



K-1st Grade Flag Football Rules

The goal of flag football is to introduce young athletes to the game of football in a “non-contact” environment. This program will provide a learning setting with emphasis in the following areas of the game:

1. Proper fundamentals
2. The various football positions
3. The skills required at each of the positions
4. Football terminology
5. The rules of the game
6. Good sportsmanship

It is our strong belief that when these aspects of the game are taught without introducing the element of contact, young players will be better prepared to play the game in the future. This is an instructional and developmental league with a secondary emphasis on competition. The non-contact rule will be strictly enforced by the coaches/referees.

SQUAD SELECTION

1. Teams will consist of approximately 9-12 players.

EQUIPMENT

1. Game jersey, flags and belt (provided by league)
2. Good fitting athletic shoes – molded cleats are allowed.
3. Mouth guard (recommended)
4. Water bottle (recommended)

PRACTICE/SCRIMMAGE/GAME

1. Teams will practice, scrimmage or play games at most two times per week for no longer than 1½ hours each.

FIELDS

1. 60 yards long and 40 yards wide with 10-yard end zones. First downs will be measured by 15-yard permanent markers.

GAMES

1. Each game will consist of two 25-minute halves, running time. Clock will only stop after touchdowns in last 2 minutes of each half.

2. A coin toss determines who gets the ball on offense first. The loser of the coin toss takes the initial offensive possession of the second half.
3. Each team is allowed four downs to make a first down or score. 15 yards for a first down. If the offensive team fails to get a first down or touchdown, possession of the ball changes and the opposite team starts at the first down that the offense failed to get to.
4. In the event of a tie, each team will be given four plays to score from the 15 yard line with an ensuing extra point try. If the game is still tied, it will be recorded as an official tie.
5. 6 offensive and 6 defensive players and a maximum of two coaches from each team are allowed on the field.
6. A new backfield must accompany each offensive series.
7. Coaches are encouraged to huddle their offense quickly and start a new play in a timely fashion. A 45 second time limit is enforced between plays.
8. The coaches on the field are to work together to referee the game.

PLAYING TIME/PARTICIPATION

1. Players must play half of the game on offense and half of the game on defense.
2. With every new offensive series, players should play different offensive positions.
3. Over the course of a game, try and rotate all players through all 6 offensive positions.
4. If a coach/referee notices a player repeating an offensive position during the game (including quarterback), a warning will be issued. If this behavior continues, it will result in a 15-yard penalty with loss of down. While everyone wants to win, participation and skill development are more important.

TYPICAL PLAY SEQUENCE

1. All offensive players except the quarterback should be in a 3-point stance. The quarterback should be under center for a direct snap.
2. All defensive players should be in a 2-point stance, aligned no deeper than 5 yards from the line of scrimmage. See the figure below for a typical formation.
3. Quarterback will call signals to initiate snap.
4. Once the ball is snapped, the coach/referee shall start a 3 count.
5. The offense will get a 3 count to develop a play. A fumble behind the line of scrimmage during this count may be retrieved and play continues.
6. Once the 3 count is reached, the defensive team may cross the line of scrimmage.
7. The 3 count is not in effect once the ball is handed off or the quarterback leaves the pocket. Once this occurs, the defense is allowed to cross the line of scrimmage.
8. Fumbles after the 3 count are dead balls and cannot be advanced. The ball will be placed at the spot of the fumble.
9. Interceptions, tipped passes or fumbles caught out of the air can be advanced by either team. The play is over when either a player in possession of the ball has

one of their flags removed by an opposing player, one knee touches the ground, the ball carrier steps out of bounds, a fumble, a dropped pass, or a score.

SCORING

1. Touchdown: 6 Points
2. Extra Point: 1 Point (from 5 yard line)
3. Safety: 2 Points and loss of possession.

OFFENSE

1. All players on offense are eligible receivers. Including the quarterback.
2. There must be 3 players on the line of scrimmage. See the figure below for a typical formation.
3. The quarterback must take a direct snap from center.
4. A team must have one running back in the backfield no wider than three yards from the quarterback.
5. Only one player is allowed to be in motion at a time.
6. Picks and screens on pass patterns are illegal.
7. At least one foot must be in bounds when making a reception.
8. A player may not be moving forward when blocking. A shuffle, in order to screen a defender is permitted. If contact is made, the offensive player should have their feet set as in basketball. Arms must be bent at the elbow and within reasonable range of the width of the player's shoulders (normal blocking technique applies).
9. Offensive players may obstruct opponent's path to the ball carrier, but not make substantial contact with the opponent.
10. All offensive players, except the quarterback, must be in a 3-point stance at the snap of the ball.
11. No stiff-arm or slapping away defenders arms. Penalty: 5-yard from infraction.
12. All fumbles are dead balls except offensive players may play the ball if dropped and picked up behind the line of scrimmage during the coach's/referee's count. No possession change. This avoids players going into a pile to retrieve the ball which may cause injury.
13. A fumble caught out of the air or deflected pass may be advanced by either team.
14. 45-second time limit between plays.

DEFENSE

1. Defensive players may not initiate contact.
2. A defensive player may only grab for one flag. This will eliminate contact that would resemble a tackle. Pushing or tackling: 15-yard penalty from infraction.
3. When a defensive player grabs the opponent's flag, they shall stop immediately and hold the flag high over their head or throw it to the ground at their feet. This is for spotting purposes.

4. Defensive players shall not cross the line of scrimmage until the count of three by the coach/ referee: 5-yard penalty from line of scrimmage.
5. Defensive players may play man-to-man coverage.
6. Defensive players shall start each play in an athletic, 2-point stance, and align no deeper than five yards from the line of scrimmage.

SPECIAL TEAMS

1. There are no kick-offs. At the start of the game, start of the second half, and after the other team scores a touchdown, the opposite team's offense starts at the 15 yard line.
2. There are no punts. If the offensive team fails to get a first down or touchdown, possession of the ball changes and the opposite team starts at the first down that the offense failed to get to.

DEFENSIVE PENALTIES

1. Offsides: 5 yard penalty from line of scrimmage
2. Illegal Procedure: defensive players lined up deeper than 5 yards -- 5 yard penalty from line of scrimmage.
3. Illegal Contact: defensive initiated contact -- 5 yard penalty from line of scrimmage
4. Excessive Contact: pushing, tackling, or grabbing for more than one flag -- 15 yard penalty from spot of foul

OFFENSIVE PENALTIES

1. Offsides/False Start: moving forward before the ball is snapped -- 5 yard penalty from line of scrimmage
2. Delay of Game: 45 second clock expired -- 5 yard penalty from line of scrimmage
3. Illegal Motion: more than one player in motion at a time -- 5 yard penalty from line of scrimmage
4. Illegal Forward Pass: a player throwing a pass once they have gone beyond the line of scrimmage -- 5 yard penalty from line of scrimmage and loss of down
5. Offensive Pass Interference: pick play or pushing off -- 5 yard penalty from line of scrimmage and loss of down
6. Illegal Procedure: Moving forward while blocking, less than 3 players on line, all players excluding the quarterback not in 3 point stance -- 5 yard penalty from line of scrimmage.
7. Unsportsmanlike Conduct: offensive player repeats at a position (including the quarterback) for consecutive offensive series or in a way that limits participation to only "star" players -- 15 yard penalty from line of scrimmage and loss of down, after first warning.
8. Illegal Contact: stiff-arm, slapping defenders away -- 5 yard penalty from spot of foul

9. Excessive Contact: pushing, tackling or blocking to ground -- 15 yard penalty from line of scrimmage

