

Flag Football Rules

- Games will be played on Saturday's.**
- Game times are approx. 1 hr. long, please be on time.**
- The Lower division (k-1-2) games will consist of 2 halves with an 16 minute running clock and a 10 minute half time.**
- The upper division (3-4) games consist of 2 -20 minute halves with a 10 minute half time**
- K-1-2nd graders in the lower division.**
- 3rd -4th graders in the upper division.**

- Offense and Defense will be an 8 man format.**

- A game can be started with as little as 7 but any less would be a forfeit of the game.**

- The Playing Field is 50 yards long, 35 yards wide with 2 end zones.**

- Rushing: No rushing the A or B gap (left or right side of the Center) until a 3 second time lapse. This give the quarterback time to drop back and let the passing plays evolve.**

- If the quarterback receives the hike in either a Direct Snap or a Shot Gun snap, and he leaves the**

Pocket before the 3 second "No Rush" the defense CAN rush the line.

-The Center will not have a Defensive Player Heads up in ANY situation.

-NO QUARTERBACK SNEEKS / NO FUMBLE-RUSKIES / NO CENTER SNEEK PLAYS ALLOWED

**-ILLEGAL USE OF HANDS 5 YARD PENALTY
-BLOCKING IN THE BACK 10 YARD PENALTY
-OFF SIDES 5 YARD PENALTY
-All other basic rules and penalties of football will be enforced**

-THIS LEAGUE IS DESIGNED TO GIVE THE KIDS THE FUNDAMENTALS OF THE GAME.

-SAFETY IS FIRST!!

-FUN IS THE OBJECT

-REFEREES CALLS ARE FINAL

**-ANY QUESTIONS CONTACT ED HINKLE
(208)320-3030**