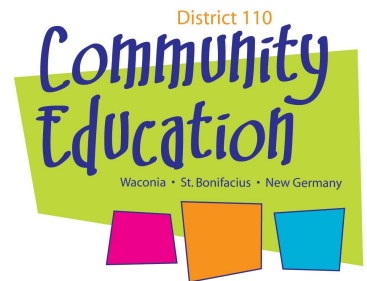




*Waconia Area Athletics  
ISD #110 Waconia Community  
Education & Recreation  
Flag Football Rules*



**FLAG FOOTBALL RULES**

- > This program uses a youth size cushioned football.
  
- > Coaches are the quarterbacks for K-3rd Grade. Players are quarterbacks for 4th grade and up. Rotate the quarterbacking duties. The more touches each kid gets, the better.
  
- > Field Dimensions are 30-35 yards wide x 45 yards long (depends on ea. field.)
  
- > The team that starts with the ball first is decided between coaches before each game.
  
- >Beginning a possession
  1. If a team is awarded the ball either to start the game or after a score by the other team, they begin at the first set of cones closest to their own goal. Giving them 30 yards to go to score.
  2. If a team intercepts or takes over on downs inside their first cone to gain marker, that team could theoretically advance out and get 2 first downs.
  
- > No punting or kicking permitted. If you want to punt on 4th down, move the ball to the 1st set of cones for the other team. After a touchdown has been scored move the ball to the 1st set of cones.
  
- > 5-9 players play at a time depending on team size and player ages. Players will be on the field in a game-like situation. Subs wait on the side, and are to be exchanged very frequently. Match up your team number of players with the other teams. Teams must be equal in playing numbers. (unless coaches agree otherwise)
  
- > All players must wear a flag belt at each game, with the flags hanging on the players side. Please make sure shirts are tucked in or flags are on the outside of the shirt.

**AFTER THE BALL IS SNAPPED**

- > There is a 1 yard neutral zone, the defensive rushers must **wait** and count, "one thousand one, one-thousand-two, one-thousand-three". One of the assistant coaches should be **voicing** the count to let the rushers know when they can rush.
  
- >In 4th grade and older leagues the Quarterback can run once any defender crosses the line of scrimmage (LOS is Judgement call by coaches) after the 3

second count. (If the quarterback is judged to have left early the down must be replayed the second occurrence is 5 yard penalty.)

>In leagues where the coach is the quarterback the defense only has to one hand touch the quarterback for a sack after the 3 second count.

>Players can either go out for a pass or take a handoff from the quarterback. If there is a handoff made the defense can rush at any time without the 3 second count.

> Shoes which are permitted in this league are tennis shoes or rubber spikes (no metal spikes).

> Fumbles are dead balls, the team fumbling the ball retains possession, unless it is 4th down and a first down was not gained, then defense gets the ball at the former line of scrimmage.

> Blocking is, and should be, only a body screen. No pushing or hitting of bodies is allowed. The game needs to be fun for all sizes and abilities. Blocking with a push or shove will be penalized as a unsportsmanlike conduct penalty immediately.

>If the ball is intercepted, it can be ran back.

>If a player falls down or knee touches the ground, that player is down even if the flag hasn't been pulled. If a player's flags have fallen off while running they must be one hand touched to be considered down.

>The intent of the game is participation and fun. All players will catch/carry the ball!

**COACHES, THANK YOU FOR HELPING TO TEACH, NURTURE, COACH  
AND ENFORCE THE RULES.**

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