through a positive atmosphere that values sportsmanship, development, and fun.

Youth Sports Philosophy

The primary objective of the Youth Sports program is for children to have fun through recreational sports! Each child should have the same opportunity to participate in a recreational sports activity regardless of talent or ability. This values the individual and collective experiences of participants by providing a positive atmosphere that emphasizes sportsmanship and player development. Success is not reflected in the score or standings, but is achieved through effectively teaching the skills and strategies of the game as well as building the character and self-esteem of children participating in the program.

Youth Sports Role of the Coach

As a coach of a youth athletic team, you have a tremendous influence on the life of each youth on that team. Next to the parent, you are probably one of the most important adults in the youths' lives. Each youth on the team looks to you for guidance and leadership. You will find yourself, at one time or another, in the position of being a father, a mother, a teacher, a friend, and a disciplinarian; and many times all of these on the same day -- your guidance affects the youths in all situations. It is the intent of the City to ensure that games shall be conducted with good sportsmanship and fair play. It is our hope that the managers and coaches be the type of individuals who our society can point to as worthy examples for youths to follow.

Warm-Up Exercises

Jogging

Have players jog (not run) a lap or two around the flag football field prior to practices and games. This will get their heart rate up and prepare muscles for exercise.

Jumping Jacks

Having players do these will increase their heart rate and stretch leg, back, and arm muscles.

Stretching Exercises

Hamstring Stretch

Stand upright and cross your left foot in front of your right, so the outside of your left foot is close to the outside of your right foot. Slowly bend forward at the waist, moving your hands toward your toes. Stop when you feel a gentle stretch through the right hamstring. Hold for thirty seconds. Breathe deeply and try to deepen the stretch with each exhale. Repeat the exercise for your left leg by crossing your right foot in front of your left.

Calf Stretch

In a push up position extend the right leg back as straight as possible. Place the left leg over the right. Push the right heel down as far as possible. Hold for ten seconds. Release. Switch legs.

Groin Stretches

Sit on the floor. Forming a circular shape with your legs, join the soles of your feet together and hold them with your hands. Lean your elbows on the inside of your legs. Lean your upper body forward from the hips.

Shoulder Stretch

Place your right arm across your chest just below chin level. Take the opposite hand and grab the right elbow, gently pull the arm until you feel a stretch in the shoulder. Hold for ten seconds. Release. Switch arms. Repeat.

Arm Stretches

Loosen up your arms/shoulders by sticking them straight out (sideways), swirl them in small tight circles, make the circles wider and wider until you're basically swinging your arms in a circle that goes from the floor around to the ceiling. That should take about thirty seconds. Do this again but swirling your arms in the reverse direction.

Basic Skills

Proper Grip

An appropriate grip varies from one person to another. The size of hands and length of fingers always influence placement of the hand. There is no one specific way to grip the football. To provide enough control and pressure on the surface of the ball, hold the top half with one to three fingers spread across the laces and the index finger crossing the seam close to the ball's tip. Players need to practice different grips to find which one works best for them.

Proper Throwing Technique

The focus here is on an over-the-top delivery, flicking the wrists and following through for maximum velocity. Step toward the target with the front foot as you release the ball.

Receiving

Arms out-stretched, with the tips of the index fingers and thumbs touching, forming a diamond. This avoids the common pitfall of catching the ball with your chest.

Backpedaling

Backpedaling is especially important for players who will be covering speedy and shifty wide receivers; you must be able to move backward and side to side without losing much speed or taking time to shift body position. Defenders should focus on keeping an athletic stance, bent slightly at the waist and never crossing feet.

Offensive Drills

Handoff Drill

In this drill, the running back comes behind the quarterback and places his arms in the receiving position. If the running back is running left to right, his left hand is on top, aligning with his rib cage and his right hand is on the bottom aligning with his waist. If the back is running right to left, his right hand is on top and his left hand is on bottom. Have the quarterback hand the ball off to the running back twice while running in each direction, giving the back attempts to receive the ball correctly on a handoff.

Knee Drill

This knee drill is designed to improve your wrist snap and release while throwing the ball. Grab a partner and stand five yards apart. Get down on one knee and pick up a football in your throwing hand. Bring the ball up behind your ear and snap off a short pass to your partner, making sure to follow through so your arm comes down across your body. Repeat 10 times

before moving an additional five yards away from your partner. Continue moving five feet back until you are out of your range.

Route Running

Players will line up, single file. One at a time, players will run a predetermined route. Coaches should watch each route and teach as players run the routes. After players feel comfortable with the route, add a pass from the coach.

Chase Drill

Just as players must learn to grab flags, they also must be able to avoid having their flags pulled on offense. Have players take turns being the defensive and offensive player and set up two cones 20 yards upfield, 10 yards apart. The ball carrier gets the ball along with a 3- to 5-yard head start. When the whistle blows, the ball carrier races for the condensed end zone while trying to move quickly and laterally to avoid having their flag grabbed.

Defensive Drills

Flag Pulling Drill

In this drill, you designate a defender and line up offensive players who form a single-file line. The offensive players run across the line of scrimmage with the ball, cutting right and left alternating, and increasing speed as the drills progresses. The defender must close in on the ball-carrier quickly, bend at the waist and ready to lunge for the flag with both hands.

Angle Pulling Drill

Set up two cones on the line of scrimmage, one about 10 yards to the right and the other about 10 yards to the left. Have each player wear a flag belt and pair up with another similar-sized player, with one being the running back and the other the linebacker. Position the players between the cones, facing each other about 10 yards apart. When you blow the whistle, have the running back sprint toward whichever cone she chooses. The linebacker must then take an angle of pursuit that will allow him to reach the running back before she gets past the cone. The linebacker will need to reach out across the body of the running back to grab her flag but should not make contact.

Flag Pulling Duel

Set up four to six cones to mark off a small square or circle. Have two players at a time enter the ring, each wearing a flag belt. Players will compete to see who can pull off the other's belt first. The winner will then take on a new challenger, until everyone on the team has had a chance to play.

