**Boys OF Fall Flag Rules**

**Field Diagram and Rules**

The offensive team is awarded a first down when it crosses the midfield line. Based on the field size, one first down is sufficient to advance the football for a score. The midfield line will be the 25 yard line .

The offensive team begins the game and second half by taking possession of the ball at the 45 yard line going in

50 Yard Field With 10 Yard End Zones. Width will be regulation length of the Field.

Goal line to 45 yard line .

All plays will start on the 45 yard line going to the goalline

4&5 Year old flag & 1st &2nd flag will use Pee wee size ball

3rd &4th Flag will use junior size ball

**Down Format:**

The offensive team has four plays to gain a first down by crossing midfield. Once a team crosses midfield, it has four plays to score a touchdown.

Midfield will be the 25 yard line

On fourth down, a team has two options:

* A team may attempt to gain a first down or a touchdown. If a team fails to convert on fourth down, either by scoring or picking up a first down, the ball changes possession at the no-run zone going into the first down.
* A team may punt as its fourth-down play by notifying the referee. In this case, the ball will be placed on the opposing team’s five-yard line, and there will be a change of possession.

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| **Situation** | **Starting Field Position After Change of Possession** |
| After a touchdown and extra point attempt | Offense’s five-yard line |
| After a punt | Offense’s five-yard line |
| After a turnover on downs | At Mid-Field  |
| After an interception | At the spot of the interception |

**Clock Format**

* Games consist of 9 min Quarters with a 5 minute halftime.
* The game clock stops briefly for 1 min at the end of every quarter .
* Each team has 2 thirty-second timeout per half. Unused timeouts do not carry over to the second half. The clock will stop during the timeout.
* A thirty-second play clock begins after the referee spots the ball as ready for play.
* The clock will stop in the final minute of the first half and in the final minute of the game for the following situations:
* After an incomplete pass
* After the ball carrier goes out of bounds
* After a touchdown
* During an extra-point attempt
* For an official’s timeout
* After an interception
* During a called timeout until the ball is snapped
* On a change of possession

**Other Notes**

* Referees lead both teams in Coin Toss at midfield before the game.
* Referees will call and explain all violations. The detail of explanations will vary according to the age group and understanding of the players and should decrease as the season progresses.
* The visiting team calls the coin toss. The team that wins the coin toss may choose to play offense or defense first or choose which goal to defend. The other team has the choice (possession or end to defend) not made by the team winning the toss. The team that plays defense first will play offense first to start the second half.
* Because the end of a quarter does not signal a change of possession, the team with possession at the end of the quarter will retain possession after substitutions take place.
* Teams will switch ends of the field at the half, not after each quarter.
* Each team will have seven players on the field at a time. This equips the offense with an appropriate amount of players without crowding the field.
* Coaches are allowed to walk the sidelines and encourage their players without stepping in the playing area.
* Each team can put one coach in the huddle & He must be behind the Officials & Players. The Coach cannot interfere with the play.
* 4&5 yr old flag can have 2 coaches on the field
* When possible, referees will advise players of potential violations before the violation occurs. Through words of encouragement and warning, referees are often able to prevent a violation from occurring.
* All changes of possession will start on the 45 yard line going in towards the goaline

**Offensive Basics**

* A minimum of three players must be on the line of scrimmage at every snap. This mirrors traditional football format which requires seven players on the line of scrimmage at the snap of the ball. The three players on the line for Flag Football will consist of a center and at least two receivers positioned anywhere along the line of scrimmage to add structure to offensive sets.
* Only one player can be in motion when the ball is snapped to ensure the integrity of the game.
* The ball must be snapped between the legs to begin play or to the side
* Before handing off or passing, the quarterback must have complete possession of the ball. This helps clarify the center sneak play. A possession change between the center and quarterback must occur in order to run the play.
* A low-profile field cone or beanbag may be used to mark the line of scrimmage.

