

THE FLAG FOOTBALL LEAGUE OF KANSAS CITY

YOUTH FLAG FOOTBALL RULES

9/1/2013 1:03:40 PM

SPORTSMANSHIP

- Coaches are directly responsible for team members and spectators supporting their team before, during and after the game.
- If the field referee or supervisor witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike conduct, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED**
- Any trash talking or taunting which intended to embarrass, ridicule or demean others under any circumstance will not be tolerated. First offense is a warning the second offense ejection from the game

EQUIPMENT/ UNIFORMS

- Players in grades 1st and up will wear reversible jerseys.
- Players in grades 1st and up will wear slotted football pants (no pads).
- All players must wear Sonic two-flag system flag set.
- Cleats are optional though metal spikes are not allowed.
- All players must wear a protective mouthpiece, no exceptions.

START OF GAME

- The game will begin with a coin toss to determine possession. There is NO “deferring” on the coin toss. The team that wins the coin toss gets their choice of playing offense or defense. The team that loses the coin toss determines what goal they want to defend in the first half. What ever team plays defense in the 1st half will start on offense in the 2nd half. The team that starts on offense in the 1st half will start on defense in the 2nd half. The directions of the two teams will be reversed in the second half. **NO TEAM** can start both the 1st half and 2nd half with the football.
- The ball will be placed at the 5 yard line
- Time will be kept on the electronic scoreboard.
- Game time is forfeit time...be on time!

PLAYERS / GAME SCHEDULES

- This is a 6-on-6 format. You must have a minimum of 4 players to play at all times. Failure to field at least 4 players will result in a forfeit.

TIME OUTS

- Each team has two 30 second time-outs per game.
- Officials can stop the clock at their own discretion

GAME

- Only one coach is allowed on the field per team for K-3rd grade leagues.
- 4th/5th Coaches must stay on the sidelines.
- 6 offensive players v 6 defensive players
- Two twenty minutes halves, running clock
- Play Clock K-3rd Grades is 45 seconds for 4th – 8th Grades it is 35 seconds.
- The offensive team takes possession of the ball at their 5 yard line has 3 plays to cross midfield
- K-1st League has 4 plays to cross midfield

- Once team crosses midfield they have 3 more plays to score a touchdown. The team may try for a touch down on the 4th down but if they fail the defense takes over and the ball is spotted at the last play or 5 yard line whichever is greater.
- K-1st League always starts back at the 5 yard line after a failed 4th down try, even on interceptions unless they are returned for a touchdown.
- All other possession changes except interceptions will start on the offenses 5 yard line
- There is no overtime in regular season play.

RUNNING

- The quarterback is the first player to touch the ball after the snap
- The quarterback CANNOT run the ball directly from the snap
- The quarterback and the center can run the ball only after he/she has given up total possession of the ball. **All hand offs to the center must be wrapped around to chest/hands.**
- Only direct hand-off's or pitches behind the line of scrimmage are legal. Offense may use multiple hand-offs and pitches.
- There are "NO RUNNING ZONES" at the 5 yard line and 5 yards before mid-field.
- The player who receives the hand off or pitch can throw the ball as long as he/she does not pass the line of scrimmage.
- Moving screens that protect the ball carrier are NOT allowed and are considered blocking.

RECEIVING

- All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage)
- Only one player is allowed in motion at a time
- Players must have at least one foot in bounds when making a reception.
- Crossing patterns intended to pick off defensive players are not allowed and will incur an unsportsmanlike penalty against team/coach.
- The QB is not allowed to run the ball until after he hands it off and gives complete control to another teammate.

PASSING

- Laterals are allowed and will be viewed as a pitch, but receiver has to be behind passer. Laterals cannot occur past the line of scrimmage.
- All passes must be caught beyond the line of scrimmage.
- Shovel passes are allowed but must be beyond the line of scrimmage.
- Interceptions change the possession of the ball and may be advanced by the defense from any point on the field.
- The QB has 7 seconds to pass, lateral or hand-off the ball. Once gives up control of the ball the 7 second clock is no longer in effect.

RUSHING THE QUARTER BACK

- All players that rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.
- Any number of players can rush the QB.
- Players not rushing the QB may defend on the line of scrimmage.
- Once the ball is handed off the 7 yard rule is no longer in effect and all defenders may go behind the line of scrimmage.

