

2007 Flag Football Rules

1. FIELD DIMENSIONS

- a. The game will be played on a field rectangular in shape, 60 yards long and 30 yards wide with 10-yard end zones.
- b. The field will be divided into three zones of 20 yards each.

2. GAME TIMING

- a. Each game will consist of four quarters. The 2-4 grade (ages 7-9) league will play ten-minute quarters, running time. Half time will be five minutes.
- b. In the event of a tie, the game will go into "Kansas Plan" overtime, the ball will be placed on the 10yd. line.
- c. Someone, other than the referees, will be the designated timekeeper. This person must be an adult and will be identified for the coaches prior to the start of the game. The timer must announce the time every minute to the referees.
- d. The clock will stop when a team scores on any play. The clock does not run during an extra point attempt. The clock will start again on the ensuing kick-off.
- e. In the event of a discussion between the referees and/or coaches that may delay the game and take playing time away from the kids, the clock should be stopped. This will be done at the referee's discretion.
- f. On a delay of game penalty, the clock will stop and not start again until the ball is put into play-i.e. Snapped, kicked, etc.

3. PLAYERS AND SUBSTITUTIONS

- a. Each team will consist of eight players, one of whom will be designated as the captain.
- b. It is the responsibility of the captain to interpret and make decisions on the referee's calls. No one, other than the team captain, is to discuss game matters with the referees.
- c. Unlimited substitutions may be made.

4. GENERAL PLAYING REGULATIONS

- a. Each player will be given their own uniform and each player is required to wear it to play in a game.
- b. Metal cleats, helmets, or hard, leathery-type pads are prohibited. Rubber cleats, knee pads, elbow pads and a mouth piece may be worn.
- c. All players will wear a belt around his/her waist with two flags attached, but not tied, to the belt. Securing flags to anything but the prescribed place on the belt will result in a major infraction.
- d. Minimum flag length will be 14 inches.
- e. All jerseys (and any shirt worn under it) MUST be tucked in. The Velcro tab on the belt where the flags attach must be turned to the outside. The extra length of the belt (at the buckle) must be tucked in so it is not hanging down at all.
- f. All players are eligible to catch a pass and run with the ball, no matter the position.

(EXCEPTION: The center may not run with the ball directly after the snap-i.e. no center eligible or center sneak.)

g. The offensive team must have at least four men on the line and at least one in the backfield prior to the start of the play.

5. BLOCKING AND DEFENSE

a. There shall be no tackling of the ball carrier, passer, or kicker.

b. The player carrying the ball is down when either of his/her knees touches the ground. The defensive player should drop the flag on the ground where it was removed and should refrain from throwing it up or away from the play. The defensive player cannot hold or push the ball carrier to remove the flag.

c. The offensive players will not be penalized if the defense pulls out the runner's shirt or inadvertently grabs the runner's belt and turns it. The play is still live until a flag is removed; the runner's knee touches the ground or the runner steps out of bounds.

d. There shall be no violent or overly strenuous blocking. A blocker may not leave his/her feet. No part of the blocker's body except his/her feet may be in contact with the ground during the block.

e. NO blocking below the waist.

6. DOWNS

a. A team given four downs to move the ball from where it is first PUT into play into the next 20-yard zone.

b. If the team is unable to advance into the next zone, the other team is awarded the ball. If the team does advance into the next zone, a new set of downs is given- a first down.

c. If the passer's arm is in forward motion at the time his/her flag is removed, he is allowed to continue the pass without penalty. However, there is no intentional grounding. Intentional grounding will result in a three-yard penalty and the loss of the down.

d. Laterals and backwards pitches may be attempted from any point on the field and to anyone.

e. An incomplete lateral or pitch will be declared a fumble.

f. In the case of defensive pass interference, the ball will down where the penalty occurs and an automatic first down will be awarded to the offense. If the infraction occurs in the end zone, the ball will be placed on the one-yard line and a first down will be given to the offense.

g. In the event that an offensive and defensive player jump to catch a pass and they both come down with possession of the ball, the ball will be awarded to the offense at the point of the catch was made, unless the defensive player gets possession before the play is whistled complete.

h. A player may lateral the ball forward if he is behind the line of scrimmage. If the player that is intended to receive the lateral is behind the line of scrimmage, the attempt will be considered a pitch and ruled a fumble if dropped. If the intended receiver is beyond the line of scrimmage, it will be considered a pass and ruled incomplete if dropped.

