

## Rules for Kindergarten Flag

The goal for this age group is to teach fundamental football skills and to introduce players to on field competitions and promote good sportsmanship. There will be no score recorded on the field.

All games will last for one hour and will start on the 10-yard line. The field dimensions will be 30 by 30 yards.

Offense-teams will consist of 8 players. 5 linemen, 2 running backs & one quarterback

Defense-5 linemen and 3 linebackers. All linemen must line up one yard back from

the line of scrimmage and be directly across from the offensive linemen

The team beginning on offense will run 5 consecutive plays regardless of ball advancement, touchdowns, or turnovers. Once the team has completed their 5 plays the positions will switch. The first team will go to defense and the 2<sup>nd</sup> team will now be on offense. In the event of a touchdown no extra points will be attempted.

All coaches will act as referees. Timeouts can be called at anytime with no limit of timeouts.

Coaches are required to provide equal playing time. All players must rotate into

every position on the field every week so that the coaches can teach the fundamentals of each position to every participant.

We wish all players to have fun and practice good sportsmanship. Shaking hands after each game is required.