

Putting ball into play

1. A coin toss determines first possession.
2. All possession changes, except interceptions, start on the offensive's 5 yard line.
3. 1st-4th grade - First Downs: The offensive team takes possession of the ball at its 5-yard line and has four plays to obtain a first down. To keep possession of the ball, the offensive team must advance the ball past the next zone line (20 yards) in four downs. As soon as the ball is advanced over the zone line, the following down shall be first. If the offensive team fails to attain a first down or a touchdown, the ball changes possession and the opposing team takes over on its 5-yard line.
4. 5th-6th grade - First Downs: The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield. Once the ball is advanced over the midfield line, the following down shall be first. Once a team crosses midfield, it has four plays to score a touchdown. If the offense fails to score the ball changes possession and the opposing team takes over on its 5-yard line. If the offensive team fails to cross midfield, possession starts its drive from its 5-yard line.
5. Teams alternate direction of play each half.
6. Teams must field a minimum of 5 players. A 10 minute grace period will be allowed to meet that requirement, or a forfeit will occur.
7. There are **no** kickoffs, **no** punts, and **no** blocking allowed.
8. Ball Sizes: 1st-2nd - Mini Ball, 3rd-4th - Pee-Wee Ball, 5-6th - Junior Ball
9. 1st-4th grade - One Coach will be allowed on the field throughout the game. Coaches may participate in huddles, and assist in play call.
5th-6th grade - Coaches are not allowed on the field during game time.
10. Once a "Safety" has occurred, the defensive team that accomplished the "Safety" will be awarded 2 points, plus they will be awarded possession of the ball beginning from their own 5 yard line.

Each time the offensive team takes possession of the ball, whether initial possession or following each offensive play, officials will place the ball in the middle of the field. Hash marks are not marked based on the size of the playing field, and therefore, centering the ball is the best option.

Timing

1. Games consist of two 20 minute halves. Second half clock stops last 2 minutes if game is within 16 points.
2. Each time the ball is spotted a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
3. Each team has two timeouts per half. Clock will stop during all timeouts. The duration of timeout is one minute.
4. Officials can stop the clock at their discretion.
5. Half time is 5 minutes, teams must stay near the field.

Overtime

Should a tie score occur following regulation play, the following guidelines apply:

A three minute period will be given to both teams for the purpose of rest, hydration, and strategy planning for the overtime period. The ball will be placed at the nearest zone line located to the end zone. The “visiting team” will have first possession and will have four downs to score a touchdown. If they fail to score a touchdown, the ball will be awarded to the opposing team, who will then begin at the same zone line on the same end of the field. Should the opposing team score a touchdown, the game is over. However, if the “visiting team” succeeds in scoring a touchdown, they have the option of selecting a 1 or 2 extra point try and points will be awarded accordingly. Following this possession, the opposing team will follow the same format. Should a tie continue after the first overtime period, the same guidelines will apply for a second overtime period, but with one exception...ball possession will be given to the “home team” for the first ball possession. If a tie occurs following both overtime periods, the game will be declared a tie for the purpose of league standings.

Scoring

1. Touchdown: 6 points
2. Extra Point: 1 point (played from the 5-yard line)
2 points (played from the 12 yard line)
3. Safety: 2 points

Running

1. The quarterback cannot run with the ball beyond the line of scrimmage.
2. Direct handoffs, pitches, and laterals behind the line of scrimmage are permitted. Offense may use multiple handoff's. No direct hikes to a running back or man in motion are allowed.
3. No running Zones, located 5 yards from each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations.
4. The player who takes the handoff can throw the ball from behind the line of scrimmage.
5. Once the ball has been handed off, all defensive players are eligible to rush.
6. Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
7. The ball is spotted where the ball carrier's forward foot is when the flag is pulled.
8. Flag guarding - the ball carrier **may not** use his/her free hand to guard or protect a flag from being pulled by a defender.

Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
2. Only one player is allowed in motion at a time.
3. A player must have at least one foot inbounds when making a reception.
4. All passes must be received beyond the line of scrimmage.

Passing

1. All passes must be forward and received beyond the line of scrimmage.
2. No intentional grounding. A pass attempt must be an attempt to a player of the same team. Game official's have final say in determination of pass attempt or intentional grounding.
3. The quarterback has seven-second pass clock. If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule no longer is in effect.
4. All interceptions change possession and are returnable from the point of the catch until the interceptor's flag is pulled. At that point, the new offense will take over with a new set of downs.
5. A forward pass is not allowed beyond the line of scrimmage.
6. During all extra point attempts, any intercepted ball will be considered a "dead ball" and may not be advanced.

Dead balls

1. The ball must be snapped between the legs, or off to one side, directly to the quarterback to start play.
2. Substitutions may be made on any dead ball.
3. Play is ruled "dead" when:
 - a. Ball carriers flag is pulled.
 - b. Ball carrier steps out of bounds.
 - c. Touchdown or safety is scored.
 - d. Ball carriers knee hits the ground.
 - e. Ball carriers flag falls out.
 - f. Ball carrier fumbles. The ball is spotted where the fumble occurs, and the offensive team retains possession.

Rushing the quarterback

1. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
2. Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage. **Remember, no blocking or tackling is allowed.**

Sportsmanship/Roughing

1. If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. **Foul play will not be tolerated.**
2. Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

3. **COACHES: Sportsmanship Program - B.A.G.S. = BE A GOOD SPORT**

- **Cheer for all players
 - **Encourage a friendly environment
 - **Show good sportsmanship
 - **Be polite, thoughtful, & encouraging
 - **Say “THANK YOU”
 - **Pick up after yourself
- ***DON'T FORGET YOUR B.A.G.S

Penalties - All penalties will be called by the referee not the coaches, players, or parents.

1. Referees determine incidental contact that may result from normal run of play. **All penalties will be assessed from the line of scrimmage. *Exception: The “Flag Guarding” penalty will be assessed from the point of the infraction.**
2. Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgement calls.
3. Games cannot end on a defensive penalty, unless the offense declines it.
4. Should an offensive penalty and a defensive penalty occur on the same play from scrimmage, the penalties will “off set” one another, and that down will simply be played over again. This applies even if one penalty carries a heavier weight than the other

Defense:

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|----------------------|---|
| 1. Offsides | 5 yards and automatic first down |
| 2. Interference | 10 yards and automatic first down |
| 3. Illegal contact | 10 yards and automatic first down (holding, blocking, etc) |
| 4. Illegal flag pull | 10 yards and automatic first down (before receiver has ball) |
| 5. Illegal rushing | 10 yards and automatic first down (starting rush from inside 7-yard marker) |

Offense:

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|--------------------------------|---|
| 1. Illegal motion | 5 yards and loss of down (false start, more than one person moving) |
| 2. Illegal forward pass | 5 yards and loss of down (pass received behind line of scrimmage.) |
| 3. Offensive pass interference | 10 yards and loss of down |
| 4. Flag guarding | 10 yards from point of infraction and loss of down. |
| 5. Delay of game | 10 yards and loss of down Clock stops |
| 6. Intentional Grounding | 5 yards and loss of down. |

Attire:

1. Cleats are allowed, except for metal spikes. Inspections must be made. All players are encouraged to wear a protective mouthpiece. Washington City **Maroon and Silver** Reversible jerseys must be worn, and may be purchased at the Washington City Community Center.



**Washington City
Recreation**

YOUTH FLAG FOOTBALL RULES

Boys & Girls

1st - 6th Grades