



2018 Flag Football Rules

Program Overview:

Fountain Recreation Youth Flag Football Programs (FRYFFP) is an fun and educational program designed to give parents and kids an alternative to tackle football. Our first **PRIORITY IS FUN!**

FRYFFP will be instructional in nature, and is intended to introduce boys and girls to the building blocks for both flag and tackle football.

FRYBP will follow all current National Federation of State High School Associations (NFHS) rules, except where modified by grade division.

Players will be chosen for teams through a random process or carpool necessity. Every player in FRYFFP is guaranteed a roster spot if entered prior to the league registration deadline. Teams will not be altered following the coaches meeting without Recreation Department approval. An individual may **NOT** participate in FRYFFP practices or games unless registration is completed and a parent or guardian has signed an agreement waiver on his/ her behalf. All games will be played with players from the original team roster unless coaches and officials agree otherwise.

Every player is guaranteed a minimum of one (1) full half of playing time in each game, with the exception of injury, or late arrival of a player. Every team will have a minimum of an eight (8) game schedule. However, makeup games are not guaranteed. Games canceled due to unforeseen circumstances, i.e. inclement weather, games will be rescheduled if possible.

Fountain Recreation has a **ZERO TOLERANCE** policy toward fighting, flagrant, or intentionally violent penalties, abusive or obscene language and any other inappropriate behavior by players, coaches, parents or spectators. The Head Sports Official reserves the right to ask any player, coach, parent, or spectator to leave the premises and cancel the game, the Recreation Coordinator has the authority to suspend any player, coach, parent or spectator for any number of games or indefinitely from participating in any recreation program.

A. General Rules

1. Penalties: 5 yard minor and 10 yard major penalties will be enforced
2. Seven players on the field at a time; all players are eligible receivers after the ball is snapped within 7 yards of the ball. The offense and defense team must have four players on the line of scrimmage. The offensive and defensive lineman must be in a down stance.
3. A player's equipment may not include headgear except for a soft stocking cap. The cap may not have a bill of any kind. No metal-cleated football shoes or cleats will be allowed.
4. Each player's pants or shorts must contrast with the flags (flags are red, yellow and blue). Final judgment will be left to the officials.
5. No jewelry is allowed. An official will allow medical medals if properly covered with tape and declared safe. Gloves are allowed providing they contain no metal, no padding and no abrasive materials.
6. Players must tuck in their shirts in such a manner that the shirt will not interfere with their flags.
7. One coach from each team may be present on the actual field of play to assist players in positioning themselves and in the huddle. Coaches may not interfere in any way with actual play, the sports official on the field can deny a coaches right to be on the field if they are in the way of players or officials.
8. Captains and coaches will participate in the pre-game conference with the officials. Only one captain/ coach on the field should be designated to talk to the officials to decide penalty options. The coach may assist the captain with the decision. Most decisions will be obvious and not need to be discussed.
9. All players must play at least one half of the game.
10. All players are required to wear a set of flags. In case of an inadvertent detached flag:
 - a. On all running plays, the ball will be spotted at the point where the flag fell off.
 - b. On a pass play, a potential receiver who drops his flag then catches the ball will not be allowed to advance beyond the point of the reception.

c. IF A DEFENSIVE PLAYER IS CAUGHT PULLING THE FLAG OF AN OFFENSIVE PLAYER before receiving the ball, an unsportsmanlike penalty will be assessed. **Penalty:** Unsportsmanlike conduct 15 yards automatic 1st Down.

11. The ball is dead when it touches the ground. **Exception:** a center snaps to the PUNTER.

B. Playing Rules- Offense

1. Spinning is allowed. (Not an excuse for running over a defender)
2. All offensive players are eligible receivers. This rule is in line with current Flag Football rules.
3. Sleeper play: no offensive player who is “spread” shall be closer than five (5) yards from the sidelines; he must come from the huddle. The sleeper is illegal.
4. One forward pass is allowed per play. An unlimited number of laterals are allowed.
5. Kick offs will not take place. The ball will be placed on the 15 yard line.
6. Punts (U10+)
 - a. Offensive team is required to declare when it is punting. Both offensive and defensive teams must respect the neutral zone until the ball has been kicked. The punt must come from at least 5 yards behind the line of scrimmage. The punter must kick the ball within 7 seconds after receiving the snap from the center.

NOTE: The ball is not dead when it touches the ground on a snap from the center to punter; punter may pick it up off the ground and kick it.

b. Defense may not rush and offense may not leave the line until after the ball has been kicked. All players on the line of scrimmage must remain in the same position from the time the ball is snapped until the time the ball is kicked.

Penalty: 5 yards re-kick the ball if not a Zone of Gain

NOTE: All players must face the line of scrimmage.

c. Center must hike the ball between the legs on all punts. Remember it is a learning process.

d. Punts **MAY ONLY** be advanced if caught. The ball will be spotted where it stops rolling, goes out of bounds or touched by player.

e. A ball punted into end zones: Ball may be brought out of the end zone but player will be down where the flag is pulled. If ball is dropped in the end zone, it will be ruled a touchback and will be placed on the 15-yard line. All touchbacks will be placed on the 15-yard line.