Conditioning Drills

Sprint Drill

In this drill, each player starts at the goal line. On the coach's whistle, each player sprints to the 10-yard line and back, the 20-yard line and back and then the 40-yard line and back.

Gassers

These sprints go the length of the football field. For youth players, it's best to adjust the distance to 50 or 60 yards and adjust the number of sprints to 7 or 8. This drill will develop leg muscles and explosive speed.

Interval Sprints

Interval training improves endurance and speed. Have players start by sprinting for 15 yards, then go into a jog for 15 yards, then sprint 15 yards, then finish with a 15-yard jog. Another option is to start with a 15-yard jog and then sprint for 15 yards, as long as you do an equal number of jogs and sprints. Perform four or five repetitions, resting for about one minute between sets.

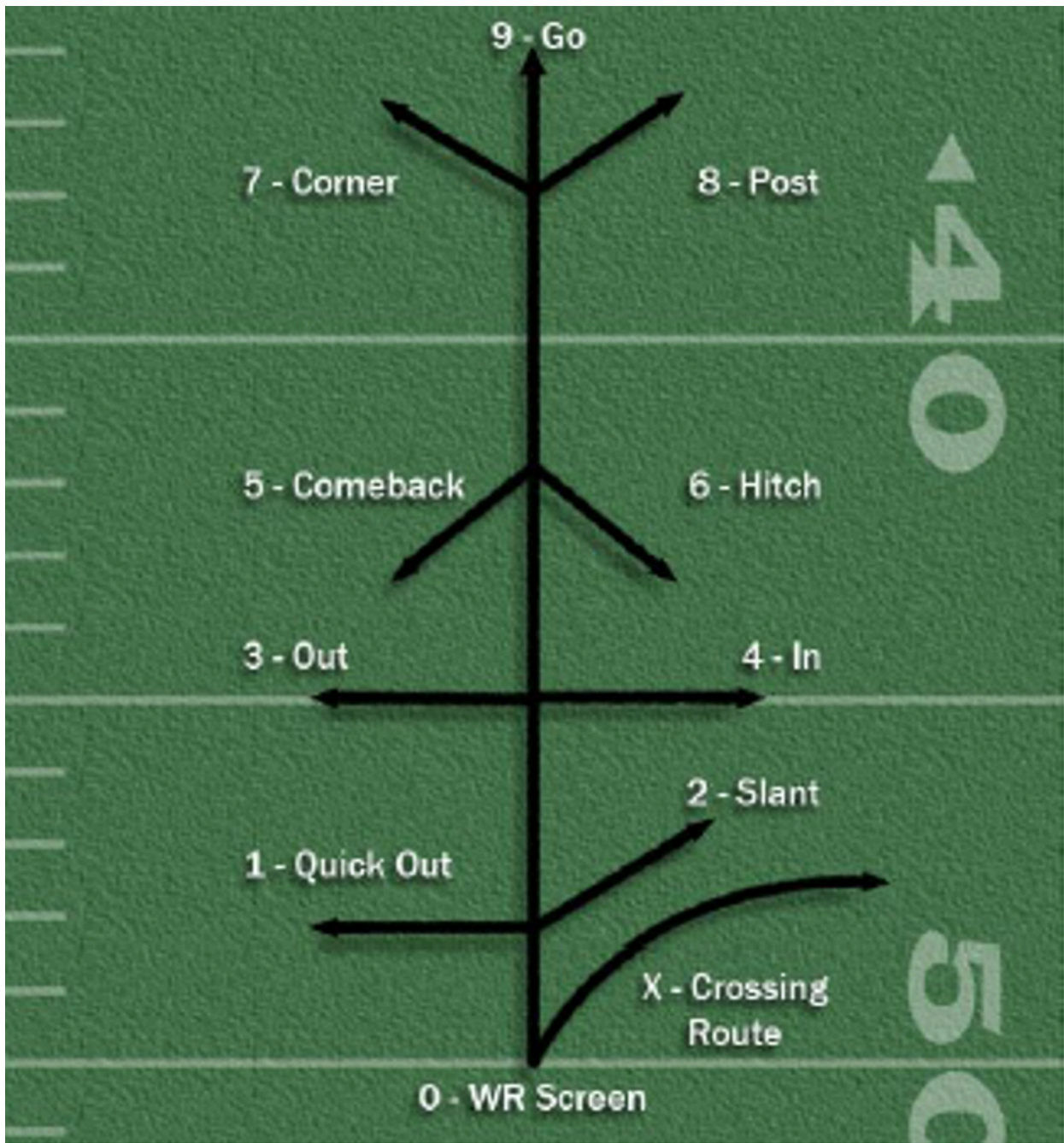
Continuous Run

To perform this drill, the players get into a line and begin to jog around the outside of the field. A coach will blow a whistle or signal for the player at the back of the line to sprint to the front. When he gets to the front, he resumes jogging. The player now at the end of the line will sprint to the front on the coach's cue. Continue the drill for five to six minutes.

Jingle-Jangle

This drill improves a player's balance, footwork and quick change of direction. Place four cones on the corners of a large square. The players sprint to the first cone, back pedal to the second, side step to the third and sprint to the fourth cone.

Passing Tree Diagram



Passing Tree Routes

WR Screen (0): This is a 0 yard route where the receiver immediately takes a jab step forward, before turning to the quarterback to receive the throw.

Quick Out (1): This is a 5-8 yard route forward then the receiver cuts out towards the sideline looking for the ball.

Slant (2): This is a 3-5 yard route forward then the receiver breaks towards the middle of the field on a 45 degree angle and looks for the ball.

Deep Out (3): This is a 10-15 yard route. It should be run exactly like the quick out only deeper.

In Route (4): This is a 5-8 yard route forward then the receiver breaks into the middle of the field on a 90 degree angle and looks for the ball.

Comeback (5): This is a 10-15 yard route forward then the receiver breaks at a 45 degree angle towards the sideline and looks for the ball.

Curl (6): This is a 5-8 yard route forward then the receiver stops and turns to the ball.

