



Flag Football Rules

Section I - GENERAL RULES

- A. Number of Players: The maximum number of kids a team may have is 16 players. (A coach may take more players if he/she wishes.) A team must have a minimum of eight (8) players to begin a game. A team must have no less than six (6) players **after** the start of the game.
- B. Minimum Play Rule: All players must play **six (6) plays** per half. **(12 plays per game)** The punt and punt return will not count as a play from scrimmage.
- C. Minimum Ball Carriers: Each team will allow a minimum of **four (4) different players** to carry the ball during the ball game.
- D. Game Duration and Time-outs: The game is divided into four (4) (10-minute quarters). The clock is a running clock and will stop only for the following:
- Time-outs (Each team will be given two one- minute time-outs per half. Unused time outs from the first half may not be carried over to the second half.)
 - The officials may stop the clock at their discretion (injury, etc.). A two minute warning will be given before half time and before the end of the game, however the clock will not be stopped at this time.
- E. Forfeits: Game time is forfeit time.
- F. Duration of the Halftime: Halftime consists of **five (5)** minutes.
- G. Flags and Flag Belts/ Footballs: Players on the field must wear two regulation flags. The flags must hang down from both sides of the waist. The flags may not be rolled, tied, pinned, or sewn on the belt. The Pee Wee size football issued by Kids, Incorporated will be the official game ball.
- H. Uniform: All players will wear the official Kids, Incorporated t-shirt at every game. Only tennis shoes and rubber cleats are allowed. Shirts **must** be tucked in. If shirt is hanging over flag belt, a flag guarding penalty will be called. DO NOT roll your flags under flag belt. Caps and/or hats of any kind are not allowed to be worn during games.

Section II - RULES OF THE GAME

- A. Field Dimensions: The playing field is 40 yards wide by 80 yards long.

B. Charging: Charging by any player is not allowed. Charging is defined as running into another player

- to avoid being tackled;
- to make a tackle; or
- in an effort to block a defender from the ball carrier.

C. Tackling: A tackle is made by removing one flag from the belt of any player advancing, holding, or carrying the ball. The defender may not leave his or her feet to make a tackle.

D. Kickoffs: In the flag division there are no kickoffs. Instead, the ball is placed at the 20 yard line of the receiving team. The clock will start upon placement of the ball. Following a safety, the ball will be spotted at mid-field (40 yard line).

E. Punts: When fourth down is announced, the referee will ask the team in possession of the ball whether they wish to punt the ball or punt.

- Punts will be played as a “dead-ball” situation (no punt returns). Rushing the punter is not allowed (5 yard penalty will be assessed if rushing occurs). The return team must have five (5) players on the line of scrimmage. The ball will be put in play: #1) at the spot where the punt returner catches or touches the ball, # 2) where the untouched ball comes to rest or goes out-of-bounds, or #3) at the 20 yard-line if the ball crosses the goal line untouched.
- If the punter drops the ball, it is still a dead ball situation. The punter may pickup the ball and punt (no rushing). If the center wants to turn around and give ball to the punter, this is allowable. Once the ball is punted, the punting team may go down the field and cover the punt.

F. Scrimmage Play: The offensive team has 30 seconds to put the ball into play after the official whistles the ball ready for play.

G. Offensive Alignment: There must be at least three players on the line of scrimmage.

H. Motion: You may only have one person in motion at a time.

I. Offensive Blocking: Shield Blocking/Screen Blocking is the only kind of blocking allowed. Shield or screen blocking is defined as a blocker impeding the defender's line of play. The blocker may put his/her body between the ball carrier and the defender. The blocker may not use his/her hands, hips, elbows, legs or knees or extend his/her arms to interfere with the defender. Blocking below the waist is not permitted. Once the ball carrier has passed the line of scrimmage, you may not shield or screen block downfield.

J. Defensive Alignment: Defensive lineman must be at least one yard off the line of scrimmage. Linebackers and cornerbacks must be 3 yards off the line of scrimmage.

K. The Ball is Dead When:

- The ball carrier's flag is pulled.
- The ball is fumbled and/or hits the ground. The ball is spotted where the ball hits the ground.
- The center does not get the ball to the quarterback. (fumble)
- The ball carrier's knee hits the ground.
- Either flag on the ball carrier's belt falls off.
- Offensive player's flag is pulled.
- Ball carrier steps out of bounds. (The clock will not stop.)
- Touchdown is scored.

L. Pass Eligibility/Receiving: All players are eligible to receive a pass, including the quarterback, if the ball has been handed off, tossed, or pitched behind line of scrimmage. Player must have one foot in bounds when making a catch. An incomplete pass behind the line of scrimmage constitutes a fumble and the play is dead at the spot of incompleteness.

M. Interceptions: Interceptions may be advanced providing the player has two flags legally attached to his/her belt. If not, the interception will stand and the ball will be declared dead at the point of the interception.

N. Rushing the Ball

- The ball must be snapped to the quarterback to begin play.
- Direct hand-offs, a toss or a pitch behind the line of scrimmage are legal. Anyone behind the line of scrimmage can receive a hand-off, toss or pitch. The quarterback **cannot** take a hand-off and hand it back to the center.
- 3. The player who takes the hand-off, toss or pitch can throw the ball, as long as he/she does not pass the line of scrimmage. (You may have one lateral pass behind the line of scrimmage.)
- 4. Spinning is allowed but players cannot leave their feet to avoid a defensive player. The defensive player cannot leave his/her feet to pull a flag. **(no diving)**

O. Rushing the Quarterback

- Only two (2) players are allowed to rush the quarterback across the line of scrimmage. These two (2) players must begin their rush from outside the offensive tackle position. All other defensive players must wait until the ball carrier reaches the line of scrimmage.
- Players not rushing the quarterback may defend the line of scrimmage.
- Once the ball is handed off, all defenders may rush the ball carrier.
- If the quarterback decides to run or pass **and is outside** the tackles, the entire defense may rush.
- If the quarterback makes a move toward the line of scrimmage, all defenders may rush.

- If the quarterback goes back to pass and is still inside the tackles, the only defenders allowed to rush are the (2) designated rushers.

P. Scoring

- Touchdown = 6 points
- Extra point = 1 point for an extra point rushing/2 points for an extra point passing. The ball is put in play from the 3 yard line. An intercepted pass or a fumble that is caught before hitting the ground may be returned by the defense to their end zone for a two (2) point score.
- Safety = 2 points
- No extra point kicks or field goals allowed.