

FLAG FOOTBALL RULES

THIS SECTION IDENTIFIES RULES SPECIFIC TO THE OPERATION OF THE FLAG FOOTBALL PROGRAM. IT IS NOTED THAT THE COACHES WITHIN THIS DIVISION ARE RESPONSIBLE FOR UNDERSTANDING AND ADHERING TO THE RULES AND BY-LAWS GOVERNED BY THE ENTIRE DOCUMENT.

ALL DIVISIONS

ARTICLE I: PARTICIPATION AND CONDUCT FOR ALL

FLAG COACHES WILL BE RESPONSIBLE FOR SETTING UP THE FIELD ON SATURDAYS. AN ITEMIZED LIST OF DUTIES WILL BE SENT PRIOR TO OUR FIRST GAME.

WE ARE A CONTACT FLAG LEAGUE EVEN WITHOUT THE HELMETS. OUR LEAGUE ENCOURAGES HANDS OUT AND TO THE CHEST LINE BLOCKING.

EACH PLAYER SHALL WEAR A FLAG JERSEY WITH AT LEAST THREE (3) FLAGS. THESE FLAGS ARE TO BE LOCATED BEHIND AND ON BOTH SIDES OF THE PLAYER.

RUBBER CLEATS ARE OPTIONAL, HOWEVER STEEL OR METAL CLEATS ARE PROHIBITED.

MOUTH GUARDS ARE HIGHLY RECOMMENDED AND THE LEAGUE WILL ISSUE ONE NON-TETHERED MOUTHGUARD TO EACH PLAYER. IF AND WHEN A PLAYER LOSES THEIR MOUTH GUARD, IT WILL BE THE PARENT'S RESPONSIBILITY TO REPLACE. REMEMBER TO TELL YOUR PARENTS THAT THEY WILL HAVE TO CUT BACK AND TRIM THE MOUTH GUARD TO FIT PROPERLY.

THE FOOTBALL WILL BE A JUNIOR / PEEWEE SIZED (K2) YOUTH FOOTBALL SUITABLE FOR 5-6 YEAR OLDS.

REFEREES WILL BE COACHES FROM THE JUNIOR AND SENIOR TEAMS.

NO MORE THAN TWO (2) COACHES ARE ALLOWED ON THE FIELD DURING THE GAME.

SUBSTITUTE PLAYERS ARE TO REMAIN ON THE SIDELINE WITH PROPER SUPERVISION.

FRESHMAN DIVISION

ARTICLE I: PARTICIPATION AND CONDUCT FOR ALL

26 MINUTE CONTINUOUS CLOCK

WE WILL PLAY 9 ON 9 GAMES WITH NO MORE THAN 6 OFFENSIVE PLAYERS ON THE LINE. IF YOU USE A WIDE RECEIVER, THEY HAVE TO BE A FULL STEP OFF THE LINE.

PLAY WILL START ON THE 30 YARD LINE AND YOUR TEAM WILL HAVE 6 DOWNS TO PUT IT IN THE END ZONE.

NO MORE THAN 2 TD'S PER GAME PER PARTICIPANT. THIS RULE IS IN EFFECT TO HELP SPREAD THE BALL AROUND AND GET MULTIPLE KIDS REPS AT CARRYING THE BALL. WE WOULD REALLY LIKE TO SEE ONLY ONE TD PER GAME PER PARTICIPANT.

ALL PLAYERS ARE TO PLAY EQUAL TIME AND HAVE AN OPPORTUNITY TO HANDLE THE FOOTBALL IN A GAME SITUATION.

ARTICLE II: OFFENSIVE RULES

THERE WILL BE NO QB SNEAKS, HOWEVER, A QB DRAW (MINIMUM TWO STEP DROP) IS ALLOWED.

THE CENTER WILL SNAP THE BALL TO A BACK ON EACH PLAY. THE SNAP NEEDS TO BE A CLEAN TRANSFER OF POSSESSION FROM THE CENTER TO THE BACK. SHOTGUN SNAPS ARE ALLOWED BUT THEY NEED TO BE CLEAN AND NOT HIT THE GROUND. CENTER SNEAKS ARE NOT ALLOWED.

THE BALL SHALL BE CARRIED ABOVE THE FLAGS WITH THE FREE HAND AWAY FROM THE OTHER FLAGS. NO FLAG GUARDING ALLOWED. IF FLAG GUARDING OCCURS, (HOLDING THE FLAG WITH THE OTHER HAND) THE PLAYER WILL IMMEDIATELY BE CALLED DOWN.

STIFF ARM PROTECTION FROM THE BALL CARRIER IS ALLOWED BELOW THE HEAD ONLY. A STIFF ARM TO THE HELMET, FACEMASK, OR NECK OF AN OPPOSING PLAYER WILL YIELD AN IMMEDIATE END OF THE PLAY.

FUMBLES ARE AUTOMATIC DOWNS AND END THE PLAY. A FUMBLE OR INTERCEPTION DOES NOT RESULT IN A CHANGE OF POSSESSION.

