

# Widefield Parks & Recreation

## Flag Football Rules

### 4 yrs - Kindergarten



#### Flags

1. Each player will be given flags to wear during the game.
2. T-shirts must be tucked in at all times, and flags worn over clothing. Flags must be clipped on properly and not tied or wrapped around themselves.
3. The defense must wear flags.
4. Flag guarding and illegal flag pulling are NOT allowed. Illegal flag pulling is defined as pulling an opponent's flag before he/she receives the ball, or pulling a non-ball carrier's flag.

#### Game Time

5. The offense will have 10 total plays or 10 minutes (whichever comes first) before the ball changes possession. If the offense scores a touchdown before 10 plays/10 minutes occur the ball returns to the 5 yard line and the offense continues until they have used their 10 plays/10 minutes.
6. At the conclusion of 10 plays or 10 minutes, **the quarter will end**, a new quarter will begin and the defense will get the ball for 10 plays/10 minutes. (Games will consist of 4 quarters, with each team possessing the ball and defending two times each.)
7. Each team will have (one) 1-minute timeout per quarter. Timeouts do not carry over. Officials may stop the clock at their discretion.
8. There will be a 5 minute halftime.

#### Flag Football Rules

9. Games will be played 6 v 6. Exceptions will be made if teams are short on players that given week.
10. **One coach per team is allowed on the field.**
11. A coin toss determines first possession.
12. Play will start at own 5 yard line. There are no kickoffs or punts.
13. The offense may pass or run the ball (with a handoff or pitch). The QB is not allowed to cross the line of scrimmage with the ball.
14. Play will stop when the ball touches the ground. All fumbles automatically go back to the offensive team at the spot of the fumble.
15. Once a player's flag is pulled, he/she is down at that spot. If the ball carrier's flag falls out, he/she must be touched by an opponent.
16. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. A special marker will designate seven yards from the line of scrimmage. Any number of players can rush the quarterback as long as they are behind the seven yard marker.
17. All players that are NOT rushing the quarterback may line up on the line of scrimmage.
18. Once the ball is handed off or pitched, the seven-yard rule no longer is in effect, and all defenders may cross the line of scrimmage.
19. Substitutions can be made on any dead ball.
20. There is no blocking or tackling under any circumstances. However, at times contact will occur, and the referee will determine if it was intentional (a penalty) or incidental contact.
21. **Coaches must give every player equal playing time.**

#### Hiking the Ball

22. The ball must be hiked from the center to the QB to begin every play. It must be a clear exchange.
23. Hiking the ball can be done in two ways:
  - 1) Traditional - Center hikes the ball through his or her legs (shotgun is ok).
  - 2) Handoff - Center turns and hands the ball to the QB.

#### Running

24. The QB is not allowed to cross the line of scrimmage with the ball. The ball must be passed, pitched, or handed off.
25. Once the ball is pitched or handed off, ALL defensive players are eligible to rush.
26. The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is or where the flag lands.
27. Multiple handoffs and reverses are allowed.
28. The player who takes the handoff can throw the ball from behind the line of scrimmage.
29. No laterals (except for pitches behind the line of scrimmage).
30. Spinning is allowed. However, the player is not allowed to leave their feet (diving, jumping, etc.).

31. The ball carrier may not: Hurdle defensive players, attach the flag in such a manner that it cannot be easily removed, and "Flag Guard" (this includes: stiff arming, swinging the hand or arm over the flag belt, carrying the ball in a position that protects the flag, lowering the shoulders to place the arms over the flag belt, and batting a player's hand away from the flag belt).

### Receiving

32. All players are eligible to receive a pass.  
33. A player must have at least one foot in bounds when making a reception.  
34. Only one player is allowed in motion at a time.

### Passing

35. The QB has 7 seconds to get rid of the ball or the referee will blow the play dead, and the ball will be spotted where it was when the whistle blew.  
36. Interceptions can be returned.  
37. Shovel passes are allowed.

### Dead Ball

38. Play is ruled dead when:
- Ball carrier's flag is pulled.
  - Ball carrier's flag falls out *and* he/she is touched by a defender.
  - Ball carrier steps out of bounds.
  - Touchdown or safety is scored.
  - Ball carrier's knee touches the ground.
  - The ball is fumbled. The ball is spotted where it hits the ground.

