

Pulaski County Parks & Recreation

Flag Football Rules

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Eligible Players:

Must be 5 years old by October 31, 2019 or in kindergarten or First Grade.

Attire:

Cleats must be rubber. Team T-shirt provided by Rec. Department must be worn. No Jewelry except medical alert.

Field Dimensions: 70 yard Field – 70x35

Practices: Teams are allowed 4 practices a week. 1 hour ½ time limit per practice. When games start, teams are allowed 4 total days during the week. (Ex: 2 games & 2 practices)

Flags:

Shirts must be tucked in so that all flags are fully visible. Flag Guarding and illegal flag pulling are not allowed. Illegal flag pulling is defined as pulling an opponent's flag before he receives the ball, or pulling a non-ball carrier's flag No stiff arms allowed.

Possession:

A Coin toss will determine first possession. Loser of coin toss has choice of end zone to defend. Loser of coin toss gets ball second half. No Kickoffs: The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield. Once a team crosses midfield, it has four plays to score a touchdown. If the offense fails to cross mid field in four plays or after reaching mid field in four plays fails to score a touchdown in four plays, the ball changes possession. The new offensive team takes over on its 5-yard line. An automatic first down by penalty will overrule the other requirements regarding four plays to make it over mid field or score a touchdown. Then the offensive team has a new set of downs to make it over mid field or score a touchdown.

Number of players: 7 on 7 format. One quarterback, one or two running backs ,(Must have at least one back), one center and 3 or 4 wide receivers. Center is eligible to catch a pass. No center sneak plays. Can play with 5 players, forfeit time is game time.

Time:

20 minutes halves with running clock. Clock stops on injuries, change of possessions and time outs. 5 minutes half time. Teams get 2 – 30 second time outs per half.

Hiking the ball:

The ball must be hiked from the center to the QB every play. Hiking the ball can be done by the Traditional way. (Center hikes the ball through his legs.) Or by handoff or pitch style. (Center turns and hands it or pitches it to the QB.)

Play is Dead When:

Ball carrier's flag is pulled. Ball carrier steps out of bounds. When any part of the ball carrier's body, other than his hand or foot, touches the ground. Ball carriers flag falls off.

Some Rules:

1. The offense may pass or run the ball (with a handoff or pitch). One play out of the four plays a team has to cross mid field or score a touchdown must be a pass play.
2. The QB is not allowed to cross the line of scrimmage with the ball. The ball must be passed, pitched or handed off. QB can get a return hand off or pitch and run with it.
3. No rush unless a handoff is made. Defensive team must line up one yard off the ball.
4. Once a player's flag is pulled, he is down at that spot. The ball is spotted where the ball carriers feet are when the flag is pulled.
5. No Fumbles! Play will stop when the ball touches the ground. All fumbles automatically go back to the offensive team at the spot of the fumble.
6. Substitutions can be made on any dead ball. Coaches MUST give every player equal playing time.
7. No blocking or tackling under any circumstances.
8. Spinning is allowed by ball carrier. Ball carrier is not allowed to leave his feet. (Diving or Jumping) No lowering the shoulder into defensive player.
9. "No running zones" are located 5 yards from each end zone. When the ball is on or inside the 5 yard line going in, the team must pass to score.
10. Interceptions change the possession of the ball at the point of interception. (There are no run backs) Interceptions are the only change of possession that does not start at 5 yard line.
11. No extra points after touchdown. Score will not be kept.
12. Any player who takes the handoff can throw the ball from line of scrimmage.
13. Only one player in motion, but not in motion towards opponent's end zone at the time of the snap.
14. One coach allowed on the field.
15. QB must pass the ball within 5 seconds or play will be whistled dead.

Penalties

Defensive:

Off sides – 5 yards and replay down

Interference – 5 yards and automatic first down

Illegal flag pull – (Before receiver touches ball or player without the ball) 5 yards and automatic first down.

Illegal Contact – (Holding, pushing etc.) 5 yards and replay the down.

Illegal Rush – Rush before a hand off. 5 yard and replay down.

Offensive:

Illegal contact – (Blocking, holding etc.) 5 yards from line of scrimmage replay down.

Illegal motion – False start. 5 yards from line of scrimmage and replay down.

Diving, leaving feet – 5 yards from spot of foul.

Illegal forward pass – 5 yards from line of scrimmage, loss of down.

Flag guarding – 5 yards from the spot of foul.

Note: This is a Newer program. If the Recreation department encounters problems or discovers ways to make the program better, we will make rule changes.