- Defensive players that are not 7 yards back to rush quarterback cannot cross the line of scrimmage until possession of ball leaves the quarterbacks hand.

DEAD BALLS

- Ball must be snapped between the legs, not off to one side to start the play
- Substitutions may be made on any dead ball.
- Play is ruled DEAD when:
 - o ball carrier steps out of bounds
 - o a touchdown is scored
 - o ball carriers knee touches ground
 - o ball carriers flag is pulled
 - o a forward pass is caught behind the line of scrimmage
- There are no fumbles. The ball will be spotted where the ball hits the ground (except on a 4th down then change of possession will ensue at the 5 yard line)
- Fumbles in the end zone will be placed at the 1-yard line plus loss of down.
- If player with the ball loses flag belt, ball will be downed at spot of losing belt. If a player catches a pass with no flag belt, spot of the ball will be where player comes down with the completion.

PENALTIES

- Failure to wear mouthpiece will be dead ball/delay of game penalty. Player must be substituted.
- Any unsportsmanlike penalties incur an automatic 1st down or loss of down and depending on infraction, it may include expulsion of players/team/coach/parent
- Players must keep flags on hips/sides. Failure to do so will result in dead ball/delay of game penalty. Flags shifting to positions other than hips or sides during the course of live ball play will not be penalized. Each player must check flag position between downs.
- Failure to tuck in jerseys will result in dead ball/delay of game penalty.
- Any penalty within 5 yards of the end zone will be half the distance to the goal line.

Note: Kindergarten players should wear shorts or pants w/o pockets.

- *Defense:*
 - o Offsides = 5-yards
 - o Interference =5-yards
 - o Illegal contact (holding, blocking, tackling) = 5-yards
 - o Illegal Flag Pull (before receiver has ball) = 5 yards
 - o Illegal Rushing (start rush inside 7 yard line and crossing the LOS before the QB gives up possession) = 5 yards
 - o All defensive penalties all incur automatic 1st down
 - o Coach Interference = automatic touchdown for the offense.
- *Offense:*
 - o Illegal motion (more than 1 person moving, false start, motion) = -5 yards and loss of down
 - o Illegal forward pass (receive pass behind line of scrimmage) = -5 yards and loss of down
 - o Offensive Pass Interference (illegal pick, pushing off) = -5 yards and loss of down
 - o Flag Guarding = -5 yards (from the spot) and loss of down
 - o Delay of game = clock will stop -5 yards and loss of down

- Illegal Flag –Tied flag or flag that has been cut down from its original size = loss of yards gained and automatic turnover.
- Coach Interference = automatic turnover.

SCORING

Scoring Touchdown:
6 points

Extra point:

1 point (played from 5-yard line –pass only) or
2 points (played from 12-yard line –run or pass)

Defensive Interception Returned for a Score:

1 point if the Offensive Team is attempting a 1-point-try.
2 points if the Offensive Team is attempting a 2-point-try.

Safety:
2 points

END OF 1st HALF AND END OF GAME TIME CLOCK

The clock will stop in the final 30 seconds of the 1st half and the final 30 seconds of the second half (provided the margin is 8 points or less) for the following conditions:

- Incomplete passes
- Runner runs out of bounds
- All scoring plays and extra points
- Timeouts (2 per team per game). Timeouts will always stop the clock no matter what the point spread.
- Any penalties on the team that is winning the game.

ENFORCEMENT

- Referees determine incidental contact, which may result from normal running of play
- All penalties except for flag guarding from the line of scrimmage
- Only team captain/ coach may ask the referee questions about rule clarification and interpretations. Players/coaches/parents cannot question judgment calls
- Games cannot end on a defensive penalty, unless the offense declines it.

POINTS OF EMPHASIS

- Spinning and Jumping are ALLOWED but diving is NOT!
- Downfield picks/crossing plays/blocking are NOT ALLOWED
- Illegal rushing of QB
- Coaches cannot make contact with players after the snap of the ball.
- Pets are not allowed at the playing field complex.
- Smoking on or around game sites is prohibited.

IN THE EVENT OF RAIN OR INCLEMENT WEATHER

- Electrical equipment on the main field will not be used.
- If lightning is near, the game will be cancelled. If half the game has been played, it will be considered a complete game
- Scoreboards will not be used in inclement weather. All scoring and timing will be kept by the officials on the field.