



YOUTH FLAG FOOTBALL RULES

Revised and approved 8/23/2021



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Revised and approved 8/10/2020

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).

1. GENERAL RULES

1. **Registration:** We have three ways to register: On the internet at greatbendrec.com, at the Great Bend Recreation Commission at 1214 Stone St. or call 620-793-3755.
2. **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.
3. **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 Make-up games will be scheduled as soon as possible by notification to the team managers. Games could include playing during another day of the week and not necessarily on regular game day.
4. **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 Assistant Sports Director/Sports Director.

2. EQUIPMENT

1. **Ball Size:** The Kindergarten, 1st, 2nd and 3rd grade leagues will use a Pee Wee Size ball. The 4th to 6th grade leagues will use a Junior Size ball.
2. **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.
3. **Legal Equipment:** Tennis shoes or rubber spiked cleats, knee or elbow pads.
4. **Recommended Equipment:** It is strongly recommended by the Recreation Commission that each player has a mouthpiece and all males should wear a supporter.

3. GAME PLAY

1. At the start of the game, head coaches from both teams will meet at midfield (40 yd line) for the coaches meeting. This meeting is for a brief rule clarification and rule updates from the referee in charge. The team listed second on the schedule (home team) will report if they want to start with the ball or defer to the second half.
2. Starting at the 40-yd. line, the offense takes possession and has 4 downs to cross midfield (20 yd. line) for a 1st down. No kickoffs.
3. The ball must be snapped between the legs.
4. Once a team crosses midfield, it has 4 downs to score a touchdown.
5. If the offensive team fails to cross midfield or score, possession of the ball changes and the opposition starts at the 40-yd. line.
6. All possession changes will start at the 40-yd line.

4. 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.

5. 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.

6. 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.

7. 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/Assistant Sports Director will notify the players and coaches of the suspension.
2. Coaches are allowed on the field to direct players according to division.
 - a) Kindergarten & 1st, 2nd and 3rd grade leagues: two coaches are allowed on the field.
 - b) 4th, 5th and 6th 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.

8. SPORTSMANSHIP / UNSPORTSMANLIKE CONDUCT

If a Rec Supervisor or official witnesses any acts of intentional tackling, elbowing, cheap shots, illegal blocking such as 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!

9. TIMING AND OVERTIME

1. **Games are a total of 40 minutes, played with two 20-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 40 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 40 minutes, teams move directly into overtime. The following tie breaker system will be used for all overtime games:

Captains and Referees will meet at midfield before start of overtime for a coin toss.

The winner of the coin toss decides who 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.

10. 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 carrier's 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

11. 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

12. 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-1st 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.

13. 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.

14. 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-1st 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.

15. RUSHING THE PASSER

1. All players who rush the QB must be a minimum of 10 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 10 yard rule is no longer in effect and all defenders may go behind the line of scrimmage.
5. The referee will designate 10 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.**

16. 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

17. 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.

18. OFFICIALS

1. **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.
2. The referee shall deliver all warnings, all ejection of players and coaches, and confer with the Field Supervisor or Recreation Supervisor on any problems and decisions. If another official believes its necessary to warn or eject a coach or player, he will confer with the referee who will make the decision.
3. **Linesman:** The linesman shall be responsible for control of the first down markers during the game. This also means that he/she will brief the scorekeepers of their responsibilities and duties while running the markers.
4. **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.

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 flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage and automatic first down
Illegal Rushing (leaving early from 7-yard rush mark)	5 yards, repeat down
Offsides	5 yards, repeat down
Running into QB	+5 yards from line of scrimmage and automatic first down
Stripping the ball	+10 yards and automatic first down
Unnecessary roughness	+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

OFFENSIVE PENALTIES WHEN THE BALL IS SPOTTED AT THE 40 YD LINE WILL RESULT IN A LOSS OF DOWN.

Charging: (not making an attempt to avoid the defender/making contact)	-10 yards from the spot of the foul
Delay of Game	Clock stops, 5 yards and loss of down
Flag Guarding: including stiff arm	5 yards from the spot of the foul
Illegal Contact, holding, impeding the rusher	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.
QB running with the ball	-10 yards and loss of down
Unnecessary roughness	-10 yards and automatic first down
Unsportsmanlike Conduct: At sole discretion of the referee	-10 yards from line of scrimmage/loss of down/possible ejection

19. 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.

20. SPECTATORS, LEAGUE AWARDS AND FACILITIES

1. **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.
2. **League Awards:**
First and second place medals will be awarded to players. The tie breaker procedure for teams in league award positions will be as follows:
 - a) Head to head competition.
 - b) If still tied, co-champions will be declared.
3. **Facilities:** GBRC facilities are smoke free, drug free, alcohol free and weapon free.