7. No offensive player may screen block, on the defensive side of the line of scrimmage on a pass play, until after the pass is caught. Result: offensive pass interference. **Major penalty:** 10 yards from the line of scrimmage and loss of down.

C. Playing Rules- Defense

1. The defense must play 4 defensive linemen and those defensive linemen must line up head up across from the offensive linemen 2 yards of the ball. If the offense uses more than four linemen, than the defense will have the option of using more linemen. The other defenders can line up anywhere on the field but have to be a minimum of 3 yards off the line of scrimmage. Penalty: Offensive 5 yards replay the down; Defensive 5 yards replay the down.

2. NO BLITZING. Those eligible to rush the passer when the quarterback is in the pocket are the down linemen. Once the QB has left the pocket all defensive players are allowed to rush the QB. The pocket is defined as in between the tackles.

3. Impeding the runner will be enforced when a defensive player makes an attempt to stop a runner's forward momentum without attempting to de-flag the runner. **Major penalty:** 10-yard penalty replay the down.

4. Roughing the passer will be defined as any contact with the passer after the release of the ball. Any contact with the quarterback's head, whether intentional or not, will result in a major penalty and possible ejection from the game. **Penalty:** 15 yards automatic First down.

5. Diving for Flags: A defensive player cannot leave his feet in order to de-flag a player. **Major penalty:** 10 yards from spot of foul automatic First down.

D. Penalties

1. Blocking: An offensive block may take place. This must be done without; holding, grabbing, clipping, or using hands to the face. Teach players to block by moving their feet and keep their arms crossed behind there back or across their chest with their hands in a fist. **Penalty:** Offensive 5 yards loss of down; Defensive 5 yards replay the down.

2. Blocking and interlocked interference: Teammates of a runner or passer may interfere for them screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner. **Penalty:** Personal foul, 10 yards loss of down.

3. Tackling:

a. An attempt to encircle the body of an opponent with hands and/ or arms, thus impeding his progress. **Penalty:** 10 yards and an automatic first down.

b. Tackling or pushing a ball carrier that is running near a sideline for the purpose of knocking him out of bounds. **Penalty:** 10 yards (possible ejection). Only de-flagging can stop ball carrier's progress.

NOTE: Repeated violations may result in a touchdown being awarded and possible ejection.

4. Protecting Flags (Flag-guarding): The ball carrier shall not protect his flags by blocking with arms or hands to stop an opponent from pulling or removing flags. Players should be taught to keep both hands on the ball while in traffic. **Penalty:** 10 yards from spot of foul and loss of down.

5. Motion: One player in the offensive backfield may be in motion but not in motion toward the line of scrimmage. All other players must not move. **Penalty:** 5 yards repeat the down.

6. Hurdling: An attempt by the ball carrier to jump over a player who is still standing or is on their hands and knees. **Penalty:** 10 yards from spot of foul and loss of down.

7. Straight Arm: Extended toward an opponent. **Penalty:** 10 yards from spot of foul and loss of down.

8. Butting or lowering head: By offensive runner is illegal, offensive runner may not run over defensive player. The runner must attempt to run around defense.

Penalty: Personal foul 15 yards from line of scrimmage and loss of down.

9. Stance: Offensive and Defensive lineman must be in a ~~3-point stance~~ down stance i.e. elbows or hands resting on knees or thighs.

Penalty: Offensive 5 yards loss of down; Defensive 5 yards replay the down

10. Offside: Player comes across the line of scrimmage before the ball is snapped. **Penalty:** Offensive 10 yards replay the down; Defensive 5 yards replay the down.

11. Delay of Game (U10+): Will not be called during the first half of the game for the first two weeks. After that teams will have to snap the ball 30 seconds after the official(s) set the ball.

Note: All penalties inside of 15 yards will be half the distance to goal line; the only exception is when a 5 yard penalty can be accessed without moving the ball half the distance to the goal line.

Field Dimensions

Ball Size

U10 and under will use Pee Wee size

U13 will use Junior size

Timing Rules

~~U8 and below will have 10 plays from the 20 yard line to score after 10 plays or a touchdown the quarter will be over. The other team will get the ball the following quarter; half time will be 5 minutes and 2 minutes in between quarters.~~ Same rule as U10 with NO TIME OUTS.

U10 will play four 8 minute quarters with an 8 minute half time and 2 minutes in between quarters.

U13 will play 20 minute running halves with a 10 minute half time.

All teams are allowed 2 timeouts per half; timeouts do not carry over from 1st half to 2nd half.

Zone of Gain (U10 and Up)

A team in possession of the ball has four consecutive downs to advance the ball to the next zone. Zone 1 is from the goal line to the 15 yard line. Zone 2 is from the 15 yard line to the 30 yard line (mid-field). Zone 3 is from mid-field to (30 yard line) to the other 15 yard line. Zone 4 is from the 15 yard line to the goal line. A team has four downs to move to the next zone, regardless of where the series of downs started. A new series is awarded when a team moves the ball into the next zone.

Coin Toss

The team that wins the coin toss to start the game has 2 options, kick the ball or receive the ball.

The opposing team will pick which goal to defend.

Extra Points

The ball can be ran into the end zone for one (1) point or thrown into the end zone for two (2) points. These are un-timed plays and take place from the two (2) yard line.