



## REGULAR SEASON RULE BOOK



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# RULES

## • Game

1. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
2. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.
3. The offensive team takes possession of the ball at its 5-yard line (No kick off or punt) and has Four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown.
4. If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.
5. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 5-yard line.
6. All possession changes, except interceptions, start on the offense's 5-yard line.
7. Teams change sides after the first half. Possession changes to the team that started the game on defense.



## • Terminology

<b>Boundary Lines</b>	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
<b>Line of Scrimmage</b>	(LOS) an imaginary line running through the point of the football and across the width of the field.
<b>Line-to-Gain</b>	The line the offense must pass to get a first down or score.
<b>Rush Line</b>	An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage.
<b>Offense</b>	The team with possession of the ball.
<b>Defense</b>	The team opposing the offense to prevent it from advancing the ball.
<b>Passer</b>	The offensive player that throws the ball and may or may not be the quarterback.
<b>Rusher</b>	The defensive player assigned to rush the quarterback to prevent him/ her from passing the ball by pulling his/her flags or by blocking the pass.
<b>Downs (1-2-3)</b>	The offensive team has three attempts or “downs” to advance the ball. It must cross the line to gain to get another set of downs or to score.
<b>Live Ball</b>	Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
<b>Dead Ball</b>	Refers to the period of time immediately before or after a play.
<b>Whistle</b>	Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime or the end of the game.
<b>Inadvertent Whistle</b>	Official’s whistle that is performed in error.
<b>Charging</b>	An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.
<b>Flag Guarding</b>	An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier’s flags by stiff arm, lowering elbow or head or by blocking access to the runner’s flags with a hand or arm.
<b>Shovel Pass</b>	A legal pitch attempted beyond the line of scrimmage.
<b>Lateral</b>	A backward or sideways toss of the ball by the ball-carrier.
<b>Unsportsmanlike Conduct</b>	A rude, confrontational or offensive behavior or language.

## • Equipment

- # The league provides each player with an official flag belt and NFL FLAG team jersey. Teams will use footballs provided by their league.
  - Š Players must wear shoes. Cleats allowed. Cleats with exposed metal are never allowed and must be removed.
  - % Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
  - & Players must remove all hazardous jewelry. Winter beanies are allowed.
  - ' ž Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
  - (ž **Flag belts cannot be the same color as shorts or pants.**
7. Flag belts will be at the field the first day, please leave them when your game is done.
  8. Kids will receive their own flag belts with their jerseys to keep (September 21)



## • Field

1. The field dimensions are 50 yards by 100 yards with two 10-yard end zones, and a midfield line-to-gain. No-run zones precede each line-to gain by 5 yards.
2. No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.
3. Stepping on the boundary line is considered out of bounds.



## • Rosters

1. K-1 (Rookie) – 2 Teams – 4 vs. 4 – 9 Players Per Team

Times: 10:00 AM Saturdays

Fields: Multi-Purpose Smaller Width of Fields/ Use cones to split  
Foam Footballs

2. 2-3 (Sophomore) – 4 Teams - 4 vs. 4 – 8 Players Per Team

- Times: 10:00 AM Saturdays

- Fields: Multi-Purpose Field

- Smaller Width of Fields/ Use cones to split

- Softer Grip Footballs

3. 4-5 (Junior) – 6 Teams – 5 vs. 8 Players Per Team

- Times: 11:15 AM Saturdays

- Fields: Multi-Purpose Field

- Blue Footballs

4. 5-8 (Senior) – 2 Teams - 5 vs. 5 – 8 Players Per Team

- Times: 11:15 AM Saturdays

- Fields: Multi-Purpose Field

- Brown Footballs

5. Teams must start games with a minimum of stated players. In the event of an injury, a team with insufficient substitute players may play with less players on the field or borrow from the opposing team.

