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# Flag Football Game Rules

- Objective:** To introduce kids to football in a safe and fun way.
- Schedule:** Weeks 1, 2 & 3 – Practice 2 days a week for a maximum of 60 minutes per practice.  
Weeks 4 thru 8 - Practice 1 day a week for a maximum of 60 minutes, with a game on Sunday.  
Any games postponed due to weather will be made up on at the end of the season.
- Coaches Role:** Make it fun!  
Teach the skills they need for the next level. Remember this is a developmental league.  
Embody good sportsmanship.  
Only one coach will be on the field and in the huddle.  
Any additional coaches will be on the sidelines to handle substitutions and sideline players.
- Field Size:** Approx. 60 x 30 yards  
Includes 5 yard end zone  
First down lines
- Game Timing:** Approx. (2) 20-minute halves (running clock)  
2-minute halftime  
60 seconds between plays
- Players:** Offense- 1 QB, 1 RB, 1 WR, 1 C, 2 Ends  
Defense- 1 NG, 2 Ends, 1 CB, 2 LB  
Players rotate from scoring positions to line, as well as in & out of game, **on an equal basis.**  
Every player must handle the ball for at least **2 series** throughout the season.  
**There must be 4 players on the line at the start of each snap.**
- Playing the game:**
- Home team (team listed first on schedule) starts with the ball at the 10 yard line.
  - Four downs to get to each first down line.
  - All players will have their shirts tucked in and flags exposed.
  - Scoring: **No score is recorded and standings are not kept. This is a developmental league intended to help the kids learn the fundamentals that they will need for the next level.**
- Running**
- Quarterback cannot run with the ball until the defense rushes him **after** the 5-mississippi count.
  - An Official will stand on the LOS and provide the out loud count for the 5-mississippi rush.
  - The player who takes the handoff can throw the ball from behind the line of scrimmage.
  - Once the ball has been handed off, all defensive players are eligible to rush
  - Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving), no stiff arming or defending your flag.
  - The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
- Receiving**
- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
  - Only one player is allowed in motion at a time.
  - A player must have at least one foot inbounds when making a reception.
- Passing**
- All passes must be forward and received beyond the line of scrimmage.
  - The quarterback will be the person that receives the snap and will be subject to rules of quarterbacks.
  - QB sneaks will not be allowed.

## Dead Balls

- The ball must be snapped between the legs, not off to one side, to start play. **If ball touches ground, it's a dead ball at the spot of the ball hitting the ground.**  
**\*Note: There are no fumbles. The ball is spotted where the ball hits the ground.**
- Substitutions may be made on any dead ball.
- Play is ruled dead when:
  - Ball carrier's flag is pulled.
  - Ball carrier steps out of bounds.
  - Touchdown or safety is scored.
  - Ball carrier's knee hits the ground.
  - Ball carrier's flag falls off.

## Rushing the QB

- The 5-mississippi count will be conducted, out loud by the Official at LOS.

## Blocking

- It is illegal to initiate contact using any part of the body. You may legally obstruct an opponent using a **Screen Block**. Screen blocking shall take place with as little contact as possible. **The blocker shall have their hands and arms across their chest or behind their back.** A screen blocker cannot use their hands, arms, elbows, legs, or body to initiate contact. If they do initiate contact it will be called Illegal Contact and penalized 10 yards and loss of down. If a player is called for Illegal blocking 3 times in 1 game, they will have to sit-out the first 10 minutes of the next game.
- Screen blockers may not:
  1. Take a position closer than a normal step when behind an opponent.
  2. Make contact when assuming a position at the side or in front of an opponent.
  3. Take a position so close to an opponent that they cannot avoid contact by stopping or changing direction.

## Spotting the Ball

- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
- Four downs to get to each first down line.
- If the offense does not succeed in getting a first down, the ball is then spotted on the defensive team's 10 yard down line and then take over on offense.

## **PENALTIES**

### Defense:

- Offsides- 5 yards and automatic first down
- Interference- 10 yards and automatic first down
- Illegal contact- (holding, blocking, etc.) 10 yards and automatic first down
  - If a specific child is caught a 2<sup>nd</sup> time, that child will have to sit out 1 series of downs.
- Illegal flag pull (before receiver has ball) 10 yards and automatic first down
- Illegal rushing- (crossing the line of scrimmage before 5-mississippi without the ball being handed off) 10 yards and automatic first down
- Personal foul – child/children will be sat down for 2 series of downs. If a 2<sup>nd</sup> infraction of this nature happens any other time through the season, that child will have to miss the next game.

### Offense:

- Illegal motion- (more than one person moving, false start, etc.) 5 yards and loss of down
- Illegal forward pass- (pass received behind line of scrimmage)- 5 yards and loss of down
- Offensive pass interference- (illegal pick play, pushing off/away defender) 10 yards and loss of down.
- Flag guarding 10 yards (from line of scrimmage) and loss of down
- Delay of game Clock stops, 10 yards and loss of down

**\*Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.**