

# Lehi City Recreation Flag Football Rules

Forward any questions or comments to:  
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## Sportsmanship

- If parents, coaches or players are showing unsportsmanlike behavior they will be given ONE verbal warning, before being asked to leave. The second verbal warning, will result in the parent/coach/player being asked to leave and will be given 2 minutes to leave. If they do not leave, the game will end, and if necessary, the authorities will be called to escort them off the fields.
- Lehi Rec Staff reserve the right to eject anybody for any reason. Failure to comply with staff direction may result in ejection from the league.

## Game

- 1st-6th Grade: 7 per team on the field. 10 players on roster per team- No forfeits in these grades. Kinder: 6 per team on the field. 8 players on roster per team – No forfeits. 7<sup>th</sup>/8<sup>th</sup> Grade: 7 per team on the field. 10 players on roster per team. 9<sup>th</sup>/10<sup>th</sup> Grade: 8 per team on the field. 11 players on roster per team. 7<sup>th</sup>-10<sup>th</sup> grade must have 6 players on the field to avoid a forfeit. Players must be present within 5 minutes of game time to not forfeit.
- 2- 20 minute halves with 5 minute half time. K – 2<sup>nd</sup>: 20 minute practice, 15 minute halves with a 3 minute half time. Game time will be a running clock (no stopping) managed by the site supervisor and signaled by air horn at the end of the first half and end of game.
- **All players must receive equal amounts of playing time and receive equal opportunities to run/pass/or catch the ball.**
- Play Clock 30 seconds (coaches will receive a 10 second warning). Kinder play clock is 60 seconds.
- Running clock except for final 2 minutes. In final 2 minutes: stops on incomplete pass, out of bounds, change of possession, penalty, momentarily on first down, and during PAT's. The clock only stops for time-outs during the rest of the game
- Each team has two 60 second timeouts **PER GAME.**
- 7<sup>th</sup> – 10<sup>th</sup> Grade Tournament overtime will be decided by a PAT (Point after touchdown). (No Touch Downs in OT). Each team will be given a chance to try for a 1 or 2 point, PAT (same regulation PAT rules apply) A coin toss will determine who has possession first. If at the end of the first OT the score is still tied, teams will switch who has the possession first. If a third OT is reached teams must go for 2. **No Timeouts will be given during OT.** No overtime in regular season.
- **For safety reasons, spectators must stay at least 5 feet off of sidelines and boundary lines**

## Equipment

- Each player must wear: flag belt, shoes (cleats optional). Gloves and mouth guard (optional).
- Players jerseys must be tucked into pants if they hang below belt line (with the exception of K-2<sup>nd</sup> grade who can wear flag over untucked jersey) – No metal or toe cleats
- Players must remove all watches, and any other jewelry including earrings! No casts or braces with metal!
- K-2<sup>nd</sup> grade use a Pee Wee size football
- 3<sup>rd</sup>-8<sup>th</sup> grade use a Junior size football
- 9<sup>th</sup>-10<sup>th</sup> grade use an Intermediate size football

## Field

- K - 2<sup>nd</sup> Grade Field size 40 yd. x 20 yd.
- 3<sup>rd</sup> – 6<sup>th</sup> Grade Field size 60 yd. x 20 yd.
- 7<sup>th</sup> – 10<sup>th</sup> Grade Field size 60+ yd. x 20 yd.
- Each game will start with a kickoff – punting on kickoff is not allowed. Kick offs will be from the kicking team's first zone line. The receiving team must have 5 players within 5 yards of their own 1<sup>st</sup> zone line. Remaining players must be behind the midfield line.
- Before game time a referee will do a "coin toss" with team captains, after first designating which will call the toss. The captain winning the "coin toss" will choose one of the following options: to kickoff, to receive, to designate which goal they will defend. The loser of the "coin toss" will make their choice from remaining options. At the start of the 2<sup>nd</sup> half, the options will be reversed.
- Any fumble will be considered a dead ball & will be spotted at the spot the ball was dropped. K – 4<sup>th</sup> will be allowed one "muff" at the snap.

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## Scoring

- Touchdown: 6 points – No official score will be kept for K – 6<sup>th</sup> Grade.
- 7<sup>th</sup>-10<sup>th</sup> grade: Inside the opponent's 5 yard line is a **No Run Zone all plays must be a passing play. Plays starting on the 5 yard line can be a run play.**
- PAT (Point after touchdown): A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5-yard line **run or pass**) or a 2-pt. conversion (from the 10-yard line **run or pass**).
- Intercepted and returned PAT: 2 points regardless of whether the intercepted team was trying for 1 or 2
- Safety: A Safety occurs when the ball carrier is declared down in his/her own end zone. They can be called down when their flags are pulled by a defensive player, their flag falls out, they step out of bounds while in the end zone or they hit the ground with their knee or arm. A Safety also occurs when there is an offensive penalty which occurs in the end zone. 2 points and scoring team awarded the ball at their own **10 yard line**

