

FLAG FOOTBALL

Rules of Play:

Republic Parks & Recreation Soccer League is an instructional program designed to help encourage youth to participate in sports activity and enjoyment.

1. Games will consist of two 18-minute halves, a three (3) minute half time, and four (4) minutes between games. Half time and time between games may be shortened to 2 minutes each if we are running behind schedule. Each team will receive two time-outs per half with no carry over.
2. Clock runs continuous throughout the game. No official score will be kept. Each time 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. Teams must change sides after the first 18 minutes.
3. **Uniforms and equipment**
 - A) Football size: - 5/6 Year Olds and 7/8 Year Olds: Pee-Wee Football
 - 9/10 Year Olds: Junior Football
 - B) Belts with flags are provided for participating teams.
 - C) Cleats are allowed, but metal spikes are prohibited. All players are advised to wear a protective mouthpiece.
4. **Field size**
 - a. 70 yards long X 30 yards wide
 - b. See the attached map at the back of this packet for more field dimensions.
5. **General rules**
 - A) Only five players are allowed on the field for each team.
 - B) A coin toss determines first possession.
 - C) The offensive team takes possession of the ball at its 5-yard line and has three plays to cross midfield. Once a team crosses midfield, it has three plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
 - D) If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
 - E) All possessions, except interceptions, start on the offense's 5-yard line.
 - F) There are no punts or kickoffs.
6. **Running**
 - A) The quarterback cannot run with the football.
 - B) Pitches, tosses, and laterals are allowed, however, if the ball touches the ground the play is dead, and the ball is spotted where the ball first touched the ground. Multiple handoffs are allowed.

FLAG FOOTBALL

- C) "No running zones" located five yards from each end zone and five yards on either side of midfield, are designed to avoid short-yardage, power-running situations.
- D) The player who takes the handoff can throw the ball from behind the line of scrimmage.
- E) Once the ball has been handed off, all defensive players are eligible to rush.
- F) Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- G) The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

10. Receiving

- A) All players are eligible to receive a pass (including the quarterback if the ball has been handed off behind the line of scrimmage).
- B) Only one player is allowed in motion at one time. Players cannot be moving toward the line of scrimmage at the time of the snap.
- C) A player must have at least one foot inbounds when making a reception.

11. Passing

- A) Shovel passes and swing passes are allowed.
- B) The quarterback has a seven-second "pass clock". If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule is no longer in effect.
- C) Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start at the 5-yard line.

12. Scoring

- A) Touchdown: 6 points
- B) Extra points: 1 point (played from the 5-yard line) or 2 points (played from the 12-yard line)
- C) Safety: 2 points

13. Rushing the Quarterback

- A) Rushing the quarterback is not allowed.
- B) Defensive players may defend on the line of scrimmage.
- C) Once the ball is handed off, all defenders may go behind the line of scrimmage. No blocking or tackling is allowed.
- D) If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the person will receive a warning. If a player continues the rough play, he will be asked to sit out the rest of the half or the game.

FLAG FOOTBALL

14. 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:
 - i. Ball carrier's flag is pulled
 - ii. Ball carrier steps out of bounds
 - iii. Touchdown or safety is scored
 - iv. At the point of an interception (interception returns are not allowed)
 - v. Ball carrier's knee, rear, or elbow hits the ground
 - vi. Ball carrier's flag falls out
- B) There are no fumbles. The ball is spotted where the ball hits the ground, with no forward progress.

15. Penalties

- A) Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage. Only the team captain may ask the referee questions about rule clarification and interpretations. Players or coaches cannot question judgment calls. Games cannot end on a defensive penalty, unless the offense declines it.
- B) Defense:
 - i. Offsides-five yards and automatic first down
 - ii. Interference-10 yards and automatic first down
 - iii. Illegal contact (holding, blocking, etc.)-10 yards and automatic first-down
 - iv. Illegal flag pull (before receiver has ball)-10 yards and automatic first-down
 - v. Illegal rushing (coming across the line of scrimmage before the ball is handed off)-10 yards and automatic first-down
- C) Offense:
 - i. -Illegal motion (more than one person moving, false start, etc.) five yards and loss of down
 - ii. -Illegal forward pass (pass thrown beyond the line of scrimmage) five yards and loss of down
 - iii. -Offensive pass interference (illegal pick play, pushing off/away defender) 10 yards and loss of down
 - iv. -Flag guarding-10 yards (from line of scrimmage) and loss of down
 - v. -Delay of game-Clock stops, 10 yards and loss of down
- D) If a coach or player receives two unsportsmanlike conduct penalties in one game, he or she must leave the facility immediately. If a coach or player is ejected from the game/facility more than once, the coach/player will be suspended and may be expelled from the facility, pending a meeting with the Recreation Supervisor and/or Parks & Recreation Director.

- 16. All teams and players must be registered through the online registration process. No players will be allowed to transfer teams once the season has started.



FLAG FOOTBALL

17. Players may play on no more than two **teams per grade division** in the youth flag football program. **Players may play in two different grade levels as eligible.** Players may play up grade levels, but not down. All participants, male and female are permitted to play.
18. Game time is considered forfeit time. A team may start a game with no less than four (4) players present and on the field. A five-minute grace period will be allowed for the first game only.
19. Should a team forfeit two consecutive games without properly notifying the Recreation Department the team will be dropped from the league. Notification must be given two working days prior to the forfeiture.
20. Three adult coaches are permitted on the bench or field. It is recommended to have a coach for defense, coach for offense, and a coach taking care of the sideline and substitutions.
21. No protests are allowed on judgment calls of the officials. Concerns about officials must be made to the recreation supervisor. All protests must be filed at the Community Center, by the head coach or the assistant coach, within twenty-four hours of the violation.
22. Teams are required to exhibit sportsman-like conduct after each game by lining up and shaking hands or waving. If a team fails to comply, they will be given an unsportsmanlike conduct penalty, to be administered at the beginning of the team's next game.
23. The recreation supervisor reserves the right to make final determination on any rules or interpretations that may arise throughout the season.



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