

Rules at a Glance
CSCR 3-6 Grade Flag Football

Start of game

- Coin flip with white team (away team) calling heads or tails
- Winner picks to start on offense or defense
- Other team picks endzone to defend
- After halftime the teams change these choices

Play

- Game will consist of two 20 minute running clock halves with a one minute halftime

- Teams consist of 6-10 players with a maximum of 6 on the field at a time

- Players will rotate in and out of the game **equally and play all positions**

- 6 players on the field at a time

- Offense

- One center (on the line of scrimmage and snaps the ball)

- Normal snap or sideways snap

- One quarter back

- 4 receivers/running backs

- All players are eligible receivers

- Quarterback will have **seven seconds** to throw the ball or the play will be whistle dead and the ball placed on the line of scrimmage

- Handoffs are considered any backward, sideways, or forward giving of the ball to the running back

- Quarterback becomes an eligible receiver after any handoff

- Once the ball crosses the line of scrimmage offensive players **cannot block or impede** the defense to the runner

- A runner may **not flag guard**, or leave their feet (jump, dive, or lunge) during their run. **STAY ON YOUR FEET!**

- Play ends when:

- A flag is pulled

- A player steps out of bounds

- The ball is fumbled or hits the ground

- There are no fumbles

- ball is placed where the offensive player lost control of the ball

- A TD or points are scored

- A pre-snap penalty

- The ref blows their whistle

Defense

May line up in any formation

Blitzers (any number) need to start 7 yards off the line of scrimmage and cannot start forward until the ball is snapped

If the ball is HANDED OFF then anyone from anywhere can converge on the runner

Goal of the defense is to break up passes, intercept the ball and stop the runner by pulling their flag

Scoring

TD 6 points

Extra point

1 pt 5 yds line

Must be a pass

2 pt 10 yard line

Can be a pass or a run

All possessions (with the exception of an interception) start on your own 5 yd line

Interceptions can be returned toward the end zone as a regular play

Play will resume where the interceptors flag was pulled

Teams will have 3 play to cross the midfield/1st down marker to earn a new set of downs

If the offensive team fails to do this the defense take possession of the ball on their own 5 yd line

Rules

All rules will be enforced by the game supervisors and the referees

Please see the list of rules and terms in the expanded rules manual

All Referees decisions are final!!

Any player or parent who questions a rule or interpretation of a rule will be warned the first time and asked to leave the playing area/game the second time.

REMEMBER, we are here to have fun and build SKILLS, not to squabble over rules!