### Penalties

#### 39. Defensive Penalties

- **Defensive Offsides** - 5 yards from the line of scrimmage and replay the down
- **Illegal Rushing (starting from inside 7-yard marker)** - 5 yards from the line of scrimmage and replay the down
- **Illegal Contact (pushing, holding, blocking, etc.)** 5 yards from the line of scrimmage and replay the down
- **Interference** - 5 yards from the line of scrimmage and replay the down
- **Illegal Flag Pull (before receiver has the ball)** - 5 yards from the line of scrimmage and replay the down

#### 40. Offensive Penalties

- **Illegal Contact (blocking, holding, etc.)** - 5 yards from line of scrimmage; replay down
- **Illegal motion (more than one person moving, false start, etc.)** - 5 yards from line of scrimmage; replay down
- **Offensive pass interference (illegal pick play, pushing off/away defender)** - 5 yards from line of scrimmage; replay down
- **Diving/Leaving Feet** - 5 yards from the spot of the foul
- **Flag guarding** - 5 yards from the spot of the foul
- **Illegal forward pass (pass thrown beyond line of scrimmage)** - 5 yards from line of scrimmage; replay down

### Attire

41. Cleats are allowed, except for metal spikes. It is recommended that all players wear a protective mouthpiece.  
42. All players/teams must wear their Parks & Rec t-shirt that is provided.  
43. Bracelets, necklaces, watches, earrings, hard barrettes, and any other items that the referee deems potentially hazardous will be prohibited. Medical alert bracelets must be taped.  
44. Hard casts are not allowed under any circumstances.

### Football Size

45. Pee wee size, soft football

### Sportsmanship

46. Unsportsmanlike conduct or aggressive play will not be tolerated!!! If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player or players will be ejected from the game. Any ejection also carries a minimum of a one game suspension. Spectators are to sit on the sideline opposite where the team bench is. No spectators on the end zone line.

# Widefield Parks & Recreation

## Flag Football Rules

### 1st - 2nd Grade



#### Flags

1. Each player will be given flags to wear during the game.
2. T-shirts must be tucked in at all times, and flags worn over clothing. Flags must be clipped on properly and not tied or wrapped around themselves.
3. The defense must wear flags.
4. Flag guarding and illegal flag pulling are NOT allowed. Illegal flag pulling is defined as pulling an opponent's flag before he/she receives the ball, or pulling a non-ball carrier's flag.

#### Game Time

5. The game will consist of (2) 20-minute halves with a running clock. There will be a 5-minute halftime.
6. Each team will receive (2) 1-minute timeouts per half.

#### Flag Football Rules

7. Games will be played 6 v 6. Exceptions will be made if teams are short on players that given week.
8. **One coach per team is allowed on the field.**
9. A coin toss determines first possession.
10. Play will start at own 5 yard line. There are no kickoffs or punts.
11. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay of game penalty is enforced.
12. The offense may pass or run the ball (with a handoff or pitch). The QB is not allowed to cross the line of scrimmage with the ball.
13. The offensive team has four downs to get to midfield for a first down. Once the team passes midfield, they will receive four more downs to score.
14. Play will stop when the ball touches the ground. All fumbles automatically go back to the offensive team at the spot of the fumble.
15. Once a player's flag is pulled, he/she is down at that spot. If the ball carrier's flag falls out, he/she must be touched by an opponent.
16. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. A special marker will designate seven yards from the line of scrimmage. Any number of players can rush the quarterback as long as they are behind the seven yard marker.
17. All players that are NOT rushing the quarterback may line up on the line of scrimmage.
18. Once the ball is handed off or pitched, the seven-yard rule no longer is in effect, and all defenders may cross the line of scrimmage.
19. If the offensive team fails to score or get a first down, possession changes teams and play will begin from their own 5 yard line.
20. After a touchdown is scored and extra point is attempted, possession changes teams and play resumes at the 5 yard line.
21. If a safety is scored, possession changes teams and play will begin from their own 5 yard line.
22. Substitutions can be made on any dead ball.
23. There is no blocking or tackling under any circumstances. However, at times contact will occur, and the referee will determine if it was intentional (a penalty) or incidental contact.
24. **Coaches must give every player equal playing time.**

#### Hiking the Ball

25. The ball must be hiked from the center to the QB to begin every play. It must be a clear exchange.
26. Hiking the ball can be done in two ways:
  - 1) Traditional - Center hikes the ball through his or her legs. Shotgun is ok.
  - 2) Handoff - Center turns and hands the ball to the QB.

#### Extra Points

27. An "extra point" conversion after a touchdown will be attempted from the 5 yard line.
28. Defensive interceptions on a conversion attempt cannot be returned. Play will be blown dead.

#### Running

29. The QB is not allowed to cross the line of scrimmage with the ball. The ball must be passed, pitched, or handed off.
30. Once the ball is pitched or handed off, ALL defensive players are eligible to rush.
31. The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is or where the flag lands.
32. Multiple handoffs and reverses are allowed.
33. The player who takes the handoff can throw the ball from behind the line of scrimmage.

