



4th-6th Flag Football Guidelines

GENERAL GAME RULES

- Games are refereed by BC Sports Staff
- Games will be played at the Community Park Field
- There will be a 5 minute warm-up period for each game.
- Game ball will be a “Junior” size football.
- A coin toss will determine the first possession of the game.
- There are no kick-offs or punts.
- Games will consist of four 10-minute quarters.
- The game will be stopped at the 5-minute mark of each quarter so that substitutions can be made to ensure equal playing time. **Substitution breaks are not timeouts!**
- Clock will run except during timeouts and substitutions breaks.
- Each team will receive one 60 second timeout per half. Timeouts do not carry over to the second half.
- All players **must** wear a protective mouthpiece at all times while on the field of play.
- Flags must always show, jerseys **must** be tucked in at all times and players **must** wear shorts without pockets to avoid hands from being caught.
- Rubber cleats are recommended but metal cleats are not allowed!
- All players **must** wear game day jersey provided by the BC Community Center.
- No score will be kept.
- Rushing the quarterback is allowed by this age group. (7 yards from the LOS)
- Both offensive and defensive coaches must be 10 yards behind the ball on both sides before the snap of the ball. Neither coach is allowed to trail the play once the ball is snapped. Only one coach from each team allowed on the field at a time.
- **(BAD WEATHER)** Games will be declared official without rescheduling if ½ the game has been played. We will attempt to make up games cancelled before this time if possible.

PLAYING TIME

- No player can sit more than TWO consecutive half-quarters unless that player is injured and is unable to return to the game.
- No player may play the whole game unless a team only has five players.
- Teams must field 5 players at all times unless a team only had 4 players present.

- If a team has only 4 players, they may choose to not forfeit and just play with 4 players. The opposing team is not obligated to play with 4 players and may continue to play with 5 players.
- If a team has 3 or fewer players that team will have to forfeit, but can “scrimmage” vs. the other team; terms of the scrimmage TBD pregame by the coaches.
- A team cannot use a player not on their roster to field a team, including but not limited to friend, family, or other players on another team in the league. Individuals not registered in the Flag Football League may not participate in the “scrimmage” if a team is forced to forfeit.
- A seriously injured player will not be held accountable to the playing time requirements. Any bleeding must be stopped and the wound must be covered before the player will be allowed to re-enter a practice or game.

POSSESSIONS

- The offensive team takes possession of the ball at the 5 yd line and has 4 plays to cross midfield. Once the team crosses midfield, it will be rewarded another 1st down and will have 4 more plays to score a touchdown.
- If the offense fails to pass midfield or score, the ball changes possession and the new offensive team takes over on its 5 yd line.
- All possession changes begin on the 5 yd line except for interceptions. Returns on interceptions are allowed and the ball will be spotted at the point of which the player is down.
- Any safeties will result in a turnover on the offense and the defense will be rewarded possession of the ball on their own 5 yd line.

OFFENSE

- Once the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- The quarterback cannot run with the ball.
- Only direct handoffs to the runner behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- Absolutely **NO** laterals, pitches or direct snaps allowed.
- Shotgun formation is allowed, however the quarterback cannot run the ball.
- The ball must be snapped between the legs, not off to one side, to start the play.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- A center sneak is allowed as long as the ball touches at least one hand of the quarterback. All defensive players are eligible to make a play on the ball during a center sneak.

- Spinning is allowed but players cannot leave their feet to avoid a defensive player. Absolutely no jumping or diving allowed. Play will result in a down from point of which the player left their feet.
- “No Running Zones”, located 5 yd from each end zone and 5 yd from either side of midfield, are designed to avoid short-yardage, power-running situations. If a run play occurs in the “No Run Zone”, the play will result in a loss of down.
- All passes must be forward and received beyond the line of scrimmage.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- The quarterback has a 7 second “pass clock”. If a pass is not thrown within the 7 seconds, the play will be whistled dead. Once the ball is handed off, the 7 second rule is no longer in effect.
- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception.

OFFENSIVE PENALTIES

- Referees determine incidental contact that may result from normal run of play. Only the coach may ask the referee questions about the rule clarification and interpretations. Players cannot question judgment calls.
- **Illegal Motion** – (More than one person moving, false start, etc) 5 yd from LOS and loss of down.
- **Illegal Forward Pass** – (Pass received behind the LOS or throwing a pass beyond the LOS) 5 yd from LOS and loss of down.
- **Offensive Pass Interference** – (Illegal pick play, pushing off/away defender, etc) 5 yd from LOS and loss of down.
- **Flag Guarding** – 10 yd from spot of foul and loss of down.
- **Screening or Blocking** – (Running with the ball carrier) 10yd from spot of foul and loss of down
- **Charging** – 10 yd from spot of foul and loss of down.
- **Delay of Game** – 5 yard from LOS and loss of down.
- **Offensive Unnecessary Roughness** – 10 yd from spot of foul and loss of down.
- **False Start** – 5yd from LOS and loss of down.

DEFENSE

- All players who rush the passer must be a minimum of 7 yd from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback.
- Players not rushing the quarterback may defend the line of scrimmage.

- Once the ball is handed off, the 7 yd rule is no longer in effect and all defenders may go behind the line of scrimmage. (A special marker or referee will designate 7 yd from the line of scrimmage).
- Once the ball is handed off all players are eligible to make a play on the ball.
- Defense cannot cross the line of scrimmage until the ball has been handed off or passed.
- All players are eligible to make a play on the ball during a center sneak.
- There are no fumbles. The ball is spotted where the ball hits the ground.
- No stripping of the ball is allowed.
- No diving for the flags allowed.
- Defense must lineup at least 3yd beyond the LOS before the offense snaps the ball. If a defense is not at least 3 yd beyond the LOS before the snap, this will result in an offside penalty.

DEFENSIVE PENALTIES

- **Offside** – (Not lining up at least 3 yd beyond the LOS or crossing the LOS before the snap of the ball.) 5 yd from LOS and automatic first down.
- **Illegal Contact** – (Holding, blocking, etc.) 5 yd from LOS and automatic first down.
- **Illegal Flag Pull** - (Pulling the flag before the receiver has caught the ball, diving for the flag) 5 yd from LOS and automatic first down.
- **Illegal Rushing** – (Starting rush from inside 7 yd marker) 5 yd from LOS and first down.
- **Roughing the Passer** – 10 yd from the LOS and first down
- **Taunting** – 10 yd from LOS and first down
- **Unnecessary Roughness** – 10yd from spot of foul and first down.
- **Stripping the Ball** – 10 yd from spot of foul and first down.
- **Defensive Pass Interference** – Automatic first down from spot of foul.

DEAD BALLS

- Ball carrier's flag is pulled.
- Ball carrier steps out of bounds.
- Touchdown or safety is scored.
- Ball carrier's knee hits the ground.
- Ball carrier's flag falls off.

Note: This is a recreational league that focuses on players' skill development, self-esteem, teaching the importance of teamwork and sportsmanship and having FUN!