Corner (7): This is a 12-20 yard route forward then the receiver cuts on a 45 degree angle to the middle of the field for three steps then the receiver cuts on a 45 degree angle towards the sideline looking for the ball.

Post (8): This is a 12-20 yard route forward then the receiver breaks on a 45 degree angle towards the middle of the field and looks for the ball.

Go Route (9): This route is ran straight up the field with the receiver looking for the ball after he gets past about 10 yards.

General Rules

I. The league coordinator will have jurisdiction over all the rules and regulations herein not covered.

- A. In the event the league coordinator is not on-site or contactable, a recreation specialist will have jurisdiction over all the rules and regulations herein not covered.

II. Registration

- A. In order to register, teams must submit the YOUTH SPORTS LEAGUE REGISTRATION INFORMATION and a YOUTH SPORTS ROSTER at the City of Oxnard's Cultural and Community Services office.
- B. In order to participate, all players must have the following forms signed with ink and returned to the City of Oxnard's Cultural and Community Services office by September 8th:

- 1. MINOR RELEASE FORM, AND CODE OF CONDUCT.

C. Only players and coaches on the official roster may be on the bench.

- 1. Sports rosters have a max of 15 players for the Mighty Mite and 2nd grade divisions in ALL sports, as well as 3rd grade and up with the exception of flag football having up to 20 players on their roster .
 - 2. Injured players may sit on the bench only if they are dressed in their casual clothing.
 - 3. All children sitting on the bench must be listed on the official roster. If the child is not listed on the official roster, the child is NOT permitted to sit on the bench.
 - 4. If a coach has their own child attending a game (due to a child care situation), Specialists, Coordinators or the Supervisor will manage each situation on a case by case basis.

D. All Coaches must be background checked through the City of Oxnard.

- 1. Coaches must be cleared through the City of Oxnard in order to be on the bench with the team.
 - 2. Coaches, once cleared, will receive a coach's badge with their photo.
 - 3. Cleared coaches must display their badges at each and every game in order to participate.
 - 4. Coaches who do not have their badges on will not be permitted to coach the game, and lose sportsmanship points for the team.
 - a) If another cleared City Coach can step in for the Head Coach to coach the team, the team will not need to forfeit their game.

- b) If a City Staff can step in to coach the team for that game, Youth and Adult Sports will allow it, however this is **ONLY** if a City Staff is present and able to do so.
 - c) Failure to have a cleared Coach at game time without a badge will result in a forfeit for that game.
 - 5. Head coaches must be at least 18 years or older.
 - 6. A team is allotted 3 coaches per team (one head coach and two assistant coaches).
 - E. No player may participate if they reach age 15 prior to December 31.
 - F. **Division Placement**
 - 1. **Eligibility Requirement:** All participants must be placed in the division that aligns with their current age and/or grade level as defined by the program's eligibility chart.
 - 2. **Playing Up:** Participant's parent or guardian, or coach may request the participant/s to participate in the next higher division ("playing up") if deemed appropriate and approved by program staff.
 - 3. **Playing Down:** Participants are not permitted to participate in a younger or lower division ("playing down") under any circumstances.
 - a) **Example:**
 - (1) A 9-year-old participant eligible for the 3rd/4th Grade Division ages 9–10 or grade level 3rd/4th may request to play in the 5th Grade Division (ages 11–12).
 - (2) The same participant may not register in the 2nd Grade Division (ages 7–8).
 - G. The last day to withdraw from the 2025 Fall Sports season is September 8, 2025. Failure to do so will result in no refund. Please contact Juliet Morales at juliet.morales@oxnard.org for information regarding withdrawing from the season.

III. Adding/ Dropping From the Official Roster

- A. **ADD / DROPS will be allowed up until the start of your 2nd game**
 - 1. **Requests to amend a roster must be requested on the ADD/ DROP FORM linked below:**
 - a) [ADD / DROP Athlete Form](#)
 - 2. All added players must have completed all necessary paperwork forms prior to their second scheduled game.
 - 3. Changes will not be accepted at game time, the office must have all needed paperwork.

IV. Youth Sports Sportsmanship Program

- A. The sportsmanship system is put in place to maintain a fun, positive, and recreational environment.
- B. Teams are expected to demonstrate good sportsmanship at all times.
- C. A team's sportsmanship is demonstrated by players, fans, and coaches.
- D. Sportsmanship does not take place only in the game but also before and after the game.
- E. The head coach and assistant coaches must support and influence good sportsmanship, high moral standards, and are responsible for the conduct and acts of themselves, their players, and their spectators.
 - 1. This includes but is not limited to unsportsmanlike disagreements with officials.
 - 2. Coach may be penalized for actions of their spectators (up to and including ejection)
- F. **Sportsmanship points will be on a 1 to 3 scale per category. The three categories are players, coaches, and spectators.**
 - 1. The total number of sportsmanship points awarded per game is 9.**
 - 2. The minimum sportsmanship points that can be awarded is a 3.**
 - 3. The rating breakdown is as follows.**
 - a) 1 Sportsmanship Point (Unacceptable / Poor) Awarded per Category: Ejections, foul language, physical altercation, aggressive behavior towards opposing players, coaches, officials, City staff and/or spectators, failure to adhere to multiple verbal warnings, etc.**
 - b) 2 Sportsmanship Points (Acceptable / Fair) Awarded per Category: Player, coach or spectator infractions, persistent infringement, leaving untidy bench area, leaving the coach's technical area, verbal warnings with corrective behavior, minor Code of Conduct violations, missing coach's badges, missing or improper uniforms, etc.**
 - c) 3 Sportsmanship Points (Great) Awarded per Category: Arrived on time, team is in correct uniform, followed all rules and Code of Conduct, coach's badge is present, courteous to opposing team, City staff, officials and spectators, clean bench area, etc.**

V. Code of Conduct

- A. The Head Coach and Assistant Coach/es agree to support and influence good sportsmanship, high moral standards, and be responsible for the conduct and acts of themselves, their players, and their spectators.
- B. Penalties for violating Code of Conduct Rules:

