

Section I**GENERAL RULES**

- **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.
- **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.
- **Minimum Ball Carriers**
 - Each team will allow a minimum of **four (4) different players** to carry the ball during the ball game.
- **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.
- **Forfeits**
 - Game time is forfeit time.
- **Duration of the Halftime**
 - Halftime consists of five (5) minutes.
- **Flags and Flag Belts/ Footballs**
 - Players on the field must wear the Kids, Incorporated issued flag belt with 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.
- **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.
- For the safety of all players, no hard or plaster casts are allowed to be worn by any player.

Section II

RULES OF THE GAME

- **Field Dimensions**
 - The playing field is 40 yards wide by 80 yards long.
- **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.
- **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.
- **Kickoffs**
 - In the flag division there are no kickoffs.
 - 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).
- **Punts**
 - When fourth down is announced, the referee will ask the team in possession of the ball whether they wish to play the down 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:
 - at the spot where the punt returner catches or touches the ball.
 - where the untouched ball comes to rest or goes out-of-bounds.
 - 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.
- Scrimmage Play
 - You may have one offensive coach in the huddle, if needed.
 - Once the huddle breaks, coaches must be 10 yards back and may not coach or run with the play.
 - The offensive team has 30 seconds to put the ball into play after the official whistles the ball ready for play.
 - A team has 4 downs to reach the next line to gain and a 1st down.
 - A team may go for it on the 4th down.
 - If you do not make a first down, the ball changes possession.
 - A team may punt on 4th down.
- Offensive Alignment
 - There must be at least three players on the line of scrimmage.
 - Please make sure the referees can tell which three players are on the line of scrimmage.
- Motion
 - You may only have one person in motion at a time.
- 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.**
- Defensive Alignment
 - You may have one defensive coach in the huddle, if needed.
 - Once the huddle breaks, coaches must be 10 yards back and may not coach or run with the play.
 - 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.
- 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.
- 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.
- 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.
- 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.
 - 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.
 - Spinning is allowed but players cannot leave their feet to avoid a defensive player.
- Rushing the Quarterback
 - Only two (2) players are allowed to rush the quarterback across the line of scrimmage after the snap of the ball.
 - Please make sure to tell the referees who your rushers are.
 - These two (2) players must begin their rush from outside the offensive tackle position.
 - 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.
- 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 are allowed.