

1st & 2nd Flag Football Rules

- All games will be played at Spring Canyon Middle School (small field on South end).
- First half of time is practice, second half is game time.
- Eight players shall constitute a team, at least five offensive players must line up on the line of scrimmage.
- Teams will start on the ten yard line, no kick offs.
- Games will be primarily instructional in nature, no score or time will be kept.
- You may muff the ball on the snap and recover it and continue play, as long as the person that muffed it is the one to recover it.
- Defensive players must line up one yard off the line of scrimmage. Only 3 defensive linemen and one linebacker are allowed to rush while the QB is in the pocket.
- Both offensive and defensive players should be taught to go around opposing players (no bull-rushing, stiff arming, or running through players will be allowed).
- Players are down where the ball is, when the flags have been pulled.
- Punts have to be declared. No rushing the punt. Players hold their position until the ball is kicked.
- Receiving team can have two players deep to catch the punt, all others must be along the line of scrimmage.
- Each player shall wear flags positioned on belts and worn on the waist, with one flag at each side. A man is considered tackled when his flag is pulled off by an opponent, or when his knee touches the ground.
- Body tackling or tripping is illegal.
- For all other rules, use the third and fourth grade rules for reference.