

Flag Rules

1. Flag is a learning experience and introduction to the basics of Football.
 - The Flag Division will consist of five (5) and six (6) year olds
 - No eight (8) year olds no exception
 - No weight limit.
2. Games will be played on half the width and length of a regulation field (25 x 50 yards) with every ten (10) yards marked with cones and/or lines. The four (4) corner end cones will be the end zones. There will be six (6) cones per side.
3. The first possession will be determined by coin toss, the receiving team will start on offense. They will start at their own 10-yard line. A first down will be awarded when a team moves the ball ten (10) yards in four (4) downs or less.
4. There will be no scoring kept, as flag is a learning experience.
5. There will be no makeup games.
6. No un-sportsmanlike conduct is allowed before, during or after games.
7. Obscene language or profanities and/or abusive behavior by the coaches or players will not be tolerated. Coaches, parents, or fans who fail to comply are subject to removal from the facilities and upon review of the board may be banned from participation or the facilities for the remainder of the season.
8. Every player MUST have his or her mouthpiece in place at each game. No child will be permitted to play in any portion of the game without their mouthpiece.
9. Every player MUST be given an equal opportunity to play in each game and to play all positions throughout the season.
10. Games are to be one hour in length. There will be two (2) twenty-five (25) minute halves and one (1) ten(10) minute half time.
11. Up to nine (9) players may be on the field at one time for each team.
12. All shirts MUST be tucked in and flags must be properly secured. Tying of flags and/or shielding of flags is not allowed. The play will either be re-played or downed at the point of shielding the flag.
13. All snaps by the center MUST be between the legs.
14. No team shall practice and/or play a game more than three (3) times per week. Two (2) one-hour practices and 1 game are the limit for one week.
15. No punting, on all fourth downs the team with the ball will declare if they will attempt for a first down. If the first down attempt fails the ball will change possession at that spot. If they declare punt. The receiving team will start at their own 10-yard line

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16. When a fumble happens, the ball is dead at that spot and the fumbling team retains possession. Muffs during the center quarterback exchange are not considered fumbles until the third consecutive muff.
17. Four (4) defensive men are allowed to line head up on the tackles and guards. No one is allowed to line up on the center. Only two (2) of the four (4) defensive linemen are allowed to rush the quarterback unless the QB hands off or runs outside the tackles, then all linemen may come in. Lineman must line up a half yard off of the line of scrimmage
18. Blocking by the Offensive Linemen will be accomplished by making a fist with their hands and folding both arms across their chest or by folding their arms across their chest and taking hold of their jerseys. Linemen may not block with their arms fully extended in front of them with their hands out to push the Defensive Linemen. There is no blocking or hitting to the head, back, or below the waist.
19. If one team does not have enough players, then one of the two things below must happen:
 - The other team takes players off the field so that each team has equal players.
 - The other team gives players to the short-handed team.
20. If the ball should match a player's shirt, then a neutral colored ball will be used.
21. This is flag football – **THERE WILL BE NO TACKLING!** There shall be no intentional pushing or knocking out of bounds. The player must be going for the flag. A Defensive player tackling a player instead of going for the flag will be removed from the game for four (4) plays for the first offense. The entire game for the second offense. Also allows a first down for the offense on each offense.
22. There are no penalties. This is a learning experience.
23. Should a problem or dispute of any play arise and the coaches cannot agree, the down and play shall be played over.
24. Only one (1) coach from each of the two teams is allowed in the huddle. All other coaches are to stay on the sidelines to help spot the ball. A representative from each team will be responsible to work together to organize the marking the down location and keeping the game on time.
25. All Coaches are responsible to keep the practice and game fields CLEAN! There should be a minimum of two (2) and a maximum of six (6) coaches per team
26. A ball carrier running over any defensive player will have to sit out four (4) plays and the ball is turned over to the other team. If the same player commits the same offense he will sit out the rest of the game and the ball will be turned over to the other team.