BLOCKING ACTIONS SHOULD KEEP THE HANDS INSIDE THE DEFENDING PLAYERS SHOULDERS WITHOUT GRASPING THE JERSEY. HOLDING IN ANY FORM IS NOT ALLOWED.

REFEREES WILL ENCOURAGE THE OFFENSE TO PICK UP THE PACE IF IT APPEARS THE OFFENSE IS STALLING OR OFFICIALS PERCEIVE PLAY TO BE SLOW. A LOSS OF DOWN MAY RESULT IF EXCESSIVE PLAY CLOCK IS BEING USED BY THE OFFENSE.

ARTICLE III: DEFENSIVE RULES

TACKLING OF THE BALL CARRIER IN ANY WAY, SHAPE, OR FORM IS PROHIBITED.

HOLDING THE BALL CARRIER IN AN ATTEMPT TO PULL THE FLAG IS NOT ALLOWED.

NO PLAYER IS ALLOWED TO LINE UP IN FRONT OF THE CENTER POSITION OR THE GAPS TO THE RIGHT OR LEFT OF THE CENTER. DEFENDERS ARE TO LINE UP NO CLOSER TO THE CENTER THEN HEAD UP ON THE OFFENSIVE GUARDS. A MIDDLE LINEBACKER CAN LINE UP OVER THE CENTER, BUT HE HAS TO BE 3 STEPS OFF THE LINE.

THE DEFENSIVE LINE IS NOT ALLOWED TO RUSH. DEFENSIVE LINEMEN MUST CROSS THE LINE AND SETTLE IN "HEELS DEEP" THEN PURSUE THE BALL CARRIER. THIS IS TO ALLOW THE OFFENSE TIME TO GET THE PLAY STARTED.

THERE ARE TO BE FOUR (4) DEFENSIVE PLAYERS THAT LINE UP ON THE LINE OF SCRIMMAGE. ANY DEFENSIVE PLAYER LINING UP AS A DEFENSE END MUST BE A FULL YARD OFF THE LINE OF SCRIMMAGE. ANY DEFENSIVE PLAYER LINING UP AS A LINEBACKER, CORNER OR SAFETY MUST BE TWO (2) FULL YARDS OFF THE LINE OF SCRIMMAGE.

DEFENDERS ARE NOT ALLOWED TO STRIP OR TRY TO CAUSE A FUMBLE FROM THE OPPOSING TEAM'S BALL CARRIER.

DEFENSIVE PLAYERS ARE NOT TO CALL OUT OFFENSIVE SIGNALS DURING THE OPPOSING TEAM'S OFFENSIVE CADENCE.

SOPHOMORE DIVISION

ARTICLE I: PARTICIPATION AND CONDUCT FOR ALL

30 MINUTE CONTINUOUS CLOCK

WE WILL PLAY 9 ON 9 GAMES WITH NO MORE THAN 6 OFFENSIVE PLAYERS ON THE LINE. IF YOU USE A WIDE RECEIVER, THEY HAVE TO BE A FULL STEP OFF THE LINE.

OFFENSES WILL HAVE 4 DOWNS TO ADVANCE THE BALL 10 YARDS. IF A TEAM MAKES TEN YARDS OR MORE IN FOUR DOWNS, THEY HAVE ANOTHER 4 DOWNS TO MAKE IT THE NEXT TEN YARDS. IF NOT, IT IS A TURNOVER ON DOWNS AND THE BALL IS RESET AT THE 30 YARD LINE.

TURNOVERS WILL BE IN EFFECT AND WILL RESULT IN THE PLAY BEING CALLED DEAD AND RESET ON THE 30 YARD LINE WITH THE RECOVERING TEAM ON OFFENSE.

ALL PARTICIPANTS MUST HAVE A STARTING POSITION EITHER ON OFFENSE OR DEFENSE. A PLAYER DOES NOT HAVE TO PLAY THE ENTIRE GAME AT THIS STARTING POSITION AS SUBSTITUTIONS WILL BE ALLOWED AND ENCOURAGED.

REFS CAN CALL ONE OF 4 PENALTIES WHICH WILL RESULT IN A LOSS OF DOWN (EXCEPT A FALSE START) AND TEAMS WILL BE PENALIZED 5 YARDS.

1. HOLDING. THIS PENALTY WILL BE CALLED IF THE INFRACTION AFFECTS THE FLOW OF THE BALL CARRIER.
2. OFFSIDES
3. FALSE START
4. PERSONAL FOUL - THIS PENALTY BASICALLY LUMPS ANYTHING THAT THE REF CONSIDERS AN INFRACTION THAT PUTS THE PLAYERS AT RISK OF INJURY OR SIGNIFICANTLY REDUCES THE QUALITY OF PLAY. EXAMPLES INCLUDE, BUT AREN'T LIMITED TO, A BLOCK IN THE BACK, EXCESSIVE OR OVERLY ENTHUSIASTIC BLOCKING, ATTEMPTING TO TACKLE THE BALL CARRIER, TRIPPING AND UNSPORTSMANLIKE CONDUCT.

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