## Coaches

- K – 4<sup>th</sup> Grade: One coach is allowed on the field per team to direct players according to need. Coaches are expected to be respectful and professional. Coaches with unsportsmanlike conduct will be expected to leave. **K – 2<sup>nd</sup> Grade will have no referees – coaches on the field will officiate the game.**
- 3<sup>rd</sup>/4<sup>th</sup> Grade coaches on field must stand minimum of 10 yards behind the play.
- 5<sup>th</sup> – 10<sup>th</sup> Grade: Coaches must remain on the sideline

## Live Ball/Dead Ball

- **Ball is live at the snap of the ball** and remains live until official whistles the ball dead. Words can be used like "hut, hut, hut" or "ready, hike" but play only begins at the snap and not at the words/sound. After taking the hiking position, the center cannot move or change the position of the ball.
- Substitutions may be made at a dead ball
- Play is ruled dead when: ball hits the ground, ball carrier's flag is pulled, ball carrier steps out of bounds, Touchdown/PAT/Safety is scored, or any part of the ball carrier's body touches the ground besides his/her hands and feet.
- In the case of an inadvertent whistle, the offense has two options: A. Take the ball where it was when the whistle blew and the down is consumed. B. Replay the down from the original line of scrimmage

## Running

- **Ball spotted at the spot of the ball, not the player's feet (With any attempt to dive, the ball will be marked down at the spot where the players feet left the ground).**
- Aside from the 7<sup>th</sup>-10<sup>th</sup> Grade leagues a quarterback can run either on a designed run or a scramble off of a passing play. **Defenders within the 10 yard rush line must wait for the quarterback to pass the line of scrimmage before rushing the quarterback.**
- **Diving is not permitted; Player will be marked down at the spot where his/her feet left the ground.**
- Lateral handoffs and lateral passes behind the line of scrimmage are permitted. The player who takes a hand off or pass behind the line of scrimmage can pass or handoff the ball from behind the line of scrimmage
- If a handoff is dropped, the play is ruled dead and the ball will be spotted where the ball is dropped.
- Once the quarterback has handed off or passed the ball, all defensive players are eligible to rush the runner.
- **Stiff arms, lowering elbows or head, hanging equipment, untucked jersey's or blocking access to runner's flags with hands or arms to avoid flag pull is considered flag guarding and is not allowed.**
- **"Basketball type screens" are permitted on or behind the "rush line" (10 yards from scrimmage line). Once a player sets a basketball type screen they can no longer continue with the run. If a player who is running with the ball carrier makes contact with a defender and is not stationary, it will be ruled as an illegal block.**
- **Any excessive contact by a defender, towards a screen setter will be ruled as unnecessary roughness.**
- **Blocking in any manner beyond the rush line is not allowed, including running in front of the ball carrier or "setting screens"**

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**LINE BUCKS: A line buck is running the ball within one yard of the center. No running plays within one yard of either side of the center will be permitted unless it has been preceded by a distinct lateral pass (A hand-off is not a pass) Penalty: 5 yards and loss of down.**

## Passing

- All passes must be thrown from behind the line of scrimmage, multiple lateral passes behind the line of scrimmage are permitted (**only one forward pass per play**)
- If a lateral pass is dropped, the play will be ruled dead and the ball will be spotted where the ball was dropped.

## Receiving

- All players are allowed to receive passes (including quarterback if the ball has been handed off or passed behind the line of scrimmage)
- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense
- Interceptions change the possession of the ball at the point of interception. Interceptions are returnable.
- Receivers must get at least one foot inbounds in order for a play to be ruled a catch

## Punting

- A punt is kicking the ball by the player who drops the ball and kicks it before it strikes the ground. There are no quick kicks. If a team desires to punt, they must announce the kick before the ball is ready for play. **Penalty: 5 yards**
- Both teams must maintain four players on the line of scrimmage. All players must remain frozen until the ball is kicked. **Penalty: 5 yards**
- The punter must be at least 5 yards behind the line of scrimmage when receiving the center snap or he may take a direct snap from the center. He must then kick the ball immediately in a continuous motion from behind the center.
- If penalties during a kick cause the ball to go over a first down line, the ball remains to the offensive team with a first down. On a replay of a kick due to penalties, the offensive team must re-announce their intention to kick. A punt that goes out of bounds is dead and will be put into play in the center of the field parallel to where it went out. A punt that comes to rest untouched in fair territory is dead and will be put into play at that point by the receiving team.

## Kickoff and Punt Reception

- If a kickoff or a punt is caught by a player of the receiving team, or picked up cleanly after hitting the ground, being untouched, the ball continues in play and can be advanced.
- A player of the receiving team who has an opportunity to catch a kickoff or punt in flight must be given an unencumbered opportunity to catch said kick. At the point of touching the ball, then the defense may grab flags. **Penalty: 10 yards from point of infraction and receiving team's ball**

## Touchback

- A touchback is a result of the ball crossing the end zone line because of a kick off, punt or intercepted pass in which the receiver elects to not run out of the end zone.
- After a touchback is declared, the ball belongs to the defending team (team of defense prior to play) at its own first zone line.

