

# Rules for Flag Football 1<sup>ST</sup>

## Grade

The goal for this age group is to teach fundamental football skills, to introduce players to on the field competition and promote good sportsmanship. There will be no score recorded on the field.

All games will last for one hour. Games will be played on a 30 by 40-yard field and will start on the 10 yard-line.

Offense- 8 players. 5 linemen, 2 running backs & one quarterback

Defense-8 players. 5 linemen & 3 linebackers. All linemen must be 1 yard back from the line of scrimmage and directly across from the offensive linemen.

The team beginning on offense will run 5 consecutive plays, regardless of ball advancement, touchdowns, or turnovers. Once the team has completed their 5 plays the positions will switch. The offensive team will now go to defense and the defensive team will now go to offense. In the event of a touchdown, no extra points will be attempted. The goal is to run as many plays as possible in one hour. If a player drops the ball, it can be picked up and continue to run with it. There are no fumbles or interceptions.

All coaches will act as referees. Timeouts will be called at any time with no limit of timeouts. Coaches are required to provide equal playing time. All players must rotate positions every week. We wish all players to have fun and practice good sportsmanship. Shaking hands after the game is required.