**2016 Clinton Recreation and Parks**

**Pee Wee Flag Football Rules**

**PURPOSE**

The purpose of this program is to offer wholesome recreational activities for the youth with emphasis on sportsmanship, learning and HAVING FUN.

**I. ELIGIBILITY**

**A**. A player cannot be 7 years of age before August 1, 2016. Players must be 5 years of age as before August 1, 2016.

**B**. Physicals are not required, but are strongly recommended.

**II. Basics**

**A**. A coin toss determines first possession.

**B**. The offensive team takes possession of the ball at its 5-yard line and has four plays to

cross midfield.

**C**. If the offensive team fails to cross midfield, possession of the ball changes and the

opposition starts its drive from its 5-yard line.

**D**. All possession changes, except interceptions, start on the offenses’ 5-yard line.

**E**. Interceptions may not be returned.

**F**. Teams change sides after the first 20 minutes (1st Half). Possession changes to loser of coin

toss unless deferred and the clock does not stop.

**NOTE: There are no kickoffs and no blocking allowed.**

**III. Players/Game Schedules**

**A**. Teams must field a minimum of six players at all times.

**B**. Teams consist of 12 players-six on the field, and six substitutions.

**IV. Timing/Overtime**

**A**. Games are played to 40 minutes running time (Two, 20 minute halves). Score is not kept so there is not overtime period.

**B**. Each time the ball is spotted, a team has 30 seconds to snap the ball.

**C**. Each team has one 60-second and one 30-second time-out per half.

**D**. Officials can stop the clock at their discretion.

**V. Scoring**

**A**. Touchdown: 6 points

**B**. Extra point: 1 point (played from 5-yard line)

**VI. Running**

**A**. The quarterback cannot run with the ball.

**B**. Only direct hand off behind the line of scrimmage is permitted.

**C**. Offense may use multiple hand offs.

**D**. “No-running zones” located five yards from each end zone and five yards on either

side of midfield. EXAMPLE: If your team is moving right to left, your no run zone will in front of the end zone you’re starting in front of and the no run zone when you cross midfield.

**E**. The player who takes the hand off can throw the ball from behind the line of scrimmage.

**F**. Once the ball has been handed off; all defensive players are eligible to rush.

**G**. Spinning is allowed, but players cannot leave their feet to avoid a defensive player.

**H. NO DIVING!**

**VII. Receiving**

**A**. All players are eligible to receive passes (including the quarterback if the ball has

been handed off behind the line of scrimmage).

**B**. As in the NFL, only one player is allowed in motion at a time.

**C**. A player must have at least one foot inbounds when making a reception.

**VIII. Passing**

**A**. Shovel passes are allowed.

**B**. The quarterback has a seven-second “pass clock”. If a pass is not thrown within

seven seconds, the play is blown dead, and results in a loss of down. Once the ball is handed off, the seven second rule no longer is in effect.

**C**. Interceptions may not be returned.

**IX. Dead Balls**

**A**. The ball must be snapped between the legs, not off to one side, to start play.

**B**. Substitutions may be made on any dead ball.

**C**. Play is ruled “dead” when:

**1**. Ball carrier’s flag is pulled.

**2**. Ball carrier stops out of bounds.

**3**. Touchdown or safety is scored.

**4**. Ball carrier’s knee hits the ground.

**5**. Ball carrier’s flag falls out.

**NOTE: There are NO fumbles. The ball is spotted where the ball hits the ground.**

**X. Attire**

**A**. Cleats are allowed, except for metal spikes. Inspections must be made.

**B**. Official City of Clinton issued jerseys must be worn during play.

**XI. Rushing the Quarterback**

**A**. All players who rush the passer must be a minimum of seven yards from the line of

scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players rushing the quarterback may defend on the line of scrimmage.

**B**. Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. A special marker or the referee will designate seven yards from the line of scrimmage. Remember, no blocking or tackling is allowed.

**XII. Sportsmanship/Roughing**

**A**. If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game.

**UNSPORTSMANLIKE CONDUCT WILL NOT BE TOLERATED!!**

**B**. Trash talking is illegal. Officials have the right to determine offensive language, (trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

**XIII. Penalties**

All penalties will be called by the referee

**Offense:**

**A.** Illegal motions (more than one person moving, false start, etc.) five yards and loss of down.

**B.** Illegal forward pass (pass thrown beyond line of scrimmage) five yards and loss of down.

**C.** Offensive pass interference (illegal pick play, pushing off/away defender) ten yards and loss of down.

**D.** Flag guarding: 10 yards (from line of scrimmage) and loss of down.

**E.** Delay of game: clock stops, 10 yards and loss of down.

**F.** Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

**G.** Only the head coach may ask the referee questions about the rule clarification and interpretations. Players and coaches cannot question judgment calls.

**H.** Games cannot end on a defensive penalty, unless the offense declines it.

**Defense:**

**A**. Off sides: 5 yards and automatic first down.

**B**. Interference: 10 yards and automatic first down.

**C**. Illegal contact: (holding, blocking, etc.) 10 yards and automatic first down

**D**. Illegal rushing: (starting rush from inside 7-yard marker) 10 yards and automatic

first down.

**Field Layout:** 50 yards by 30 yards (Front of end zone to front of end zone); no run zones are 5 yards from each end zone and 5 yards on either side of mid field. End zones are 5 yards. Mid-field is 25 yards from end zone.