## Safety

- A safety is worth 2 points and happens when the ball becomes dead in the offensive team's own end zone by cause of the defense.
- If during a scrimmage play, the ball becomes dead in the offensive team's end zone (pulled flag, fumble, out of bounds), a safety shall be called.
- After a safety is score, the offensive team will kick off from their first zone line. This can be from the ground, a tee, or a punt.

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## Rushing the Passer

- Must be a minimum of 10 yards from the line of scrimmage and can rush the quarterback when the ball is snapped
- Once ball has left the QB hands (hand off or pass), or the QB has passed the scrimmage line, the 10 yard rule is no longer in effect and all defenders may go behind the line of scrimmage.
- A legal rush is: any rush from a point 10 yards from the line of scrimmage after the ball is snapped; a rush from anywhere on the field after the ball has been *handed off or passed behind line of scrimmage (players are eligible to intercept lateral passes)*
- A penalty may be called if: the rusher enters the neutral zone before the ball is snapped, any defensive (or offensive) player enters the neutral zone before the ball is snapped; any defensive player not lined up at the rush line crosses the line of scrimmage before the ball has left QB hands or QB has passed the scrimmage line. It is Encroachment if a defensive player enters the neutral zone and contacts an offensive player or the ball prior to the snap, or if he interferes with the ball during the snap. The play is dead immediately.
- 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
- **Rushers to the QB must avoid any contact with any stationary offensive lineman**
- If a rusher leaves the rush line prior to the snap, he/she may return to the rush line, reset and then legally rush the quarterback when the ball is snapped
- If an early rush occurs, official will throw a yellow flag. The play will be a free play for the offense. When the play is over the offense will be allowed to choose to accept the penalty or decline the penalty and accept the play.

## Flag Pulling

- A legal flag pull takes place when the ball carrier is in full possession of the ball
- Defenders cannot tackle, hold or run through the ball carrier when pulling flags
- If a player's flag inadvertently falls off during the play, defensive players may use a "two-hand touch" without unnecessary roughness to count as flag pulling.
- A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball. This will incur a 5 yard penalty at the end of the play.
- Flag guarding is an attempt by the ball carrier to obstruct the defenders access to the flags and will be penalized 5 yards from the spot of the foul and the down will be lost.
- Teams cannot intentionally wear shorts that are a similar color to the flag they are wearing in an effort to disguise the flag. This can be grounds for a forfeit.

## Formations

- Offense must have minimum of 4 players on the line of scrimmage; the quarterback may be under center or in shotgun.
- Any number of offensive players may shift prior to the snap but only one player on offense is allowed in motion when the ball is being snapped. The player(s) in motion must be moving parallel to the line of scrimmage or in a backward direction, forward motion will be penalized as an illegal motion. All but one player on offense must be set prior to the snap.
- The center must snap the ball from the ground and the ball must completely leave his/her hands. K – 2<sup>nd</sup> may start with the ball in their hands.
- The center may snap between his/her legs or from the side
- K – 4<sup>th</sup> Grade: In the case of a fumbled snap teams may have 1 free "muff" and continue play.

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## Penalties

- The referee will call all penalties. They determine incidental contact that may result from normal run of play. **Only the head coach may respectfully ask the referee questions about clarification and interpretations.** Any penalty may be declined. If there are multiple penalties, the offended team coach may choose only one of the penalties.
  - *Defensive **pass interference**= +10 yards and automatic first down*
  - *Offensive **pass interference**= -10 yards from **line of scrimmage** and replay the down*
  - *Defensive **Holding** (receiver being held on route)= +5 yards and automatic first down*
  - *Defensive **Holding** (ball carrier being held)= +5 yards from the spot of the foul*
  - *Offensive **Holding**= -5 yards and replay the down*
  - *Defensive **unnecessary roughness**= +10 yards, automatic first down **and ejection if necessary***
  - *Offensive **unnecessary roughness**= -10 yards, loss of down **and ejection if deemed necessary***
  - ***Illegal Blocking, Holding downfield** or running with the ball carrier= -5 yards from the spot of the foul and the down is consumed*
  - *Flag guarding= -5 yards from the **spot of the foul and loss of down***
  - *Defensive offside, illegal rush= +5 yards from line of scrimmage and replay the down*
  - *Roughing the passer= +10 yards from scrimmage, automatic first down **and ejection if deemed necessary***
  - *Illegal forward pass=-5 yards from line of scrimmage and loss of down*
  - *Illegal motion= -5 yards from line of scrimmage and replay the down*
  - *Delay of game= -5 yards from line of scrimmage and replay the down*
  - ***Impeding rusher (Holding)**= -5 yards from line of scrimmage and replay the down*
  - *False Start= -5 yards from line of scrimmage and replay the down*
  - *Charging=-10 yards from the spot and loss of down*
  - *Running a Play within 5 yard line= Loss of down and back to the original spot*
  - *Unsportsmanlike Conduct= -10 yards **and ejection if deemed necessary***
  - *Line Buck = -5 yards and loss of down*

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