1. Depending on the seriousness of the infraction, disciplinary actions may include a formal warning, ejection from the game, suspensions, and/or expulsions from the league.
 2. Any player, coach, or spectator displaying unsportsmanlike conduct may be ejected from the game.
 - a) If the person who committed the violation does not leave when asked to do so, the team responsible for the infraction will be charged with a forfeit, suspension(s), and/or expulsions from the league.
 - b) Profanity or vulgar language will not be tolerated and receive an automatic ejection.
- C. Ejections may be issued to any individual (coaches, players, spectators).
1. An individual who receives an ejection must leave the facility immediately and adhere to the City's "Out of Sound, Out of Sight" policy.
 2. Any ejection(s) also carry a minimum of one game suspension to be served at the next scheduled game. Furthermore any individual(s) ejected may not attend any other City of Oxnard sports programming until their suspension has been served.
 3. Ejections may be issued for, but may not be limited to, the following infractions:
 - a) Profanity
 - b) Any kind of threat
 - c) Excessive reaction to game play or an official's call.
 - d) Repeated violations of the Code of Conduct form.
 - e) Any combination of technical fouls and flagrant fouls where the total number of them equals two (2)

VI. Tie Breaker Rules

- A. In the event that two or more teams are tied at the end of league play, the following tie breaker rules will be used (whether all teams in your division played against each other in the regular season):

- 1. Sportsmanship Points**
2. Head-to-Head Record
3. Head-to-Head Points Differential **(ALL SPORTS)**
4. Total Points Allowed in the Head-to-Head Game(s)
5. Total Points Scored in the Head-to-Head Game(s)
6. Total Points Allowed during the Regular Season
7. Total Points Scored during the Regular Season
8. Coin Toss by League Administrators

VII. Forfeits

- A. Game time is forfeit time.
- B. Late arrivals may enter the game after the coach has notified the scorekeeper of the players' arrival. Players who show up late must still meet the minimum play requirements. Failure to do so will result in a forfeit.**
- C. If players need to leave early during game time, and do not meet the minimum play rule will also result in a forfeit.**
- D. Rescheduling games will be considered on a case-by-case basis, but is not guaranteed.
- E. In the event a team needs to forfeit, the team must notify a League Administrator 24 hrs in advance. **Failure to do so will result in loss of sportsmanship points for your team.**

VIII. Protests

- A. All protests must be made prior to the end of the game. Procedures for protesting:
 - 1. Coaches must inform the referee.
 - 2. The referee will notify the opposing team and the scorekeeper.
 - 3. Coaches must submit a written protest to one of the League Administrators (Specialists, Coordinators, or Supervisor) within two working days of the protest, citing from our City Rulebook which rule is under protest.
 - 4. The League Administrators will make a ruling as soon as possible.
- B. Judgment calls are NOT protestable.

IX. Miscellaneous

- A. No hard hair accessories
 - 1. Exceptions may be made on a case-by-case basis.
- B. No jewelry.
 - 1. Tape may not be used to cover jewelry.
 - 2. Exceptions may be made on a case-by-case basis.
- C. False nails are not permitted and natural nails must be cut to the length of a finger.
- D. No shorts with pockets
 - 1. Tape may be used to close pockets. **Repeated violations will result in loss of sportsmanship points**
- E. The player's school grade is the sole criteria for determining his/her division.
 - 1. A player may play up one division, but may only play for one grade level
 - a) example: a 3rd/4th grade player may move up to 5th/6th grade division, but must choose one or the other play on.
- F. The City of Oxnard does not offer coed teams for 3rd - 8th grade

1. Exception: Up to two girls may participate on a boys team if a school does not offer a girls team in that sport.

G. Youth Sports Uniform

1. Teams must have uniforms of matching color schemes.
2. If both teams have reversible uniforms, the home team will use the light side of the jersey and the guest team will use the dark. The head official reserves the right to ask for adjustments in the best interest of an equitable game.
3. If only one team has a reversible top then the head official will have that team reverse their uniform. Time will be provided for the team to change their tops.
4. If there are no reversible jerseys from either team, one team will wear pinnies
 - a) **Home team is responsible for bringing alternate color uniforms or pinnies.**
5. Referees will use the predominant color on the uniforms/ pinnies to identify calls.
 - a) For example, if one team is blue with stripes, and the other team has red uniforms with stripes then the officials will use blue and red to identify the teams.
6. Violation(s) of the uniform policies may result in infractions and/or being prohibited from entering the game.
 - a) **Failure to provide alternate color uniforms/pinnies will result in a loss of sportsmanship points.**

H. Cheerleading Programs

1. The City of Oxnard does not offer any form of official cheerleading competitions.
2. The City does allow cheerleading programs to be present and support their team, however the following conditions will apply in such cases:
 - a) **Cheerleaders must be accompanied by a school representative or coach.**
 - b) **Stunts (towers, flips, pyramids, tumbling, etc.) are not permitted before, during or after the game.**
 - c) Cheerleaders and their coaches are considered equals to any other spectator. No special seating arrangements will be honored at any time at any sporting event. Seating is limited and based on a first come first served basis.
 - d) Chants must be positive in nature and may not be directed at anyone other than their own team.

