

2008 Flag Football Rules

1st/2nd Grade Division

1. Players

- Each player will play every game. If a team has more than 8 players, coaches must strive to provide equal time for all players present. A player will be allowed to participate in a game if the player has missed a practice, however all players should be encouraged to attend all practices.
- Players must wear their team shirt. Soft rubber cleats are the only type cleats allowed. Players are encouraged to wear mouthpieces during all games and practices.

2. Games

- There are no kick-offs in this division. Play will start with the ball spotted on team's 10-yard line (4 plays to move 10 yards for a 1st down)
- Games will be played 8 on 8: Offense (1 QB, 2 RB, 2 WR, 3 OL); Defense: (2 DL, 2 LB, 2 CB, 2 S).
- If a team is short players, they may borrow players from the opponent in order to field 8 players.
- At the start of the game, choice of field ends and kick-off is determined by the flip of a coin or by odd/even.
- ******Each game will consist of two 20-minute halves. Clock will stop only on time-outs****(this may be subject to change)**
- Teams will be given 2 time outs per half, one minute in length. Time-outs do not carry over.
- There will be 5 minutes at the half.
- No overtime will be played.
- Substitutions may be made after any dead ball (see note)

Dead Balls

- . The ball must be snapped between the legs, not off to one side, to start play.
- . 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 out.

Note: There are no fumbles. The ball is spotted where the ball hits the ground.

- There will be 60 seconds between plays.

3. Field Requirements and Equipment

- Field size will be 50 yards long by 25 yards wide with 5-yard zones.
- The field will have the following lines; side lines, goal lines, end lines and end zones (5 yards).
- Extra point dash at 2 yards (1 point) and 5 yards (2 points).
- Touchdown (6 points), safety (2 points), interception return (3 points).
- Players will use a Nerf ball.

4. Positions

- A team must have at least 5 players on the Line of Scrimmage.
- There can be no more than 3 players in the backfield at one time.
- All other offensive players need to be on the line of scrimmage as blockers or receivers.
- Offensive players may be split to any width on the field.
- There must be at least three defensive players on the line of scrimmage, but all players may be on the line.

5. Offensive Players

- Players on the Offensive line must be set for at least one second prior to the center snap.
- No player will play more than one half of the game in the backfield.
- Alternating the quarterback on alternating plays is permissible.
- **Coaches may call out the snap count.**

6. 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 without contact. The blocker shall have their hands and arms at their sides 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.

. 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.

Apple Count-Rushing the Quarterback

The official at each game will conduct the 5-apple count. This count will take 5 seconds to complete. After the 5 apples have been counted all players who wish to rush the quarterback may rush.

. Once the ball is handed off, the 5-apple count is no longer in effect and all defenders may go behind the line off scrimmage.

7. De-flagging

- Players must have shirts tucked in pants and flags properly displayed.
- Flags may not be wrapped around belt loops or the belt.
- Every player must wear a flag belt.
- Flags should be a different color than a player's shirt and pants color if possible.
- Removing flags from potential receivers before they have possession of the ball is illegal.
- A ball carrier's progress can only be stopped by de-flagging, dropping of the ball, dropped flag, penalty or running out of bounds.
- The ball will be marked at the point on the field where the flag was removed.
- Ball carriers may not use their hands or the football in any way against defenders reaching for their flags.
- The defense may not intentionally impede the progress of the ball carrier by holding, tripping or any other means. If, in the opinion of the referee, the

impediment prevented a score, the ball will be placed on the 1-yard line with a first down.

Dropped Flags

- Should a player's flag fall off during play in the backfield, the ball is dead and spotted at the line of scrimmage.
- If a player's flag falls off after the line of scrimmage the ball carrier is considered down at the point of the fallen flag.
- If a player's flag falls off before a pass is caught, the player is considered down and the ball is spotted at the point of the catch.

8. Ball Carriers

- Players running the ball are not allowed to: lower or butt their head, use a straight arm, use a stiff arm, hurdle another player or run directly at an opposing player.
- No player may play in the backfield for more than a half.

Running

- . The quarterback cannot run with the ball.
- . 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.

- No one player may carry the ball two consecutive times in any series of downs.

9. Spotting the Ball

- If the ball is not cleanly snapped between the center and the quarterback when the quarterback is under center, or in the shotgun formation, the quarterback can retrieve the ball and the play will continue.
- Forward pass dropped, spot at line of scrimmage.
- Backward pass or lateral dropped, spot at point of drop.
- Pulled flag, spot at the point of the ball at the time of the pulled flag. Where the defender drops the flag has no bearing on the spot of the ball.
- Ball carrier goes out of bounds; spot at the point the sideline was crossed.

Penalties

The referees will call all penalties.

Defense:

--Offside 5 yards and automatic first down

--Interference 10 yards and automatic first down

--Illegal contact: (Holding, blocking, etc.) - 10 yards and automatic first down

--Illegal flag pull - (before receiver has ball) - 10 yards and automatic first down

--Illegal rushing: (crossing the line of scrimmage before 5 yards without the ball being handed off) 10 yards and automatic first down

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.

10. Kicks and Punts

- There will be no kick-offs or punts in this division.
- Ball is spotted on their first zone line to start the game.
- After the fourth down the opposing team begins play at their first zone.

11. Points

- A touchdown is six points.
- For an extra point: the ball is placed on the two-yard line. One point for a run into the end zone and two points for a pass that is caught in the end zone. The pass must be caught inside the end zone.
- PAT (kick) from 2 yards (3 points) from 5 yards (5 points).
- Safety (2 points), interception return (3 points).

12. Huddle

- The offensive squad will have no longer than one minute from the time the referee spots the ball until it must be hiked.

13. Downs

- Teams will have four downs to advance the ball from zone to zone (10 yards).

14. Man-in-motion

- There is to be no movement by any players in this age group.

15. Yardage for Penalties

- Off sides, encroachment, illegal procedure, illegal motion, delay of game, 3-point stance, center plunge, quarterback snap count and illegal formation: 3 yards from the line of scrimmage.
- Flag guarding and intentional grounding: 3 yards from the spot of the foul and loss of down.
- Defensive holding (on receivers), unsportsmanlike conduct, offensive pass interference, roughing the passer, personal fouls and de-flagging players without the ball: 10 yards from the spot of the foul.
- Offensive holding, illegal block, clipping, tripping, tackling, unnecessary roughness, straight arming, head butting, hurdling, pushing the ball carrier out of bounds: 10 yards from the spot of the foul.
- Defensive pass interference: first down at the spot of the foul or the 1-yard line.
- Flags tied on the ball carrier: 10 yards from the spot of foul and loss of down.

Note: A penalty may never score points. When you are in the last zone; use the lesser of penalty yardage or ½ the distance to the goal. (Exception: intentional grounding in the end zone is a safety and equals two points.)

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Receiving

. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).

. A player must have at least one foot inbounds when making a reception.

Passing

. The quarterback will be the person that receives the snap and will be subject to rules of quarterbacks.

. Center sneaks will not be allowed.