



JR PALADINS FLAG FOOTBALL RULES

League One

Grades: PreK - K

Administration:

K-1st Grade Flag Football Rules The goal of flag football is to introduce young athletes to the game of football in a “non-contact” environment. The goal of this instructional league is to provide our youth with the opportunity to develop, learn and participate in the game of football. We are here to provide quality coaching that leads to increased knowledge, skill and, more importantly, self confidence in all players. We strive to provide a safe and fair playing environment, quality equipment and leadership and to teach self-respect and discipline. We appreciate our volunteers and thank you for your participation in our program. All teams need to meet in the middle before each game/practice to pray. Our FCA rep Dan Roark will be able to help with any devotions.

This program will provide a learning setting with the emphasis in the following areas of the game:

- A. Proper fundamentals
- B. The various football positions
- C. The skills required at each of the positions
- D. Football terminology
- E. The rules of the game
- F. Good sportsmanship It is our strong belief that when these aspects of the game are taught without introducing the element of contact, young players will be better prepared to play the game in the future. This is an instructional and developmental league with a secondary emphasis on competition. The

non-contact rule will be strictly enforced by the coaches/referees. Scores are not kept, records are secondary to teaching fundamentals. There is no championship game.

SQUAD SELECTION:

1. Teams will consist of approximately 9-12 players on each team.

EQUIPMENT:

1. Game jersey and flag belts will be provided by the league.
2. Good fitting athletic shoes – molded cleats are allowed.
3. Mouth guard – recommended
4. Water bottle – recommended

PRACTICE/GAME:

1. Teams will practice 30 minutes before each game and games will be 50 minutes.

FIELDS:

1. 60 yards long and 40 yards wide with 10 yard end-zones. First downs will be measured and achieved by advancing the ball 10 yards or more.

GAMES:

1. Each game will consist of two 25 minute halves, running time.
2. Clock will only stop after a team enters the end zone in the last two minutes of each half.
3. A coin toss determines who gets the ball on offense first. The loser of the coin toss takes the initial offensive possession of the second half.
4. Each team is allowed four downs to make a first down or to enter the end zone. 10 yards for a first down. If the offensive team fails to get a first down or enter the end zone, possession of the ball changes at that point and the opposite team starts at the point where the ball is placed after the offensive teams' fourth down ended.
5. No official score will be kept so there are no ties in the game.
6. 6 offensive and 6 defensive players and a maximum of two coaches, one from each team, are allowed on the field.
7. A new backfield must accompany each offensive series.
8. Coaches are encouraged to huddle their offense quickly between plays and start a new play in a timely fashion. A 45 second time limit will be strictly enforced between plays.

PLAYING TIME/PARTICIPATION:

1. Players must play half of the game on offense and half of the game on defense. Coaches are responsible for rotating their players into these positions equally.

2. With every new offensive series, players should play different offensive positions.
3. Over the course of the game, players should be rotated through all six different positions. If a player does not get to play a position during the game, they should be put in those positions first in the next game.
4. If a coach/referee notices a player repeating an offensive position during the game, before everyone else has had a chance to play that position (including quarterback,) a warning will be issued. If this behavior continues, it will result in a 15 yard penalty with a loss of down. Participation and skill development are the key goals of the league and every attempt should be met to meet these goals for the players.

TYPICAL PLAY SEQUENCE:

1. All offensive players except the quarterback should be in a three point stance. An exception can be made for the center position. If it is easier for the center to hand the ball sideways to the quarterback rather than from underneath, they can hand it off that way. They should eventually try to get to know how to hand it from underneath for future tackle play. Again, teaching them the skills with emphasizing successful plays.
2. All defensive players should be in a two point stance, aligned no deeper than 5 yards from the line of scrimmage. Legal defensive line up is three players at the line of scrimmage and three in the back field.
3. Quarterback will call signals to initiate the snap. 4. Once the ball is snapped, the defensive team's coach shall start a 3 count. The coach should call out "One..., Two..., GO!" (approximately one second per count) when the ball is snapped. 5. The offense will get this 3 count time to develop a play. A fumble behind the line of scrimmage during this count may be retrieved and play continues.
4. Once the 3 count is reached and the coach says "Go!" the defensive team may cross the line of scrimmage.
5. The 3 count is not in effect once the ball is handed off or the quarterback leaves the pocket. Once this occurs, the defense is allowed to cross the line of scrimmage.
6. Fumbles after the 3 count are dead balls and cannot be advanced. The ball will be placed at the spot of the fumble.
7. Interceptions, tipped passes or fumbles caught out of the air can be advanced by either team. The play is over when either a player in possession of the ball has their flag belt removed by an opposing player, one knee touches the ground, the ball carrier steps out of bounds, a fumble, a dropped pass or entering the end zone.