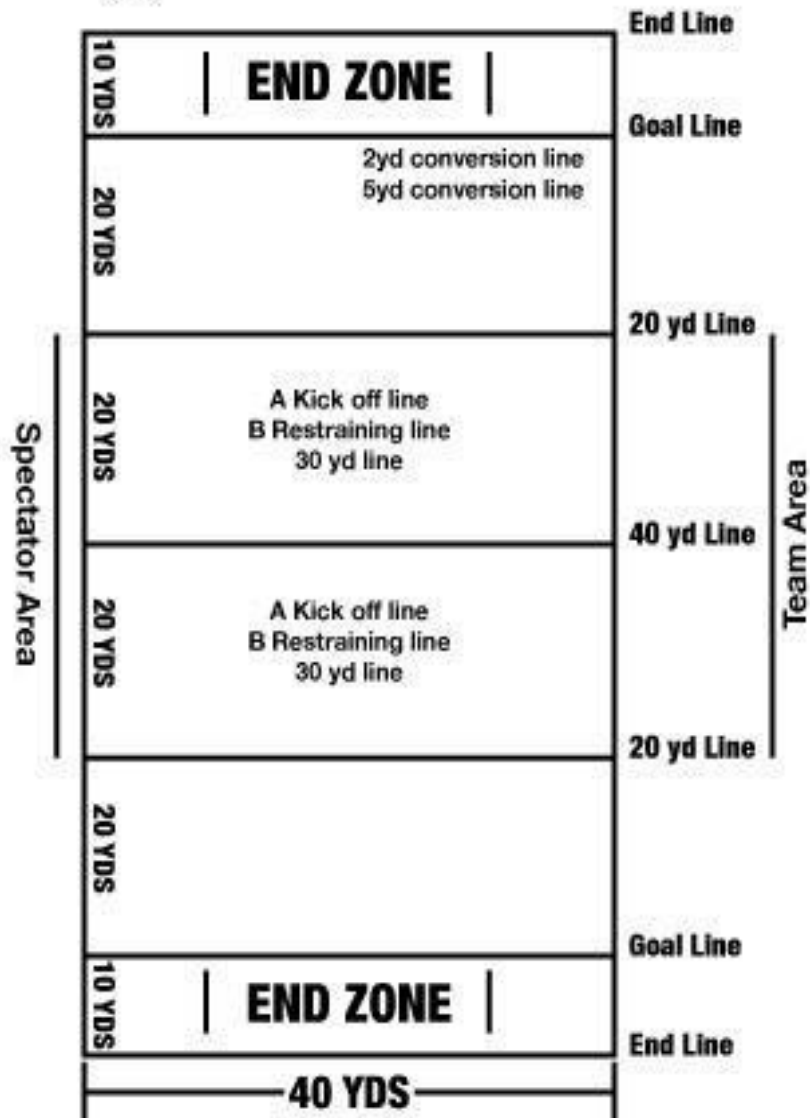
- e) Performances may not be done during timeouts, but may be permitted during half time intermissions only if the performance does not disturb either team from using the court/field to warm up and/or delays the restart of the game.
- f) The League Administrator on-site reserves the right to allow or disallow cheerleading programs from entering the playing court/field.
- g) As with any spectators, teams are subject to disciplinary action should their cheerleading program violate the City of Oxnard's code of conduct or conditions included herein.

Flag Football

3RD - 8TH GRADE BOYS AND GIRLS

******With the exception of the following modifications, current SCMAF Rules will govern League play******

Flag Football Field



I. Divisions

7th & 8th grade (Boys and **Girls**)
6th grade (Boys and **Girls**)
5th grade (Boys and **Girls**)
3rd & 4th grade (Boys and **Girls**)
2nd Grade (Co-Ed)
Mighty Mites- Kindergarten & 1st Grade (Co-Ed)

II. The Field

- A. The field shall be marked off into four (4) equal segments. The length and width will be regulated by the area available.
- B. Official dimensions for the playing field are eighty (80) yards in length and forty (40) yards in width, with ten (10) yard end zones.
- C. Spectators must remain behind the “fan line” that will be painted at least five (5) yards behind the sideline of the spectator area.**

III. The Players and Substitutions

- A. Each team on the field will consist of eight (8) players. The Game may **start and end** with seven (7) players present at the game.
- B. Any offensive formation will be allowed.
- C. The defensive formation is not restricted.
- D. All players are eligible to receive the ball from the quarterback.
- E. Direct runs by the quarterback across the line of scrimmage are not allowed. He/she must hand off or pass.
 - 1. Penalty shall be called when the quarterback crosses the line of scrimmage, but officials will allow play to be completed.
- F. Minimum Play Rule
 - 1. Each player must play a minimum of five (5) consecutive minutes which includes all offense, defense, and kicking plays, per half in each game. Officials’ time out (not charged to either team) shall be called to the nearest midway point of the quarter (5 minute mark) on the next dead ball.**
 - 2. Injuries that preclude the player from returning to the game are exceptions. Injuries that put the player out of play for more than one (1)

- play will be ruled upon at the discretion of the site monitor, and/or Recreation Specialist/Coordinator with respect to satisfying the minimum play rule.
3. Failure to adhere to the minimum play rule will result in forfeiture of the game.
 4. The official scorekeeper, site monitor, and/or Recreation Specialist/Coordinator shall determine compliance.
 5. **Substitutes must check in with the scorekeeper before entering the game in order to track their minimum playing time.**
- G. Officials shall not tolerate substitutions that are obviously made to delay the game.
- H. A substitute becomes a player when he enters the field and communicates with a teammate or an official, enters the huddle, is positioned in an offensive or defensive formation, or participates in the play.

IV. Game Time and Timeouts

- A. The Game starts with a coin toss. The winner may only choose to kick or receive.**
- B. The length of the game shall be four (4)- ten (10) minute quarters.
1. Stop clock will be used the last two (2) minutes of the second and fourth quarters.
 2. Clock shall stop for notification of two (2) minute warnings prior to the end of each half.
 3. During that time the clock stops only for incomplete forward passes, out of bounds, penalties, time-outs, change of possessions, and scores.
 4. After a penalty, the clock will start depending on the previous play.
 - a) The clock may be stopped while the officials confer regarding the enforcement of the penalty.
 - b) Once the officials have placed the ball back onto the spot and on their signal, the clock will restart.
 5. If a declared kick is attempted, the clock will not start until the ball is kicked.
 6. The clock will be stopped only when designated by an official, for time-outs, or after any score (touchdown).
- C. If a team is leading by a score of twenty-four (24) points or more, the “running time” clock will be used.
1. The clock will only stop for charged time-outs and official time-outs.
 2. After any score, the trailing team will be awarded the ball at their 35 yard line in lieu of a kickoff. Should the lead become less than a

twenty-four (24) point margin, the game will convert back to regulation timing and kickoffs.

a) If a team is trailing by twenty-four (24) points or more at the conclusion of the second quarter, that team will be awarded the ball at the 35 yard line to start the 3rd quarter, regardless of the results of the coin toss from the start of the game.

