

Warren County Midget Football League, Inc.
FLAG RULEBOOK
2019



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Purpose:

The purpose of the Warren County Midget Football League Flag Football Program is to:

Teach the basics of football to 5, 6, & 7-year old players.
Encourage teamwork and participation in team sports.
Provide an enjoyable learning experience for younger players.

Age:

To be eligible to participate in flag football, all players must turn 5 years old on or before September 1st and may not turn 8 years old before September 1st.

Roster:

No Flag Football player may play, or be on the roster, of any tackle football team regardless of weight class. A Flag Team Roster will be submitted to the League when the PeeWee, Junior Varsity and Varsity Rosters are certified.

Game Length and Start Time:

Each game will consist of two 30 minute halves with a continuously running clock.

If no scoreboard with a game clock is available, a timekeeper off field should maintain the game clock and time. Each team will be allowed two 60 second time outs per half. The clock will be stopped after one minute for an injured player on the field and resume when the injured player is off the field.

The two-minute warning: With 2 minutes or less left in the half the clock will be stopped to indicate the two-minute warning. The clock will be restarted on the snap of the ball. This same process will occur again with 2 minutes or less left in the game. Half time will be 10 minutes.

Referees may stop the clock for an official time out: however, the game clock will not be stopped while a referee corrects player placement, number of players on the field, or equipment.

Sunday Flag Football games will start at 10:00AM; Saturday Flag Football games will start at 3:00PM. All Flag Football games must end 15 minutes prior to the scheduled start of the PeeWee Game.

Player Participation:

Each player must be given the opportunity to participate in at least eight (8) plays.

If a uniformed player will not participate in a game due to injury, illness or other reason, the head coach will notify the opposing coach and referees before the start of the game or as soon as possible.

Any player who has scored 2 touchdowns in a game cannot carry, receive or otherwise advance the ball again in that game and must be removed from running back or receiver position. The only exception will be the quarterback who can hand off or pass the football but may not carry it for a gain.

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(Player Participation Continued)

If an infraction of this rule occurs, the down will be replayed from the original line of scrimmage with proper player placement.

Equipment:

All players must wear an **approved headgear** and mouthpiece when playing. The mouthpieces may not be altered to the point that it fails to cover the player's teeth.

A K-2 League approved football, supplied by the home team will be used during games.

All flags must be at least 16 inches long by 2 inches wide and of a bright color that contrasts with the player's pants.

Every player on a team will wear the same color flags.

Flags must be worn on the sides, hung from the waist belt, attached facing out with Velcro®.

Flags may not be wrapped or rolled over or around the belt.

Shirts / Jerseys must be tucked into the waistband of the player's pants and may not hang out so as to cover any portion of the flag.

Prior to the coin toss at the beginning of the game, all players will line up on the field for flag and mouthpiece inspection by the coaches and referees.

Kickoffs:

There will be no kickoffs. Play will begin from the offense's 25-yard line.

Placement:

The ball will be placed at the center of the field for all plays.

Blocking:

Blocking will be above the waist, with hands, against the defenders chest.

First Downs:

Four down rules, first down with 10 yard gain from first down line of scrimmage.

Scoring:

A touchdown will equal one point; there will be no point after touchdown (extra point).

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Punts:

There will be no physical punts. The use of an automatic punt at the request of the offensive head coach will occur in the place of a punt. The ball will be placed 25 yards forward from the line of scrimmage and the possession changes. In the case of an automatic punt requests within the 25-yard line; the ball will be placed on the 20-yard line.

Safety:

No points for a safety, change of possession, team gaining possession will start its offensive series of downs on the opponent's 20-yard line.

Fumble:

A fumble that occurs during a Center to Quarterback exchange (where the QB is under center); the ball is considered dead; the ball is returned to the original line of scrimmage, and the down is replayed. There is no limit to this rule.

