



# Flag Football



GREAT : REC  
BEND : REC

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## GREAT BEND RECREATION COMMISSION

### FLAG FOOTBALL RULES

Any phase of the game not covered herein will be governed by the football rules of the Kansas High School Activities Association (KSHSAA).

#### GENERAL RULES

**Registration:** We have three ways to register: On the internet at [greatbendrec.com](http://greatbendrec.com), at the Great Bend Recreation Commission at 1214 Stone St. or call 620-793-3755.

- Practices:** Once teams have been formed, a team may meet no more than three times a week and for no longer than an hour and a half per meeting (including games.) Teams may accumulate no more than 4.5 hours of meeting time in a week.
- Other Games:** Any proposed game between a team from this program and one of another community must first be approved by the Great Bend Recreation Commission Director.
- Inclement Weather:** For postponements due to inclement weather, call the Rainout Line at 620-792-3214 after 4:00 p.m. or look for us on Facebook and [www.greatbendrec.com](http://www.greatbendrec.com). Make-up games will be scheduled as soon as possible with a memo passed out to the team managers. Games could include playing during another day of the week and not necessarily on regular game day.
- Teams:** Once a team is established, each player assigned will remain on that team. No player may switch teams under any circumstances except when approved by the Sports Supervisor.

#### EQUIPMENT

- Ball Size:** The K and 1<sup>st</sup> grade leagues will use a Pee Wee Size ball.  
The 2<sup>nd</sup> to 6<sup>th</sup> grade leagues will use a Junior Size ball.
- Player Equipment:** No hard or sharp objects may be worn including, but not limited to: face masks, metal cleats, steel plated shoes, jewelry, or large metal buckles. Clothing or objects which could confuse opposing players are prohibited. Bandannas or hats are also prohibited.
- Legal Equipment:** Tennis shoes or rubber spiked cleats, knee or elbow pads
- Recommended Equipment:** It is strongly recommended by the Recreation Commission that each player has a mouthpiece and all males should wear a supporter. Coaches should encourage players to purchase them at any sporting goods store or department store in Great Bend.

#### GAME PLAY

- At the start of the game, captains from both teams meet at midfield for the coin toss. The visiting team calls the toss. Winner of coin toss starts with the ball and losing team gets the ball to start the 2<sup>nd</sup> half.
- Starting at the 40-yd. line, the offense takes possession and has 4 downs to cross midfield (20 yd. line) for a 1<sup>st</sup> down. No kickoffs.
- The ball must be snapped between the legs.
- Once a team crosses midfield, it has 4 downs to score a touchdown.
- If the offensive team fails to cross midfield or score, possession of the ball changes and the opposition starts at the 40-yd. line.
- All possession changes will start at the 40-yd line.

#### ROSTERS

This is a 7 vs 7 flag football league that is modified from traditional tackle football while retaining the same basics and skills. Teams must field a minimum of 6 players to play a game.

## SUBSTITUTIONS

**Playing Time:** All team members who are present for a game must have a starting position on offense or defense. **Players should have the opportunity to play both offense and defense.** Substitutions may be made on any dead ball.

## FIELD

The field dimensions are 40 yards long and 53 yards wide with one end zone and one mid-field line for a first down.

## COACHES

Coaches are expected to adhere to the Rec coaching guidelines and the code of conduct.

1. **Code of Conduct:** Players, Coaches and Spectators in the GBRC programs are expected to conduct themselves in a sportsmanlike manner. Unsportsmanlike behavior directed toward other players, teams, officials, coaches and fans will not be tolerated. This includes, but is not limited to, obscene gestures, cheating, hitting, disrespect to officials, or other behavior deemed inappropriate. If a player, coach or spectator is ejected from a game by an official or supervisor, then that person is automatically ejected from the next two scheduled GBRC games, and all practices occurring within this time period. A player may be warned; second warning results in automatic ejection. The Sports Supervisor will notify the players and coaches of the suspension.
2. Coaches are allowed on the field to direct players according to division.
  - a) Kindergarten & 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> grade leagues: two coaches are allowed on the field
  - b) 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> grade leagues: one coach is allowed on the field
3. A team is limited to three (3) coaches or adult supervisors during a ball game.
4. **Sideline Boxes:** Team members and coaches not in the game must remain on their sideline during the game.