- D. Each team will receive four (4) time-outs per game. (60 seconds)
- E. Game time is forfeit time.

V. Tied Games

- A. The winner of a coin toss will determine whether to play offense or defense with the ball placed on the twenty yard line and which end of the field to play on.
- B. Both teams will have four plays to score from the twenty yard line, unless a penalty extends play.
 - 1. A team may start outside the twenty due to a penalty but cannot gain a first down by crossing the twenty.
- C. A team that scores will attempt a two point conversion.
- D. If both teams fail to score, the winner will be determined by the most yardage gained from the twenty yard line.
- E. If teams are tied in score and yardage, the overtime process will be repeated.
- F. Each team is allowed one timeout per overtime period and may not carry over timeouts to any additional overtime periods.
- G. Interception
 - 1. If team B intercepts and scores, the game is over. If they do not score, the ball is placed on the twenty to begin their series. Team A receives zero net yards for their possession.

VI. Coaches and Spectators

- A. Coaches and players must stay between the twenty (20) yard lines in the “Team Area” when on the sidelines. **During a time out, only one (1) coach may be on the field with the team, if the team chooses to remain on the field during the timeout.**
- B. **Only one coach is permitted to travel the entire field, all others must remain in the defined “coaches box” near their bench**
 - 1. **There will be a chalk outline around the bench determining the “box”**
 - 2. **If no coaches box is present, all coaches except the one traveling “20 to 20” must remain SEATED on the bench.**

- 3. Coaches may alternate positions if they wish**
- C. **The first game of the season for each team of the 3rd & 4th grade division, one coach may remain on the field during play of the game only to assist players in learning their field positions and must retreat 10 yards BEHIND their furthest back player before the ball is snapped.**
- 1. Coaches who interfere with gameplay may be issued penalties and/or be ejected and lose sportsmanship points.**
 - 2. Coaches must not yell or give direction once the ball is snapped. They are spectators on the field.**
- D. After a first warning, failure to comply with “A”, “B”, or “C” will result in flagging said coach/team for unsportsmanlike conduct.
1. If behavior persists, game may be forfeited or coach ejected at the discretion of the official, **site monitor, and/or Recreation Specialist/Coordinator. Also, a loss of sportsmanship points.**
- E. Spectators must remain in the stands whenever seating facilities are available. If stands are not provided, spectators will keep at least five (5) yards from the sidelines and end lines, and between the twenty (20) yard lines (“Spectators Area” **will be painted onto the field**).

VII. Equipment

- A. All game equipment, such as game balls, timers, flags, etc. will be furnished by the Recreation Department.
- B. Jerseys
1. Players must wear jerseys with numbers and **matching color schemes.**
 - a) All teams must provide their own tape to adjust jersey numbers.**
 - b) At the start of play, all jerseys must be tucked into pants/shorts to terminate one (1) inch above flag football belt line.
- C. Pants/Shorts
1. Each player must wear pants or shorts that are a different color than their flag. Flags are red and yellow.
 2. Pants or shorts that are worn that have belt(s), belt loop(s), exposed drawstring(s), or pocket(s) must be taped to the body prior to the game.
 - a) All teams must provide their own tape to adjust pants/shorts.**
- D. Flag Belt
1. All divisions shall use the City of Oxnard’s regulation three (3) flag belt system.
 2. Flags must be a contrasting color to their uniform.
 3. The flags must be a contrasting color to their opponent’s flags.

E. Shoes

1. Shoes with metal, ceramic screw ins, or detachable cleats are illegal.

F. Game Balls

1. **7th/8th Grade Boys and Girls Divisions shall use the intermediate/ youth size football (Size 8)**
2. **3rd Grade through 6th Grade Boys and Girls Divisions will use the junior size football, (Size 7)**
3. **Mighty Mite and 2nd Grade Divisions will use the Pee Wee/ K2 size football (Size 6)**

G. Personal protective equipment, such as knee guards, arm guards, etc. shall be inspected by officials prior to each game.

1. NO regulation tackle football equipment such as helmets, pads, etc. will be allowed.

H. Exposed jewelry such as wrist watches, bracelets, large or loop earring, hair accessories, and neck chains may not be worn during the game and may not be taped to the body.

1. Medical alert bracelets or necklaces are not considered jewelry, but if worn, must be taped to the body.

I. Casts (plastic or other hard substance in its final form) may not be worn during the game.

J. False nails are not permitted and natural nails must be cut to the length of a finger.

VIII. The Game

A. Encroachment is going into the neutral zone.

1. The Neutral zone is the length of the football and is defined as the space between the two scrimmage lines during a scrimmage down. This is established after the center has adjusted the ball, ready for hike.
2. If either team encroaches, the ball is dead, and a five (5) yard penalty assessed.

B. Blocking

1. Offense

- a) An offensive blocker may use only the standing block **(making an “X” across their chest, no extending arms)** with arms folded to the body.
- b) No part of the blocker’s body, except the feet, shall be in contact with the ground throughout the block.

