

5th Grade Flag Football Rules

GENERAL LEAGUE RULES/GUIDELINES

There will be no league standings kept throughout the year. This is a re-emphasis of the fact that this level is about learning skills/fundamentals/the game itself. Scores will be kept at the games but as mentioned – no transfer to league standings.

The season: 6 weekends of play (1 scrimmage “in house”/5 games)

August 19: practices may begin.

Scrimmage Day: September 8 at Norwalk HS Football Field

September 15: first playing weekend

Teams may practice no more than two (3) times a week and for no longer than 90 minutes/practice once the 10 hours of conditioning is completed. To complete the 10-hour requirement – they may practice 3-4 in a week until it is reached. Once that has happened – 3x a week/90 min.

- The first practice after a weekend game must be helmets only.
- No practice can be held prior to the start date as determined by the governing board of the league.
- A minimum of 30 minutes each night must be spent on USA football blocking and tackling instruction with aligned drills.

Coaches in each community will determine the location of practice as determined by local league guidelines.

Players will be spread throughout each community’s number of teams. Competitive balance will be the goal of this league. Any team or community that establishes an “all-star” team will have that team ineligible for participation until the changes have been made.

All players at this level will be of the same grade. There will be no playing “up” or “down” by anyone. You play the grade you are in during that season.

With this level being the first to involve tackling, there will be weight limits in place for the skill players. The local board will certify each communities weigh-in’s.

Ball Carriers must be 105 or under – anyone over will play on the line.

- I. The Game
 - a. Each game begins with captains from both teams meeting at mid-field for a coin toss. Visitors call the toss.
 - b. The winner gets to choose offense or defense.
 - c. The ball will be spotted on the 40-yard line at the start of any and all possessions by a team. Regardless of reason (change of possession, touchdown, start of the game) the possession always starts at the 40-yard line.

- i. Teams will be able to gain a first down according to “normal” 10 yard to gain rules. Chains will be used to mark these first down lines to gain.
 - ii. Once the ball is spotted, a team has 30 seconds to run their next play. There will be one delay warning given, the next time it will be a penalty.
 - iii. There is no need to punt on 4th down, as the ball would return to the 40-yard line on a change of possession. Therefore, all teams will be encouraged to run at least 4 plays each possession.
- d. The playing field will be 40 yards long and width will be the top of the numbers. (40x40 field)
 - i. The field should run from the sideline closest to the bleachers to the far hash marks.
- e. Game will consist of four (4) 10 minutes quarters with continuous clock. The clock will run at all times except during the last 2 minutes of the game and after scoring a touchdown.
 - i. Huddles will last no longer than 30 seconds. Penalty will be 5 yards if longer than this time.
- f. Each team is allowed two (2) 30-second timeouts/half.
- g. There are no kickoffs or kick returns.
- h. There will be a one (1) minute break between quarters.
- i. A maximum of 1 coach per team is allowed on the field during the game. They must not interfere with play. All other coaches are on the sideline during the game.
- j. Games will have 2 officials. These officials should be licensed football officials. They will be paid 60.00/game.
- k. Game Ball will be determined by league officials.
 - i. 3rd/ 4th – Pee Wee size football
 - ii. 5th and 6th – Junior size football

II. Scoring

- a. Scoring will be as follows:
 - i. Each team will keep the game score. They must mutually agree to score throughout the game. There will however, be no league standings kept.
- b. Scoring will be as follows:
 - i. Touchdown – 6 points
 - ii. 2 point conversion from the 3 yard line – 2 points
- c. On the event of a tie, the game ends in a tie. There will be NO overtime period played.

III. Equipment

- a. Each player will wear a protective mouthpiece.
- b. Each player will wear approved helmet, shoulder pads, and integrated football pant as approved by the league.
- c. Football cleats, if worn, must be molded cleats. No screw in cleats.

- IV. Field
 - a. 40 yards long and a width to the top of the numbers. Two (2) games on each regulation field will be held.
 - i. Field should run from one sideline closest to the bleachers to the opposite hash.
 - b. First downs will be marked with cones larger than the others used to mark the sidelines. Regular football chains can be used as well.
- V. Players
 - a. The game will be played with eight (8) players on offense and eight (8) players on defense.
 - b. Players will play both offense and defense during a game.
 - c. In 5th grade weight limits are in play. 105lbs or under can be ball carriers, anyone over plays on the line.
- VI. Substitutions
 - a. The emphasis of this game is development and a great experience therefore each player will participate for a minimum of 15 plays. (the same process teams have used in the past in previous leagues)
 - i. At the end of the third quarter, one coach from each team will meet at midfield and exchange play count sheets.
 - b. Exceptions to playing time would be if a player has missed the majority of practice time leading up to the game or is coming off an injury.
- VII. Dead Balls
 - a. The ball is considered “down” when any of the following happen:
 - i. Ball carrier has been tackled.
 - ii. Ball carrier steps out of bounds.
 - iii. If the ball is fumbled, it will be played like a normal fumble. If recovered by the defense, they will take possession and start their possession on the 40-yard line.
 - iv. The ball carriers knee hits the ground
- VIII. Tackling
 - a. All the rules on tackling that are used in the 11-man game will be in place for the 8-man game as well.
 - b. Penalties while tackling would include: (examples)
 - i. Spearing
 - ii. Late hits out of bounds or after the whistle
- IX. Formations
 - a. Offensive formations must have five (5) of the eight (8) players on the line of scrimmage at the snap of the ball. (3 lineman and 2 receivers)
 - i. NOTE: teams may only use league approved formations and defensive alignments in grades 3-4-5.
 - b. Only one offensive player can be in motion but cannot run towards the line of scrimmage.
 - i. When in motion-the defensive player will “chase” the offensive player when he goes in motion.

- c. Defense must have two (2) players on the defensive line at the snap of the ball. They must line head up on the offensive players on the line of scrimmage. They can rush on the snap of the football.
- X. Offense
 - a. The offensive team must follow the formations guidelines provided by the league.
 - b. All motions must be in accordance to the rules of football. Only one person is allowed in motion at any time.
 - c. Blocking is allowed and teams will use the USA football techniques of blocking as taught in practice. There will be no chop blocking.
 - i. You are allowed to pull your lineman starting in 5th grade on traps or power plays.
 - ii. No lineman eligible for receiving a pass.
 - d. The center must snap the ball between his legs.
 - e. Weight restriction for ball carriers will be 105 lbs.
- XI. Defense
 - a. The defense must follow the formation guidelines provided by the league.
 - b. Defensive backs must be min. 5 yards off the ball, linebackers must be min. 5 yards off the ball and stacked behind the defensive lineman, and safeties must be min. 10 yards off the ball at the snap.
 - c. The defensive line will line up on the line of scrimmage and head up on offensive guards.
 - d. No blitzing is allowed.
 - e. Pass interceptions can be returned until the player who intercepted the ball has their flag pulled or crosses the 40-yard line. The result is a 2-point play and the defense goes to offense.
- XII. Penalties
 - a. Will be implemented along the lines of regular penalties of the game of football.