

Covington Community Sports Flag Football Rules & Diagram

Description:

This is a recreation league for youth ages 7-14 designed to teach Recreational Flag Football. Ages will ideally be a two (2) year age span. Ages may be combined as needed as determined by CCS Staff.

The Basics

- A coin toss determines first possession.
- The offensive team takes possession of the ball at its 5-yard line and has three plays to cross midfield. Once a team crosses midfield, it has three plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Interceptions may be returned.
- Teams change sides after the first 20 minutes. Possession changes to loser of coin toss unless deferred and the clock does not stop.
- There are no kickoffs, and no blocking is allowed.
- Coaches are allowed to coach "from the field" as long as they do not interfere with play.

Players:

- Teams must field five players at all times.
- Team sizes target to eight (8) players. This determination is done at the time of registration closure.

Timing/Overtime:

- Games are played to 40 minutes running time. If the score is tied at the end of 40 minutes, teams move directly into overtime. The first team to score wins.
- Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- Each team has one 60-second and one 30-second time-out per half.
- Officials can stop the clock at their discretion.

Scoring:

- Touchdown: 6 points
- Extra point: 1 point (played from 5-yard line) or 2 points (played from 12-yard line)
- Safety: 2 points

Running:

- The quarterback cannot run with the ball.
- Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- "No-running zones" located five yards from each end zone and five yards on either side of midfield are designed to avoid short-yardage, power-running situations.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

Receiving:

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- As in the NFL, only one player is allowed in motion at a time.

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

Passing:

- Shovel passes are allowed but must be caught past the line of scrimmage.
- The quarterback has a seven-second “pass clock.” If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule no longer is in effect. Interceptions may be returned.
- Forward passes must be caught past the line of scrimmage.
- Absolutely NO laterals or pitches of any kind are allowed.

Dead Balls:

- The ball must be snapped between the legs, not off to one side, to start play.
- Substitutions may be made on any dead ball.
- Play is ruled “dead” when:
 - Ball carrier’s flag is pulled
 - Ball carrier steps out of bounds
 - Touchdown or safety is scored
 - Ball carrier’s knee hits the ground
 - Ball carrier’s flag falls out

Note: There are no fumbles. The ball is spotted where the ball hits the ground.

Rushing the Quarterback:

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. 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 blocking or tackling is allowed.

Sportsmanship/Roughing:

If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be issued a red card and ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.** Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee will give one warning (a yellow card). If it continues, the player or players will be ejected from the game.

Penalties:

All penalties will be called by the referee.

Defense:

- *Off-sides: Five yards and automatic first down*
- *Interference: 10 yards and automatic first down*
- *Illegal contact (holding, blocking, etc.): 10 yards and automatic first down*
- *Illegal FLAG pull (before receiver has ball): 10 yards and automatic first down*
- *Illegal rushing (starting rush from inside 7-yard marker): 10 yards and automatic first down*

Offense:

- *Illegal motion (more than one person moving, false start, etc.): Five yards and loss of down*
- *Illegal forward pass (pass thrown beyond line of scrimmage): Five yards and loss of down*
- *Offensive pass interference (illegal pick play, pushing off/away defender): 10 yards and loss of down*
- *FLAG guarding: 10 yards (from line of scrimmage) and loss of down*
- *Delay of game: Clock stops, 10 yards and loss of down*

Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage. Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls. Games cannot end on a defensive penalty, unless the offense declines it.

Attire:

Cleats are allowed, except for metal spikes. Inspections must be made. CCS team jerseys must be worn and tucked in during play.

Player Equipment:

Personal mouthguards are **STRONGLY RECOMMENDED**. Molded cleated shoes are not required but would be beneficial to the player. No metal cleats.

All cast, splints and braces must be padded. No protective equipment shall have exposed metal and any other hard material. Prostheses may be worn.

Jewelry shall not be worn except for religious and medical medals. A religious medal shall be taped and worn under the uniform. A Medical Alert must be taped and may be visible. Metal or plastic hair clips are not allowed.

Headgear is not permitted unless for religious or medical reasons (with doctors written release and staff approval.) The "Full 90" head support system is allowed during all practices and games without a written medical release.

Eyeglasses must have shatterproof lenses and be secured behind the head. Sunglasses are only permitted if they are prescription-sunglasses. Hearing aids worn in or behind the ears are legal, provided that the device does not create the threat of injury.

