

Spokane Youth Sports Association

Flag Football Rules (Grades 1 – 6)

EXCEPT AS CHANGED OR MODIFIED BELOW, WASHINGTON STATE HIGH SCHOOL RULES WILL APPLY.

I. Game, Player, Field and Equipment:

- A. The game will consist of four twelve-minute quarters, running except for one time out per team each half. If necessary, referees may stop the clock to allow a mass substitution or time to explain a penalty to the player. Games must be completed in one hour:

Playing Time	48 Minutes
Half Time	4 Minutes
Quarter Time (2 minutes)	4 Minutes
Times Out (1 minute)	<u>4 Minutes</u>
	60 Minutes Total

- B. A maximum of 16 players shall be placed on team rosters – eight players will constitute a team. Additional players may be added with Coaches permission.
- C. The field shall be 80 yards long and 40 yards wide. The field shall be divided into 4 20-yard zones. When the ball is first downed in a zone, the team in possession has four downs to move to the next zone or score.
- D. Every player must wear a flag belt.
- E. Tennis shoes or rubber cleats are permitted.
- F. **EVERY PLAYER MUST PLAY AT LEAST HALF OF THE GAME!!!**
- G. A player may play a **maximum of 2 quarters** per game in the quarterback **or** running back position.
- H. Each player shall play equally on offense as on defense in each game.
- I. Every player must wear a **colored** mouthpiece at all times – NO EXCEPTIONS!

II. Substitutions and Time Outs:

- A. Each team has one time out per half.
- B. You may substitute freely. However, mass substitution should only be done at the end of each quarter or during a time out.

III. Kickoff and Scoring:

- A. There will be no extra point after touchdowns.
- B. There will be no kick offs. Ball will be placed on the thirty yard line.

IV. Guidelines:

- A. Once a team roster has been set, a new player may not be added without approval of the Football Coordinator.

V. Special Rules and Definitions:

- A. You may not throw your body forward to advance the ball (hurdling). The ball is dead where your flag was taken. You may not jump in the air over someone or in a certain direction to advance the ball – it will be dead from where you jumped.
- B. When the flag is lost, it will be one hand touch at the referee's discretion. (Keep your flags on) If you catch a pass with out a flag, it will also be one hand touch. 15-yard penalty for deliberately pulling a flag if the player you pull it from does not have the ball. (unsportsman like conduct)
- C. Blocking must be performed in accordance with Washington State High School rules. The head or face may not be used as the primary point of contact. Rather, shoulder blocking must be employed.
- D. Use of hands – hands may only be used by the defense. No stiff-arm by the ball carrier – 15 yard penalty.
- E. The ball carrier may not run through a defensive player, (he may not charge) and he must attempt to evade the defensive player. The defense must “play the flag rather than the man.” The defense can't run the carrier over to get the flag. A 15-yard penalty will be given for lowering the head and hitting the opposition.
- F. All fumbles are dead when the ball hits the ground, however the receiver on a punt return may pick up the ball at the referees discretion.
- G. Punts – no attempt will be made to block a punt. Neither the offense nor the defense may release until the ball is punted. Before a punt, the offensive team captain must inform the referee if there is to be a punt. No quick kicks!
- H. Tie games are tie games! No overtime period will be played.
- I. No on side kicks.
- J. Down field blocking on punts or plays from the line of scrimmage must be above the waist and the offensive blocker in this situation may not leave his feet.
- K. Reverses, draws, screen passes, counters and other such offensive plays are allowed.
- L. The offensive ball carrier may not interfere with the defensive player's attempt to grab the flag (fanning). The offensive ball carrier may not attempt to evade the defensive player by spinning down where occurred.

VI. Formations:

- A. The offense will consist of a 5 – man line plus a quarterback and two running backs. There may not be any men in motion. The linemen may not be split more than one yard from each other.
- B. The quarterback must take a direct snap from center to commence the play. Shotgun is OK, but quarterback must be identified. No direct snap to halfback is allowed. Running backs may be used as wide receivers but must be 1 yard off the line of scrimmage.
- C. The defense must have 4 down linemen rushing and must line up head on with the offense. The defense may employ the defensive halfbacks or safety in any manner. The defensive backs must be a minimum of three yards behind the down linemen.
- D. The interior offensive linemen may not go past the line of scrimmage on passes until after the pass is completed.
- E. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
- F. Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage. Remember, no tackling is allowed.
- G. All players are eligible to receive a pass except the three interior linemen.
- H. All offensive linemen shall be in a 3-point stance.
All defensive linemen shall be in a 3 or 4-point stance.
No defensive lineman can line up opposite the center.

VII. Penalties:

- Offensive: Off Sides – 5 yards
Illegal procedure – 5 yards – (30 seconds to the snap ball)
Clipping – 15 yards (hitting someone in the back of legs)
Holding – 10 yards
Fanning & Spinning – down where occurred
Offensive Pass Interference – 15 yards and loss of down
- Defense: Off Sides – 5 yards
Roughing the passer – 15 yards
Holding – 10 yards
Pass interference – 1st down at point of infraction
Tackling – 15 yards

Fighting – 15 – automatic expulsion from game
Off –setting penalties – down played over