34. No laterals (except for pitches behind the line of scrimmage).
35. Spinning is allowed. However, the player is not allowed to leave their feet (diving, jumping, etc.).
36. The ball carrier may not: Hurdle defensive players, attach the flag in such a manner that it cannot be easily removed, and "Flag Guard" (this includes: stiff arming, swinging the hand or arm over the flag belt, carrying the ball in a position that protects the flag, lowering the shoulders to place the arms over the flag belt, and batting a player's hand away from the flag belt).

### Receiving

37. All players are eligible to receive a pass.
38. A player must have at least one foot in bounds when making a reception.
39. Only one player is allowed in motion at a time.

### Passing

40. The QB has 7 seconds to get rid of the ball or the referee will blow the play dead, and the ball will be spotted where it was when the whistle blew.
41. Interceptions can be returned and will change possession. The ball will be spotted where the intercepting defender's flag is pulled.
42. Shovel passes are allowed.

### Dead Ball

43. Play is ruled dead when:
  - Ball carrier's flag is pulled.
  - Ball carrier's flag falls out *and* he/she is touched by a defender.
  - Ball carrier steps out of bounds.
  - Touchdown or safety is scored.
  - Ball carrier's knee touches the ground.
  - The ball is fumbled. The ball is spotted where it hits the ground.

### Penalties

#### 44. **Defensive Penalties**

- **Defensive Offsides** - 5 yards and replay the down
- **Illegal Rushing (starting from inside 7-yard marker)** - 5 yards and replay the down
- **Illegal Contact (pushing, holding, blocking, etc.)** - 5 yards and replay the down
- **Interference** - Spot foul or 5 yards, automatic first down
- **Illegal Flag Pull (before receiver has the ball)** - 5 yards and automatic first down

#### 45. **Offensive Penalties**

- **Illegal Contact (blocking, holding, etc.)** - 5 yards from line of scrimmage; replay down
- **Illegal motion (more than one person moving, false start, etc.)** - 5 yards from line of scrimmage; replay down
- **Offensive pass interference (illegal pick play, pushing off/away defender)** - 5 yards from line of scrimmage; replay down
- **Delay of game** - 5 yards from line of scrimmage; replay down
- **Diving/Leaving Feet** - 5 yards from the spot of the foul; the resulting spot will determine down and distance
- **Flag guarding** - 5 yards from the spot of the foul; the resulting spot will determine down and distance
- **Illegal forward pass (pass thrown beyond line of scrimmage)** - 5 yards from line of scrimmage; loss of down

### Attire

46. Cleats are allowed, except for metal spikes. It is recommended that all players wear a protective mouthpiece.
47. All players must wear their Parks & Rec t-shirt that is provided.
48. Bracelets, necklaces, watches, earrings, hard barrettes, and any other items that the referee deems potentially hazardous will be prohibited. Medical alert bracelets must be taped.
49. Hard casts are not allowed under any circumstances.

### Football Size

50. Pee wee

### Sportsmanship

51. Unsportsmanlike conduct or aggressive play will not be tolerated!!! If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player or players will be ejected from the game. Any ejection also carries a one game suspension. Spectators are to sit on the sideline opposite where the team bench is. No spectators on the end zone line.

Widefield Parks & Recreation  
**Flag Football Rules**  
3rd - 4th Grade & 5th - 6th Grade



**Flags**

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4. Flag guarding and illegal flag pulling are NOT allowed. Illegal flag pulling is defined as pulling an opponent's flag before he/she receives the ball, or pulling a non-ball carrier's flag.

**Game Time**

5. The game will consist of (2) 20-minute halves with a running clock. There will be a 5-minute halftime.
6. Each team will receive (2) 1-minute timeouts per half.

**Flag Football Rules**

7. Games will be played 7 v 7. Exceptions will be made if teams are short on players that given week.
8. One coach per team is allowed on the field
9. A coin toss determines first possession.
10. Play will start at own 5 yard line. There are no kickoffs or punts.
11. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay of game penalty is enforced.
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48. Bracelets, necklaces, watches, earrings, hard barrettes, and any other items that the referee deems potentially hazardous will be prohibited. Medical alert bracelets must be taped.  
49. Hard casts are not allowed under any circumstances.

### Football Size

50. 3rd - 4th Grade: Pee wee  
51. 5th - 6th Grade: Junior

### Sportsmanship

52. Unsportsmanlike conduct or aggressive play will not be tolerated!!! If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player or players will be ejected from the game. Any ejection also carries a one game suspension. Spectators are to sit on the sideline opposite where the team bench is. No spectators on the end zone line.