

Omaha Suburban Athletic Association (OSAA)

Flag Football Rules

Updated July, 2018

Player Requirement:

Mouthpieces are a requirement, players without will not be allowed to play.

League Levels:

<u>Grade Divisions</u>	<u>Ball Size</u>
PreK – 3rd	Pee Wee
4 th – 7 th	Junior

Equipment and Uniforms:

- 1) OSAA will provide flags, jerseys and two footballs
- 2) No metal cleats are allowed
- 3) All players must wear mouthpieces when on field

Zero Tolerance Policy:

OSAA has a zero tolerance policy in regards to non-positive sportsmanship. See the website for full description under the “Information” tab.

Referee:

- 1) The referee’s decisions are final, they have jurisdiction on area of play.
- 2) The referee will have coin toss to determine teams to defend or receive of ball.
- 3) The referee has the authority to eject players, coaches and fans from park for violating the Zero Tolerance Policy.

Rules of Play:

- 1) Coin toss by referee will determine first possession (teams switch at halftime).
- 2) The offensive team takes possession of the ball at its 5-yard line and has 4 plays to cross midfield. Once a team crosses midfield, it has 4 plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.

- 3) If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from that spot. The offense has the option on 4th down to “punt” the ball which would be a change of possession and the other team would start at the 5-yard line.
- 4) All possession changes, except interceptions start on the offense’s 5-yard line.
- 5) Coaches will be allowed in the huddle.
- 6) Teams may play game with 1 fewer than recommended for their level.
- 7) K-6th grade: 5 on 5
- 8) Teams are given 5 minute grace period before forfeit is established.
- 9) Field dimensions: 20 x 40 yards (K-3rd), 30x50 (4-8th)
- 10) All players **must** play half of every game.
- 11) No blitzing will be allowed if a team is up by more than 21 points
- 12) Belts must be tucked in (if belts are grabbed due to being exposed it is not a penalty)
- 13) When a team decides to go for 1 pt or 2 pt conversion; if the pass attempted is intercepted and returned for a defensive score, the points awarded to the defensive team are what was designated for the play, either 1 pt or 2pt.

Game Times/Overtime:

- 1) Games are played with two 20 minute halves with a five minute half.
- 2) Overtime is concluded on first touchdown (coin flip determines possession), maximum of 2 possessions.
- 3) Clock stops on timeouts and official’s discretion only.
- 4) Play clock of 30 seconds (once ball is spotted by referee).
- 5) Teams will receive 1 warning before delay-of-game penalty is enforced.
- 6) Each team has one 30-second and one 60-second timeout per half.

Scoring:

Touchdown	6 points
Extra point:	1 point (played from 5-yard line, PASS ONLY) or 2 points (played from 12-yard line, RUN or PASS)
Safety:	2 points

Running:

- 1) The quarterback cannot run the ball.
- 2) Laterals/pitch are permitted only behind the line of scrimmage.
- 3) “Pass only zones”, located 5 yards from each end zone **and** 5 yards on either side of midfield.

Receiving:

- 1) All players are eligible to receive pass.
- 2) 1 player only in motion at a time.

- a. Note: a player cannot be moving in a forward motion towards the line of scrimmage as the ball is snapped. (Arena football style is not approved).
- 3) 1 foot only required in bounds when making a reception.

Passing:

- 1) All forward passes, including shovel passes must be received beyond the line of scrimmage.
- 2) Pass clock is 7 seconds for the quarterback. If pass isn't thrown in that time, play is dead & loss of down.
- 3) All ages: Interceptions can be returned and ball is spotted if/when the flag is pulled.

Dead Balls:

- 1) The ball must be snapped between legs, not off to one side.
- 2) Substitutions may be made on any dead ball.
- 3) Play is ruled "dead" when:
 - a. Ball carrier's flag is pulled
 - b. Ball carrier steps out of bounds
 - c. Touchdown or safety is scored
 - d. Passer throws the ball from beyond the line of scrimmage
 - e. Ball carrier's knee hits the ground
 - f. Ball carrier's flag fall off
- 4) There are NO fumbles, the ball is spotted where the ball hits the ground.

Rushing the quarterback:

- 1) All players who rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage, but not cross until ball has been handed off. Once the ball is handed off, the 7 yard rule is no longer in effect and all defenders may go behind the line of scrimmage. Referee will note the 7 yard marker. No blocking or tackling is allowed.

Blocking in general:

- 1) Once the ball is beyond the line of scrimmage all offensive players not with the ball MUST STOP...this will make sure the kids don't intentionally or unintentionally "get in the way". As everyone knows, the intent to "get in the way" is a form of blocking. Our number one goal is player safety, so we take this rule very seriously!

Sportsmanship/Roughing:

- 1) If referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from game.

- 2) Officials have the right to determine offensive language, player or coach. If trash talk occurs, the referee will give one warning, second offense will be ejection.

(In case of ejection, player or coach will serve 1 game suspension)

Penalties:

Defense:

Off-sides	5 yards, repeat down
Interference	10 yards & auto 1 st down
Illegal contact (holding, blocking)	10 yards & auto 1 st down
Illegal flag pull	10 yards & auto 1 st down
Illegal rushing (inside 7-yards)	10 yards & auto 1 st down

Offense:

Illegal motion (more than 1 player moving)	5 yards, repeat down
Illegal forward pass (received b/h line)	5 yards, loss of down
Offensive pass interference	10 yards, loss of down
Flag guarding	10 yards (from line) & loss of down
Delay of game	10 yards, loss of down