

# **K<sup>st</sup> – 2<sup>rd</sup> Parent FLAG FOOTBALL GUIDE**

## **Player's Jersey and equipment:**

- **Provided Horizon West Sports and Cheer:**
  - Jerseys provided- shirts must be tucked in
- **Equipment Allowed:**
  - Players are highly recommended to wear rubber cleats
  - Players are allowed to wear a mouth piece
  - Players are allowed to wear soft knee pad or elbow pads
  - Players are allowed to wear football receiver gloves.
  - Players are allowed to wear cold weather clothing within requirements. Not required but recommended.

## **Illegal equipment example list:**

- Items that are hard or sharp that could cut, scratch, and/or stab (examples: metal cleats, jewelry, rings, watches)
- Items that are hard and/or do not “give” that could collide and/or deliver a force impact (examples: a cast, hard-billed baseball caps, overly knotted clothing, hair clips, etc.).
- Items that are loose fitting or hanging loosely off the body in a gap that could “catch” and/or entangle (examples: bracelets, necklaces, hoods, large pockets, etc.).

## **Basic Rules You may want to know:**

- 5 players vs. 5 Players the field at all times
- (2) 20 min halves with a 5 min halftime (running clock)
- 70 yard playing field with a line to gain at the 25-yard line - 10 yard end zones
- Ball starts 15 yards from the goal line for beginning of a game/half or after a score
- Extra Points can throw or pass
- 5 yard buffer between offensive line to defensive line
- Defense is allowed 1 player to rush the QB over the offensive line of scrimmage. If the QB is rushed that player can run once the defender crosses the line of offensive line of scrimmage.
- 5 yard buffer is shorter then 5 yards if the offensive line is less then 5 yards to the line to gain or the end zone
- If there is no rush the QB has 5 seconds to throw the ball.
- If the QB hands to a RB, the throw clock is still counting down if there is no rush and the RB is looking to pass the ball
- NO FUMBLES
- Fumbles over the offensive line of scrimmage – ball is place at the spot of the fumble
- QB / Center exchange drop – QB can pick up the ball and play continues
- QB / Runner exchange fumble is a dead ball & ball is place at the original line of scrimmage
- No flag guarding – ball runner pushes hands away from defender that is attempting to flag pull
- Interceptions are allow and can be returned to try to score
  - If the runner that intercepted the ball runner gets their flag pulled, the ball is spotted at the point where the flag was pulled
- No lateraling the ball after the ball crosses the offensive line of scrimmage
- Blocking is allowed – the player much have hands in the width of his body and can not move to set the block/screen. Ex; player hands are down at his sides and feet are set, no moving screens
- No jumping forward to gain yardage, runner can jump back and to the side to avoid defender
- Pulled Flag -The ball is placed where the players hips are, when the flag is pulled, NOT the ball
- If the defensive team does not rush the QB the QB has 4 seconds to throw the football
- K-2<sup>nd</sup> Team must go for it on 4<sup>th</sup> down. IF the line to gain or TD is not reached the ball is placed back 10 yards back from th only first down line to gain. – Just like the start of the game or half.
- Score will not be kept officially for the first 3 games. After 3<sup>rd</sup> game score will be kept for playoff seeding