## TIMING AND OVERTIME

1. Games are a total of 32 minutes, played with two 16-minute running halves.
2. Clock stops only for time outs and injuries.
3. There is a 3-minute break at halftime.
4. Each team receives two 60 second timeouts per game.
5. A team has 30 seconds to snap the ball after it has been spotted by a referee.  
Penalty: Delay of game penalty.
6. **If a game is within 8 points in the final 2 minutes of play, the clock will stop for penalties, incompletions, when a ball carrier steps out of bounds and for a change of possession.**

### Overtime

If the score is tied at the end of 32 minutes, teams move directly into overtime. The following tie breaker system will be used for all overtime games:

The winner of the coin toss gets the ball first.

Ball is placed at the 20-yard line

After 4 plays, the referee will mark where the ball ended up with a cone on the sideline.

Opposing team will now take over at 20-yard line and run 4 plays going the same direction.

Whichever team gains the most yards on 4 plays wins.

If both teams are still tied, the above scenario is repeated until there is a winner.

## DEAD BALL

Play is ruled "dead" when:

1. The ball hits the ground
  - a) There are no fumbles. The ball is spotted where the ball carriers feet were at the time of the fumble. No stripping of the ball is allowed.
  - b) If the ball hits the ground as a result of a poor snap, the ball is then placed where the ball hit the ground.
2. The ball carrier's:
  - a) flag is pulled
  - b) steps out of bounds
  - c) knees or arm touches the ground
  - d) flag falls out when a defender is within pulling distance
  - e) flags are not positioned at the hips
3. A touchdown or PAT is scored
4. An interception is made
5. The receiver catches the ball while in possession of one or no flags
6. Inadvertent whistle

## SCORING

1. Touchdown: 6 points
2. PAT (point after touchdown)
  - a) 1-point play from 7-yard line
  - b) 2-point play from 12-yard line

## PASSING

1. Pass ONLY zones are in effect 5 yards before both the mid-field line and end zone to prevent teams from conducting power run plays which increases the odds for contact/injury. All plays must be forward pass plays beyond the line of scrimmage anytime the ball is marked within this area of the field. Exception: K-1<sup>st</sup> grade
2. All passes must be from behind the line of scrimmage.
3. Any forward pass overhand or underhand will be considered an incomplete pass if dropped and returned to the line of scrimmage.
4. Any backwards pass overhand or underhand will be considered a fumble and spotted at the feet of the receiver.

## RECEIVING

1. All players are eligible to receive passes, including the quarterback if the ball was handed off before the line of scrimmage.
2. A player must have at least one foot inbounds when making a reception and can have no body part touching out of bounds prior to completing the reception.
3. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage.
4. Interceptions change the possession of the ball with the ball starting back at the 40-yard line.

## RUSHING

1. The ball is spotted where the runner's feet are when the flag is pulled, not where the ball-carrier has the ball.
2. The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap.
3. Hand-offs, laterals and pitches are allowed as per NFL rules. The offense may use multiple handoffs.
4. **"Center sneak" play is not allowed. The QB is not allowed to handoff to the center on the first handoff of the play.**
5. No-run Zones are located 5 yards before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Exception: K-1<sup>st</sup> grade
6. Any player who receives a handoff can throw the ball from behind the line of scrimmage.
7. Once the ball has been handed off all defensive players are eligible to rush.
8. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.

9. Spinning is allowed, but players cannot leave their feet to avoid a flag pull. Players spinning out of control will be called for flag guarding.
10. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
11. Flag obstruction – All shirts MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

## RUSHING THE PASSER

1. All players who rush the QB must be a minimum of ten yards from the line of scrimmage (as marked by ref) when the ball is snapped.
2. Any number of players can rush the QB.
3. Players not rushing the QB may defend on the line of scrimmage but cannot cross over that line until the ball leaves the QB's hands.
4. Once the ball leaves the QB's hands, the ten-yard rule is no longer in effect and all defenders may go behind the line of scrimmage.
5. The referee will designate ten yards from the line of scrimmage.
6. Teams are not required to identify their rusher before the play.
7. Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty.
8. The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. If the "path or line" is occupied by a moving offensive player, then it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in an impeding the rusher penalty. **If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and to avoid contact.**