## • Timing and Overtime

1. Games are played on a 60 minute continuous clock with two 30 minute halves.
2. Halftime is one minute.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. PLEASE HURRY YOUR TEAM in between plays as we want the kids to play.
4. Each team has two 30-second timeout per half.
5. Coaches can stop the game at their discretion.
6. In the event of an injury, stop the game and make sure player is ok. Resume play when the injured player is removed from the field of play.
7. If the score is tied at the end of 60 minutes, an overtime period will ensue. **Overtime format** is as follows:
  - a. A coin flip will determine the team that chooses to be on offense or defense first.
  - b. Overtime period will last 5 minutes, whether the game is tied or not.
    - i. The rules will be the same as regular game play.
    - ii. Teams will start on their own 5yrd line.
    - iii. All regulation period rules and penalties are in effect.
    - iv. There are no timeouts.



## • Scoring

**Touchdown:** 6 points

After one team is winning by 28 points or more, the game is over. Once a 28 or more point advantage is gained, no PAT will be attempted. The game will continue in scrimmage mode for remainder of the game.

\* **There is no PAT or Safety**

## • Coaches

Coaches are expected to adhere to Hilton-Parma Recreation and NFL FLAG philosophies, coaching guidelines and code of conduct.

Coaches are allowed on the field to direct players according to need and division. In Sophomore and Senior Divisions Coaches must move to the sidelines before the snap of the ball.

**A. Coaches Role** – Etiquette/conducting yourselves/ confrontations

- Contact Parents (Phone and E-Mail)
- Introduce
- Game Times
- Team Name
- Mouth Guard Required
- Jersey/Shirt Color

**B. Plan Subbing**

- Equal Playing Time for the kids
- Get to know the kids names (Name Tags)

**C. Playbook Sheet**

- Will be provided

**D. Quarterback-** Coaches

- 4-5 & 6-8: Later in season you may let them get some reps under center

**E. Manage Equipment**

- Bag with two balls and 5 cones
- Each coach to set cones out on the fields each game
- 4 cones in endzone and 1 on midfield

**F. Refing / Coaching Games / Teach**

- Coach is expected to be on field coaching and refing helping kids learn the game
- Coach other team players as well



- **Rosters – FOR OFFICAL USE ONLY!**

- Look over/Any questions
- We tried to accommodate all requests of parents/players.
- Please double check that your son/daughter is on your team
- If anyone is interested have them call the office
- All participants must be registered through the Recreation Department

## • Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the neutral zone and line of scrimmage.
  - a. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage.
  - b. The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.
  - c. Substitutions may be made on any dead ball.
  - d. Any official can whistle the play dead.

**Play is ruled “dead” when:**

- e. The ball hits the ground.
  - i. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground.
- a. The ball-carrier’s flag is pulled.
- b. The ball-carrier steps out of bounds.
- c. A touchdown, or Injury
- d. The ball-carrier’s knee or arm hits the ground.
- e. The ball-carrier’s flag falls out.
- f. The receiver catches the ball while in possession of one or no flag(s).
- g. Inadvertent whistle.



NOTE: There are no fumbles. The ball is spotted where the ball-carrier’s feet were at the time of the fumble.

8. In the case of an inadvertent whistle, the offense has two options:
  - a. Replay the down from the original line of scrimmage.

## • Running

- 1 The ball is spotted where the runner's feet are when the flag is pulled, not where the ball-carrier has the ball. Forward progress will be measured by the player's front foot.
- 2 The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap.
- 3 Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
- 4 No-run Zones are located 5 yards before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive team approaches only TWO no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD).
- 5 Any player who receives a handoff can throw the ball from behind the line of scrimmage.
- 6 Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
- 7 Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
- 8 Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
  - a. Players spinning out of control will be called for flag guarding.
  - b. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
  - c. No blocking is allowed at any time.
- 9 Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.



## • Passing

Coaches are all-time Quarterbacks. You may run trick plays such as flea-flickers etc. You may allow kids to take reps under center now and again.

All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.