A fumble that occurs during a shotgun snap (where the QB is not under center) will have one opportunity to be replayed. When this occurs the ball is considered dead; the ball is returned to the original line of scrimmage, and the down is replayed. If the offense chooses to attempt another shotgun snap and the ball is fumbled thereafter it will be considered a fumbled handoff and will result in a loss of down and yardage. This rule pertains to all future shotgun snaps during the game.

For all other fumbles, the ball is considered dead, the down is over and lost, the ball is placed at the point where the fumbled ball first contacts the ground.

Interception:

The ball is live and can be advanced.

Defense:

Six (6) or fewer linemen must be 2 yards from the line of scrimmage. Any player on the defensive line inside the defensive ends must be in a 3 or 4 – point stance. Defensive ends are not required to be in a down position but must be 2 yards from the line of scrimmage.

When the offense is within ten yards of the defense's goal line, the defensive linemen and ends may line up on the line of scrimmage.

Linebackers / defensive backs must be 4 yards from the line of scrimmage.

NO BLITZING. Linebackers / defensive backs can only advance toward the line of scrimmage and into the offensive backfield after the quarterback has handed off the football or has advanced the ball.

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(Defense Continued)

All defensive players must remain set when the cadence starts until the snap of the ball. When the center touches the ball, the defense must be set. The defense may not shift or move after the center has touched the ball.

Offense:

Seven players must be on the line of scrimmage; linemen inside the ends must be in a 3-point stance. Ends are not required to be in a down position.

Play Clock:

Coaches should strive to comply with a 45 second time limit from the set of the ball to the set of the ball in an effort to complete the game in the allotted time.

Loss of Flag:

If a runner's flag falls off without being touched by an opposing player, the opposing team only needs to touch the runner with one hand anywhere other than the facial area to down the runner.

Penalties:

Off sides: A warning will be issued to the coach.

Blatant and repeated off sides: Re-play the down.

Holding: 5-yard penalty and loss of down.

Unnecessary roughness: Including tackling, leaving feet for a block, forearming, stiff arming, blocks below the waist, hitting, pushing or throwing a player to the ground after the whistle has sound to end the play, pushing from behind, pushing out of bounds, flag guarding or spearing (head to the body or head to head), will result in:

- 1st offense: Warning to the head coach and player.
- 2nd offense: Player leaves the game for 4 consecutive downs.
- 3rd offense: Player is ejected for the rest of the game and the next football game. Notify league official before next game.

Coaches:

A maximum of three coaches per team will be allowed on the field at any time during the game. At least one coach must remain with players on the sidelines at all times. Coaches must be no closer than 15 yards from the line of scrimmage before the ball is snapped, and must move away from the ball as play progresses. Coaches must stop coaching from the snap of the football until the referee blows the whistle to end the play.

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Officials/Referees:

Each team is to provide one referee for each game. Teams are encouraged to recruit a referee who is not a parent of a flag football player. Head coaches shall not serve as a referee during league games. Assistant coaches should not serve as referees. Both referees shall agree on infractions / penalties.

(Officials/Referees Continued)

Referees will maintain record of players who score touchdowns in order to ensure compliance with the Player Participation rule.

Cancellations:

The home team must notify the opposing team 2 hours prior to the scheduled game time to cancel.

Practices:

The maximum number of practices per week before school starts is 4. The maximum number of practices per week after school starts is 3.

8 v 8: Flag Football Variations

Offense:

(5) Five players must be on the line of scrimmage; linemen inside the ends must be in a 3-point stance. Ends are not required to be in a down position.

Defense:

Defense consists of two tackles, two ends, two linebackers, and two defensive backs

Four (4) linemen must be 2 yards from the line of scrimmage. Any player on the defensive line inside the defensive ends must be in a 3 or 4 – point stance. Defensive ends are not required to be in a down position but must be 2 yards from the line of scrimmage.

When the offense is within ten yards of the defense's goal line, the defensive linemen and ends may line up on the line of scrimmage.

Linebackers / defensive backs must be 4 yards from the line of scrimmage.