## FLAG PULLING

1. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
2. Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
3. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
4. If a player's flag inadvertently falls off during the play when a defender is within pulling distance, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.
5. A defensive player may not intentionally pull the flags of a player off who is not in possession of the ball.
6. Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder or intentionally covering the flags with the football shirts

## FORMATIONS

1. Offenses must have a minimum of one player on the line of scrimmage (the center) and the quarterback must be off the line of scrimmage.
2. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage. No motion is allowed toward the line of scrimmage.
3. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
4. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

## PENALTIES

### PENALTIES (ALL PENALTIES CAN BE DECLINED)

1. The referee will call all penalties.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
4. Only the head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.
5. Games may not end on a defensive penalty unless the offense declines it.
6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

## DEFENSIVE PENALTIES

Defensive pass interference	Automatic first down from the spot of the foul
Holding	Automatic first down from the spot of the foul
Illegal Rushing (leaving early from 7-yard rush mark)	5 yards, repeat down
Offsides	5 yards, repeat down
Illegal flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage and automatic first down
Running into QB	+5 yards from line of scrimmage and automatic first down
Defensive unnecessary roughness	+10 yards and automatic first down
Stripping the ball	+10 yards and automatic first down
Unsportsmanlike Conduct: Roughing the passer, Taunting, at sole discretion of the referee	10 yards from spot of foul unless behind the line of scrimmage/automatic 1st down/possible ejection

## OFFENSIVE PENALTIES

Delay of Game	Clock stops, 5 yards and loss of down
Illegal Contact	5 yards, repeat down
Illegal Forward Pass: (passer beyond line of scrimmage when throwing forward pass)	5 yards, and loss of down
Illegal Motion: (false start, more than one player in motion)	5 yards, repeat down
Offensive Pass Interference: (illegal pick play, pushing off/away defender)	5 yards and repeat down.
Flag Guarding: including stiff arm	5 yards from the spot of the foul
Charging: (not making an attempt to avoid the defender/making contact)	-10 yards from the spot of the foul
QB running with the ball	-10 yards and loss of down
Unsportsmanlike Conduct: At sole discretion of the referee	-10 yards from line of scrimmage/loss of down/possible ejection

## SPORTSMANSHIP / UNSPORTSMANLIKE CONDUCT

If a Rec Supervisor or official witnesses any acts of intentional tackling, elbowing, cheap shots, illegal blocking (extending of arms or chop blocking) or ANY conduct they determine to be an unsportsmanlike act, the game will be stopped and the offending player, coach and/or fan may be ejected from the game and, potentially, the field/premises. The decision is made at the referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!

## OFFICIALS

- Officials:** There will be a minimum of two officials on each field; one referee and one umpire. If numbers allow, three – four officials are desirable. The referee shall be in charge of the field on which he is working. The remaining officials shall be subordinate to him.
- The referee shall deliver all warnings, all ejection of players and coaches, and confer with the Field Supervisor or Sports Supervisor on any problems and decisions. If another official believes it necessary to warn or eject a coach or player, he will confer with the referee who will make the decision.
- Linesman:** The linesman shall be responsible for control of the first down markers during the game. This also means that he will brief the scorekeepers of their responsibilities and duties while running the markers.
- Protests:** Protests will not be allowed except concerning player eligibility. Questions about rule interpretations or judgement calls must be settled at the time they are brought to the referee's attention. The referee's decision will be final.

## CONDUCT & PERSONNEL

- Spectators:** Please respect the coaches on the sidelines and sit behind the black line on the sidelines or closer to the endzone away from the team.
- Drugs and Alcohol:** There will be no use of drugs or alcoholic beverages on or near the game/practice field or facility premises by managers, coaches, players, officials, GBRC staff or anyone concerned with GBRC teams during games, pre-game activities, or practices. One warning may be issued; or the person in question will be asked to leave the field and face indefinite suspension from any GBRC event or program.
- Weapons:** Weapons of any kind are not allowed on or at any GBRC site or facility. (at the discretion of the GBRC Staff)