## • Receiving

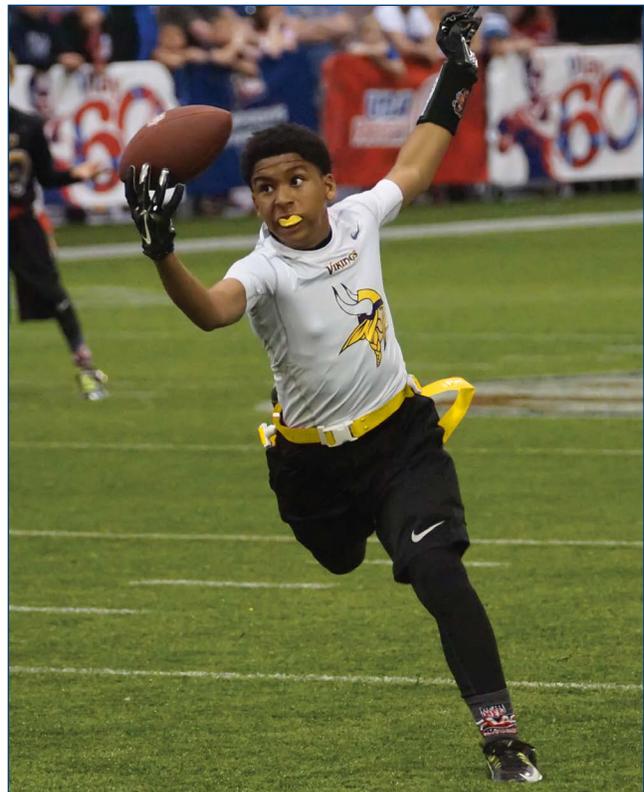
All players are eligible to receive passes

Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.

A player must have at least one foot inbounds when making a reception.

In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

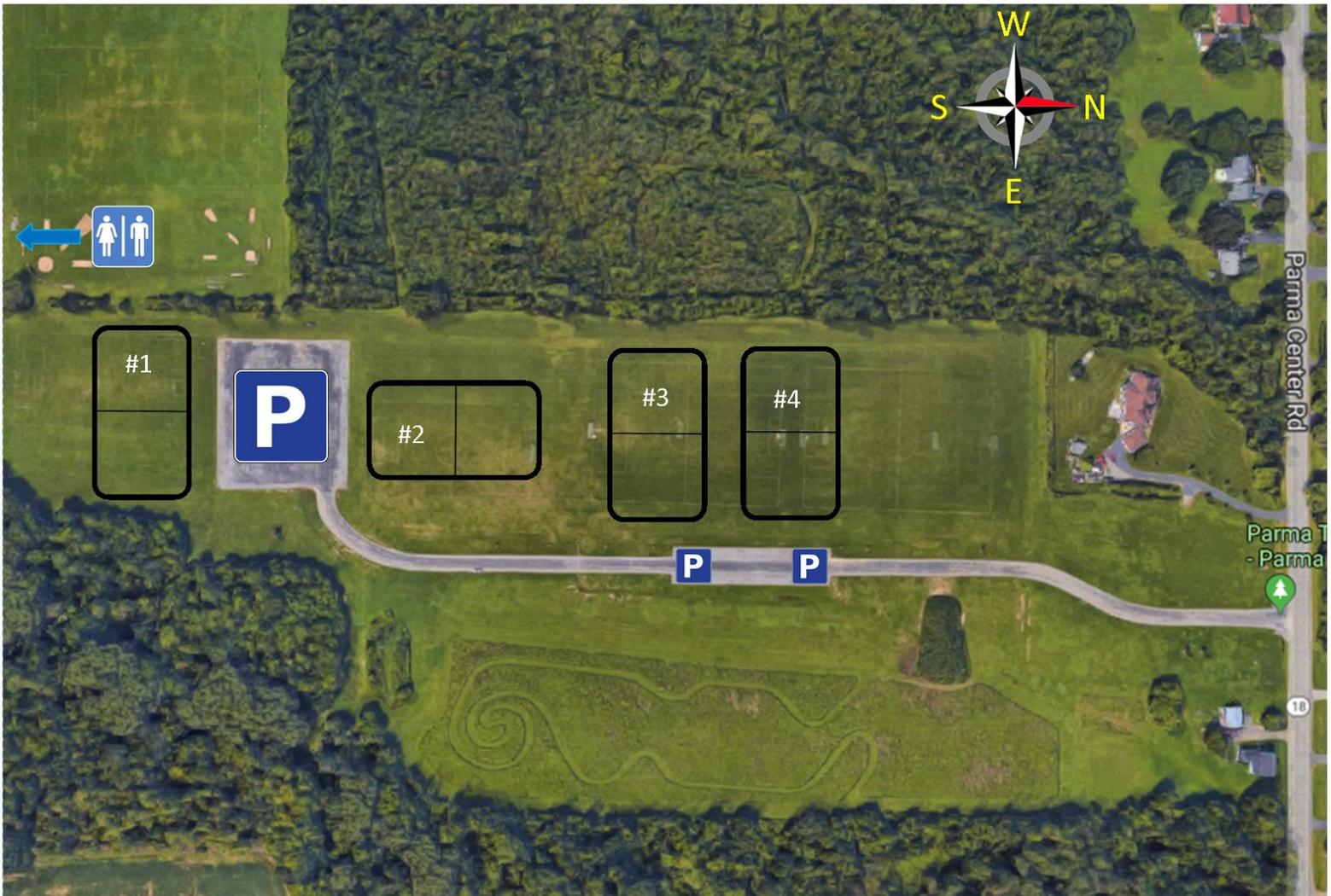
Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line. Interceptions are returnable only for Junior (4-5) & Senior (6-8)



