

## 3<sup>rd</sup> & 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Parent Flag Football Guide

### **Player's Jersey and Equipment:**

- **Provided Horizon West Sports and Cheer:**
  - Jerseys provided- shirts must be tucked in
- **Equipment Allowed:**
  - Players are highly recommended to wear rubber cleats
  - Players are allowed to wear a mouth piece
  - Players are allowed to wear soft knee pad or elbow pads
  - Players are allowed to wear football receiver gloves.
  - Players are allowed to wear cold weather clothing within requirements. Not required but recommended.

### **Illegal equipment example list:**

- Items that are hard or sharp that could cut, scratch, and/or stab (examples: metal cleats, jewelry, rings, watches)
- Items that are hard and/or do not "give" that could collide and/or deliver a force impact (examples: a cast, hard-billed baseball caps, overly knotted clothing, hair clips, etc.).
- Items that are loose fitting or hanging loosely off the body in a gap that could "catch" and/or entangle (examples: bracelets, necklaces, hoods, large pockets, etc.).

### **Basic Rules You may want to know:**

- 7 players vs 7 players on the field at all times (games can be played 6 vs 6)
- (2) 20 min halves with a 5 min halftime (running clock) – under 1 min clock stops
- Ball starts 7 yards from the first line to gain for beginning of a game/half or after a score
- Touchdown is worth 6 points
- Extra Point is 1 point or 2 point conversion, 1 point from 2 yards – 2 points 5 yards (can pass or run)
- 7 yard buffer between offensive line to defensive line
- 7 yard buffer is shorter than 7 yards if the offensive line is less than 7 yards to the line to gain or the end zone
- QB can run after the defense crosses the offensive line of scrimmage
- If the defensive team does not rush the QB, the QB has 4 seconds to throw the football
- If the QB hands to a RB, the throw clock is still counting down if there is no rush by the defense and the RB is looking to pass the ball.
- Fumbles over the offensive line of scrimmage – ball is placed at the spot of the fumble
- QB / Center exchange drop – QB can pick up the ball and play continues
- QB / Runner exchange fumble is a dead ball - ball is placed where the fumble occurred for 5<sup>th</sup> & 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> and back to the line of scrimmage for 3<sup>rd</sup> & 4<sup>th</sup> grade.
- On 4<sup>th</sup> down coach must elect to Punt or Go for it
- No flag guarding – ball runner push hands away from defender that is flag pulling
- Interceptions are allowed and can be returned to try to score
  - If the runner that intercepted that ball gets their flag pulled, the ball is spotted at the point where the flag was pulled
- No lateraling the ball after the ball crosses the offensive line of scrimmage
- Blocking is allowed – the player must have hands in the width of his body and can not move to set the block/screen. Ex; player hands are down at his sides and feet are set, no moving screens
- No jumping forward to gain yardage, runner can jump back and to the side to avoid defender
- Pulled Flag -The ball is placed where the player's hips are, when the flag is pulled, NOT the ball
- NO FUMBLES!!!