

2017- 3rd & 4th Grade Flag Football

The purpose of the flag football program is to promote participation, physical activity, sportsmanship, teamwork, to follow directions, and to increase knowledge and enjoyment of the game. Coaches and parents must be patient with players. Coaches, parents and players should respect each other and the decisions made by the league officials regardless of the outcome. Remember, you are out there for the children; they are not out there for you.

GENERAL

1. Field
 - a.) Flag Football field area will be 50-yards long plus the end zones.
 - b.) The field is divided into five zones, 10-yards each
2. Home Team (listed first on the schedule) takes possession of the ball at its 10-yard line and has four plays to advance to the next zone. If the offensive team fails to make a first down, possession of the ball changes and the opposition starts its drive from its 10-yard line. The visiting team picks a goal to defend.
3. All possession changes, except interceptions, start on the offense's 10-yard line.
4. Only rubber bottom shoes are allowed.
5. All team members are furnished with a team shirt and one mouth guard. Players must wear both to participate in a game.
6. Players must wear a mouth guard (one is provided) and protective cup (not provided) at all practices and games.
7. There are no kick offs or punts.
8. Teams can play no more than 7 players at a time. 1 Quarterback, three lineman including the center and at least 1 end. Offense can include up to 5 players on the line of scrimmage or no more than 3 players in the backfield. Teams may start and/or end a game with no less than 6 players.
9. Playing time must be equalized among all players. All players must get the opportunity to touch the ball receiving and running during the season.
10. A pee-wee size leather ball is provided in your equipment bag. Each team must use the provided balls.

Playing Time

1. Games are played in 2-25 minute running time halves. There will be a 5 minute "grace time to field a team before a forfeit is declared.
2. Teams change sides after the first 25 minutes. Half-time is 5 minutes.
3. Each time the ball is spotted, the offensive team has 45 seconds to snap the ball. Teams will receive one warning before a delay of game penalty is enforced.
4. Each team has one 60-second and one 30-second time out per half.

SCORING

1. Touchdowns are 6 points.

2. Safeties are 2 points.

BLOCKING

1. Blocking shall be done by use of arms and body. Hands and arms may be away from body but no wider than shoulders width. Players may not push or hold the opponent to impede them from pursuing the ball.
2. Both feet must remain on ground with blocking.

RUNNING

1. A player who takes a handoff or pitch can throw the ball from behind the line of scrimmage.
2. Spinning is allowed, but offensive players cannot leave their feet to avoid a defensive player.
3. The ball is spotted where the ball carrier's foot/feet are when the flag is pulled -- not where the ball is.
4. The 3 lineman cannot take a handoff from the quarterback.
5. Offense may use multiple handoffs, laterals and pitches; all behind the line of scrimmage.
6. Only one player is allowed in motion at a time.

RECEIVING

1. All players are eligible to receive passes.
2. A receiver must have at least one foot in bounds when making a reception.
3. Shovel passes are allowed.

DEAD BALLS

1. Play is ruled "dead" in the following instances:
 - a.) Ball carrier's flag is pulled
 - b.) Ball carrier steps out of bounds
 - c.) Touchdown or safety is scored
 - d.) At the point of an interception
 - e.) Ball carrier's knee hits the ground
 - f.) Ball carrier's flag falls out
2. Substitutions may be made on any dead ball.
3. There are no fumbles. The ball is spotted where the ball hits the ground.

OFFENSIVE PLAY

1. The center may side snap or snap in the traditional manner. Upon the snap of the ball, the offense has seven (7) seconds to cross the line of scrimmage on a running play. A violation will result in the play being dead and a loss of down.
2. No quick snaps allowed. Defense must have a chance to line-up on the ball.
3. The offensive must have 2 "down lineman" in addition to the center set at arm's length from the center. They may be in either a 2 or 3 point stance.

DEFENSIVE PLAY

1. The 3 defensive rushers must be designated with rush jerseys supplied by the department. Players not rushing the quarterback may defend at the line of scrimmage. Once the ball has been handed off, pitched, passed etc. behind the line of scrimmage, all defensive players may cross line of scrimmage and attempt to pull the offensive players flag.
2. On all plays, defensive players must be at least three-yards off the football at the line of scrimmage.
3. A defensive player must not interfere by pushing or roughing with an opponent endeavoring to receive a pass.
4. Defensive player can absorb the block with his hands. He may not grab or throw the offensive blocker to the side, but can extend his hands to avoid the offensive lineman's block to pursue the ball.
5. If the referee witnesses any acts of tackling, elbowing, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**

PENALTIES

1. The referee will call all penalties.
2. Defense:
 - a.) Offside = 5 yards
 - b.) Delay of Game = 10 yards (clock stops)
 - c.) Interference = 10 yards and automatic first down
 - d.) Illegal contact (holding, blocking, etc.) = 10 yards and automatic first down
 - e.) Illegal flag pull (before receiver has ball = 10 yards and automatic first down
3. Offense:
 - a.) Illegal Motion (more than one person moving, false start) = 5 yards
 - b.) Flag Guarding = 10 yards (from the line of scrimmage)
 - c.) Delay of Game = 10 yards (clock continues)
 - d.) Pass Interference (illegal pick play, pushing off/away defender) = 10 yards
 - e.) Illegal Use of Hands, offensive player when blocking (see rule #1 blocking) =5 yard penalty.
 - g.) Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.
4. Games cannot end on a defensive penalty, unless the offense declines it.

PROCEDURES

1. All coaches will return all equipment after the last game to a department representative inside the Pollard Park Equipment Barn.
2. Each team is responsible for providing a referee, if necessary.
3. One coach from the offense and the defense are allowed on the field. Coaches must stay out of the player's way once play commences. Offensive coaches can get the players in a huddle and tell them what plays to run. The coach talks, gives a play, then backs off and lets the kids run the play. Coaches must be 5 yards from the line of scrimmage before the play starts

POLICIES

1. Positive cheering only. No comments are to be directed to the opposing team or game officials. Coaches are responsible for their sidelines.
2. Scores are kept. Standings are not kept at this level.
3. No smoking, tobacco products, alcohol, or dogs allowed within 200 feet of any play field.
4. All "official" practices and games are scheduled through the Parks and Recreation Department and are held at Township facilities. Coaches may hold additional practices but are not to make them mandatory to participate in a game.
5. Coaches are not to encourage or condone unnecessary roughness. Any player using unnecessary roughness will be ejected. Foul play will not be tolerated.
6. Coaches will be responsible for any missing equipment.

NOTE:

1. In case of inclement weather once a game starts, referees or pole barn staff will determine when and if play will resume. In case of lighting everyone must leave the field play. Play may resume 30 minutes after last lighting flash. The conclusion of one half will be considered a game. All players and coaches must report to the field for each game unless the game has been cancelled by the department at 4pm the day of the game. The rainout line is 586-949-0400 ext. 4 then 1.

THE CHESTERFILED RECREATION & PARKS DEPT. RESERVES THE RIGHT TO MAKE CHANGES TO THE RULES, PROCEDURES, & POLICIES FOR THE BETTERMENT OF THE LEAGUE.