

Flag Football Rules

We will be playing **eight-man football**.

The following is labeled as “Illegal”:

1. Jewelry (no watches, bracelets, necklaces, etc)
2. Towels attached to the player
3. Hats that contain hard surfaces such as baseball caps. Beanies are acceptable.
4. Any exposed surface that is hard. Ex: Cast or brace. Please wrap completely in padding
5. Cowboy boots

Equipment, Uniforms, & Flags

1. Shirts will be ordered based on the sizes provided on the sign-up form.
2. Coaches are encouraged to find sponsorships to offset the cost of running the league.
3. Teams will use contrasting flag colors, provided by the Recreation Department/Location Director.
4. Balls, Flags, and Officials will be provided for the games. The Recreation Director or parent in charge of each location will ensure that this is done at their respective location.
 - If no officials are available, coaches and parents will be asked to help.
5. Flags must hang down directly from the belt (i.e. Not looped around the belt, tucked in pants, or tied together). Each participant must wear one flag belt on his/her hips. Belts can only be attached with the belt clip, tying the belt is illegal and will be penalized as unsportsmanlike conduct on the Head Coach.
 - All portions of the flag and belt need to be visible and place over clothing; this is best done by tucking in the players shirt and placing the belt and flags over.
6. The official sized ball for 1st-2nd grade is Pee Wee; for 3rd-4th grade is Junior.

Coach Responsibilities

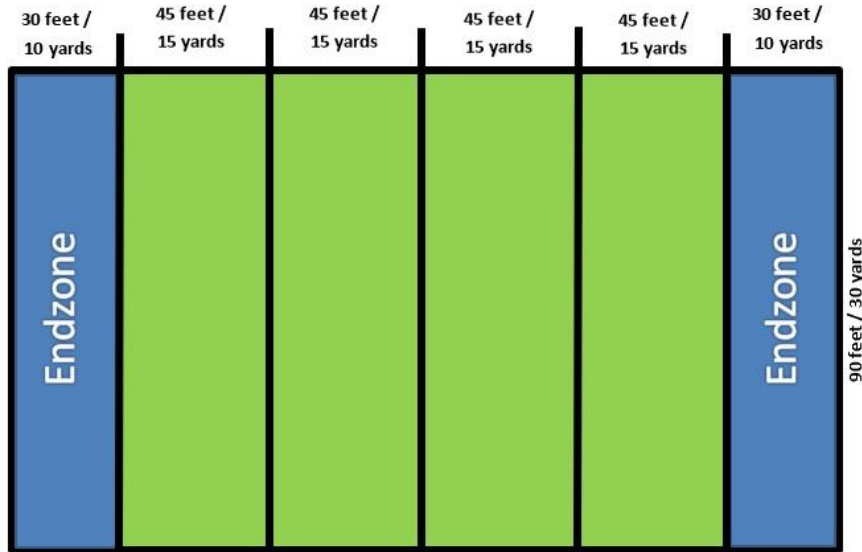
1. Coaches are responsible for showing good examples of sportsmanship.
2. Any unsportsmanlike offense will be a 15-yard penalty. The team will receive one warning, and then the team will receive the penalty.
3. Coaches are responsible for the fans as well, do not let your fans come into the player area or on the field. Assist them to teach positive lessons to these kids as well.
4. **Minor League** - Coaches/parents will be responsible for officiating these games.
5. **Major League** - The head coach for the Major league is encouraged to stay on the sidelines during the games.

Game Length and Time Outs

1. Games will consist of two 20-minute halves of continuous running time with a halftime of five minutes.
2. The clock can only stop when:
 - A team is granted a time out
 - A game official calls an official time out
 - An injury time out
 - After a PAT (Point after Touchdown)
3. Teams are allowed two, one-minute timeouts per half. Unused timeouts do not carry over to the next half

Field

1. The Field dimensions will be 80 yards by 30 yards. 60 yards of field play and 10 yards for each end zone.
2. First downs will be according to the lines on the field. (ex. If the ball is turned over on downs and the team only has five yards to the next line, it would be “first down and five” to the next first down).
3. There will be no kickoffs; the ball will be put into play at the 15-yard line (first line closest to the opposing team endzone) at the start of the game and after touchdowns.
4. Ball will be placed on the 15-yard line on all touchbacks
5. Ball will be placed at midfield on a safety.
6. Each location may have different field markers that identify the ‘first-down’ lines, but the dimensions of the field will be the same at each location. For example, Soda Springs has 20/40/20 field markers, while another location may have 10/20/10 markers.