- FIELD MAP



# FLAG FOOTBALL FIELDS



## • Flag Pulling

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 the ball-carrier when pulling flags.
3. It is illegal to attempt to strip or pull the ball 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. The ball is placed where the flag lands.
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 the head, hand, arm or shoulder or intentionally covering the flags with the football jersey.



## • Formations

1. Offenses must start on the line of scrimmage. The quarterback must be off the line of scrimmage.
  - a. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
  - b. No motion is allowed toward the line of scrimmage.
2. 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.

## • Unsportsmanlike Conduct

1. If the coaches witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will talked with and possibly ejected from the game. The decision is made at the coaches discretion. **FOUL PLAY WILL NOT BE TOLERATED!**
2. Offensive or confrontational language is not allowed. Coaches have the right to determine offensive language. If offensive or confrontational language occurs, the Coaches will give one warning. If it continues, the player or players will be ejected from the game.
3. Players may not physically or verbally abuse any opponent, coach or parents.
4. Ball-carriers **MUST** make an effort to avoid defenders with an established position.
5. Defenders are not allowed to run through the ball-carrier when pulling flags.
6. Fans must also adhere to good sportsmanship as well:
  - a. Yell to cheer on your players, not to harass coaches or other teams.
  - b. Keep comments clean and profanity free.
  - c. Compliment **ALL** players, not just one child or team.
7. Fans are required to keep fields safe and kids friendly:
  - a. Keep younger kids and equipment such as coolers, chairs and tents off the field
  - b. Stay off the fields while games are playing
  - c. Dispose of **ALL** trash in designated trash cans.
8. Unsportsmanlike conduct penalties:
  - a. Defense +5 yards from line of scrimmage and automatic first down
  - b. Offense - 5 yards from line of scrimmage and loss of down

## • Penalties

### i. General

1. The Coaches will call all penalties.
2. Coaches determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
4. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
5. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

### ii. Defensive spot fouls

Defensive pass interference	Automatic first down at the spot of foul
Holding	Automatic first down
Stripping	+5yards and automatic first down

### iii. Offensive spot fouls

Flag guarding	Dead ball spot of foul
Ex. Slapping defensive hands away from flag	

### iv. Defensive penalties

Defensive unnecessary roughness	+5 yards and automatic first down
Ex. Running into Offensive player, pushing, shoving	
Defensive Unsportsmanlike conduct	+5 yards and automatic first down
Ex. Name Calling, Taunting, pushing after play is dead	
Offside	+5 yards from line of scrimmage and automatic first down

### v. Offensive penalties

Offensive unnecessary roughness	-5 yards and loss of down
Ex. Pushing, Shoving, Running to other players on purpose	
Offensive unsportsmanlike conduct	-5 yards and loss of down
Ex. Name calling, Tauting, pushing after play is dead	
Offside / false start	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage and loss of down
Ex. Impeding player illegally while trying to catch the ball	