



COOLSPRINGS

ELEVATE YOUR GAME

Flag Football Rules

Ages 7-12 5v5/6v6

The Basics

- The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield. Once a team crosses midfield, it has four more plays to score a touchdown. If the offensive team fails to score, the ball changes possession and the new offensive team takes over on its own 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts the drive from its own 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line. Interceptions may be run back.
- Teams change sides after halftime. Possession changes to the visitor.
- Field dimensions are approximately 50 yards long and 25 yards wide with 5-yard end zones and 5-yard no-run zones before the midfield line and goal lines.
- No-running zones will be marked 5 yards from each end zone and 5 yards on both sides of midfield. The no-run zone is only in play when there is a line to gain (e.g. attacking to the midfield line and end zone).

Timing

- Games are played in two 20-minute halves with a running clock. The clock will stop in the last minute of each half.
- Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive a warning before a delay-of-game penalty is enforced.
- Each team has one 60-second timeout per game.
- Officials can stop the clock at their discretion.
- There is no overtime in the regular season.

Scoring

- Touchdown: 6 points
- Extra point: 1 point when played from the 5-yard line / 2 points when played from the 12-yard line
- Extra point return attempt: 2 points
- Forfeits: any forfeit will be scored at 7-0 for the non-forfeiting team

Please remember that scoring is a part of the game, but not the main focus: **always place the kids before the win!**

Running

- The quarterback cannot run the ball passed the line of scrimmage.
- Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.. **All BEHIND the line of scrimmage.**
- **“No Running Zones”** located five yards from each end zone and five yard on either side of midfield are designed to avoid yard shortage and power running situations.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but offensive players carrying the ball cannot leave their feet to avoid a defensive player. No diving or jumping when carrying the ball.
- The ball is spotted where the ball carrier’s feet were located when the flag is pulled, not where the ball is.
- Center Sneak Rule - When the ball is snapped, in order to hand the ball back to the center, the QB must reach the ball around the center’s body or the center must physically turn/twist around to get the ball. Handoffs back between the center’s legs are NOT allowed.
- If a player is running and his flag falls odd, he is down where the flag falls off.
- There is no intentional blocking, screening, or picking allowed.

Receiving

- All players are eligible to receive passes including the QB if the ball has been handed off behind the line of scrimmage.
- As in the NFL, only one player is allowed in motion at a time.
- A player must have at least one foot inbounds and possession of the ball when making a reception.
- A player that receives the ball without a flag will be considered down at the point of the catch.

Passing

- **All passes must be forward.** Passes do not have to pass the line of scrimmage, but they must be clearly forward of the throwers hand. No backwards or swing passes that are not clearly forward.
- No double passes allowed.
- Shovel passes are allowed.
- The QB has a seven-second “pass clock.” If a pass is not thrown within the seven seconds, play is dead and there is a loss of down. Once the ball is handed off, the seven-second rule is no longer in effect.
- Interceptions change the possession of the ball at the end of the run back. Interceptions are the only changes of possession that do not start on the 5-yard line.

Dead Balls

- Substitutions may be made on any dead ball
- Play is ruled “dead” when:
 - Ball carrier’s flag is pulled
 - Ball carrier steps out of bounds
 - Touchdown is scored
 - Ball carrier’s knee hits the ground
 - The ball is fumbled and hits the ground
 - Ball carrier’s flag falls off

Note: There are no fumbles. The ball is spotted where the ball hits the ground.

Snapping the Ball

- No quick snaps are allowed. The defense must have a chance to line up on the ball. Our referee will help manage this.
- The ball must be snapped between the legs, direct, or shotgun, but not off to the side, to start the play.

Rushing the Quarterback

- There is NO blitzing. The QB has a seven-second “pass clock.” If a pass is not thrown within 7 seconds, the play is ruled dead.
- Once the ball is handed off or thrown, the seven-second rule is no longer in effect and all defenders may go behind the line of scrimmage.

Defensive Penalties

- Offside - 5 yards and repeat the down
- Pass Interference - 10 yards and automatic first rose
- Illegal Contact (holding, blocking, pushing, shoving, etc.) - 5 yards and repeat of down
- Illegal Flag Pull (before receiver has ball) - 5 yards and repeat the down
- Defensive Holding - 5 yards from the point of the foul

Offensive Penalties

- Delay of Game - 5 yards and loss of down
- Illegal Motion (more than one player moving) - 5 yards and loss of down
- False Start - 5 yards and loss of down
- Illegal Snap - 5 yards and loss of down
- Offensive Blocking - 5 yards and loss of down
- Flag Guarding (carrying the ball close to flag in an effort to guard) - 5 yards from the point of foul and loss of down
- Offensive Pass Interference (illegal pick play, pushing off or away defender) - 5 yards and loss of down

Attire

- **All players must wear a protective mouthpiece; there are no exceptions.**

- Cleats are allowed, except for metal spikes.
- No pockets or hoops on shorts.
- No hats with brims or bills.

Final Game - Bowl Game

- All teams will play one final game at the end of the season. We will use standings to determine the final matchups.

Sportsmanship

- FOUL PLAY WILL NOT BE TOLERATED
- If the referee witnesses any acts of tackling, elbowing, cheap shots, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game.
- Trash talking is illegal. Referees have the right to determine offensive language. If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

Coaching Behavior Rules

- Coaches are responsible for their parents.
- Absolutely no yelling at referees, kids, or other coaches.
- No arguing calls that referees make.
- This behavior can lead to forfeiting the game.
- If it isn't positive, then there is no need to say it!

And the most important rule of all.... **HAVE FUN!!!**