

## **1-6 GRADE FLAG FOOTBALL BASIC RULES**

### **PLAYERS**

1. A regulation team shall consist of 7 players.
2. A team must have a minimum of 6 players to start a game.
3. Defensive players must count to 3 Mississippi before rushing the quarterback in passing situations. If a hand off, pitch, or reverse occurs, the defense can discontinue the count and rush the ball carrier.

### **EQUIPMENT**

1. The Recreation Division will provide flags, footballs, kicking tees and field equipment.
2. Flags must be worn hanging down the hip and along the leg. They must be hanging loose, and fully extended, and may not be knotted or tucked in the pants or pockets, or inside out. The flag belt may not be inside the belt loops on the pants.
3. The jersey must be tucked inside the pants at all times.
4. No metal cleats will be allowed.
5. A mouthpiece is required.

### **FIELD**

The field is 80 yards long and 40 yards wide divided into four 20 yard sections. The two end zones will be 10 yards in length.

### **YARDS AND DOWNS**

A team will have 4 downs to advance the ball to the next 20 yard division line and receive a first down. Example: Team A kicks off to Team B. The return the kick to the 18 yard line. Team B needs only 2 yards for a first down.

### **LENGTH OF GAME**

1. A game shall consist of two 20 minute halves. The clock will run continuously except for the last 2 minutes of each half, when the clock will stop after each 1<sup>st</sup> down is made, an incomplete pass, an exchange of possession or a penalty.
2. The clock will also stop for time-outs. Each team will be allowed 2 time-outs per half.
3. A team shall have 30 seconds between downs to put the ball in play.

### **HUDDLES**

Coaches are allowed to be on the sidelines only, except for pee wee league, where the coach may be on the field for instruction of his players.

### **ADVANCING THE BALL**

1. By regular football tactics.
2. Only one forward pass may be thrown on each down, but any number of lateral or backward passes is permitted. Any player except the passer is eligible to receive the pass.
3. No fumbles. Ball is dead at point of fumble. Possession is retained by same team.

### **DOWNING THE BALL CARRIER**

1. Pulling either flag from the ball carrier. The defensive player should hold up the flag at once.
2. If the flag falls off the ball carrier, the play will be deemed ended where the flag has hit the ground.
3. When a player's knee goes down, the ball will be dead at the point the player went down.

### **DE-FLAGGING**

1. Removal of the flag from an opponent in possession of the ball.
2. Pushing, striking, slapping or tripping when attempting to pull the flag is not permitted.
3. A defender may not leave their feet to de-flag an opponent.

## **Flag Football Basic Rules (continued)**

### **SCORING**

1. When a team scores a touchdown they receive 6 points.
2. A 2 point conversion will then take place from the 3 yard line.
3. No team scores will be kept by the officials.

### **KICKING**

1. The game starts with a kick-off from the 20 yard line. If a receiving team member drops any kick-off or punt, it will be considered a dead ball. From this spot, the offensive team will take possession.
2. On punts, the punting team will announce they are punting. All players must wait for the punt to occur before they run down the field. **NO FAKES!**

### **BLOCKING**

Screen blocks are allowed.

- Screen blocking is legally obstructing an opponent without contacting him/her with any part of the body.
- The screen blocker shall have his/her hands and arms at their side or behind their back.
- A blocker must be on their feet before, during and after the block.

Contact blocks are not allowed

- Contact block is defined as hindering the progress of an opponent. This occurs when the blocker is moving with the opponent to obstruct their advancement toward the ball.
- 2 on 1 blocking is not permitted

Penalty- 5 yards from the previous spot.

### **SPECTATORS**

Spectators are to be seated opposite the players bench.

### **PENALTIES AND VIOLATIONS**

Encroachment- 5 yards from the previous spot.

False Start- 5 yards from the previous spot.

Handing the ball forward: exception is if both team mates are behind the line of scrimmage.- 5 yards from the previous spot.

Illegal Contact- no contact is permitted by the defensive player against the offensive player- 5 yards from the previous spot.

Flag Guarding- no stiff arming, protecting the flag, spinning or jumping.- 5 yards from previous spot.

Illegal Flag removal- 5 yards from previous spot

Unsportsmanlike conduct- 5 yards from the previous spot

Unsportsmanlike conduct may result in ejection from the contest. Officials, coaches, parents, players and fans should display leadership and sportsmanship qualities at all times. Any players or coaches ejected from the game by officials for unsportsmanlike conduct will be temporarily suspended until their case is reviewed. The final disposition of the case will then be made. Coaches will be required to check with their respective League Director before allowing the player in question to play.