

Tea Parks & Rec. Flag Football: Rules, Gameplay, & Equipment

THE BASICS

- **KDG-4th Gr. will use Pee Wee size Football**
- **5th-6th Gr. will use Junior Size Football**

PLAYING TIME

ALL PLAYERS MUST PLAY A MINIMUM OF 20 MINUTES PER GAME. (10 OR LESS PLAYERS ON A TEAM)

PLAYERS/GAME SCHEDULES

GAMES FOR ALL DIVISIONS ARE 5 VS. 5

If your team has 11 or players you can ask the other team's coach to see they'd be willing to play 6 vs. 6. Both coaches must agree to this. If you do decide to play 6 vs. 6, please notify the referee (Regular Season Only – unless authorized by Tea Parks & Rec. Director)

START OF GAME

- A coin toss determines which team gets the first possession. The team that loses the toss will receive possession at the start of the second half unless the winner chooses to defer their choice.
- Teams change sides in the 2nd half.

FIRST DOWNS

The offensive team begins each possession at its own 5-yard line. The team has **four plays** to advance the ball past midfield for a first down. Once they cross midfield, they are awarded a new set of **four plays** to reach the end zone and score. If the offense fails to gain a first down or score a touchdown within their allotted plays, possession is turned over to the opposing team, which will start its drive from its own 5-yard line. All possession changes, regardless of how they occur, result in the new offensive team starting from its 5-yard line.

INTERCEPTION

Interceptions may be returned; if there is no score on the return, the ball will be placed on the 5-yard line.

RUNNING

- The quarterback cannot run with the ball.
- Only direct hand-offs and pitches behind the line scrimmage are permitted. Offense may use multiple hand-offs.
- "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. **Must be a pass-play.**
- Once the ball has been handed off, all defensive players are eligible to rush.
- **Spinning is allowed**, but players cannot leave their feet to avoid a defensive player (no diving). The ball is spotted where the ball carrier's feet are when the flag is pulled, or if the flag falls off unintentionally, not where the ball is.
- Absolutely NO laterals are allowed once a ball carrier crosses the line of scrimmage.

RECEIVING

- All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time
- A player must have at least ONE foot inbound when making a reception

PASSING

- Shovel passes are allowed.
- The quarterback has a seven-second "pass clock." If a pass is not thrown within seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule no longer is in effect.

BLOCKING

BLOCKING IS **NOT ALLOWED**. Any intentional contact will be a 5-yard penalty and loss of down.

RUSH

3rd-6th Grade Only: All players who rush the passer must be a minimum of **TEN** yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage. Once the ball is handed off, the **TEN-YARD** rule no longer is in effect, and all defenders may go across the line of scrimmage. A special marker, or the referee, will designate ten yards from the line of scrimmage.

K-2nd Grade Only: There No Blitzing on passes. **Players can be at the line of scrimmage and can only go past the line of scrimmage once the ball has been handed off or passed.**

SPORTSMANSHIP/ROUGHING

If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.** Officials have the right to determine offensive language.

(Offensive language may be offensive to officials, opposing players, teams or spectators) If the offense occurs, the coach, player, and/or spectator will be removed from game.

More Rules on Back →

