

# Rules for 4&5 Year old Flag

The goal for this age group is to teach fundamental football skills, introduce players to on field competition and promote good sportsmanship.

There will be no score recorded on the field.

All games will run for 45 min and will start on the 10-yard line. The field will be 30 by 30 yards. All team's offense & defense will have 8 players on a side. Offense-5 linemen, 1 quarterback & 2 running backs. Defense-5 on the line & 3 linebackers.

The team beginning on offense will run 5 consecutive plays regardless of ball advancement, touch downs or turnovers. Once the team has completed their 5 plays the teams will switch. The first team will now defend for five consecutive plays and the second team will now run their 5 plays. The goal is to run as many plays as possible during the game time allotted. If a touchdown is scored there will be no extra point attempt.

All coaches will act as referees. Timeouts can be called at any time with no limit of the number of those timeouts.

Coaches are required to provide equal playing time for all participants. 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.

Offense-5 lineman, 2 running backs & 1 quarterback. All linemen will put their arms out to determine the distance between each player. Play will start with the football already in the hands of the quarterback with a running back on each side which will be 3 yards back from the line of scrimmage. Then the coach will blow his whistle. The quarterback can handoff or just run it. No hiking is needed.

Defense- 5 lineman, 3 linebackers. All linemen must be directly across from the offense lineman and line up one yard off the line of scrimmage.

All practices will be one day a week and will last for  
30-45 min.

We wish all players to have fun and shake hands  
after each game is required.