

2024 A.C.A. Flag Football Rules K/ 1st Grade

Playing Field:

- The field will be split in half with the field set out on each end going into the endzone from the 45-yard line, with a first down at the 30-yard line and the 15-yard line.
- Hosting City will have the fields set up for the first game.

Teams (6 vs.6):

- Offense: 1 Center, 1 Guard, 1 QB and 3 Offensive backs (RB, WR and/or TE)
 - Minimum of 3 on the line
 - Only 1 in motion at the time of the snap
 - All players are eligible receivers
 - Centers will hike the ball under their legs
 - QB can be in shotgun or under the Center
 - Blocking will be “chicken wing” style without initiating contact with defense, basketball style screen but must be stationary or running along with the ball carrier.
 - Must rotate backfields every offensive series
 - No stiff arms by offensive players, if one is done the play will be blown dead at the spot of the stiff arm.
- Defense: 2 Defensive Linemen over the Guard, Center, 4 Linebackers/Corners/Safeties
 - Defensive Lineman must be two yards off the line of scrimmage and lined up over the Guard, Center, Guard no shading
 - Linebackers and Corners line up at minimum three yards off the line of scrimmage
 - Safety lined up seven yards off the line of scrimmage
- Players can be in a 2- or 3-point stance
- No weight limits for carrying the ball or playing any position
- Players must not play the same position all game
- Each game must use different captains (up to three per game)
- Defensive play may rush the QB after the Defensive coach reaches 5 Banana count. The defensive coach is the one counting.
- Once the QB hands the ball off the defense may cross the Line of Scrimmage.
- QB can run the ball but need to rotate who is running the ball.
- Defense may not cross the Line of Scrimmage until 5 Banana count, or the ball is handed off or QB leaves the pocket.

Games:

- Games are 2- 25-minute halves running time with a 5-minute halftime
 - Each team will start the possession at the 40-yard line (No Kickoffs)
- Coin flip or rock/paper/scissors to determine who starts with the ball- Away team calls
 - Team who starts on defense, starts with the ball the second half.

- Interceptions can be returned for a TD. If ball carrier is stopped that team will take over on the 45 on offense
- Fumbles are blown dead at the spot of the fumble and team maintains possession at that spot.
- First down is at the 20-yard line and there is only one first down per possession.
 - 4 downs from the 40-20 and 4 downs 20- Goal, if the first down is achieved
- Fumbled snaps under Center will be blown dead and replay down- allowed 3 per Offensive series
 - After the 3rd it will be blown dead and the down counts
- No punting
- Keep the pace of play moving along. Try to keep time between plays low.

Penalties:

- Physical tackling of players is NOT allowed.
 - Coaches will address as needed during the games, but we all know accidents do happen.
 - If agreed by coaches no attempt to get a flag was made this is a 10-yard penalty
- Safety is number one priority and we will rely on coaches to help talk with and coach the kids while on the field.
- No Flag guarding- play blown dead at spot
- No jumping/ hurdling over players- ball will be blown dead at that spot
- No holding- 5-yard penalty from spot
- Unsportsmanlike Fouls
 - 1- Warning
 - 2- 10-yard penalty
 - 3- Removed from game and to remain on sideline till end of game
- Illegal Forward Pass- Ball is dead where the pass occurred.
- Offsides-
 - 1- Warning
 - 2- 5 Yard penalty

Additional Rules:

- Mouthguards are strongly recommended to be worn during the game by all players
- Flags should hang over players hips
- Shirts must be tucked in and flags visible even if bulky clothing is being worn
- No baseball hats or any hat with a hard bill
- No rubber bracelets
- No necklaces or chains
- No earrings
- Athletic sweatbands or arm sleeves must be fabric
- Players must wear shorts/ pants preferable pockets.

Coaches:

- Two coaches can be out on the field for offense or defense.
 - Coaches must be in the back field of the offense or defense at least 5 yards off the Line of scrimmage not to interfere with kids running outside the “tackle box”
 - Once the ball is snapped, no yelling or coaching by the coaches on the field. We want to let the kids recognize the play and react instead of coaches telling them where to go.
- Coaches are also the referees out on the field.
 - You may also utilize parents or other coaches on the sidelines to help as the plays go outside.
- Keep the game moving looking at 45 seconds from end of play to snap
 - If it starts getting longer than that Coaches get together and discuss

Field set up:

Start on the 45

1st downs are at the 30-yard line and the 15-yard line