- c) A four (4) point stance will be allowed only on the initial charge by linemen.
- 2. Defense
 - a) Defensive players are restricted in the use of hands to only pushing the shoulders and body of offensive blockers.
 - b) Slapping or striking is not allowed and will be penalized.
 - c) A maximum of 2 defensive players are allowed to rush the quarterback during a passing play**
- 3. No “downfield blocking” allowed on offense or defense. This includes “shielding” or “screening” the opposing team's player. Violations will be penalized based on severity of infraction.**
- C. Charging and Tackling
 - 1. The ball carrier may not run through a defensive player and must attempt to evade the defensive players. Tackling is not permitted.
 - a) tackling will be issued an instant ejection from the game.**
 - 2. The official, site monitor, and/or Recreation Specialist/Coordinator shall determine whether physical contact shall be deemed a “tackle”.**
 - 3. The defensive player must not hold nor run through a ball carrier and must play the flag, not the player or the ball.
- D. The quarterback is considered the ball carrier until he/she releases the ball.
 - 1. The quarterback has 7 seconds to pass the ball from the time it is hiked. Violation will result in a loss of down from the spot of the quarterback at 7 seconds.**
 - 2. Quarterbacks are not allowed to scramble /run across the line of scrimmage and must hand off or pass the ball within 7 seconds. Violation will result in a loss of down.**
- E. Defensive players may attempt to block a pass as long as contact is not made with the passer.
- F. In an attempt to remove the flag from the ball carrier, defensive players may contact the body of an opponent with their hands, but not their neck or head.
 - 1. A defensive player may not hold, push, or knock the ball carrier down in an attempt to remove the flag.
- G. Defensive roughness against the ball carrier.
 - 1. Penalty shall be 12 yards and/or violators involved in the following fouls may be ejected from the game at the discretion of the officials, site monitor, and/or Recreation Specialist/Coordinator:
 - a) Tackling the ball carrier
 - b) Holding the ball carrier
 - c) Blocking the ball carrier

- d) Tripping the ball carrier
- e) Pushing the ball carrier
- f) Charging the ball carrier
- g) Pushing out-of-bounds.

H. Kick-Offs

1. The kick-off shall be made from the thirty (30) yard line from either end of the playing area.
2. The receiving team must place a minimum of three (3) players within five (5) yards of midfield line.
3. The kick-off must originate from a City of Oxnard provided kicking tee.
4. Out of Bounds
 - a) In the event the ball goes out-of-bounds on the kick-off, between the kicking team's restraining line and the receiving team's thirty five (35) yard line, the receiving team shall have the following choices
 - (1) accept a five (5) yard penalty from the previous spot and have a re-kick.
 - (2) Put the ball fifteen (15) yards in from the sideline at the inbounds spot where the ball traveled out of bounds (right or left hashmark with no penalty)
 - b) If re-kick goes out of bounds, the receiving team must put the ball in play at the inbounds spot, or at the thirty-five (35) yard line if the ball goes out of bounds inside the receiving team's thirty-five (35) yard line. **If the rekick is invalid, it may not be attempted a third time.**
5. On-side Kick
 - a) There are no on-side kicks. The kicking team cannot recover an on-side kick. The ball becomes dead and is put in play at that point by the receiving team.

I. First Down

1. To keep possession of the ball, the offensive team must advance the ball past the zone lines in four downs. As soon as the ball is advanced over the zone line, the following down shall be first.

J. Putting The Ball Into Play

1. The ball is put into play by the center by the backwards snap or hand-off, including free kick situations.

K. Fumbled Ball

1. The ball is dead at the point of contact with ground behind the line of scrimmage.

2. Fumbles beyond the line of scrimmage, when the ball hits ground, ball is dead and spotted at the point of lost possession.
3. On a punt, kick, or interception, once possession is gained, if the ball carrier loses possession of the ball and hits the ground, the ball is dead and spotted at the point of lost possession.
4. An intentional fumble is considered unsportsmanlike conduct and will be penalized from the point of the infraction.

L. Punts and Kicks

1. A kick that touches a player of either team and then touches the ground is dead at the spot of touching.
2. Kicks or punts crossing the goal line shall be declared dead and automatic touchbacks, whether touched or not. **The ball will then be spotted on the 20 yard line to recommence play.**
3. All kicks must be declared on any down (1st through the 4th). The defensive team must have a minimum of three (3) players on the line of scrimmage until the ball has been kicked. **Neither team may cross the line of scrimmage until the ball has been kicked.**
4. On all free kicks, **the punter has 10 seconds** from the time of the snap to punt the ball. Punter must begin kicking motion behind the center (hiker).
 - a) **Failure to punt the ball in 10 seconds will result in a turnover of downs and an unsportsmanlike conduct penalty.**
5. **No fake punts**
6. **Punting team must allow sufficient space (5 yards) for punt return to catch the ball unimpeded**
 - a) **Violation of space will result in a 12 yard unsportsmanlike conduct penalty**

M. Illegal Hideouts and Extra Players

1. All players must break from the huddle before each play. If a team does not huddle, all players must be at least five (5) yards from the sidelines when the ball is put into play, or they shall receive a penalty.
2. If an official determines that there was an additional player(s) on field, the offending team will receive a penalty.
 - a) If a team is determined to have an extra player during a play that resulted in a touchdown, that score may be rescinded and down replayed, but the infraction must be caught immediately after the score. The offending team may receive additional penalties.

N. Passes and Hand-offs

1. All players are eligible receivers.

2. An incomplete lateral pass is a dead ball at the point of contact with the ground.
 3. An intercepted pass in the defensive team's end zone may be run out of the end zone or downed in the end zone.
 4. Touchbacks will be put in play at the twenty (20) yard line.
 5. There may be any number of legal lateral passes during a down
- O. A flag(s) removed inadvertently (not removed by grabbing and pulling) does not cause play to stop.
1. It shall continue as if the flag(s) had not been removed. In all situations where play is in progress and a ball carrier loses one or all flag(s) inadvertently, the deflagging reverts to a one-hand touch of the ball carrier between the shoulders and the knees; the ball would then be declared dead.
- P. Other causes for a ball to be declared dead shall include:
1. When the ball goes out-of-bounds or the ball carrier goes out-of-bounds.
 2. When a forward pass becomes incomplete.
 3. When a touchdown, safety, or touchback is made.
 4. When the ball carrier touches his/her knee to the ground.
 5. When any lateralled ball, centered ball, backward or sideward pass strikes the ground.
 6. At any other time the Official declares the ball "dead".

