



Flag Football Rules and Guidelines

Kindergarten through 5th grade Boys- 7v7 Flag Football (Ball Size – Pee Wee)

Kindergarten through 5th grade Girls- 7v7 Flag Football (Ball size – Pee Wee)

6th grade through 8th grade boys- 7v7 (Touch) (Ball Size – Junior)

*Mouthguards will be required for all players, a player who does not have a mouthguard will not be able to practice or play

EQUIPMENT-

- 1) Flags will be provided by EAA
- 2) Cleats must be plastic, or turf shoes allowed (No metal cleats allowed)
- 3) Mouthguards must be worn at all times (on practice fields and game fields)

TOLERANCE POLICY-

We have a three strike tolerance policy for coaches/parents

- 1) First strike, an investigation will be done into an incident, a verbal warning will be given
- 2) Second strike, a suspension will be given
- 3) Third strike, removal from the EAA program

*Referee's will have full control over all calls and games, it is up to their judgment

*Referee's have the right to remove a coach, player, or fans for inappropriate conduct or unsafe play

RULES OF PLAY-

- 1) A coin toss by the referee will determine which team receives or defends (A team may defer til the second half)
- 2) The offensive team will start with the ball at the 40yd line. They have four plays to get a first down at the 25yd line. Four plays to get to the 10yd line, and four plays to score from there. If the offensive team fails to score a touchdown, the ball will be taken back to the 40yd line, and the defensive team will take over.
- 3) If the offensive team fails to score, possession of the ball changes and the opposition starts its drive from that spot. The offense has the option on 4th down to "punt" the ball which would be a change of possession and the other team would start at the 40-yard line.

- 4) All possession changes, except interceptions start on the offense's 40-yard line. If the defense intercepts the pass, they will start there drive from that spot.
- 5) K- 5th Boys and K-5th Girls FIELD DIMENSIONS- 40yds x 30yds (With 6 yard endzones)
- 6) ONE to TWO COACHES will be allowed in the huddle
- 7) All players must play **at least half** of the game. There will be two **20 minute half's**, with a **5 minute** halftime. A team may start a game one player down.
- 8) A five minute grace period will be allowed at the start of the game to wait for enough players to arrive before the game is called a forfeit.
- 9) Belts must be properly worn and tucked in. If a player does not have their belt tucked in, and it gets pulled, there will not be a penalty enforced.

GAMETIME/OVERTIME-

- 1) Games are played with two 20 minute halves with a five minute halftime.
- 2) Overtime is concluded on first touchdown (coin flip determines possession), maximum of 2 possessions each.
- 3) Clock stops on timeouts, injury, and official's discretion only.
- 4) Play clock of 30 seconds (once the ball is spotted by referee).
- 5) Teams will receive 1 warning before delay-of-game penalty is enforced.
- 6) Each team has two 30-second and one 60-second timeout per half.

SCORING-

*Touchdown: 6 points

*Extra point: 1 point (played from 5-yard line) or 2 points (played from 10-yard line)

*Safety: 2 points

PASSING-

- 1) All passes will be allowed (besides an illegal forward pass, when quarterback is beyond the line of scrimmage), forward, lateral passes, screen passes (no downfield blocking)
- 2) Pass clock is 7 seconds for the quarterback. If pass isn't thrown in that time, the play is dead & loss of down occurs.
- 3) All ages: Interceptions can be returned, and the ball is spotted if/when the flag is pulled.

RUNNING-

- 1) The quarterback is allowed to run the ball
- 2) Laterals/pitch are permitted only behind the line of scrimmage.
- 3) There will be no flag guarding allowed at all by the ball carrier, if it occurs, it's a dead ball 10 yard penalty from the previous line of scrimmage.

RECEIVING-

- 1) All players are allowed to receive a pass
- 2) The three linemen may stay in to pass block (behind the line of scrimmage), or may release to receive passes.
- 3) A player must only have one foot down in the field of play to make a reception
- 4) Only one player is allowed to be in motion pre snap

BLOCKING-

- 1) The 3 linemen on the line of scrimmage will be allowed to block behind the line of scrimmage, with their arms at their sides. (They will not be allowed to extend their arms on any play, or elbows out will not be allowed). They will not be allowed to move when defensive players are blitzing.
*First time illegal blocking will result in a verbal warning, second time it occurs, it will be a 5 yd penalty and a loss of down.
- 2) There will be no down field blocking allowed, and no blocking allowed on screen plays or running plays.
- 3) Once a receiver or ball carrier has crossed the LOS the other offensive players must stop and cannot run interference for the player in possession of the ball.

FLAG PULLING RULES-

- 1) A legal flag pull takes place when the ball carrier is in full possession of the ball.
- 2) Defenders can dive to pull flags, but cannot tackle, hold or run through ball carrier when pulling flags.
- 3) It is illegal to attempt to strip or pull the ball or pull from the ball carrier's possession at any time.
- 4) If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
- 5) A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- 6) Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping of head, hand, arm or shoulder, or intentionally covering flags with the football or jersey.

FORMATIONS-

- 1) An offensive team must have a minimum of three players on the line of scrimmage (the 3 linemen) and up to four players on the line of scrimmage.
- 2) The quarterback must be off the line of scrimmage. A) One player at a time may go in motion 1-yard beyond and parallel to the line of scrimmage. B) No motion is allowed towards the line of scrimmage.
- 3) Offensive players must come to a complete stop before the ball is snapped.
- 4) Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
- 5) The center must snap the ball with a continuous motion between his/her legs (or from the side for K-3RD) to a player in the backfield, and the ball must completely leave the center's hands.

RUSHING THE PASSER RULES-

- 1) All players who rush the passer must be a minimum of 7 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.
- 2) Once the ball is handed off, pitched, or the QB fakes a handoff, the 7 yard rule no longer is in effect and all defenders may go behind the line of scrimmage. The entire defense can rush as soon as the QB fakes a handoff.
- 3) A special marker, or the official, will designate a "Rush Line" 7 yards from the line of scrimmage.
- 4) Defensive players should verify they are in the correct position with the official on every play.
 - ** A legal rush is: Any rush from a point 7 yards from the defensive line of scrimmage.
 - ** OR a rush from anywhere on the field AFTER the ball has been handed off by the quarterback, or the quarterback fakes a handoff or pitch.
 - ** OR If a rusher leaves the rush line early, they may return to the rush line, reset and then legally rush the quarterback.
 - ** OR If a rusher leaves the rush line early and the ball is handed off before they cross the line of scrimmage, they may legally rush the quarterback. (A penalty may be called if: #1. The rusher leaves the "rush line" before the snap and crosses the line of scrimmage before a handoff or pass #2. Any defensive player crosses the line of scrimmage before the ball is snapped. #3. Any defensive player, not lined up at the rush line crosses the line of scrimmage before the ball is passed, handed off or pitched.
- 5) Teams are not required to identify their rusher(s) before the play, however if they do send a rusher, the rusher must check with the official to ensure they are lined up at least 7 yards from the Line of Scrimmage.

6) The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. If the "path or line" is occupied by a moving offensive player, then it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and to avoid contact.

7) Pass rushers must go for QB's flag. Any attempt to block the pass is a penalty (5-yard penalty). Defense can raise its hands to block a pass if they do not cross the line of scrimmage.

8) A Sack occurs if the QB's flags are pulled behind the line of scrimmage. The ball is placed where the QB's feet are when the flag is pulled.

** A Safety is awarded if the sack takes place in the offensive team's end zone.