

Flag Football Rules



**Recreation
District**

1st - 6th Grade Flag Football Rules

The goal of this program is to give children a positive football experience. **All players must play equal playing time on both offense and defense.** The cause for less playing time is left to the coach's discretion but should never get to the point where cutting playing time is necessary.

Team Organization

- Team roster sizes will be determined at the discretion of Sylvania Recreation.
- Teams must have no more than seven players on the field at one time. Players may play both offense and defense. All players are eligible for pass receptions.

Player Attire

- All players are designated as home or away based on the schedule.
- Players are strongly encouraged to wear protective mouthpieces at all times during both games and practices.
- All players must wear the Sylvania Recreation provided league t-shirts. All shirts must be tucked in at all times.
- Flag belts must be secured to ensure they do not hang. Flag guarding may be called.
- Jewelry is not permitted during practices or games.

Equipment

- Sylvania Recreation will provide each team with league t-shirts prior to the first scheduled game.
- **INDOOR ONLY**— All equipment (flag belts, footballs, and cones) will be shared. Coaches or players are NOT permitted to take any Sylvania Recreation equipment home. Teams will return all equipment to the appropriate bin located at the score table at the end of each practice or game.
- **OUTDOOR ONLY**— Sylvania Recreation will provide each team with its own bag that includes flags and footballs. These footballs are used for practice only.
- Sylvania Recreation will provide game balls. No other football may be used during game play.

Coaches

- Coaches are permitted to assist on the playing field to ensure the game stays on pace.
- Each team is responsible for cleaning up the field and sidelines after the game.

Time of Play

- The game consists of two halves, each lasting 22 minutes with a running clock. The clock will not stop for penalties, incomplete passes, touchdowns, or plays that run out-of-bounds.
- During the last minute of play, the clock will stop for injuries, penalties, incomplete passes, touchdowns, first downs, and plays that run out-of-bounds or **if the score is within 8 pts.**
- Teams receive one timeout per half that lasts one minute each. Either coaches or players may request time outs.
- There is a five minute break between halves.

Kick Offs

- There are no kick offs. Play will start at the offensive team's 8-yard line.

Punts

- On every 4th down, the offensive team will tell the referee "punt" or "go". The decision cannot be changed unless a timeout is used.
- If a team punts, the punter must throw the ball (instead of kick). The defense may not cross the line of scrimmage. The play is blown dead when a player touches or is touched by the football, or the ball strikes the ground. **There are no returns.**

Scoring

- **Touchdown:** 6 points—After a team crosses the ball into the opposing team's endzone.
- **1-Point Try:** 1 point—After a team has scored a touchdown, the ball will be placed on the 2-yard line. Teams may run or pass the ball on the PAT.
- **2-Point Try:** 2 points—After a team has scored a touchdown, the ball will be placed on the closest yellow first down line. Teams may run or pass the ball on the PAT.
- **Safety:** 2 points—A safety is scored when a defensive player removes a flag from an offensive player in the end zone. After a safety, the ball will be spotted on the 8-yard line and the team who scores the safety takes possession of the ball.

Formation

Teams on offense must have at least four players on the line. The center may snap the ball in a conventional manner through the legs or "side saddle" and a full exchange must be made with the quarterback. There are no direct snaps permitted to any other position player.

Blocking

This is a non-contact league. **Blocking is NOT permitted.**

Possessions

- A coin toss determines which team takes first possession of the ball. The designated away team for the game will call the coin toss. The winner of the toss has the option to begin on offense or defense. The team that begins on offense in the first half will begin on defense in the second half.
- The team that loses the toss is allowed to choose which goal to defend.
- A first down can be obtained by either reaching the first down marker every 17 yards, or a defensive penalty occurs with the result being an automatic first down.
- If the offense fails to reach a 17 yard line marker or reach the end zone within four downs, the result is a turnover.

Rules of Play

- The playing field is 51 yards long and 32 yards wide. The endzones are 8-yards. Each 17-yard line (yellow lines) will constitute a first down.
- Play stops when a defensive player pulls a flag from the offensive player who has possession of the football.
- If a flag falls off of the offensive player while running with the ball, a one-hand touch rule will apply. However, if a flag pull is attempted and the flag falls off the runner, the runner is down.

Rules of Play (continued)

- **A quarterback will be ruled sacked if a flag is pulled before the ball is released or if a pass is not thrown within seven seconds.**
- The quarterback cannot run with the ball. "Center sneaks" are not permitted
- Defensive players are required to hold a pulled flag in the air after removing it from the ball carrier.
- Handoffs, laterals, and pitches are allowed. The player who takes the handoff, lateral, or pitch can throw the ball from behind the line of scrimmage.
- There are no fumbles and defensive players may not strip the ball. In the event of a loose football, it will be blown dead and spotted at the point it impacts the ground.
- **Diving to advance the ball is no permitted.** However, an offensive player may jump over a defensive player on the ground to avoid a collision. Jumping or diving to catch a pass is permitted. Spinning or any other football moves are allowed.
- Rushing the QB is allowed. **All Players who rush the QB must be seven yards from the line of scrimmage when the ball is snapped.** Any number of players can rush the QB. Players not rushing the QB cannot cross the line of scrimmage until after the ball has left the quarterback's hands (via pass, hand off, lateral, etc).
- Once the ball leaves the quarterback's hands, the seven-yard rule is no longer in effect, and all defenders may go behind the line of scrimmage. Prior to the snap of the ball, the referee will designate the seven yards from the line of scrimmage.
- Press coverage is allowed. Defensive players may press wide receivers at the line of scrimmage. Contact should be limited and penalties will be enforced if a defensive player grabs, pulls, or pushes (No "jamming") an offensive player. There may be some contact when positioning, but a defensive player cannot foul the offensive player. As long as the contact is not intentional, it is up to the referee's discretion.
- This is a non-contact league. Offensive or defensive blocking is not permitted.
- There is no overtime. Games can end in a tie.

5-Yard Penalties

- Offside: Player over the line of scrimmage prior to the snap (repeat the down)
- Illegal Procedure:
 - Offensive team does not have four players on the line of scrimmage
 - Movement on the offensive team (other than player called in motion by the quarterback.)
 - More than seven players on the field for either team
 - Delay of game: when 25 seconds expires before the ball is snapped
- Other infractions:
 - Illegal Forward Pass: pass that is made past the line of scrimmage or two forward passes on the same play (loss of down)
 - Guarding the Flag: preventing the defensive player from grabbing the flag (slapping or hitting the defensive players hand away). Penalties will be assessed from the point of the foul. (Spot Foul) (Loss of Down)
 - Blocking/Shielding/Charging: a player blocks another player from attempting to pull a flag. Contact must be avoided. (loss of down)

10-Yard Penalties

- Personal Foul: Unnecessary roughness resulting in the throwing of another player to the ground.
- Tripping, Tackling, clipping, or kicking (spot foul)
- Roughing the Passer (line of scrimmage)
- Unsportsmanlike Conduct

Unsportsmanlike Conduct

Vulgar or abusive language or any act by a player, coach or fan that is unsportsmanlike according to the referee's discretion, will receive one warning. The second occurrence will result in the offender being ejected from the game.



7060 Sylvania Ave. Sylvania, OH 43560

(419) 882-1500