Playing the Game

Game Play

1. Any incomplete pass, whether it is forward or backward, will be called as an incomplete pass with ball being returned to the point it was hiked. The ball is not moved to where the incomplete pass hit the ground.
2. Fumbles are dead at the spot it touches the ground. The last team in control of the ball will maintain possession. Any intentional fumble as an attempt to gain extra yardage is unethical and may be viewed as an illegal forward pass by the officials.
3. Interceptions are live balls and shall be played until the ball carrier is downed.
4. “Center Sneak” plays are illegal. In order for the center to run the ball, they must hike the ball, turn 180 degrees (with their back facing the end line), at that point they may be handed the ball and run the ball.

Scoring

1. A Touchdown is six points
2. A Safety is two points
3. A PAT from the three-yard line is worth one point
4. A PAT from the five-yard line is worth two points
5. Teams ahead by 24 points are only allowed to go for a one-point conversion

Coin Toss / Rock Paper Scissors

1. The visiting team captain will call the coin toss at the beginning of the game.
 - a. If there is no coin toss, or if the referees choose, the captains may play Rock-Paper-Scissors to determine the winning captain
2. Winning captain can choose to begin with possession, to defer to the second half, or can choose which end of the field they want to defend.

Blocking & Penalty Yardage

1. Players may block in the chest only. Arms must be straight, any extension of the arms while blocking is illegal (pushing). Hands must not grasp the opponent. Face blocking is illegal.
2. Knee blocking, tripping, and blocking to the back, or holding the opponent will be a ten-yard penalty.
3. In Majors the defense must line up one yard off the ball to allow the Center to snap and get in position. In Minors they must line up two yards off the ball. The Center may turn and pass the ball in the 1st – 2nd grade group, but must hike the ball properly in the Majors division.

Flag Pulling

1. The runner will stop when the flag is pulled. The runner must also stop if his knee touches the ground or they step out of bounds. It is left up to the officials' discretion if the flags fall off without being pulled. If the flag falls off on its own the player will be down when touched.
2. **Tackling is illegal.** It is the coaches' responsibility to teach this to your players. There will be a 15-yard penalty, an automatic first down, and a warning to the player. Dismissal (ejection) will happen upon the second offense.
3. Flags cannot be looped around the belt or tied together. Flag belts cannot be altered in any way. This will be a fifteen-yard penalty. If that player scored any points they will be nullified. Coaches, please teach your team of the importance of honesty and integrity.
4. Any attempt to block the defender from the ball carrier's flags is illegal. This includes stiff arming and swatting the flags. This will be a five-yard penalty from the spot of the foul.
5. Defensive players may not detain the ball carrier by grasping any clothing or body parts to slow the carrier. Five-yard penalty from the spot of the foul.
6. Defensive players may not push the ball carrier out of bounds, they must pull the flags.

Punting

1. On fourth down the offense will declare if they will punt or go for it. If they kick, they may kick from any point behind the line of scrimmage. The defense must stay on their side of the line, and may be allowed to jump up to try to block the kick.
2. The receiving team may only have three players back to receive the kick.
3. The ball is dead as soon as it is recovered by either team or goes out of bounds.
4. A punt may not be advanced.
5. There are no "Fake" Punts. If it is declared it must be punted.

Overtime

1. Games can end in a tie, there will be no overtime.

Sportsmanship

1. If a team is winning by 24 points or more, they must go for a one-point conversion.
2. Coaches are responsible for showing good examples of sportsmanship.
3. Any unsportsmanlike offense will be a 15-yard penalty. The team will receive one warning, and then the team will receive the penalty.
4. Coaches are responsible for the fans as well, do not let your fans come into the player area or on the field. Assist them to teach positive lessons to these kids as well.
5. All players on the team must start either offense or defense. Please try to give everyone playing time.