8. KICK-OFFS

- a. The kicking team will kick from their own 20 yard line.
- b. The receiving team must have at least four players on the 30 yard line. The remaining players can be anywhere on the field behind the thirty yard line.
- c. No outside kicks are allowed. A ball recovered by the kicking team will be given to the receiving team at the point the ball was recovered. Kick-offs must go a minimum of ten yards. If the kick fails to go this distance, a three yard penalty will be assessed and the kick repeated. The clock starts when the ball is touched on the kick-offs.
- d. Any kick that goes out of bounds, before being touched, will be given to the receiving team at the thirty yard line.
- e. Any kick that goes through the end zone will be given to the receiving team at the twelve yard line, unless the receiving decides to advance the ball out of the end zone. They can either down it in the end zone or advance it out of the end zone.

9. PUNTING

- a. If a punt is to be made, the offensive team must announce its intentions before the ball is snapped.
- b. After the announcement, the kick must be made and neither team may cross the line of scrimmage until the ball is kicked.
- c. The receiving team must have at least four men on the line of scrimmage.
- d. If the punt goes out of the end zone, the ball is marked at the twelve yard line. However, if the receiving team catches the ball in the end zone, they can either advance it out of the end zone or down it in the end zone and they would get the ball on the twelve yard line.
- e. If a punt goes out of bounds without being touched, the ball is marked at the point where it goes out of bounds.

10. KICKING AND PUNTING

No fumble shall be called on a kick-off or a punt until after the receiver has had an opportunity and has had control of the ball. The ball can not be advanced by hitting the receiver's body and rolling forward unless the receiver is able to pick up the ball and advance it. If the ball touches a receiver and rolls backwards the ball can still be picked up and advanced or downed in the end zone. Once a defensive player touches the ball on any kick or punt, the ball is marked down at that spot.

11. MISCELLANEOUS

- a. Fumbles-Any ball which touches the ground after being in control of an offensive player is considered a fumble. Any ball which is fumbled will be declared dead and put into play at the point where the fumble occurred.
- b. Timeouts-Each team will receive three timeouts for the course of the game. They may be used at any time. A timeout will last for one minute and will stop the clock until the ball is put into play again.
- c. Huddles-A team is allowed 30 seconds in a huddle. A coach is allowed to go into the

huddle, but must be off the field prior to the snap. This is the only time a coach is allowed on the field.

d. Any inadvertent whistle or penalty flag will result in the play being dead, offense may take the play from the point of the whistle or replay the down.

e. In the event of off-setting penalties, the down will automatically be played over.

f. If a safety is scored, the team that was scored on has the option of either punting or kicking the ball to the scoring team. The ball will be spotted at the twelve yard line for this with the receiving team lining up with at least four players on the 22 yard line.

12. PENALTIES

Minor penalties- 5 yards.

Offsides, illegal motion, delay of game, illegal use of the hands.

Major penalties-10 yards.

Holding, pushing runner, illegal participation, tackling, leaving the feet while blocking, clipping, stiff arming, flag guarding, unsportsmanlike conduct.

Other infractions.

a. It shall be illegal for a player to remove an opponents flag deliberately unless that player is in possession of the ball. (5 yards)

b. It is illegal for the ball carrier to touch his flags or to put his arm down in an attempt to defend his flags for a defensive player. ("flag guarding" 10 yards)

c. When the offense is set, they can not move. (except for a man in motion) If they jump, they will be flagged for a 5-yard offsides penalty. The play is blown dead only on a offensive offsides penalty. If the defense jumps, they can get back before the ball is snapped, if they don't make contact with an offensive player.

d. Any player who illegally fastens his/her flags to his/her belt will result in a 10 yard penalty. The player will be ejected from the game if a second offense occurs.

e. An individual receiving two "unsportsmanlike conduct" penalties will be ejected from the game. (The player can be ejected because of the first penalties depending on the severity of their action.)

Coaches will receive one warning concerning their conduct. On the second offense, they will be ejected. If a coach is ejected twice during the season, they will no longer be coaching in our program. Coaches are also responsible for the conduct of all parents, siblings, and spectators on their sidelines.

HAVE FUN!!!