**Running the Football**

* The quarterback cannot run the ball across the line of scrimmage, allowing others to participate in each offensive play.
* The person who receives the snap from the center (under-center or shot-gun) is considered the quarterback and cannot run the ball across the line of scrimmage.
* A pitch from the quarterback can be executed immediately after the snap or on a delay (similar to an option play without the quarterback being able to advance the football).
* The quarterback is the only player who can make the pitch. The pitch can occur at anytime while behind the line of scrimmage.
* The Defense can rush 1 player . You Must Notify ref. The Rusher must be 7 yards off the ball.
* All other players can not cross the LOS until the ball is handed to a running back
* Once the pitch is received, the ball carrier can run the ball, hand off the ball or pass the ball.
* Direct handoffs behind the line of scrimmage are legal. Multiple handoffs may be used. After the ball crosses the line of scrimmage, handoffs and laterals are not permitted. This rule exists for safety reasons and to discourage the multiple laterals that would occur to avoid a flag pull.
* A player receiving a handoff or immediate pitch can pass the ball (halfback pass) from behind the line of scrimmage.
* A ball carrier will be penalized for a dive. This is for safety . Diving for advancement of the football can bring on injury or contact.
* The ball carrier’s feet determine the spot of the football when a flag is pulled, not the location of the football. This is to discourage a dive for advancement.

**Receiving the Football**

* All Seven players are eligible to receive passes. (The quarterback becomes eligible after a handoff or immediate pitch.)
* A completion consists of a receiver gaining control of the football while having at least one foot in bounds. This rule is to keep the integrity of the game.
* If a player catches a pass with his knee(s) on the ground, the play is dead and the ball is spotted at the point of the completion.

**Passing the Football**

* All forward passes can be completed behind or beyond the line of scrimmage. Only one forward pass can be completed per play. all forward passes must be completed beyond the line of scrimmage. Once the ball leaves the quarterback’s hand, the defender can make a play on the ball. The defender must avoid contact with the receiver.
* The quarterback has seven seconds to throw a pass. If a pass is not thrown within seven seconds, it is treated as an incomplete pass resulting in the loss of a down. A handoff or pitch will end the seven-second pass count. This rule keeps a scrambling quarterback from taking too much time with each possession.

**Dead Balls**

Play is ruled dead when one of the following occurs:

* The ball carrier’s flag is pulled or falls out.
* The ball carrier steps out of bounds.
* The ball carrier’s knee hits the ground.
* A touchdown or safety is scored.
* A pass falls incomplete.
* At the point of an interception.

The ball hits the ground as a fumble. The ball will be spotted at the point of the fumble. One exception to this rule is with the center/quarterback exchange. If a snap is mishandled, the quarterback and only the quarterback may pick up the ball and continue play. If a defender gets to the ball before the quarterback, the play is ruled dead at the spot of the fumble

 **Defensive Basics**

* Teams may run man-to-man, zone defenses or a combination of both. This rule allows for defensive schemes and helps equal ability match-ups. Players can have an easier time covering a zone than a receiver man-to-man in the open field.
* Interceptions may not be returned. Change of possession will be awarded at the point of the interception.
* Interceptions made in the end zone will result in a touchback and the ball will be spotted at the five-yard line. Interceptions cannot be returned, so the touchback is used for all end zone picks.

**Rushing the Passer**

* 1 Player can rush every play. Coach Must Notify the referee who are rushing the quarterback must begin seven yards behind the line of scrimmage. Before each snap, the referee will designate the seven-yard rush line. this gives the quarterback enough time to make a play or escape a rush once the rusher crosses the line of scrimmage
* Defenders not rushing the quarterback may line up on or off the line of scrimmage. But if they are not the designated rusher they can’t cross the line of scrimmage until the ball is handed off.
* Once the ball leaves the quarterback’s hand, the seven-yard rule is no longer in effect, and all defenders may cross the line of scrimmage to pursue the ball carrier. This allows the defense to react quickly to a play behind the line of scrimmage.

***If the ball carrier starts the play with one flag and it is noticed that the player only had one flag you must replay the down.***

***No tackling and no blocking down the field.***

***ALL BLOCKS MUST BE AT THE LINE AND WITH ARMS CROSS YOU CAN NOT MAKE CONTACT.***

***No Jewlery Allowed.***

***Headband & Beanies are allowed. Do Rags or Head wraps are not.***

***All shirts must be tucked in.***

***All Players must have a mouth piece***

***All Shorts and pants need to be pocket less. If you shorts or pants have pockets please tape then shut. This is because fingers can get caught when pulling flags.***

***Pop a Flag Flags are preferred***

***No more than 6 coaches .***