IX. Unsportsmanlike Conduct

- A. Swearing, obscene language or actions either on or off the playing field by the players, coaches, or spectators, will not be tolerated **and will result in an automatic ejection and loss of sportsmanship points**
- B. No player may show baiting or taunting acts or words, which engenders ill will or any delayed, excessive or prolonged act by which a player attempts to focus attention upon himself. **This may result in a loss of sportsmanship points.**

X. Safety

- A. Shall be called should the following situations occur:
 1. A fumble in one's own end zone.
 2. Ball carrier's flag is pulled in his own end zone

3. A blocked punt is downed by the offensive team in their own end zone.
 4. A dropped sideward or backward pass in the end zone.
 5. A blocked punt, which rolls out of the end zone.
 6. Offensive foul in your own end zone.
- B. After a safety, the offensive team is allowed one play on their twenty (20) yard line to kick to the opposing team.
1. The ball is free after traveling ten (10) yards, or when touched by the receiving player.

XI. Changing Goals

- A. Teams shall change goals at the start of the second, third, and fourth quarter.

XII. Scoring

- A. Touchdown – 6 POINTS
- B. Safety – 2 POINTS
- C. Conversion – 1 POINT. The ball shall be placed 2 yards from the goal line for the attempt.
- D. Conversion – 2 POINTS. The ball shall be placed 5 yards from the goal line.
- E. There will be NO kicking conversions allowed.
- F. Forfeit – Score = 28 points for winning Team, 0 points for losing team**

XIII. Penalty Enforcement

- A. No single penalty may be assessed that will move the ball more than half the distance to the goal line, whether the penalty be against the offensive or defensive team.
- B. For any fouls between downs, enforce from the spot of the snap.
- C. For any fouls between downs, the following enforcement principles apply:
1. If defensive foul occurs during loose ball play:
 - a) free kick, pass, or fumble behind the scrimmage line. Enforced from the line of scrimmage.
 2. If the offensive team fouls behind the line of scrimmage on above plays, enforce from the spot of the foul.
- D. If a foul occurs during a running play, enforcement of such a penalty shall be from the end of the run.

1. A running play is any run not followed by a pass, kick, or fumble behind the line of scrimmage
- E. If the offensive team fouls behind the end of the run, enforce from the spot of the foul.
- F. If the last defensive player between the ball carrier and the goal line commits a foul on the ball carrier, a touchdown shall be awarded.
- G. Any penalty which involves a loss of down and occurs in a play following change of possession shall be enforced from the spot of the foul.
 1. The team obtaining possession will have a first down after the penalty is enforced.
- H. A period must be extended by an untimed down, except for unsportsmanlike or nonplayer fouls, if during the last timed down, one of the following occurred:
 1. There was a foul by either team and the penalty was accepted.
 2. There was a double foul.
 3. There was an inadvertent whistle and the down is to be replayed.
- I. Basic Enforcement Spot (BES)
 1. If a foul occurs during a down, the basic enforcement spot is fixed by the type of play. There are two types of play:
 - a) If a foul occurs during a running play, the basic enforcement spot is the previous spot.
 - b) If a foul occurs during a running play, the basic enforcement spot is the spot where the related run ends. The run ends where the player loses possession if his run is followed by his fumble or pass. If the runner does not lose possession, his run ends where the ball becomes dead.

XIV. Inadvertent Whistle

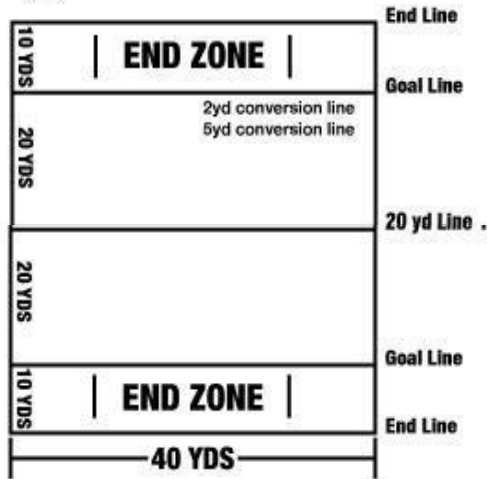
- A. The ball is dead and the down is ended when an official sounds his whistle inadvertently.
 1. When a penalty is declined for a foul, which occurred during the down, and there is an inadvertent whistle while:
 - a) A legal snap or pass is in flight, or during a kick, the down will be replayed.
 - b) A player is in possession, the team may choose to accept the play at that point or replay the down.

Mighty Mites & 2nd Grade Flag Football

- A. Game will be played 6 vs 6, but may start or end with 5 players**
- B. The home team starts with the ball on their 10 yard line. At halftime, the visiting team starts with the ball on their 10 yard line**
- C. Game will be four 8- minute quarters with a 5 minute half time**
 - 1. No overtime periods**
 - 2. Subs every 4 minutes (officials will call an official timeout close to the halfway mark of each quarter, during a dead ball)**
 - 3. All new subs must check in at scorers table to track playing time**
- D. Two coaches for offense and defense are permitted on the field at any given time**
 - 1. However, there should always be one coach on the sideline supervising their team**
 - 2. Coaches on the field may not make contact with any active player while the play is in progress**
 - c) Defensive Violation:**
 - (1) Will result in an automatic first down**
 - d) Offensive Violations:**
 - (1) Will result in automatic turnover**
- E. No kick offs.**
 - 1. Play starts at the offensive 10 yard line with teams changing sides at the end of every quarter.**
- F. On turnover-on-downs, play restarts on the new offensive teams 10 yard line**
- G. Defense may not rush the ball carrier and attempt to pull their flags until the ball crosses the line of scrimmage**
 - 1. If the ball carrier crosses the line of scrimmage and retreats back across it, defense may pursue the ball carrier and pull the flag**
 - 2. Violation will result in continue of the play and automatic first down**
- H. Passing plays are permitted**
- I First down by crossing the 20 yard line. 40 yard long field with 10 yard end zones**
- J. No punting and no conversion attempts after score**
- K. Tackling can result in sitting out for one quarter, up to ejection from the game. (depending on severity of infraction. Referees will decide)**
- L. The clock is always running. Each team has 4 timeouts (60 seconds)**

Mighty Mite and 2nd Grade Field Dimensions

Flag Football Field



Contact Us

Oxnard Team Sideline webpage:

<https://teamsideline.com/Oxnard>

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