ENTERING THE END ZONE:

1. Scores are not kept, but the teams can elect to attempt an additional play if they enter the end zone. If a team gets to the end zone (i.e. a touchdown), they can then set up for an additional play to try to enter it a second time right away (i.e. extra point.) One attempt will be allowed. 2. If a player is tackled in their own end zone, they lose the possession of the ball (i.e. a safety.)
OFFENSE: 1. All players on offense are eligible receivers, including the quarterback. 2. There must be 3 players on the line of scrimmage. 3. The quarterback must take a direct snap from the

center. This can occur by being handed the ball from underneath the center through the legs or from the center standing sideways to the line of scrimmage and handing the ball to the quarterback.

2. The center cannot pick up hold the ball. It must be left on the ground until the quarterback gives the final signal to hike the ball.
3. A team must have one running back in the backfield no wider than three yards from the quarterback.
4. Only one player is allowed to be in motion at any time. Motion can only be from side to side. The player cannot move forward.
5. Picks and screens on pass patterns are illegal.
6. At least one foot must be in bounds when making a reception.
7. A player may not be moving forward when blocking. A shuffle, in order to screen a defender is permitted. If contact is made, the offensive player should have their feet set as in basketball. Arms must be bent at the elbow and within reasonable range of width of the player's shoulders (normal blocking technique applies.)
8. Offensive players may obstruct opponent's path to the ball carrier, but not make substantial contact with the opponent.
9. All offensive players, except the quarterback (and the center if snapping to the side), must be in a 3 point stance at the snap of the ball.
10. No stiff-arm or slapping away defenders arms. Penalty: 5 yards from infraction.
11. All fumbles are dead balls (except offensive players may play the ball if dropped and picked up behind the line of scrimmage during the coach's 3 count.) No possession change. This avoids players going into a pile to retrieve the ball which may cause an injury.
12. A fumble caught out of the air or deflected pass may be advanced by either team.
13. 45 second time limit between plays.
14. Offensive players must have their flag belt around the outside of any clothing. It must be easily accessed by the defensive team at all times.

DEFENSE:

1. Defensive players may not initiate contact.
2. A defensive player may only grab for the flag belt. This will eliminate contact that would resemble a tackle. Pushing or tackling penalty: 15 yards from infraction.
3. When a defensive player grabs the opponents flag belt, they shall stop immediately and hold the flag high over their head or throw it to the ground at their feet. This is for spotting purposes.
4. Defensive players shall not cross the line of scrimmage until the count of three (Go!) by the coach.
5 yards from the line of scrimmage.

Penalty:

1. Defensive players may play man-to-man coverage.

2. Defensive players shall start each play in an athletic, 2 point stance, and align no deeper than five yards from the line of scrimmage.
3. Legal defensive line up is 3 players on the line of scrimmage and 3 in the backfield at least three feet from the line of scrimmage.

SPECIAL TEAMS:

1. There are no kick offs. At the start of the game, start of the second half and after the other team enters the end zone, the opposite team's offense starts at the 20 yard line to advance to their end zone.
2. There are no punts. If the offensive team fails to get a first down or enter the end zone, possession of the ball changes and the opposite teams starts at the point where the fourth down ended.

DEFENSIVE PENALTIES:

1. Offsides penalty: 5 yards from line of scrimmage.
2. Illegal procedure penalty: defensive players lined up deeper than 5 yards from line of scrimmage, more than 3 players on the line of scrimmage – 5 yards from line of scrimmage.
3. Illegal contact penalty: defensive initiated contact – 5 yards from line of scrimmage. 4. Excessive contact penalty: pushing, tackling or grabbing more than the flag belt – 15 yards from spot of foul.

OFFENSIVE PENALTIES:

1. Offsides/False Start penalty: moving forward before the ball is snapped – 5 yards from line of scrimmage.
2. Delay of game penalty: taking longer than 45 seconds for huddle – 5 yards from line of scrimmage.
3. Illegal motion penalty: more than one player in motion at a time – 5 yards from the line of scrimmage.
4. Illegal forward pass penalty: player throwing a pass once they have gone beyond the line of scrimmage – 5 yards from line of scrimmage and loss of down.
5. Offensive pass interference penalty: pick play or pushing off – 5 yard penalty from line of scrimmage and loss of down.
6. Illegal procedure penalty: moving forward while blocking, less than three players on the line, all players (excluding QB and center IF snapping to the side) not in a 3 point stance – 5 yards from line of scrimmage.
7. Unsportsmanlike conduct penalty: offensive player repeats a position (including quarterback) before all other offensive players have played that position (i.e. consecutive offensive series) or in a way that limits participation to only "star" players – 15 yard penalty from line of scrimmage and loss of down, after first warning.

8. Illegal contact penalty: stiff-arm, slapping defenders away – 5 yards from spot of foul. 9. Excessive contact penalty: pushing, tackling or blocking to the ground – 15 yards from line of scrimmage.