

# Youth Flag Football By-Laws 2019

## Kindergarten League (Updated 8/20/2019)

**Field Dimensions:** Fields shall be 40 yards long (with 10 yard end zones) and 53 1/3 yards wide.

**Teams:** Teams will consist of 7-12 players. Seven (7) players will play on the field. Coaches must play each player at least 4 plays per offensive series, and 4 plays per defensive series.

**Formation:** All offensive players are eligible pass receivers. The ball must be clearly snapped to and in the sole possession of an offensive player other than the center. A legal snap can be between the legs or to the side, but must stay onside.

**Equipment:** Official game ball will be junior sized ball (K2 or equivalent). Metal cleats or spikes are not permitted. Small rubber cleats are recommended. No bare feet or stocking feet will be allowed. Flag length will be designated and issued by the city. Belts and flags must be visible and worn at waist level on each side. No player may tamper or alter his/her flags in any way. Jerseys must be tucked in. **No pockets allowed in shorts.**

**Game Length:** Teams will play scrimmage games. The first four (2) games will start out with 20 minutes of practice and a 30 minute scrimmage game. After the first four (2) games, the game will consist of two 20 minute halves with a running clock. Half-time will be 3 minutes in length. One team will start at the 40 yard line and have 8 plays to score. If they score on their first play, for example, they will return back to the 40 yard line and run their remaining 7 plays. Once a team has ran their 8 offensive plays, they will switch to defense for 8 plays.

**Substitutions:** Substitutions shall be unlimited, but may occur on dead balls only.

**Scoring:** This is an instructional league – NO SCORE WILL BE KEPT. There are no extra point attempts after a touchdown.

**Kickoff:** There are no kickoffs for this league. The offensive team will start at the 40 yard line.

**Neutral Zone:** The distance between the offensive and defensive lines at the beginning of a play shall be 3 yards if the ball is outside the defensive team's 20 yard line and 1 yard if the ball is inside the defensive team's 20 yard line.

**First Down:** There are no first downs for this league. Each team gets 8 plays on offense then switches to defense.

**Diving, Spinning, Jumping:** Offensive players may not dive to advance the ball or score. Defensive players may not dive for offensive players flags. Spinning or jumping will result in an immediate dead ball. No penalties are assessed in this league. Players should be instructed when a violation of rules occur.

**Stripping The Ball:** The defense cannot intentionally strip the ball from an offensive player. No penalties are assessed in this league. Players should be instructed when a violation of rules occur.

**Forward Pass:** One forward pass can be made prior to crossing the line of scrimmage. All players on the field are eligible to receive or intercept passes. If a player has lost his/her flags and catches a pass, the ball will be downed where the ball is caught.

**Blocking:** All offensive players are eligible to receive a forward pass and only three (3) players can be in the backfield. A player may block for his/her runner or passer by using a screen block. **No contact should take place.** If a blocker uses his/her arms, elbows, legs, lowers his/her shoulders or leaves his/her feet, it is an illegal block. Stiff-arming, spinning, and jumping are NOT allowed. A runner may not guard/block the flag in any manner. *Unintentional contact may occur – there is a difference between unintentional and illegal contact.* No penalties are assessed in this league. Players should be instructed when a violation of rules occur.

**Dead Balls:** 1. A player is down once one of his/her knees or body contacts the ground – a hand on the ground to maintain balance is NOT down. 2. In removing the flag or stopping the ball, a defensive player should pull the flag and immediately set it on the ground. 3. If at any time the belt of the ball carrier falls off, the ball is down and the ball is dead. 4. All fumbles are dead the moment the ball contacts the ground. Possession of the ball remains with the team who had possession last. 5. If the ball is fumbled on the snap, the ball is dead and the down is lost. 6. Inadvertent whistle – the ball is dead, play is over as soon as the whistle blows. 7. Dual possession on a pass – ball is dead and offense keeps the ball (no fighting for possession).

**Coaches:** Up to two (2) adult coaches are allowed on the field for the duration of the season.

**Sportsmanship/Conduct:** No player, coach, or spectator shall act in an unsportsmanlike manner during the game, at halftime, or after the game. Examples are, but not limited to:

- a. Using profanity, insulting or vulgar language or gestures.
- b. Intentionally kicking at, swinging at, or pushing any player, spectator, coach or official.
- c. Harassing, insulting or badgering any official, coach, spectator, or player.

All cities participating in the Flag Football program are committed to providing a quality recreational sport program in a spirit of sportsmanship and fellowship for all of our families, friends and neighbors. It is expected that all players, coaches, parents and spectators will strongly adhere to all rules of play and etiquette involving the program.