

## Tea Parks & Rec. Flag Football Rules and Equipment

### THE BASICS

- **KDG-4<sup>th</sup> Gr. will use Pee Wee size Football**
- **5<sup>th</sup>-6<sup>th</sup> Gr. will use Junior Size Football**

### PLAYING TIME

**ALL PLAYERS MUST PLAY A MINIMUM OF 20 MINUTES PER GAME.** (10 OR LESS PLAYERS ON A TEAM)

### PLAYERS/GAME SCHEDULES

**- GAMES FOR ALL DIVISIONS ARE 5 VS. 5**

If your team has 11 or players you can ask the other team's coach to see they'd be willing to play 6 vs. 6. Both coaches must agree to this. If you do decide to play 6 vs. 6, please notify the referee (Reg. Season Only)

### START OF GAME

- A coin toss determines which team gets the first possession. The team that loses the toss will receive possession at the start of the second half unless the winner chooses to defer their choice.
- Teams change sides in the 2<sup>nd</sup> half.

### FIRST DOWNS

The offensive team begins each possession at its own 5-yard line. The team has **four plays** to advance the ball past midfield for a first down. Once they cross midfield, they are awarded a new set of **four plays** to reach the end zone and score.

If the offense fails to gain a first down or score a touchdown within their allotted plays, possession is turned over to the opposing team, which will start its drive from its own 5-yard line. All possession changes, regardless of how they occur, result in the new offensive team starting from its 5-yard line.

### INTERCEPTION

Interceptions may be returned; if there is no score on the return, the ball will be placed on the 5-yard line.

### RUNNING

- The quarterback cannot run with the ball.
- Only direct hand-offs and pitches behind the line scrimmage are permitted. Offense may use multiple hand-offs.
- 'No-running zones' located five yards from each end zone and five yards on either side of midfield are designed to avoid short-yardage, power-running situations. **Must be a pass-play.**
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (**no diving**). The ball is spotted where the ball carrier 5 feet are when the flag is pulled, not where the ball is.
- Absolutely NO laterals are allowed once a ball carrier crosses the line of scrimmage.

### RECEIVING

- All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time
- A player must have at least ONE foot inbound when making a reception

### PASSING

- Shovel passes are allowed.
- The quarterback has a seven-second "pass clock." If a pass is not thrown within seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule no longer is in effect.

### BLOCKING

BLOCKING IS **NOT ALLOWED**. Any intentional contact will be a 5-yard penalty and loss of down.

### RUSH

**3<sup>rd</sup>-6<sup>th</sup> Grade Only:** All players who rush the passer must be a minimum of **TEN** 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. Once the ball is handed off, the **TEN-YARD** rule no longer is in effect, and all defenders may go across the line of scrimmage. A special marker, or the referee, will designate ten yards from the line of scrimmage.

**K-2<sup>nd</sup> Grade Only:** There No Blitzing on passes. Players can be at the line of scrimmage and can only go past the line of scrimmage once the ball has been handed off or passed.

### SPORTSMANSHIP/ROUGHING

If the field monitor or 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 the game. **FOUL PLAY WILL NOT BE TOLERATED.** Officials have the right to determine offensive language. (Offensive language may be offensive to officials, opposing players, teams or spectators) If the offense occurs, the coach, player, and/or spectator will be removed from game.

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### GAME TIMING

Games are played to two 20-minute halves with running clock. If the score is tied at the end of 40 minutes. Each team has **two 60-second timeouts per half**. Officials can stop the clock at their discretion. Clock stops under 1 minute in both halves on a change of possession or score. Extra points will be un-timed as well when it is under 1 minute.

**Each time the ball is spotted (ready for play) a team has 45 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.**

### OVERTIME RULES

- Teams will start at midfield and have 4 plays to score.
- If a team scores, they can choose to go for 1 or 2 extra points.
- If the game is still tied after overtime, it will remain a tie during the regular season.

### SCORING

- Touchdown: 6 Points
- Extra Point: **1 Point (played from 5-yd line: Pass Only) OR 2 Point (played from 10-yd. line: Can Pass or Run)**. If an extra point attempt is intercepted, the defending team can return it for the same number of points the offense was attempting to score
- Safety: 2 Points

### DEAD BALLS

- **The ball must be snapped or shotgun between the legs, OR off to one side, to start a play.**
- A Snapped ball that is dropped, may be picked up and play continues as long as the play is not affected. Any Snap that goes by the QB will be blown dead. **Referee has discretion.**
- Substitutions may be made on any dead ball.
- **There are no fumbles. The ball is spotted where the ball hits the ground on a fumble.**

### PLAY IS RULE "DEAD" WHEN:

- Ball Carrier's Flag is Pull
- Touchdown or Safety is Scored
- Ball Carrier's Flag Falls Off
- Ball Carrier Steps Out of Bounds
- Ball Carrier's Knee Hits the Ground

**PENALTIES:** All penalties will be called by the referee

### DEFENSE:

- Offsides - crossing the line of scrimmage before the ball is handed off - 5 yards and automatic first down
- Interference - 5 yards and automatic first down
- Illegal contact (holding, blocking, etc.) - 5 yards and automatic first down
- Illegal rushing (starting rush from inside 10-yard marker) - 5 yards and automatic first down

### OFFENSE:

- ❖ Illegal motion (more than one person moving, false start, etc.) Five yards and loss of down
- ❖ Illegal forward pass (pass thrown beyond line of scrimmage) - Five yards and loss of down
- ❖ Offensive pass interference (illegal pick play, pushing off/away defender) - 5 yards and loss of down
- ❖ **FLAG GUARDING - 5 yards (from line of scrimmage) and loss of down**
- ❖ Blocking— 5 yards and loss of down.
- ❖ Delay of game - Clock stops, 5 yards and loss of down

Referees determine incidental contact that may result from normal run of play. **All penalties will be assessed from the line of scrimmage.** Coaches cannot question judgment calls. Games cannot end on a defensive penalty, unless the offense declines.

### Attire

- Cleats are allowed, except for metal spikes. Inspections may be made. All players must wear a protective mouthpiece: there are no exceptions.
- Player's shirts must be tucked into their pants/shorts and not allowed to hang down over flag belts. Shirts that are not tucked in or hang down can be considered a flag guarding penalty.