

# Chesterfield Township Parks & Recreation

## 1<sup>st</sup>-3<sup>rd</sup> Grade Flag Football Rules

The purpose of the flag football program is to promote participation and physical development, teach sportsmanship and teamwork, to follow directions, and to increase knowledge and enjoyment of the game. Coaches and parents must be patient with players. 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 own 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 must field five (5) players plus a coach will serve as quarterback. Coach does not count as a player. Defensive teams will have five (5) players only.

Teams may play with as few as four (4) players plus a coach will serve as quarterback. Coach does not count as a player. In this scenario, defensive teams will have four (4) players as well.
9. Playing time must be equalized among all players. Suggested all players get opportunity to touch the ball receiving and running.
10. 1<sup>st</sup>-3<sup>rd</sup> graders will play with a pee-wee size leather ball. Each team should be using footballs as provided.

### TIMING

1. Games are played to 50 minutes running time (two 25 minute halves).
2. Teams change sides after the first 25 minutes. Half-time duration 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 timeout per half.

### SCORING

1. Touchdown: 6 points
2. Safety: 2 points

### BLOCKING

1. Blocking shall be done by use of arms and body. Hands and arms may be away from body at shoulders width, at no time may a player use a shiver motion (push) or hold the opponent to impede them from pursuing the ball.
2. Both feet must remain on ground while blocking.
3. A two point stance will be used

## **RUNNING**

1. Offense may use multiple handoffs, laterals and pitches; all behind the line of scrimmage. Coach quarterback does not run.
2. The player who takes the handoff can throw the ball from behind the line of scrimmage.
3. Spinning is allowed, but offensive players cannot leave their feet to avoid a defensive player.
4. The ball is spotted where the ball carrier's feet are when the flag is pulled not where the ball is.
5. The center cannot take a handoff back from the quarterback.

## **RECEIVING**

1. All players, except the quarterback coach, are eligible to receive passes.
2. Only one player is allowed in motion at a time.
3. A player must have at least one foot inbounds when making a reception.
4. A player without a flag that catches the ball will be considered down at the point of the catch.

## **PASSING**

1. Quarterback (coach) will have seven (7) seconds to release the ball. If a pass is not thrown within seven (7) seconds, the play is dead, loss of down.
2. Shovel passes are allowed.

## **DEAD BALLS**

1. Substitutions may be made on any dead ball.
2. 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
  - g.) Offense violates the seven (7) second running or passing rule
3. There are no fumbles. The ball is spotted where the ball hits the ground or the opposing player gains control of the ball after the offensive player loses the ball before it hits the ground.

## **OFFENSIVE PLAY**

1. The center may side snap or snap in the traditional manner, or shotgun formation. Upon the snap of the ball, the offense has seven (7) seconds to cross the line of scrimmage on a running play and the quarterback has seven (7) seconds to release the ball on a passing 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.

## DEFENSIVE PLAY

1. There is no rushing the quarterback. The defense may only “tackle (pull the flag off)” the ball carrier after he/she has crossed the line of scrimmage.
2. On all plays, defensive players must be at least one-yard 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.
5. If the referee witnesses any acts of tackling, elbowing, or any un-sportsmanlike 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.) Off sides = 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.) Pass Interference (illegal pick play, pushing off/away defender) = 10-yards
  - d.) Illegal Use of Hands, offensive player when blocking (see rule #1 blocking =5-yard penalty.
  - e.) **Delay of Game = 10-yards (clock continues)**
  - f.) 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 one referee, if necessary.
3. One coach from the offense and defense are allowed on the field. Coaches must stay out of the players’ way once play commences.

## POLICIES:

1. Positive cheering only. No comments are to be directed to opposing team or game officials.
2. Scores and standings are not kept at this level
3. No smoking, tobacco products, alcohol, or dogs allowed within 200 feet of any play field.
4. No dogs allowed at Township parks.
5. All “official” practices and games are scheduled through the Parks and Recreation Department and are held at Township facilities.

6. Coaches are not to encourage or condone unnecessary roughness. Any player using unnecessary roughness will be ejected. Foul play will not be tolerated.
7. Coaches will be responsible for any missing equipment.

**NOTE:** IN CASE OF DARKNESS OR POOR WEATHER, THE REFEREES HAVE FINAL SAY. ONE HALF OF A GAME MUST BE PLAYED TO COUNT AS AN OFFICIAL GAME. ALL PLAYERS & COACHES SHOULD REPORT TO THE FIELD FOR EACH GAME.

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