



Foothills

Park & Recreation District

Foothills Park & Recreation District Flag Football Rules – Ages 6 & 7

JUNIOR: 6 & 7 year old division

Flags

1. Each player will be given flags to wear during the game.
2. Flag Guarding and Illegal Flag pulling are **NOT allowed**.

Game Time

3. The game will consist of two halves with a three-minute half-time break. Each half will consist of 22 minutes with a running clock.
4. Each team will receive two time outs (1 minute in length) per half.

Flag Football Rules

5. The referee will determine possession of the ball.
6. Play will start at own five-yard line. There are no kickoffs or punts.
7. The offense may pass or run the ball (with a handoff or pitch).
8. 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.
9. Play will stop when the ball touches the ground. All fumbles automatically go back to the offensive team.
10. Once a player's flag is pulled, he/she is down at that spot. If the flag falls off, the player is down at that spot. Coaches should strongly discourage players from blocking or guarding their flags.
11. The defense must line up three (3) yards off the ball; they must wait three seconds before they rush (to be counted by the referee or on-field coach). Players may rush immediately following a handoff or pitch.
12. All players that are NOT rushing may line up on the line of scrimmage.
13. If the offensive team fails to score or get a first down, possession changes teams (and will begin from their own five yard line).
14. After a touchdown is scored, possessions changes and play resumes at the five-yard line.
15. Substitutions can be made on any dead ball. Coaches **MUST** give every player equal playing time.
16. **There is no blocking or tackling under any circumstances. Players will be allowed to shadow block.** (This is where a player mirrors another player's movements with their hands across their chest, like playing defense in basketball).

Hiking the Ball

17. The ball must be hiked from the center to the quarterback every play.

18. Hiking the ball can be done in two ways:

- Traditional style – Center hikes the ball through his or her legs.
- Hand-off style – Center turns and hands the ball to the quarterback.

Extra points

19. An “extra point” conversion after a touchdown will be attempted from the three yard line.

Running

20. The quarterback is not allowed to run with the ball. The ball must be passed, pitched or handed off.

21. Once the ball is handed off, ALL defensive players are eligible to rush.

22. The ball is spotted where the ball carriers feet are when the flag is pulled, not where the ball is, or where the flag lands.

23. **Spinning is allowed, however, the player is not allowed to leave their feet (i.e. diving, jumping, etc.)**

24. The ball carrier may not: Hurdle defensive players, Attach the flag in such a manner that it cannot be easily removed, “Flag Guard”, this includes: stiff arming, swinging the hand or arm over the flag belt, carry the ball in a position that protects the flag, lowering the shoulders in such a manner which places the arm over the flag belt, and batting a player’s hand away from the flag belt.

Receiving

25. All players are eligible to receive a pass.

26. A player must have at least one-foot in-bounds when making a reception (college rules).

Passing

27. Interceptions change the possession of the ball at the point of interception (there are no run backs)

28. Interceptions are the only changes of possession that do not start on the five-yard line.

Dead Ball

29. Play is ruled dead when:

- Ball carriers flag is pulled.
- Ball carrier steps out of bounds.
- Touchdown or safety is scored.
- Ball carriers knee touches the ground.
- Ball carriers flag falls off.

30. There are no fumbles. The ball is spotted where it hits the ground.

Penalties

31. The referee will call all penalties

DEFENSIVE:

32. Defensive off sides – 5 yards

33. Interference – 10 yards and automatic first down.

34. Illegal Flag Pulling – (Before the receiver touches the ball) 5 yards and automatic first down.

35. Illegal Contact – (Holding, blocking.) 5 yards and automatic first down.

36. Illegal Rushing – rushing before the 3 seconds or lining up inside 3 yards – 10 yard penalty, repeat the down.

OFFENSIVE:

37. Illegal Contact (Blocking, Holding, etc.) – 5 yards from the line of scrimmage and loss of down.

38. Illegal Motion – false start, more than 1 person in motion – 5 yards from the line of scrimmage and loss of down.

39. Diving, leaving feet – 5 yards from the spot of the foul, loss of down.

40. Illegal forward pass (passing across the line of scrimmage) – 10 yards from the line of scrimmage, loss of down

41. Flag Guarding – 10 yards from the spot of the foul, loss of down.

42. Delay of game- Penalty will not be called however teams are encouraged to get a play off within 30 seconds of ball being spotted.

Unsportsmanlike conduct or aggressive play will not be tolerated! If the referee is witness to any acts of tackling, elbowing, cheap shots, chop blocking, or any unsportsmanlike act, the game will be stopped and the player or players will be ejected from the game. This will be up to the referee to call. Appeals and grievances will not be considered for unsportsmanlike acts of any kind.

REV DATE: 7-13-09